

<b>2013-14, Winter/Spring Recommendations for NDHSAA Board Consideration</b>			
The following are recommendations with actions posted.		06/11/14	06/23/14
<b>Recommendation X:made recommendation,Y:Yes, N: No, (#yes-#no votes)</b>	<b>Adv.</b>	<b>Athletic</b>	<b>NDHSAA</b>
<b>NDHSAA Board of Directors will Y: approve or N: deny (y-n)</b>	<b>Comm</b>	<b>Review</b>	<b>Board</b>
<b>District Chair Recommendations</b>			
1. Board shall give authority to the Executive Secretary to waive the pre-season practice session (regulation 1) when appealed by a member school.			
	Y(16-0)		
2. Seed team duals for the state wrestling tournament.			
	Y(16-0)		
3. Schedule region track on Friday and use Saturday as alternate day			
	Y(9-7)		
3. Eliminate the three day adult pass for regional volleyball.			
	Y(16-0)		
<b>Wrestling</b>			
<b>Class A and B</b>			
1. Eliminate the individual season match limit. Use maximum number of 16 events as the limit.			
	X		
2. Eliminate 3A, under "Forfeiture in NDHSAA Tournament"			
	X		
3. Seed the State Class B dual tournament as described in advisory minutes.			
	X		
<b>Hockey</b>			
<b>Boys and Girls</b>			
1. Allow individual players to participate in 105 periods in a season			
	X		
2. Increase boys to 23 allowable games and girls to 25 games (23 if region tournament established)			
	X		
3. Change the value of an overtime win to 3 points and an overtime loss to 0 points.			
	X		
4. Add language to allow a rostered player to be replaced for other disciplinary reasons.			
	X		
5. Use a shootout to determine a winner in state tournament consolation games following the third overtime.			
	X		
<b>Basketball</b>			
<b>Class A</b>			
1. Increase the allowable halves for Class A schools to 63.			
	X		
2. Add shoot arounds at State Class A Tournament during halftime of the previous game.			
	X		
3. Add the 3 foot charge arc in Class A Basketball.			
	X		
<b>Class B</b>			
1. Increase the allowable quarters for Class B schools playing in Super Regionals to 126.			
	X		
<b>Gymnastics</b>			
1. Change the Team Day warm-up order.			
	X		
2. Add tie breakers for Team seeding.			
	X		
<b>Swimming &amp; Diving</b>			
No items at this time			
	X		
<b>Golf Recommendations</b>			
<b>"B" Boys' &amp; Girls' Golf Recommendations</b>			
1. Allow players to use distance measuring devices for all regular season and tournament play (same wording as the Class A regulation).			
	X		
2. Change the electronic devices regulation to allow a designated scorer to use a cell phone to enter scores.			
<b>"A Boys' Golf Recommendations</b>			
1. Eliminate the regulation that requires all schools to be out of session the day prior to the state tournament for a practice round to be held.			
	X		
2. Drop the admission at region and state meets.			
	X		
<b>Tennis Recommendations</b>			
1. Extend the girls' tennis season by one week at the end of the season			
	X		
2. Offer a "tournament pass" for the region/state competitions at a reduced price			
	X		

<b>Baseball</b>			
<b>"B" Baseball Recommendations</b>			
No items at this time			
<b>"A" Baseball Recommendations</b>			
1. Rearrange Day 2 of the state tournament brackets so that a team in Thursday's late game does not play the early game on Friday.	X		
2. Require state tournament umpires to work at least two varsity doubleheaders during the regular season.	X		
3. Select state tournament umpires at the previous year's state coaches meeting.	X		
<b>Girls' Soccer Recommendations</b>			
1. Add state tournament games to the running clock regulation.	X		
2. Develop a system for officials to be evaluated.	X		
<b>Track &amp; Field Advisory Recommendations</b>			
<b>Class A and B</b>			
1. Eliminate the 3 meets/week regulation.	X		
2. Eliminate the junior high meets/week regulation.	X		
3. Add guidelines for number of competitors in each Flight for field events at State Track (see attached)	X		
<b>Class A</b>			
1. Eliminate having an A and B Regional at the same site on the same date.	X		
2. Move Region Track to Friday, with Saturday being a backup date.	X		
3. Have the top 8 qualify for State from Regionals (top 6 in relays).	X		
<b>Softball Advisory Recommendations</b>			
No items at this time			
<b>Athletic Review Committee Recommendations</b>			

