PICTURED ABOVE: Members of the 2018 North Dakota High School Activities Association Class B Volleyball State Championship team from Thompson High School.
TABLE OF CONTENTS

North Dakota High School Activities Association 3
Farmers Union Insurance Distinguished Student: Addison Hoornaert 4
ACT/SAT National Test Dates 4
Class B Boys Basketball Hotel Information 5
2019 Dakota Bowl Schedule 5
Dakota Bowl Television Coverage 5
National Anthem Flag Decorum 5
Tournament Information Links 5
NDHSAA Minimal Behavior Expectations 6
Shirt Policy 6
Participants Must Be Accompanied 6
2019-20 NDHSAA Board Meetings 7
Fall Tournament Ticket Prices 7
Changing Email Addresses in NDHSAA Account 7
NDHSAA Accounts and Roles 7
NDHSAA Website Login Information 8
School Music Trips 8
Coaches and Officials Mandatory Online Testing 8
eKnowledge SAT & ACT Prep Courses 8
Online Rules Clinics for Activity Advisors, Coaches & Officials 9
Winter Season NDHSAA Website Requirements & Deadlines 9
NDHSAA Coaches Education - Permit Submission Form 9
Charitable Contest Guidelines 10
NDHSAA Local (Sub-Varsity) Official Certification Available 10
Debate and Speech Clinics Online 11
Certified Speech and Debate Judges 11
State B Play Contest 11
Music Judge Certification 11
2019 State Student Congress 11
NDHSAA HELP (FAQ) 12
NDHSAA HELP - Printing Team Flyers/Programs 12
NFHS Rules Publications Available as E-Books 12
NDHSAA Information - Find Officials’ Information 12
NDHSAA Postseason Video Broadcasting 13
NFHS Spirit of Sport and Heart of the Arts 13
NFHS Network Consumer Help 13
Award of Excellence Nominations 13
NCAA Updated Resources for the 2019-20 Academic Year 14
2019 Wrestling Officials Workshops 14
NDHSAA Board of Directors Meeting - September Summary 14
2019 Region/State Volleyball Information 15
2019 Region/State Volleyball Information (Continued) 16
2019 Region/State Volleyball Information (Continued) 17
2019 Region/State Volleyball Information (Continued) 18
2019 State Girls Swimming & Diving Meet 19
2019 State Girls Swimming & Diving Meet (Continued) 20
NFHS Network Programming - 2019 NDHSAA Girls Swimming & Diving 21
2019-20 Gymnastics Regulations 21
2019-20 Wrestling Regulations 21
2019-20 Hockey Regulations 22
Questions & Answers: NDHSAA Guides to Interpretations 22
2019-20 Basketball Regulations 22
NFHS #MyReasonWhy Campaign Begins 4th Year 22
Team Scholar Recipients 23
Annual NDHSAA Membership General Assembly Meeting 23
BEK Sports Network televising NDHSAA State Volleyball Tournament 24
NDHSAA HELP - NDHSAA Admins Reporting Scores 25
NDHSAA HELP - NDHSAA Coaches Reporting Scores 26
November Calendar 27

CHECK IT OUT!

PAGE 4

FARMERS UNION INSURANCE
DISTINGUISHED STUDENT
SPOTLIGHT:
ADDISON HOORNAERT

PAGE 5

DAKOTA BOWL SCHEDULE

PAGE 24

BEK SPORTS NETWORK
TELEVISING NDHSAA STATE VOLLEYBALL

PAGE 27

NOVEMBER CALENDAR

NDHSAA BULLETIN
Written by NDHSAA Staff
Editor: Tom Mix, NDHSAA Media Specialist
NDHSAA STAFF

MATT FETSCH
Executive Director
matt.fetsch@ndhsaa.org
(701) 845-3953

BRIAN BUBACH
Associate Director
brian.bubach@ndhsaa.org
(701) 845-3953

JUSTIN FLETSCHOCK
Assistant Director
justin.fletschock@ndhsaa.org
(701) 845-3953

KEVIN MORAST
Assistant Director
kevin.morast@ndhsaa.org
(701) 845-3953

BRENDA SCHELL
Assistant Director
brenda.schell@ndhsaa.org
(701) 845-3953

TOM MIX
Media Specialist
tom.mix@ndhsaa.org
(701) 845-3953

SHARON PROSBY
Business Manager
sharon.prosby@ndhsaa.org
(701) 845-3953

JERIANN EVERSON
Administrative Assistant
jeriann.everson@ndhsaa.org
(701) 845-3953

PATTY BASS
Administrative Assistant
patty.bass@ndhsaa.org
(701) 845-3953

NDHSAA CONTACT INFORMATION

Street Address:
350 2nd Street Northwest
Valley City, North Dakota 58072

Mailing Address:
PO Box 817
Valley City, North Dakota 58072

Phone:  (701) 845-3953
Fax:     (701) 845-4935

NDHSAA ON THE WEB

WWW.NDHSAA.COM
WWW.NDHSAAANOW.COM

NDHSAA NOW is where you will find news and current information about NDHSAA and our member schools. This is the site where you will find current teams, districts and region placement, team schedules, pictures, and rosters. Basketball standings, human-interest stories, twitter feed and much more! This is also the site where you will access video from the NFHS Network and video streams from member schools. Check it out NOW!!!
www.ndhsaanow.com

NDHSAA ON SOCIAL MEDIA

The NDHSAA is on Twitter (@NDHSAA), Instagram (profile name: ndhsaa) and Facebook. Be sure to follow NDHSAA on these platforms for updates on statewide activities.
Farmers Union Insurance Distinguished Student: Addison Hoornaert

Editorial note: We will be publishing a series of articles on getting to know this year’s distinguished student finalists.

Distinguished student, Addison Hoornaert hails from Carrington High School. Her friends call her Addie. She is the daughter of Jennifer and Chad Hoornaert and has three siblings (Emerson, Edyn and Aniston). This 17 year old has been an outstanding contributor to the NDHSAA distinguished student program.

At Carrington High School, Addison participates in several activities: She excels in Student Council (President), FBLA (President), NHS, SOS, Academic pursuit, Science Olympiad, and being a 7th grade mentor all while participating in volleyball, basketball and track. A myriad of activities to keep her busy most definitely. Addison states that while at school her favorite subject is Science. Addison also has an admiration for her sister Emerson as “she is one of the most hardworking people I know.”

In what little spare time she does have, Addison enjoys watching movies, spending time with family and friends as well as rollerblading. Community service is also very important as you will see Addison volunteering for youth sports camps and cleaning ditches.

Addison plans on pursuing a degree in Nursing with the goal of becoming a nurse practitioner. As a young leader of today, Addison feels that honesty is the most important characteristic of a good leader.

Addison said that the biggest life lesson she has learned from being involved with education-based activities is “witnessing the support and involvement of a community. We come together to support each other on and off the court in not only the good times, but in the bad ones as well.”

The perfect vacation for Addison would be a trip to Alaska. She also stated that if elected President, her first plan would be “to strengthen our educational system.”

Christmas is Addison’s favorite holiday because “my whole family gets together to celebrate.”

Individuals living or dead that Addison would like to share a meal with include: Jesus, George Washington, Jennifer Aniston and her mother.

Addison’s biggest pet peeve is lazy people and her favorite tradition is the gift exchange at Christmas. We asked Addison who she would want to play her in a movie about her life and she chose Sandra Bullock. Finally, the one thing the Addison could not go a single day without, is her family. Congratulations to Addison Hoornaert, a NDHSAA/Farmers Union Insurance Distinguished Student!

ACT/SAT National Test Dates

Administrators, activities directors and coaches should remind their students of the following 2019-20 dates so they may avoid conflicts. Please have them contact their school counselor for deadline registration dates and further details.

<table>
<thead>
<tr>
<th>ACT NATIONAL TEST DATES</th>
<th>SAT NATIONAL TEST DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 14, 2019</td>
<td>November 2, 2019</td>
</tr>
<tr>
<td>February 8, 2020</td>
<td>December 7, 2019</td>
</tr>
<tr>
<td>April 4, 2020</td>
<td>March 14, 2020</td>
</tr>
<tr>
<td>June 13, 2020</td>
<td>May 2, 2020</td>
</tr>
<tr>
<td>July 18, 2020</td>
<td>June 6, 2020</td>
</tr>
</tbody>
</table>
Information on reserving hotel rooms for the Class B Boys Basketball State Tournament, March 19-21 in Bismarck can be found at [https://noboundariesnd.com/](https://noboundariesnd.com/)

### 2019 Dakota Bowl Schedule

The 2019 Dakota Bowl will be held Friday, November 15 at the FARGODOME with Todd Olson as manager.