# WRESTLING ADVISORY MEETING

4/2/14

Advisory members: Bruce Hase, Shon Horgan and Scott Knowlen

Guest: Gelaine Orvik

## **Class A and B**

\*Eliminate the individual season match limit (keep the maximum number of 16 events limit)  
Comparable to track and field regulations

\*Eliminate 3A. under "Forfeiture in NDHSAA Tournament"

-It's not used all year

-Allows coaches flexibility

-Does not penalize the wrestler at the weight above or below

## **Class B**

\*Seed the State Class B dual tournament using the following process:

The head coaches of the eight qualifying teams will use an electronic process to seed the top five teams for the state tournament. An NDHSAA-approved designee will randomly draw the opponents for the top five seeded teams.

Thursday's quarterfinal matches will be scheduled in the following order:

Match 1 - #1 Seed vs. First random draw

Match 2 - #4 Seed vs. #5 Seed

Match 3 - #2 Seed vs. Second random draw

Match 4 - #3 Seed vs. Third random draw

Inter-region quarterfinal match-up's will be avoided in matches involving a random draw.

\*Move New Town to Region 4

## **Discussion**

OPC – Matt will check with NWCA on possibility of re-programming the NWCA like the Iowa Association

Officials workshop

Discussion on 6<sup>th</sup> graders practicing with 7<sup>th</sup> and 8<sup>th</sup> graders.

Coaches convention topics and presenters

# Hockey Advisory Meeting

## 3/12/14

**Advisory members present:** Brian Davidson, David Hoff, Pat Johnson, and DeWitt Mack

**Guest present:** Gelaine Orvik – NDHSCA

**NDHSAA staff present:** Matt Fetsch

### Boys and Girls Recommendations

1. Individual players are permitted to participate in a maximum of 5 periods in one day. Violation will result in forfeiture of the contest(s) in which the violation(s) occurred and the participant will sit out the next regular scheduled contest at that level. Individual players are permitted to participate in ~~80~~ 105 periods in a season, ~~76 periods plus an invitational tournament, or 76 periods plus no more than 4 periods of an invitational tournament and one tournament of a lower level~~ not including NDHSAA sponsored tournaments.
2. High school teams may schedule ~~24~~ 23 games. Girls' teams may schedule ~~23~~ 25 games unless a region tournament is established, at which time schedules will revert to ~~24~~ 23 games.
3. Change the value of an overtime win to 3 points and an overtime loss to 0 points
4. **PLAYERS IN UNIFORM**  
For all NDHSAA region and state tournament games, a maximum of 20 players, including goalkeepers may dress and play in a game" (NFHS rule 2-3a-1). A team may have up to 20 players rostered for region and state tournaments. If a coach removes a player for violating association rules, or a verified illness/injury, or for other disciplinary reasons, said player may be replaced on the roster. ~~If the coach removes a player for other disciplinary reasons, said player may not be replaced.~~ Any changes in the roster must be cleared with the tournament manager beforehand.
5. Use a shootout to determine a winner in state tournament consolation games following the third overtime.

### DISCUSSION

1. Linesmen escorting penalized players to the penalty box – NFHS rules proposal
2. Officials on-ice for warm-up's
3. Crew cards for officials
4. Body contact vs. checking in girls hockey
5. Overlap between fall sports and hockey season

Gymn.

## Tie break for team seeding.

Starting with number one and stop when the tie is broke (if the first tie break works don't go on to #2. Etc.)

Skip #1 and #2 if 3 or more teams are tied.