**Friday, November 15, 2019**
- Game 1 - 9-man - 9:10 a.m.
- Game 2 - Division A - 20 minutes after Game 1
- Game 3 - Division AA - 20 minutes after Game 2
- Game 4 - Division AAA - 6:40 p.m.

**TICKET PRICES (All Day)**
- Adults: $14.50 + $0.50 venue charge ($15.00)
- Students: $6.50 + $0.50 venue charge ($7.00)

### Dakota Bowl Television Coverage

Dakota Bowl, coverage will be aired on the following television stations:

- WDAY 6- Fargo
- WDAZ 8- Grand Forks
- KBMY 17- Bismarck
- KMCY 14- Minot

Webstream also available at [www.inforum.com](http://www.inforum.com)

### National Anthem Flag Decorum

The following announcement should be read before the playing/singing of the national anthem at various events: “Ladies and gentlemen, we are about to salute the flag of our nation. Please rise, remove your cap or hat, place your right hand over your heart, and stand at attention while the national anthem is being performed.”

### Tournament Information Links

Upcoming regional and state tournament information will be posted on the sport/activity specific pages on the NDHSAA NOW website [www.ndhsaanow.com](http://www.ndhsaanow.com) site under Tournament Information. Links to tournament information pages and sites will also be accessible from the main NDHSAA website during all tournament seasons.

---

Follow @NDHSAA on Twitter for latest news on NDHSAA activities!
**NDHSAA Minimal Behavior Expectations**

Passed by the NDHSAA Board of Directors for regular and postseason competitions and requires:

- Respect the American flag and the National Anthem.
- Contesting schools shall each have an authorized faculty representative present who shall be responsible for his/her school’s participants, students, and fans throughout the contest.
- Spectators must wear clothing that covers the entire torso. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the facility if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, trash talk, name-calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school/tournament administrators.
- Any attendee ejected from a NDHSAA tournament venue will be banned from the venue(s) for the remainder of the event.
- Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.
- Hand held signs and flags, which do not obstruct the view of others, are permitted provided they are in good taste. Signs or other similar items contest/tournament officials deem to be in poor taste will be removed. Message or “white” boards” are prohibited. The carrying of flags around the playing surface is NOT allowed.
- Artificial noisemakers of any kind (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed at any indoor events, including outdoor sports played at indoor venues. Exception – Megaphones appropriately used by cheerleaders are permitted if allowed by contest officials.
- Laser lights or any other lights deemed distracting to participants are strictly prohibited.
- Confetti is banned at all NDHSAA tournament venues. Tournament staff is instructed to confiscate such articles at the door.
- Objects shall not be thrown into the stands at any NDHSAA tournament venue.
- The use of unmanned aerial vehicles (UAV), also known as drones, is prohibited for any persons at NDHSAA tournament venues.

**Shirt Policy**

The NDHSAA Board of Directors, in response to a recommendation of the District Chairpersons, adopted the following policy: “An appropriate shirt is required at all NDHSAA sponsored district, region and state events”.

An appropriate shirt is determined per local school policy. There shall be no body paint. Face paint is allowed.

**Participants Must Be Accompanied**

Please be reminded all regional and state individual and team members must be accompanied by a coach or school official as noted in the NDHSAA By-Laws on page 4, Part Two, Article III-CONTESTS, Section V.

Managers of regional and state NDHSAA sponsored activities have been notified to strictly enforce this rule. No participant or team will be allowed to participate without a coach or faculty representative present at the contest.

**NDHSAA POSTSEASON BRACKETS:** [www.ndhsaanow.com/brackets](http://www.ndhsaanow.com/brackets)
2019-20 NDHSAA Board Meetings

Following is a list of NDHSAA regularly scheduled Board meeting dates. Agendas, Board minutes, special meeting information and other Board documents may be found on the NDHSAA website by clicking the Board Agendas and Minutes link under the Boards & Committees across the top of every page on the NDHSAA website.

http://www.ndhsaa.com/board/meetings

2019-20 NDHSAA BOARD MEETINGS

December 5, 2019 - Valley City
January 16, 2020 - Valley City
March 31, 2020 - Valley City

June 8-9, 2020 - Devils Lake (Site Change Approved)
June 28 - July 2, 2020 - NFHS Summer Meeting - Denver, CO

Fall Tournament Ticket Prices

GIRLS SWIMMING & DIVING
State Meet at Bismarck, N.D.
Daily Ticket
Adults: $10.00 Students: $5.00
Tournament Ticket
Adults: (reserved): $26.00
Students : $10.00

VOLLEYBALL
Region Play-In Games Adults: $7.00
Students: $5.00
Regional Play Daily Ticket
Adults: $8.00 Students: $5.00
State Tournament at FARGODOME
Daily Ticket (includes $1 venue charge) Adults: $13.00 Students: $7.00
Tournament (includes $3 venue charge) Adults: $35 Students: $18

FOOTBALL
Pre-Quarterfinals, Quarterfinals and Semifinals
Adults: $8.00 Students: $5.00
Dakota Bowl at FARGODOME
Adults: $15 Students: $7
* Venue Charge included

Changing Email Addresses in NDHSAA Account

Users are reminded if their email addresses have changed, they must edit their NDHSAA account with the new email address. Editing accounts will allow user history and all existing roles to remain connected to NDHSAA accounts. Users should not create new accounts, they should edit their existing accounts.

To edit your NDHSAA email address/login:

1) Log in to your NDHSAA account
2) Click on “My Profile” on the bottom left portion of the page
3) Click the Edit Button on the Profile page
4) Click the “Account” tab on the grey menu bar that goes across the page
5) Enter your new email address
6) Confirm your new email address
7) Click the blue SAVE button

This is also where you change your password, if you so desire. Editing your email address on your NDHSAA account assures you receive the proper information from the NDHSAA office.

NDHSAA Accounts and Roles

REMINDER TO SCHOOL ADMINISTRATORS: New coaches should create NDHSAA accounts (if they do not already have an account) and request appropriate roles at your school as your coaching staff changes. Testing and online rules clinics are tied to NDHSAA accounts therefore all users must have appropriate roles with valid email addresses at your school. If you need a role removed from your school or have any comments, questions or concerns regarding our website, please contact Brenda Schell. brenda.schell@ndhsaa.org
**NDHSAA Website Login Information**

The NDHSAA website includes a public portion for public viewing and a password protected portion for school and NDHSAA administration of sports and activities. All coaches and advisors must have NDHSAA accounts in order to input their rosters, pictures, cutlines, schedules, tournament entrants and results.

To create an NDHSAA account, go to our website [http://www.ndhsaa.com](http://www.ndhsaa.com) and locate the Sign In section on the top right side of the page. Click on the “Create an Account” link. You must enter your account information then request a role at your school. To request a role, select your role (coach (sports), activity advisor/coach (fine arts), staff, etc.) and click the blue “Request Role” button. Then select the school you are affiliated with from the drop down menu, choose your sport or activity from the drop down menu and Click the “Request Role” button. Repeat the role selection process until you have requested all of your roles in your school. After submission, the main user at your school will approve your role(s) and you will be able to enter information concerning your sport or activity.

Any comments, questions or concerns regarding our website, please contact Brenda Schell at the NDHSAA office. EMAIL: brenda.schell@ndhsaa.org

**School Music Trips**

Out of state music trips of 600 miles or more must have NDHSAA approval. Out of state trips should not exceed the loss of more than two school days. Groups shall also be limited to a maximum of two out of state trips in any one school year. Administrators must contact NDHSAA once planning begins for these trips, whether competition is involved or not. Requests for these trips should include information about dates, destination and administrative approval of the trip.

**Coaches and Officials Mandatory Online Testing**

Officials and head coaches of winter sports (basketball, gymnastics, hockey and wrestling) must take an open book test in the sport(s) in which he/she is a head coach/official. The test will be available online only and must be completed and submitted within the applicable window. The test will be available by following the Online Testing link on the main page of the NDHSAA website. ([www.ndhsaa.com](http://www.ndhsaa.com))

The NDHSAA office will assess a penalty of $25 for non-completion of any mandatory online exam by a head coach. Officials non-completion of a mandatory online exam will result in a lower classification the following year. If an official is certified, they will drop to probationary for one year in that sport. If an official is probationary they will drop to ineligible for one year in that sport.