1. One on one record where both teams competed. Best record gets tie break.
2. Add team scores of meets where both teams competed. Highest total gets tie break.
3. Average top 4 scores (instead of 5) for tied teams.
4. Average top 3 scores for tied teams.
5. Average top 2 scores for tied teams.
6. Top score for tied teams.
7. Flip a coin.

Gymn.

8 Team Double Grouping

Team "A" is the first seed. Team "B" is the second seed. Etc.

9 Min. Warm up

TEAM DAY WARM UP ROTATIONS RIGHT NOW

Rotations V UB BB FX

Rot #1 F C E H

Rot #2 A B D G

-----  
Rot #3 H A G F

Rot #4 C D B E

-----  
Rot #5 B G A D

Rot #6 E F H C

-----  
Rot #7 D E C B

Rot #8 G H F A

TEAM

A:	Open	Vault	Bars	Open	Beam	Open	Open	Floor
B:	Open	Bars	Open	Beam	Vault	Open	Floor	Open
C:	Bars	Open	Open	Vault	Open	Floor	Beam	Open
D:	Open	Beam	Open	Bars	Floor	Open	Vault	Open
E:	Beam	Open	Open	Floor	Open	Vault	Bars	Open
F:	Vault	Open	Floor	Open	Open	Bars	Open	Beam
G:	Open	Floor	Beam	Open	Bars	Open	Open	Vault
H:	Floor	Open	Vault	Open	Open	Beam	Open	Bars

9 min. Warm up

TEAM DAY WARM UP CHANGES

Rotations V UB BB FX

Rot #1 A C E H

Rot #2 F B D G

-----  
Rot #3 H A G F

Rot #4 C D B E

-----  
Rot #5 E G A D

Rot #6 B F H C

-----  
Rot #7 D E C B

Rot #8 G H F A

Team:

A:	Vault	Open	Bars	Open	Beam	Open	Open	Floor
B:	Open	Bars	Open	Beam	Open	Vault	Floor	Open
C:	Bars	Open	Open	Vault	Open	Floor	Beam	Open
D:	Open	Beam	Open	Bars	Floor	Open	Vault	Open
E:	Beam	Open	Open	Floor	Vault	Open	Bars	Open
F:	Open	Vault	Floor	Open	Open	Bars	Open	Beam
G:	Open	Floor	Beam	Open	Bars	Open	Open	Vault
H:	Floor	Open	Vault	Open	Open	Beam	Open	Bars

## NORTH DAKOTA HIGH SCHOOL ATHLETIC ASSOCIATION

Matt Nielson, West Fargo, Girls East Rep. 2013 to 2017  
Erik Hanson, Bismarck High School, Girls West Rep. 2010 to 2014  
Chad Anderson, West Fargo, Boys East Rep. 2011 to 2015  
Paul Christen, Mandan, Boys West Rep. 2012 to 2016

### Coaches and Athletic Directors:

Boys Tennis: \_\_\_\_\_  
Date: \_\_\_\_\_

Girls Tennis:   X    
Date:   5-23-14  

### Recommendations:

1. Recommendation was made to extend the girls' tennis season by one week at the end of the season.
  - a. Present for vote: Fargo Davies, West Fargo, Wahpeton, Century, Bismarck, Mandan, Minot, Fargo South, Valley City, Grand Forks Red River, Fargo Shanley, Grand Forks Central – Passed unanimously.
2. Offer a "tournament pass" for the region/state competitions at a reduced price.
  - a. Present for vote: Fargo Davies, West Fargo, Wahpeton, Century, Bismarck, Mandan, Minot, Fargo South, Valley City, Grand Forks Red River, Fargo Shanley, Grand Forks Central – Passed unanimously.

### Rationale behind the recommendations:

1. The coaches felt that the significant weather complications that we have experienced over the last number of seasons has led to many undesirable situations, including:
  - a. Scheduling/makeup issues. The east region plays only on Tuesdays/Thursdays when possible, and avoids playing indoors unless time remaining in the season determines it to be a necessity. This season, many east conference matches had to be made up the weekend before region tournaments. Many players (and even entire

teams) felt the need to pull out of this tournament due to overplaying.