Wrestling, Basketball, Gymnastics & Hockey Winter sports testing window:
November 26 - December 5, 2019

**eKnowledge SAT & ACT Prep Courses**

The eKnowledge project waives the complete $350 course price for the SAT or ACT Test Prep Programs. So the student pays only the $19.99 cost for streaming, student support, customer support, and materials.


**Visit NDHSAA NOW for scores, stories and more! www.ndhsaanow.com**
Officials and head coaches/activity advisors must complete rules clinics in sports or activities where clinics are offered. These clinics will be available online only and must be completed within the three week clinic window. The clinic will be available through a link within NDHSAA. You must have an NDHSAA account in order to complete the rules clinic. Please note all clinics are available online only for the 2019/20 school year.

Following are the test windows:

**WINTER SPORTS**
October 28 - November 18, 2019
Basketball, Gymnastics, Hockey and Wrestling

**WINTER FINE ARTS**
October 28 - November 18, 2019
Debate and Speech

**SPRING SPORTS**
February 10 - March 2, 2020
Track and Field
March 2 - 23, 2020
Baseball, Boys Golf, Class B Girls Golf and Softball

Winter Season NDHSAA Website Requirements & Deadlines

Winter sport rosters/pictures/cutlines and schedules are soon due. (A cutline identifies the lineup on the team photo.) Schools are required to have this information for all winter sports uploaded to NDHSAA three weeks into each season. Failure to upload required information will result in a $50 late fee. Schools have the ability to edit this information as rosters change throughout the season.

This process allows invitational, district, regional and state tournament managers the ability to download and prepare tournament programs. The NDHSAA system will accept photos up to 10 MB in size.

**DEADLINES:**

**December 2**
Boys Hockey
Girls Hockey
Wrestling

**December 9**
Class B Girls Basketball
Gymnastics

**December 16**
Class A Boys & Girls Basketball

**December 23**
Class B Boys Basketball
Boys Swimming & Diving

Instructions on uploading pictures and entering cutlines, rosters and schedules are available on the “Help Documentation” under the FAQ link on the NDHSAA website. [http://www.ndhsaa.com/faq/help](http://www.ndhsaa.com/faq/help). If you have problems, please contact Brenda Schell at the NDHSAA office.

NDHSAA Coaches Education - Permit Submission Form

Beginning in the fall of 2013 all coaches who work with student athletes in grades 9-12 must be certified. To become certified a coach must complete the requirements for an NDHSAA Coaching Permit. Member schools submit their coaching rosters through the NDHSAA Coaching Permit Submission Form. The NDHSAA Coaching Permit Submission Form allows tracking of all coaches through member schools. This is the only form that will be accepted and it must be emailed electronically as an excel file. If you find a need to track more coach information than listed on this form, please feel free to add columns AFTER (to the right of) column 10. Only columns 1-10 need to be submitted to NDHSAA.

All coaches must be submitted each year. Only coaches not certified in a prior year will be mailed coaching permits. Coaching permits will be issued by the North Dakota High School Coaches Association. The due date for the Coaches Education Permit Submission form is April 1st each year.

This form has been emailed to main school contacts and is available on the NDHSAA website under Forms. Please contact NDHSAA for any questions concerning this form.
Charitable Contest Guidelines

Schools may host a contest in recognition of a charitable cause under the following conditions:

• The contest or competition may be held during any one week, to be determined by each individual school, of the designated sport season.

• The NDHSAA is supportive of charitable initiatives and has developed guidelines in regards to an athletic competition being held in the name of a charitable cause. Each school participating must be in agreement to allow any of the modifications to the rules. Team members may be allowed to wear headbands or wristbands of a solid non-regulation color.

• Officials may be allowed to use a colored whistle.

• Colored game balls will not be allowed, however they may be used during any warm-up period prior to the contest.

• A commemorative ribbon may be worn, properly placed on the jersey or school-issued uniform. Uniforms must conform to National Federation rules, including colors. NDHSAA requests member schools provide NDHSAA a courtesy contact with the date of contest and charitable cause.

NDHSAA Local (Sub-Varsity) Official Certification Available

NDHSAA will offer a process to certify Local Sub-Varsity officials. Officials who complete all items needed to certify will be able to officiate at the sub-varsity level and below in the sport(s) in which they certify. This certification must be under the direction of an administrator of an NDHSAA member school.

NDHSAA Local (Sub-Varsity) Official Certification
Officials must complete all items below to become eligible to officiate at the Local (Sub-Varsity) level in the sport(s) in which they register as Local officials.

Requirements for Local Official include:
1. Complete NFHS Learn Concussion Management Course (State Law)
   a. Create NFHS Learn account at www.nfhslearn.com if you do not have one and purchase (course is free, however you still need to purchase) and complete the Concussion Management course. Instructions available on the NDHSAA website at the Concussion Management Information link on the main NDHSAA webpage.

2. Create NDHSAA Account www.ndhsaa.com
   a. If user has NDHSAA account, complete requirements using same account and email address as used in current NDHSAA account.

3. Register Online Within NDHSAA Account
   a. Officials Registration tab
      i. My Profile -> Sport -> Choose Local -> Complete registration form

4. Pay Registration Fee
   a. Online or through mail. MUST be paid within 30 days or registration is cancelled.
      i. $20 registration fee plus $12 for first sport. ($32)
      ii. Additional sports: $12 each

5. Complete 2018-19 Local Officiating Rules Clinic
   a. Available on “Clinic” tab when logged in to NDHSAA account.

Note:
Item 1:
ND State Law requires officials complete concussion management training every two years.

Items 2-4:
Must complete BEFORE LOCAL officials will be approved eligible to officiate contests.

Item 5:
Failure to complete clinic will result in a drop of a level of certification the following year.
1) Certified Local will drop to Probationary at all levels. (Registered and Local)
2) Probationary Local will drop to Ineligible at all levels. (Registered and Local)

Please contact the NDHSAA office with any questions concerning the certification of local sub-varsity officials through this program.
Debate and Speech Clinics Online

2019/20 winter fine arts rules clinics will be offered online. Online clinic completion is mandatory for head speech and head debate coaches from each high school department.

Below is the 2019/20 Winter Fine Arts clinic window:

Debate & Speech
October 28 - November 18

Certified Speech and Debate Judges

Certification tests for 2019-20 speech and debate judges will open October 28. Lists of certified judges are online at http://www.ndhsaa.com/fine-arts-judges/speech and http://www.ndhsaa.com/fine-arts-judges/debate. Lists will be updated automatically following judge test completion (please wait 2-3 minutes for verification to post). Judges must complete the online rules test to become certified.

Contact Brian Bubach if you have questions. brian.bubach@ndhsaa.org

State B Play Contest

Regional qualifiers will participate at Jamestown High School and the University of Jamestown on Monday, November 25.

The top 4 plays from each preliminary site will advance to the Finals at the University of Jamestown on Tuesday, November 26. A complete schedule for State B Plays will be posted at http://www.ndhsaanow.com/tournaments/play as soon as it is finalized.

Music Judge Certification

College or high school personnel with a B.S. in Music Education and 5 years experience (recommended) may judge NDHSAA sponsored Music Festivals if they successfully complete the online rules test.

If you have questions regarding music certification, please contact Brian Bubach at: brian.bubach@ndhsaa.org

2019 State Student Congress

The 2019 State Student Congress will be held at the Bismarck State Capitol on Thursday and Friday, November 7 and 8. Sue Anderson will serve as the Contest Manager.

Thursday, November 7
11:30 - 12:30 - Registration
12:45 - General Assembly
1:00 - 3:00 - Session I
3:00 - 3:20 - Break for All Chambers
3:20 - 6:00 - Session II
6:00 - Adjournment

Friday, November 8
7:50 - Meeting of P.O.’s and All Coaches
8:00 - 9:45 - Session III
9:45 - 10:00 - Break for All Chambers
10:00 - 11:30 - Session IV
12:15 - Chamber Reports
12:30 - Awards
NDHSAA HELP (FAQ)

The NDHSAA website has a help link available: https://ndhsaa.com/faq/help.

If you can’t find an answer to your question on the FAQs, please contact the NDHSAA.
Email: Brenda.Schell@ndhsaa.org
Phone: (701) 845-3953

NDHSAA HELP - Printing Team Flyers/Programs

The administrative portion of the NDHSAA website allows schools and tournament managers to download and print team flyers/programs. Instructions appear below:

• Log in to NDHSAA
• Click Schools on the left side of the page
• Click “View” on a school from the list (type a few letters of the school name in the Search box)
• Click “Program” on the right side of the page
• Click “Varsity” team tab
• Click “Print” or “Export” for the team program/flyer
• Click “Export” to export just the roster as a .csv to be open in Excel

NFHS Rules Publications Available as E-Books

Rules books and case books produced by the National Federation of State High School Associations (NFHS) are now available for purchase online in electronic-book format.

The NFHS, which has written and published playing rules for high school sports throughout most of its 100-year history, is offering its rules publications in e-book format through iTunes for Apple users. In addition, the Kindle version is being sold on Amazon.

NFHS playing rules are written specifically for varsity competition among student-athletes of high school age and are intended to maintain the sound traditions of the sport, preserve the balance between offense and defense, encourage sportsmanship and minimize the inherent risk of injury for participants.

NDHSAA Information - Find Officials’ Information

Each month we post an NDHSAA Information article in our BULLETIN. This month the topic is finding officials’ information. In order to find contact information for officials in NDHSAA you must have administrative privileges.

To view officials and their contact information:

• Log in to NDHSAA
• Click on the Officials tab on the left side of the page
• Click the Filter button on the right side of the page and choose a sport from the drop down menu
• You will see a list of all officials registered to officiate the sport you have selected for the current school year
• You may sort by clicking on the arrows on any column
• To show more than 10 officials on a page click a higher number than 10 from the Show Entries drop down menu
• You may view this information online or export to Excel by clicking on the Export icon on the top right side of the page.
• You may check for “LOCAL” (JV and below only) officials in the same manner.
**NDHSAA Postseason Video Broadcasting**

All postseason (regional and state) video rights have been sold to Forum Communications, BEK Sports Network and the NFHS Network. Some postseason contests and tournaments are available for stream/broadcast as declined events with applicable rate card fee.

Any declined event stream/broadcast must have prior approval from NDHSAA or will be subject to twice the applicable fee. Please contact Tom Mix or Brian Bubach for further information at 701-845-3953 or tom.mix@ndhsaa.org / brian.bubach@ndhsaa.org

**NFHS Spirit of Sport and Heart of the Arts**

Spirit of Sport and Heart of the Arts awards are National Federation programs to recognize students for exemplary actions. The Heart of the Arts award is similar to the Spirit of Sport and recognizes people involved in the performing arts. If you have something or someone worthy of recognition, please request a nomination form from NDHSAA.

Nomination forms must be submitted to the NDHSAA office before January 15, 2020. The NDHSAA nominee will be chosen and forwarded to Section 5 for selection of the Section 5 nominee to forward to the National Federation.

To receive a Spirit of Sport nomination form, email: brenda.schell@ndhsaa.org. To receive a Heart of the Arts nomination form, email: brian.bubach@ndhsaa.org.

**NFHS Network Consumer Help**

For all questions regarding difficulty viewing, inability to find a specific event link, technical issues within a broadcast, trouble subscribing, billing questions, etc., callers may contact memberadmin@nfhsnetwork.com or 877-978-2311.

There are customer representatives standing by at all times to respond to issues and get fans set-up to view their events as quickly as possible. The NFHS Network is happy to issue refunds for accidental double subscribing as well as issues such as experiencing technical difficulties while viewing a game. www.nfhsnetwork.com/associations/ndhsaa

**Award of Excellence Nominations**

NDHSAA is honoring the recipients of the National Federation Award of Excellence for displays of great sportsmanship.

Those teams, individuals, coaches, fans, and administrators that have shown exemplary sportsmanship in the midst of competition may be nominated by emailing Matt Fetsch or Brian Bubach. A nominator may be a game official, parent fan, coach, or school administrator. Those receiving the award this past month are:

Tioga and South Prairie football September 20 at South Prairie. Both teams and coaching staffs exhibited exemplary sportsmanship. Officials nomination.

Midway-Minto football team during September 28 contest at Drake-Anamoose. Exemplary sportsmanship. Officials nomination.

Follow @NDHSAA on Twitter for latest news on NDHSAA activities!
NCAA Updated Resources for the 2019-20 Academic Year

The following links are designed to provide information to students and families and assist them with NCAA registration, initial-eligibility and certification processes. 

Our updated resources for the 2019-20 school year can be found on the NCAA's Educational Resources page and include:  
• Guide for the College-Bound Student-Athlete.  
• Initial-Eligibility brochure (tri-fold).  
• Initial-Eligibility one-page brochure.  
• High School Counselors Quick Hits.  

Check back to the Educational Resources page for updates. 

In addition to the above links, the NCAA Eligibility Center began a text-messaging program to reach out to registered prospective student-athletes. This program will reach out to U.S. phone numbers only, and will be used primarily to notify students when critical tasks are open within their Eligibility Center certification account. Texting will be limited to no more than four texts per month per student. 

2019 Wrestling Officials Workshops

Each wrestling official must attend one of the four workshops around the state. Failure to attend will cause the official to drop level of certification the following year.  

<table>
<thead>
<tr>
<th>Date</th>
<th>City</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 3</td>
<td>Fargo</td>
<td>Scheels Center</td>
<td>12:00 p.m.</td>
</tr>
<tr>
<td>Nov. 6</td>
<td>Bismarck</td>
<td>Century HS Rm. 134</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>Nov. 6</td>
<td>Minot</td>
<td>YMCA</td>
<td>6:00 p.m.</td>
</tr>
<tr>
<td>Nov. 6</td>
<td>Grand Forks</td>
<td>Red River HS</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>Nov. 13</td>
<td>Jamestown</td>
<td>Jamestown HS</td>
<td>7:00 p.m.</td>
</tr>
</tbody>
</table>

NDHSAA Board of Directors Meeting - September Summary

The North Dakota High School Activities Association’s Board of Directors met Thursday, September 26.  

Highlights of the meeting included:  

The Board’s Football Committee met prior to the Board Meeting and presented a report that included a survey for member schools concerning the upcoming football plan for the 2021 and 2022 football seasons.  

The Board approved renaming the NDHSAA’s Distinguished Service Award to the Robert D. King Distinguished Service Award. Robert D. King served as the Executive Director of the NDHSAA from 1988 to 1999.  

The Board approved moving the Class B girls golf season to the fall starting in the fall of 2021 to begin the 2021-2022 school year. The schedule will mirror the Class A girls golf season.  

The approved several recommended items from Athletic Review.  

ATHLETIC REVIEW GRID

The Board approved the following requests for changes to 2019-20 region tournaments have been received.  

1. 2019 Region 8 Volleyball site from Ray to Stanley  
2. 2019 Region 1 Volleyball Tournament site from Central Cass to Fargo Civic Center  
Regional Tournaments will be held at the following sites:

- **East Region** – November 12 at site of higher seeded team, rounds 2 and 3 at Fargo South HS November 15 and 16, Mike Beaton, Mgr.
- **West Region** – Jamestown HS, November 14-16, Jim Roaldson, Mgr.

First, second, third and fourth place winners advance to the state tournament. Third and fourth places will be determined using a cross-bracketing of semi-final losers to the consolation brackets semi-final round. All regional matches are to be played to conclusion. Failure to complete a match will cause a team to be ineligible for further competition. The West and East regions will set their own time and format for their regional tournaments.

Warm-up shall consist of 8 minutes teams share the court, no balls hit over the net. The remainder of the warm-up time will be: 4 minutes full court for the visitor team, 4 minutes full court for the home team, 4 minutes full court for the visitor team, and 4 minutes full court for the home team. During a team’s time on the court, they may choose the option of serving practice.

**B REGIONAL PAIRINGS**

**November 11, 12, 14**

First round matches on November 11 will be in one session. Start time is determined by each individual region. Each subsequent match will begin 25 minutes after completion of the previous match. Warm-up shall consist of 8 minutes teams share the court, no balls hit over the net. The remainder of the warm-up time will be: 4 minutes full court for the visitor team, 4 minutes full court for the home team, 4 minutes full court for the visitor team, and 4 minutes full court for the home team. During a team’s time on the court, they may choose the option of serving practice.