- b. Saturday practices. Many teams hold Saturday practices, especially early in the season, to make sure players had the required number before beginning competition. This is partly due to the fact that our schedule begins the first day possible, anticipating reschedules along the way. Most west teams play matches on the first Friday or Saturday possible.
  - c. Easter break. While the dates change from year to year, Easter presents a problem with scheduling. Teams do not hold contests on Good Friday or Easter Monday, and the private schools also avoid scheduling on Holy Thursday. We lose many contact days for this holiday.
  - d. Cost. The amount of money spent playing matches inside is significant. This could be saved by having more opportunity to schedule makeup dates throughout a longer season.
  - e. Contact days. The entire girls' tennis season is scheduled within a 4-week time span (minus two weeks at the beginning of the season for practice, minus regions and state). If teams utilized Monday, Tuesday, Thursday, Friday, and Saturday, this amounts to 20 days, provided Easter does not subtract opportunities. With the addition of new high school in the next two years, available days will be at a premium.
  - f. Additional events: Many schools must avoid prom, senior banquets, music competitions/events, academic events that all occur in the last two months of school.
2. Many spectators view matches throughout the entire weekend. A reduced-price weekend pass would encourage spectators to attend. Many other sports offer a weekend pass for multiple-day events.



## Minutes

-Extending the season by one week in the girls' season was discussed. The coaches discussed many pertinent reasons why the one-week extension would improve the option of rescheduling and reduce the potential of overplaying our athletes at the end of the season, which is such a critical time of the year. Entire list of reasoning is included in the above recommendations.

-The date of the West Fargo tournament was discussed. It is typically held the weekend before regions, which is a busy time for scheduling. It was decided that the tournament date will remain the same at this time.

-The rotation of the state tennis tournament was discussed. There was much discussion about having the tournament permanently in Grand Forks due to the facilities available versus rotating the tournament to give other communities the chance to host this tournament. It was decided that the tournament rotation will remain the same at this time, as scheduled.

-This year at the state tournament, all teams gathered at Capital Racquet and Fitness Center to participate in an opening ceremony which featured the presentation of team and the National Anthem. Coaches agreed that this was an appropriate way to begin the tournament, and would like to see this event expanded for future state tournaments. It was discussed that a sportsmanship pledge might be a proper addition to this ceremony since so much of the enforcement of rules in tennis relies on personal integrity.

-The coaches discussed the legitimacy of resting any player on the roster during rounds of the team tournament. After discussion, it was decided that the coaches act with honor and integrity in our state, and we will accept any player being left off the roster for various team rounds, no matter their position on the ranking ladder. Typically this would only happen due to injury of a player, or to allow players that are lower on the roster to experience a team tournament match.

-Kendra Pasco (Dickinson) was selected as the next West Region Girls' Tennis Advisory Representative, replacing Erik Hanson (Bismarck).

**\*Coaches, please forward the minutes to your Athletic Directors.**

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# 2014 State Baseball Coaches meeting minutes

5-31-2014

Mandan Memorial Field

Coaches present: Mike Gustavsson(Bismarck Century), Kent Schweigert(Bismarck Century), Brett Peterson(West Fargo), Jim Patton(Bismarck), Jeff Fiechtner(Fargo North), Pete Dobitz(Dickinson), Reid Flaagen(St. Mary's), Mark Varriano(Grand Forks Red River), Kyle Beckstead(Grand Forks Central), Dewitt Mack(Mandan)