**Pairings are as follows:**

- **Region 1** – Fargo Civic Center - Brent Wolf, Manager
  
  #1 seed vs. winner of #8 seed and #9 seed
  #2 seed vs. winner of #7 seed and #10 seed
  #3 seed vs. winner of #6 seed and #11 seed
  Winner of #4 seed and #13 seed vs. winner of #5 seed and #12 seed

- **Region 2** – Grafton HS - Jon Koehmstedt, Manager
  
  #1 seed vs. winner of #8 seed and #9 seed
  #2 seed vs. winner of #7 seed and #10 seed
  #3 seed vs. winner of #6 seed and #11 seed
  Winner #4 seed and #13 seed vs. winner of #5 seed and #12 seed

- **Region 3** – Linton HS - Paul Keeney, Manager
  
  District 5 - Team 1 vs. District 6 - Team 4
  District 6 - Team 2 vs. District 5 - Team 3
  District 6 - Team 1 vs. District 5 - Team 4
  District 5 - Team 2 vs. District 6 - Team 3

- **Region 4** – Devils Lake, Jason Wiberg, Manager
  
  #1 seed vs. winner of #8 seed and #9 seed
  #2 seed vs. winner of #7 seed and #10 seed
  #3 seed vs. winner of #6 seed and #11 seed
  #4 seed vs. winner of #5 seed and #12 seed

- **Region 5** – New Salem HS - Jerome Slag, Manager
  
  #1 seed vs. winner of #8 seed and #9 seed
  #2 seed vs. winner of #7 seed and #10 seed
  #3 seed vs. winner of #6 seed and #11 seed
  #4 seed vs. #5 seed

- **Region 6** – Minot Auditorium, Alton Nygaard, Manager
  
  District 11 - Team 1 vs. District 12 - Team 4
  District 12 - Team 2 vs. District 11 - Team 3
  District 11 - Team 1 vs. District 12 - Team 4
  District 12 - Team 2 vs. District 11 - Team 3

- **Region 7** – Dickinson Trinity, Gregg Grinsteinner, Manager
  
  #1 seed vs. winner of #8 seed and #9 seed
  #2 seed vs. winner of #7 seed and #10 seed
  #3 seed vs. winner of #6 seed and #11 seed
  #4 seed vs. winner of #5 seed and #12 seed

- **Region 8** – Stanely HS - Brooks Stafslien, Manager
  
  District 15 - Team 1 vs. District 16 - Team 4
  District 16 - Team 2 vs. District 15 - Team 3
  District 15 - Team 1 vs. District 16 - Team 4
  District 16 - Team 2 vs. District 15 - Team 3

**STATE TOURNAMENT**

The State Volleyball Tournament will be held on November 21-23, 2019 in Fargo at the FARGODOME. Todd Olson, athletic administrator of the Fargo Public Schools will serve as tournament manager.

**State B**

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 three seeded teams. The quarterfinal pairings are:

- #2 seed vs. Second Random Draw
- #3 seed vs. Third Random Draw
- #1 seed vs. First Random Draw
- #4 seed vs. #5 seed
2019 STATE VOLLEYBALL TOURNAMENT SCHEDULE

NOTE, THE SCHEDULE WILL BE DOUBLE COURT FOR ALL BUT THE CHAMPIONSHIP MATCHES.
After the first match of a session, the next match will begin 25 minutes after the completion of matches but not earlier than the scheduled time.

Thursday, Nov. 21 (Double Court):
A-Court
1:00 #1 East vs #4 West
3:00 #2 West vs #3 East
5:00 #1 West vs. #4 East
7:00 #2 East vs. #3 West

B-Court
1:00 #2 Seed vs. Random Draw
3:00 #3 Seed vs. Random Draw
5:00 #1 Seed vs. Random Draw
7:00 #4 Seed vs. #5 Seed

Friday, Nov. 22 (Double Court):

CONSOLATION PLAY
1:00 P.M. Consolation Semi-Final (Upper Bracket)
3:00 P.M. Consolation Semi-Final (Lower Bracket)

CHAMPIONSHIP SEMIFINALS
5:00 P.M. Championship Semi-Final Matches (Upper Bracket)
7:00 P.M. Championship Semi-Final Matches (Lower Bracket)

Saturday, Nov. 23 (Double Court):
10:00 A.M. 7th Place Matches
12:00 P.M. Consolation Championships
2:00 P.M. Third Place Matches
5:00 P.M. B Championship
7:00 P.M. A Championship

All State Tournament matches must be played to conclusion. Matches will be played on double court or main court as indicated in the schedule. Only the championship matches will go on main court.

MATCHES
• All Regional and State play will be best-of-five-set matches with rally scoring.

COACHES
• Coaches with teams entered in the State Tournament will meet with the tournament manager on Thursday prior to their scheduled pre-match to go over any questions they might have and for a briefing on the operation of the tournament.

OFFICIALS
• Officials will be contracted by the NDHSAA. Assignment of officials for regional matches may be made by the NDHSAA or the tournament manager. Officials for regional play will be selected via coaches survey and NDHSAA liaison input.
• Officials working the State A Tournament will be the top three selections from each region. Officials working the State B Tournament will be the top selection statewide from Regions 2,4,6, and 8 plus two at-large officials. The sit-out rule is in effect.
• Assignments of these officials for State Tournament matches are made by the NDHSAA office at least one week prior to the tournament and officials will then be notified of their specific assignments. Only NDOA and reciprocity officials are eligible to work regional tournaments and only NDOA officials are eligible to work the state tournament.
• A floor captain, statisticians, desk officials, ball return workers, ticket takers and sellers, ushers, etc., are to be obtained by the tournament manager. Desk officials are required to wear distinguishing uniforms so they can be readily identified.
• It is recommended that registered officials be used as line judges. The NDHSAA will attempt to contract registered officials. If registered officials cannot be obtained, qualified line judges will be utilized. No mileage or per diem will be paid. These officials will receive two tournament passes plus a per-match fee.

PRACTICE SESSIONS - Regional and State Tournament
• No practice will be allowed at the Regional site from the time the brackets are set to once the tournament has begun. Class A & B hit-arounds will be utilized at the state tournament
The schedule for hit around will be sent out to tournament management and participating schools once regional tournament play has been completed.

WARM-UP
• A scheduled 25-minute warm-up period on the playing court will be provided prior to each Regional and State match. While using double court, warm-up on court may begin immediately following the previous match. Warm-up shall consist of 8 minutes teams share the court, no balls hit over the net. The remainder of the warm-up time will be: 4 minutes full court for the visitor team, 4 minutes full court for the home team, 4 minutes full court for the visitor team, and 4 minutes full court for the home team. During a team’s time on the court, they may choose the option of serving practice.
VOLLEYBALLS
• Practice Balls - Each participating team will furnish its own practice balls at regional sites unless otherwise stated by regional management. Practice balls will be furnished by the management at the state tournament site.
• Game Balls - Game balls are furnished through the NDHSAA office and sent to all A and B regional and state tournament managers. Upon completion of the tournament, balls may be awarded to the schools at no cost (one per school) with first chance going to the first place team, second to the second place team, etc.

PLAYERS IN UNIFORM
• In Regional and State Tournaments, schools may have a 15 player roster and the maximum number of players dressed for a match is also 15.

PASSES
• A maximum of twenty-eight passes shall be given to competing schools in regional and state tournaments, plus cheerleader passes (maximum of 8 which includes the mascot). Schools are to notify the tournament manager as to the number of passes needed. Each player, student manager, coach and school official must present a pass or ticket for admission to any and all sessions. Additional passes must be requested from the tournament manager, who will bill the school accordingly.

SCHOOL RESPONSIBILITY
• PART TWO, SECTION V of the NDHSAA Constitution & By-Laws states: “Contesting schools shall each have present an authorized faculty representative who shall be responsible to his/her school for the conduct of its participants and students throughout the contest and the visiting team’s stay away from home.”
• The NDHSAA Board of Directors, in response to a recommendation of the District Chairpersons, adopted the following policy: “An appropriate shirt is required at all NDHSAA sponsored district, region and state events”. An appropriate shirt is to be determined as per local school policy. Also, there shall be no body paint. Face paint is allowed.

TEAM ALLOWANCE
• Regional Tournament and State Tournaments only.
• Team payments will be distributed at the end of the school year.