- discussed East and West JV tourney
  - shared ideas about how tourney's are run
- discussed wood bats/metal bats
  - consensus that wood bats are good for the game
- discussed game time temperature cancellations
  - East is cancelling games if wind chill is below 40°F
- discussed game times for state tourney
  - **recommendation – rearrange the brackets for the state tourney so the teams that plays the last game of Thursday evening will not have to play the first game on Friday.**
    - rationale – last game could be very late due to delays(extra innings, weather, ...).
    - rationale – teams traveling to tourney site each day could end up with very little rest due to delays
    - rationale – safety of athletes if last game ends late
    - rationale – easy to adjust schedule/game times prior to the tourney in order to ensure teams playing last game Thursday will not play first game on Friday. Host team would still play last game on Thursday evening.
- discussed selection process for choosing umpires for state tourney
  - **recommendation - umpires must have worked at least two varsity double headers during the regular season in order to work state tourney games.**
    - rationale – ensures that umpires that are working state tourney games are accustomed to the level of play.
    - rationale – rewards the umpires that are working the regular season games.

State Boys Golf Coaches Meeting  
May 27, 2014

The annual coaches meeting at the Boy's State Golf event was held at the Oak Grove Elementary gym. Twenty-four coaches attended. Vickie Soholt opened the meeting with a welcome and Jon Ericson, Tournament Manager, Reported on the day one events. The Iwanamaker live scoring was unanimously approved of, and enjoyed.

A proposal from Region 1 given by Jeremy St Aubin. It concerned opening our class B golf season 2 weeks later than present and ending 2 weeks later which would be into June. Much discussion was held. Some considering favor, and some questioning whether this would be a help. All agreed that it would be better to ask for an extended region deadline to the Wednesday before the State Tournament. With all the technology available past tournament managers said this would be no problem to prepare for the event. Bag tags would not be a problem and the tee shirts could be sent to the hosts at least a week before instead of the day of the tournament start.

It was suggested that the students be polled as to whether they would like the season left as it is, extended into June, or go to fall golf. A poll was placed at the scoring table. The response was overwhelming to leave the season as is.

Rule 13 for range finders currently being used by class A was discussed and it was unanimous to ask this same rule be implemented for class B.

Regional sites for 2015 were proposed as follows:

Region1: EdgelyCalm

Region 2: Carrington

Region 3: Larimore

Region4: Souris

Region 5: South Heart

Region 6: undecided At this time!

Respectfully,  
Vickie Soholt  
Boys B Golf Representative

## 2014 Track Coaches Advisory Meeting

1. Get rid of the 3 days/week regulation (schools can determine their own schedule)
2. Get rid of the jr high meets/week regulation?
3. Adjust how we enter track meets on the website? Problems with some schools entering meets they haven't been invited to.

### Class A

1. Scratches online
2. There should not be an A and B regional on the same site on the same date.
3. Move Regional to Friday, with Saturday being a backup date.
4. Top 8 qualify at Regionals instead of 6 (individual events, relay top 6). Adding 2 new teams in the next couple of years
5. Add language to break ties for State Qualifying to the thousandths

### Class B

1. B Provisional Standards
2. Point of Emphasis. Coaches supervise throwing areas better.
3. Rotating 4 X 800 Relay
4. Statewide competitor numbers
5. Switching positions. Switch long jump and triple jump days on the schedule to put the long jump and the high jump on the same day.

### Qualifying Standards

-A Boys High Jump, A Boys Discus, A Girls Triple

-Flight numbers for Throwing and Jumping

## Flights for Field Events at State Track

1. For competitions with participants of 10 or less, one flight.
2. For competitions of 11 to 18, two flights. With an even number of participants, two flights of equal numbers. With an odd number of participants, two flights with the second having one more competitor than the first.
3. For competitions of more than 18, make three flights with as equal a number of competitors as possible. When unable to have three equal flights, the last flight will have one more competitor than the other flights. This pattern would continue with having an extra competitor in the second to last flight, etc. Example: 23 competitors, flight 1 will have 7 competitors, flight 2 will have 8 competitors, flight 3 will have 8 competitors.

## Softball Coaches Advisory

1. JV schedules
2. Temperature to play? 34 degrees?
3. Officials
4. Tournament set-up
5. Advisory - B East/West
6. Adjust the A bracket - Host team first day. Just flip bracket like baseball
7. New advisory - Kevin Zeigler, Century, Layne Fluehr, Westhope