HOUSING
• State Tournament managers will make motel/hotel arrangements for the out-of-town schools.
PROTESTS
- Protests as to eligibility status of individual contestants will be considered by the Board of Directors prior to or after the completion of a tournament, but not while said tournament is in progress.

SOLICITATIONS
- No solicitations for any purpose shall be permitted at any Association-sponsored tournament regardless of the merit of such a venture.

CONCESSIONS, PROGRAMS, HOSPITALITY WILL BE THE HOST CITY’S RESPONSIBILITY. TROPHIES AND AWARDS
- Regional: Team awards are provided for 1st and 2nd place winners for Class A and 1st, 2nd, 3rd and 4th place winners for Class B.
  - State:
    - Team awards are provided for 1st, 2nd, 3rd, 4th, 5th, 6th, 7th and participation. Only trophies provided by the NDHSAA or an approved affiliated organization will be presented at the tournaments.
    - Individual awards are also provided for the State Tournament. Eighteen individual plaques will be provided for each 1st and 2nd place team members. Places 3 through 8 shall each be provided with 18 participation medals.
    - The NDHSAA will not be announcing all-state team at this year’s state tournament.

VIDEOTAPING OR FILMING
- Regulations prohibit the use of video equipment by schools except for the match they are playing. This does not prohibit stations that have contracted for the televising of tournaments from videotaping or filming for delayed telecasts.
- Private individuals may use video recorders at NDHSAA-sponsored events provided they do not interfere with other people’s view of the match. Tournament managers will determine if individuals are causing any viewing problems. No webcasting is allowed for private individuals.

INSURANCE
- Each tournament will be protected by a Master Personal Liability and Property Damage Insurance Policy.
- All tournaments will be protected against Inside Robbery and Outside Messenger Service and Burglary Insurance to a maximum of $2,000 for each tournament.
- All Regional Tournament managers are bonded with a $10,000 Fidelity Bond and State Managers with a $75,000 bond.

ADMISSION PRICES
Regional:
- Daily Individual Session Adult - $8.00 / Student - $5.00
- A Pre-Quarters:
  - Adult - $7.00 / Student - $5.00
- Note: All regional and state tickets are unreserved.
State Weekend Tournament Pass:
- Adult: $32 + venue charge, Student: $15 + venue charge
Daily Pass:
- Adult: $12.00 + venue charge, Student: $6.00 + venue charge

NDHSAA FACTS: Central Cass defeated Lisbon 3-1 (7-15, 17-15, 15-13, 15-7) in the 1994 NDHSAA Class B Volleyball State Title Match
The 2019 Girls Swimming & Diving State Meet will be held in Bismarck, at the BSC Aquatics Center, November 15-16, Dave Zittleman, Manager.

Friday:
11:00 AM - Coaches Meeting
11:00 AM - Diving Warm-Ups Begin
11:15 AM - Diving Sheets Due
12:30 PM - Diving Preliminaries
2:15 PM - Swim Warm-Ups Begin
3:15 PM - Clear Pool
3:30 PM - Swim Preliminaries

Saturday:
9:30 AM - Diving warm-ups
10:30 AM - Diving semifinals
11:30 AM - Coaches and Officials Meeting
12:00 PM - Swimming warm-ups
1:00 PM - Clear pool
1:15 PM - All Finals

The meet finals will operate under the current National Federation Swimming and Diving Rules Order of events: Rule 5, Section 1, Article 1.

Order of Events:
200 Yard Medley Relay
200 Yard Freestyle
200 Yard Individual Medley
50 Yard Freestyle
Diving - Finals
100 Yard Butterfly
100 Yard Freestyle
500 Yard Freestyle
200 Yard Freestyle Relay
100 Yard Backstroke
100 Breaststroke
400 Yard Freestyle Relay

Note: There will be a 5 minute break immediately following the Medley Relay
Finals: Eight contestants will qualify for the finals and eight contestants will qualify for the consolation finals in individual swimming events. The twenty highest scoring divers through the preliminaries advance to the semi-final round. (Rule 9-4-3). The sixteen highest scoring divers, through the semi-finals will advance to the final round (Rule 9-4-4). There will be no preliminaries for relays. Finals will be seeded by their regular season time and will be held on Saturday.

Scoring for finals:
Individual events (16 places): 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2. Each team shall be permitted a maximum of four entries in an individual event. Qualifying times are mandatory, using 105% of the 20th place cumulative time from the three previous State Meets.

The following 2019 standards are:

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 Free</td>
<td>27.70</td>
</tr>
<tr>
<td>100 Free</td>
<td>1:00.73</td>
</tr>
<tr>
<td>200 Free</td>
<td>2:15.50</td>
</tr>
<tr>
<td>500 Free</td>
<td>5:58.83</td>
</tr>
<tr>
<td>100 Back</td>
<td>1:09.49</td>
</tr>
<tr>
<td>100 Breast</td>
<td>1:18.53</td>
</tr>
<tr>
<td>100 Fly</td>
<td>1:09.11</td>
</tr>
<tr>
<td>200 IM</td>
<td>2:30.05</td>
</tr>
</tbody>
</table>

2019 State Girls Swimming & Diving Meet Continued on Page 20
The standard times must have been achieved in a sanctioned swim meet during the current season. These times are 105% of the average of the fastest 20th place times from the three previous State Meets. Consideration times will no longer be used. The lead-off swimmer of each relay shall be eligible to qualify for state in that particular stroke and distance. Times from this event will not stand as a pool record, conference record or a state record.

A competitor shall be permitted to enter a maximum of four events, no more than two of which shall be individual events. Being designated as a member of a relay team does not count as an entry unless the swimmer actually competes in a relay event. Heats will be drawn as prescribed in the current National Federation Swimming and Diving Rules Book in Rule 5 of Section 3 by using the swimmer’s best time as reported during the season.

Diving: Diving will be conducted in accordance with Rule 9. Divers shall qualify for the state with a total of 275 points in eleven dives or 170 points on 6 dives and completion of an eleven dive program. This scoring must be during a regular season meet with a minimum of three judges scoring. In the event there are less than 32 qualified divers, consideration divers will be added to fill the field of 32, using the 250 point-11 dive and 150 point-6 dive consideration divers in that order.

It is the responsibility of the coach to see that no competitor is entered in more than two individual events and that each athlete’s full name, grade and seed time appears on the entry list.

The entry form is to be electronically commlinked using the HyTek program to the NDHSAA office (jeriann.everson@ndhsaa.org) in Valley City, no later than 5:00 p.m. on Sunday, prior to the state meet. DO NOT FAX OR SEND ENTRY THROUGH THE MAIL. SWIMMING AND DIVING ENTRIES SUBMITTED LATE WILL BE ACCEPTED ONLY IF ACCOMPANYED WITH A $25 LATE ENTRY FEE. NO ENTRIES WILL BE ACCEPTED AFTER Sunday at 6:00 P.M. PRIOR TO THE STATE MEET. THESE ENTRIES ARE FINAL. Diving sheets must be e-mailed as an attachment. Following the deadline for state entries, the first communication with coaches is sending a PDF of their individual entries.

There will be a scratch meeting at 11:00 a.m. Friday, of the state meet and at 11:45 a.m. Saturday, of the state meet. No changes or additional entries are allowed at this time.

Diving Entry Sheets: Double check the previously submitted diving sheets and return to the Diving Referee, before the deadline of 11:15 a.m. Friday, of the state meet. Changes shall be permitted until the specified time on Friday, prior to the start of the diving competition. Correction of errors noted by the diving referee shall be permitted until the start of the diving competition. Interscholastic Championships (Rule 9: Section 3, Article 4):
Number of Contestants: 1-32+
Preliminaries: Any two required and three optional.
Semi-Finals: Two required and one optional.
Finals: One required and two optional
The 20 highest scoring divers through the prelims qualify for the semi-finals. The 16 highest scoring divers through the semi-finals qualify for the finals.
NOTE: By state association adoption, when there are more than 32 contestants, the first 3 dives listed on the written description for preliminaries may be performed to reduce the field to 32.

Eight lanes are to be used for preliminaries in the State Meet.

Electronic timing with touch pads and horn start will be used, along with a back-up timing system.

For safety purposes, the following will be enforced concerning activity at the conclusion of the State Meet:
A. The pool will be cleared immediately following the freestyle relay.
B. The entire pool area will be cleared of all swimmers and spectators immediately following the awards ceremony.

Three team trophies and eight individual plaques for each event will be awarded (except relays in which only the first, second, third and fourth place teams will receive individual plaques. Competing members of the first and second place teams will receive individual team plaques after the conclusion of the state meet. Coaches will be contacted by the NDHSAA to order individual team plaques.

Admission: (Prices include facility fees)
One Day Tournament Ticket (unreserved) Adults - $10.00, Students - $5.00
Reserved Tournament Tickets (2 days) - $26.00
NOTE: Reserved seats will be utilized for this tournament. There is a very limited number of unreserved seating for this tournament venue. To guarantee a seat it is recommended that a reserved tournament ticket is purchased.
The 2019 North Dakota High School Activities Association Girls State Swimming and Diving Meet is being streamed on the NFHS Network.

Below is what will be streamed:

**NDHSAA Girls State Swimming and Diving Meet – Saturday Finals**
(Nov. 16 at Bismarck State College Aquatic and Wellness Center)

Diving Semifinals at 10:30 a.m.
Final events are scheduled to begin at 1:15 p.m.

Fans can watch these events live online with a subscription at:

Subscribers can also watch on the go by downloading the NFHS Network app for iPhone and Android devices.

Please Note: DVD sales for this event will not be available for purchase following the event.

**NFHS Network Subscription Information/FAQs:**
[http://www.nfhsnetwork.com/subscribe/retail](http://www.nfhsnetwork.com/subscribe/retail)

NFHS Network subscription fees are: $10.99 for the “NFHS All-Access Monthly Pass”, which provides subscribers unlimited monthly access from the date of purchase. Please Note: Monthly Subscriptions are automatically renewed unless subscriber cancels their subscription in account settings before that time.

---

**2019-20 Gymnastics Regulations**

There are no new regulations for the 2019-20 season.

Complete NDHSAA gymnastics regulations can be found at the following link:
[http://www.ndhsaa.com/regulations/gymnastics](http://www.ndhsaa.com/regulations/gymnastics)

---

**2019-20 Wrestling Regulations**

New 2019-20 Wrestling Regulations:

1. The forfeiture rule for the state dual tournament has been eliminated
2. State dual team rosters must be submitted 30 minutes prior to weigh-ins on Thursday of the state meet.
3. Clarification on how a wrestler will be added to the state meet if necessary.

Complete NDHSAA wrestling regulations can be found at the following link:
[http://www.ndhsaa.com/regulations/wrestling](http://www.ndhsaa.com/regulations/wrestling)

---

Follow @NDHSAA on Twitter for latest news on NDHSAA activities!
2019-20 Hockey Regulations

There are no new regulations for the 2019-20 season.

Complete NDHSAA boys and girls hockey regulations can be found at the following link:

Questions & Answers: NDHSAA Guides to Interpretations

Executive Director’s Note: The NDHSAA will periodically share questions and answers pertaining to NDHSAA By-Laws, regulations, and Board of Directors interpretations. The intent of this section is to aid administrators in interpreting commonly received questions. If you have a question that you would like explained in future publications, contact NDHSAA Executive Director Matthew Fetsch.

Question #1: Our girls basketball season begins on November 18 and several of our players are participating in the NDHSAA State Volleyball Tournament on November 21-23. Do basketball practices in which a player misses due to volleyball practices and matches count towards their 9 required basketball practices

Answer: Yes. Board Regulation #2 on Part III, p. 2 of the NDHSAA Constitution & By-Law’s states that “required preseason practices which are not attended by an athlete because that athlete is actively involved in practice for or participation in NDHSAA postseason athletic competition held concurrently with such preseason practices shall be waived.” Note that the waiver does not apply to sports that are played during the same season (ex - cross country and volleyball).

Question #2: Our junior high boys basketball season does not begin until January. Can a student that plays at the junior high level only play on a non-school basketball team in December?

Answer: Yes, provided it is allowed per local school policy. Schools determine the start and end of their junior high basketball seasons. Any participation on a non-school team following the first official school practice would result in the loss of eligibility for six contests for each contest played on a non-school team (Part II, Art. XIV, Sec. IIIa).

2019-20 Basketball Regulations

There are no new regulations for the 2019-20 basketball season:

Complete regulations can be accessed at the following link: http://www.ndhsaa.com/regulations/basketball-boys or http://www.ndhsaa.com/regulations/basketball-girls

NFHS #MyReasonWhy Campaign Begins 4th Year

The National Federation of State High School Associations (NFHS) and the North Dakota High School Activities Association are beginning the fourth year of the #MyReasonWhy campaign, which is designed to showcase the tremendous value that high school sports and activities offer to students.

Through real-life examples, #MyReasonWhy has reaffirmed that high school students involved in education-based activity programs demonstrate a higher level of academic performance and set themselves up for successful careers following high school graduation.

In the #MyReasonWhy campaign, the NFHS, North Dakota High School Activities Association and the other state high school associations are working to ensure that education-based programs are available for years to come.

To learn more about the #MyReasonWhy campaign visit http://myreasonwhy.com/
Team Scholar Recipients

Principals and coaches are reminded that Team Scholar Award applications may be submitted as soon as your school has reached the first grading period. Activities eligible this fall are Student Congress, Class B One-Act Plays, A Girls Golf, Boys and Girls Cross Country, Volleyball, Football, Boys Tennis, Boys Soccer, and Girls Swimming & Diving.

Applications are accepted electronically through the NDHSAA website. If you have questions, please contact Brian Bubach at brian.bubach@ndhsaa.org or (701) 845-3953.

Girls Golf (A)
Bismarck, 3.89; Jamestown, 3.60

Boys Tennis
Jamestown, 3.41

Annual NDHSAA Membership General Assembly Meeting

The Annual Meeting of the NDHSAA membership was held Friday, October 19 beginning at 8:30 a.m. at the Bismarck Ramkota. Agenda items included the approval of the October 2018 minutes, Football Committee Report, and Nominating Committee Reports.

The following individuals were nominated for Board positions beginning the 2020-21 school term.

Class B Southeast:
Rick Diegel, Superintendent, Kidder County
Travis Lemar, Activities Director, Central Cass

Class A At Large:
Ned Clooten, Principal, Wahpeton
Josh Johnson, Superintendent, Valley City

NDIAAA:
Mike Beaton, Fargo South
Guy Fridley, Dickinson

Biographies and pictures will be in the December Bulletin. Schools will receive electronic voting ballots mid-December.

Cassandra Rostvet, 2019-20 NDHSAA Distinguished Student, spoke to the membership about her experiences with school activities.

Fetsch reported on future Association trends and possibilities. Minutes for the membership meeting are available on the NDHSAA website.

NDHSAA FACTS: Wyndmere/Lidgerwood defeated Wells County 54-12 in the 2010 NDHSAA 9-man football state championship game.
BEK Sports Network televising NDHSAA State Volleyball Tournament

BEK Sports Network is televising the 2019 North Dakota High School Activities Association State Volleyball Tournament scheduled for November 21-23 at the FARGODOME.

Details on BEK Sports Network’s State Volleyball Tournament coverage are listed below:

**THURSDAY, NOVEMBER 21**

<table>
<thead>
<tr>
<th>NDHSAA Class A Volleyball Quarterfinals</th>
<th>NDHSAA Class B Volleyball Quarterfinals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Channel: BEK Sports Statewide</td>
<td>Channel: BEK Sports Plus+, Statewide</td>
</tr>
<tr>
<td>Class A Quarterfinal #1, 1 p.m.</td>
<td>Class B Quarterfinal #1, 1 p.m.</td>
</tr>
<tr>
<td>Class A Quarterfinal #2, 3 p.m.</td>
<td>Class B Quarterfinal #2, 3 p.m.</td>
</tr>
<tr>
<td>Class A Quarterfinal #3, 5 p.m.</td>
<td>Class B Quarterfinal #3, 5 p.m.</td>
</tr>
<tr>
<td>Class A Quarterfinal #4, 7 p.m.</td>
<td>Class B Quarterfinal #4, 7 p.m.</td>
</tr>
</tbody>
</table>

**FRIDAY, NOVEMBER 22**

<table>
<thead>
<tr>
<th>NDHSAA Class A Volleyball Consolation &amp; Semifinals</th>
<th>NDHSAA Class B Volleyball Consolation &amp; Semifinals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Channel: BEK Sports Statewide</td>
<td>Channel: BEK Sports Plus+, Statewide</td>
</tr>
<tr>
<td>Class A Consolation Match #1, 1 p.m.</td>
<td>Class B Consolation Match #1, 1 p.m.</td>
</tr>
<tr>
<td>Class A Consolation Match #2, 3 p.m.</td>
<td>Class B Consolation Match #2, 3 p.m.</td>
</tr>
<tr>
<td>Class A Semifinal #1, 5 p.m.</td>
<td>Class B Semifinal #1, 5 p.m.</td>
</tr>
<tr>
<td>Class A Semifinal #2, 7 p.m.</td>
<td>Class B Semifinal #2, 7 p.m.</td>
</tr>
</tbody>
</table>

**SATURDAY, NOVEMBER 23**

<table>
<thead>
<tr>
<th>Channel: BEK Sports Statewide</th>
<th>Channel: BEK Sports Plus+, Statewide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class A 7th Place Match, 10 a.m.</td>
<td>Class B 7th Place Match, 10 a.m.</td>
</tr>
<tr>
<td>Class A 5th Place Match, 12 p.m.</td>
<td>Class B 5th Place Match, 12 p.m.</td>
</tr>
<tr>
<td>Class A 3rd Place Match, 2 p.m.</td>
<td>Class B 3rd Place Match, 2 p.m.</td>
</tr>
<tr>
<td>Class B Championship Match, 5 p.m.</td>
<td>Class B Championship Match, 5 p.m.</td>
</tr>
<tr>
<td>Class A Championship Match, 7 p.m.</td>
<td>Class A Championship Match, 7 p.m.</td>
</tr>
</tbody>
</table>

**Note:** Championship matches will be aired on all four channels of BEK Sports Network.

**BEK Sports Network**

BEK Sports is available statewide on all cable and satellite providers and over-the-air via KNDB/M and KRDK. Visit [https://www.bek.coop/bek-tv/bek-channel-finder/](https://www.bek.coop/bek-tv/bek-channel-finder/) for channel listings.

BEK Sports Plus+ is available throughout North Dakota on cable affiliates and over-the-air on KNDB/M and KRDK. Visit [https://www.bek.coop/bek-tv/bek-channel-finder/](https://www.bek.coop/bek-tv/bek-channel-finder/) for channel listings.

BEK Sports and BEK Sports Plus+ are available nationally with BEKNow on a ROKU streaming device. Visit [http://beknow.tv](http://beknow.tv) for more information.


DVD sales of these broadcasts will be available through BEK Sports Network. Order online at: [https://www.bek.coop/bek-tv/bek-dvd-orders/#/](https://www.bek.coop/bek-tv/bek-dvd-orders/#/)

24 November BULLETIN 2019
NDHSAA Help
NDHSAA Admins – Reporting Scores

- Log in to your NDHSAA account.
- Click the Admin Portal for your school (Bell on top left).
- Click the Results tab on the school admin menu bar that goes across the page.
  - There will be a red box with a number inside if you are missing any scores.
  - If all scores are entered, the box beside your results tab will be green with a “0” inside.
- Enter beside the contest that is missing a score
- Enter your score – Final score is all that is needed.
- Click the Blue SAVE button at the bottom of the page.

Notes:
- When results are entered by one school, they will appear as results for both/all schools.
- On an iPhone, iPad or Android device GoogleChrome is recommended as your browser.
- The NDHSAA admin website is mobile friendly, however, viewing your phone landscape (sideways) rather than portrait (up and down) makes the site easier to maneuver.
- When you log in to the NDHSAA Admin website, bookmark your admin portal page for easy recall.
NDHSAA HELP - NDHSAA Coaches Reporting Scores

**NDHSAA Help**
**NDHSAA Coaches – Reporting Scores**

- Log in to your NDHSAA account.
- Under “Your Teams” – Click the team for which you would like to enter scores.
- Click the Varsity tab:
- Click the Schedule tab beside contest
- Click the Scores tab
- Enter your score – Final score is all that is needed.
- Click the Blue SAVE button at the bottom of the page.

**Notes:**
- When results are entered by one school, they will appear as results for both/all schools.
- On an iPhone, iPad or Android device Google Chrome is recommended as your browser.
- The NDHSAA admin website is mobile friendly, however, viewing your phone landscape (sideways) rather than portrait (up and down) makes the site easier to maneuver.
- When you log in to the NDHSAA Admin website, bookmark your admin portal page for easy recall.

Visit NDHSAA NOW for scores, stories and more! www.ndhsaanow.com
# November Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/1/19</td>
<td>Football Quarter Final Playoffs AAA</td>
</tr>
<tr>
<td>11/1/19</td>
<td>NDHSAA MEMBERSHIPS DUE</td>
</tr>
<tr>
<td>11/2/19</td>
<td>Football Quarter Final Playoffs 9-Man- A - AA</td>
</tr>
<tr>
<td>11/2/19</td>
<td>SAT National Test Date</td>
</tr>
<tr>
<td>11/5/19</td>
<td>Election Day</td>
</tr>
<tr>
<td>11/5/19</td>
<td>Volleyball Deadline For B Districts</td>
</tr>
<tr>
<td>11/7/19</td>
<td>State Student Congress, State Capitol, Bismarck, Nov. 7-8</td>
</tr>
<tr>
<td>11/8/19</td>
<td>Debate 1st Competition Date</td>
</tr>
<tr>
<td>11/8/19</td>
<td>Football Semi-Final Playoffs AAA</td>
</tr>
<tr>
<td>11/9/19</td>
<td>Football Semi-Final Playoffs 9-Man-A-AA</td>
</tr>
<tr>
<td>11/10/19</td>
<td>Deadline for Submitting Girls Swimming/Diving Entries, 5:00 p.m.</td>
</tr>
<tr>
<td>11/11/19</td>
<td>American Education Week, Nov. 11-15</td>
</tr>
<tr>
<td>11/11/19</td>
<td>B Volleyball Regionals</td>
</tr>
<tr>
<td>11/11/19</td>
<td>Hockey Opening Date (Boys and Girls)</td>
</tr>
<tr>
<td>11/11/19</td>
<td>Veterans Day</td>
</tr>
<tr>
<td>11/11/19</td>
<td>Wrestling Opening Date</td>
</tr>
<tr>
<td>11/12/19</td>
<td>A Volleyball East Regional</td>
</tr>
<tr>
<td>11/12/19</td>
<td>B Volleyball Regionals</td>
</tr>
<tr>
<td>11/14/19</td>
<td>A Volleyball West Regional, Nov. 14-16</td>
</tr>
<tr>
<td>11/14/19</td>
<td>B Volleyball Regionals</td>
</tr>
<tr>
<td>11/15/19</td>
<td>A Volleyball East Regional</td>
</tr>
<tr>
<td>11/15/19</td>
<td>Football End 6-Man and Independents Regular Season</td>
</tr>
<tr>
<td>11/15/19</td>
<td>Football Finals</td>
</tr>
<tr>
<td>11/15/19</td>
<td>Girls Swimming/Diving State Meet, Bismarck, Nov. 15-16</td>
</tr>
<tr>
<td>11/16/19</td>
<td>A Volleyball East Regional</td>
</tr>
<tr>
<td>11/18/19</td>
<td>B Girls Basketball Opening Date</td>
</tr>
<tr>
<td>11/18/19</td>
<td>Gymnastics Opening Date</td>
</tr>
<tr>
<td>11/21/19</td>
<td>Volleyball State Tournament, Fargo, Nov. 21-23</td>
</tr>
<tr>
<td>11/22/19</td>
<td>Wrestling First Contest</td>
</tr>
<tr>
<td>11/25/19</td>
<td>A Boys &amp; Girls Basketball Opening Date</td>
</tr>
<tr>
<td>11/25/19</td>
<td>B Plays--State Contest, Univ. of Jamestown, Nov. 25-26</td>
</tr>
<tr>
<td>11/25/19</td>
<td>Hockey First Contest Boys &amp; Girls</td>
</tr>
<tr>
<td>11/26/19</td>
<td>Basketball, Gymnastics, Hockey &amp; Wrestling Online Exams, Nov. 26 - Dec. 5</td>
</tr>
<tr>
<td>11/28/19</td>
<td>Thanksgiving Day</td>
</tr>
<tr>
<td>11/29/19</td>
<td>B Girls Basketball First Contest</td>
</tr>
</tbody>
</table>

**Happy Thanksgiving**