

General Statement:

In the junior high school if the 9th graders are kept separate for competition and teams are composed strictly of 9th graders, the regulations for each sport are exactly the same as they are for high school teams. Whenever a team is composed of students from grades 7-8-9, 8-9, 7-8, or 7-9 these teams are limited to regulations pertaining to junior high school teams.

Guidelines for Junior High Competition

- 1.If a junior high student is elevated and participates in high school competition they shall be able to move back to junior high competition.
- 2.A team made up of a combination of 7th and 8th grade students is considered a junior high team and is subject to those limitations as outlined in the By-Laws. Seventh and eighth grade students may be "moved up" to a high school team.
3. A ninth grade team may be declared for junior high status or high school status and that team must maintain that status the entire season. Ninth grade teams choosing high school status must be comprised of at least 50% ninth grade students.
4. If a combination team (8 and 9 or 7, 8 and 9) has less than 50% ninth grade students, that team cannot declare high school status and must follow junior high limitations.
5. All Jr. High seasons shall be no longer than the high school season in that sport. No Jr. High participant may participate in a total number of consecutive weeks in excess of the number of weeks established for the high school season.

Basketball: The junior high basketball season shall be no longer than the high school season and each school may set its own starting time.

Team Regulations:

1. No more than fifteen games shall be played by a junior high school team during a season (tournament games included). Any interscholastic game, interscholastic scrimmage, practice game, tournament game or jamboree counts as one of the fifteen games.
2. Teams shall have at least nine (9) daily practice sessions, counting one per day, prior to the first date of competition.

Individual Regulations:

1. A junior high individual may not participate in more than 90 quarters (Class B) or 45 halves (Class A) and no more than 6 quarters (Class B) or 3 halves (Class A) in any one day.
2. A subvarsity or junior high basketball team may play 3 games in one day, providing there is one hour rest between games.
3. In the event a junior high team schedules three regular season games on one day, individuals may participate in three games and eight quarters (Class B) or four halves (Class A) provided there is at least one hour between the conclusion of the

prior game and the start of their next game. No further participation is allowed on that day.

Tournaments:

1. No district, regional or state tournaments for junior high schools will be organized by the Board of Directors. Any sub-varsity "post-season" tournaments must be included in the regular season game limitation.
2. Each junior high school team is permitted to participate in fifteen regular season games, tournament games included in the fifteen games maximum.
1. Play Periods: The National Federation rules which provide playing periods of 6 minute quarters for seventh and eighth grade teams shall be followed. There is no regulation addressing the length of halves (Class A).
2. Officials: NDOA registered officials shall be provided in all cases possible. High school students (junior and senior grades) may be used as referees if registered through the NDOA high school program.

Swimming (Girls' and Boys'):

1. 7th, 8th, or 9th grade students involved in swimming may compete at either the junior high or senior high level, but cannot compete in more than 2 meets per week or a total of 16 meets in a school year.
2. The junior high swimming season shall be no longer than the high school season and each school may set their own starting time.

Cross Country:

1. The season may begin no earlier than the first allowable day for the high school season.
2. Teams shall have at least nine (9) daily practice sessions, counting one per day, prior to the first date of competition. Individuals must have participated in at least 9 daily practice sessions before being permitted to participate in an interscholastic contest.
3. No more than two meets per week are permitted. Meets may not be on consecutive days.
4. The length of the course shall be 3,000 meters.
5. The season ends the same time as the high school season.
6. Seventh, eighth and ninth grade students involved in cross country may compete at either the junior high or senior high level the entire season, but cannot compete in more than two meets per week.

Football:

Sport Season: Football season may open on the same date as the high school football season. Football season shall close on or before the first weekend in November.

1. Practice sessions shall start at least 14 days prior to the first game and there shall be at least 9 daily sessions.
2. Junior high teams may schedule 8 games and one pre-season scrimmage.
3. No more than 8 quarters may be played by an individual in any seven day period. Individuals may not play more than 6 quarters in one day (penalty for violation is

forfeiture of game in which the violation occurred and the student who violated must sit out the next scheduled day/night of competition).

4. The National Federation rules for playing periods for junior high schools will be followed.
5. Properly fitted equipment of good quality is mandatory for safe participation in football. All essential protective devices are to be used. In addition to the normal pads and helmet, teeth and face protection guards must be provided. Schools unable to equip contestants properly should not offer the program.
6. Proper officiating is a most important safety factor. The use of the "fast whistle" is mandatory.
7. NDOA registered officials should be provided in all cases possible and non-registered high school students shall not be used as referees, umpires or head linesmen.

Girls' Gymnastics:

1. The junior high season shall be 10 weeks long and each school may set its own starting time.
2. Other regulations are the same as for high school girls.

Track & Field:

1. If separate meets are held for each of the junior high grades, then the 9th grade students may follow high school regulations and events. However, if 7th and 8th graders compete against 9th graders then the 9th graders must conform to limits set for junior high. 7th and 8th grade students may not be "moved up" to a 9th grade team.
1. Combining these grades would make the resulting team a junior high team. 9th grade teams must be composed entirely of 9th grade students. Only meets involving high school competition may be considered state qualifying meets.
2. Participants are limited to 4 events.
3. Distance events are the 1600 and 800 meter races. A competitor may run both in a one day meet plus one other running event of 400 meters or less.
4. 7th, 8th and 9th grade students involved in track may compete at either the junior high or senior high level through the entire season. There may be no more than two Junior High meets per week. Those students competing at both levels can compete in three meets per week provided one meet is on a Saturday.

Volleyball (Girls):

1. The junior high volleyball season shall be no longer than the high school season and each school may set its own starting time. Season must be completed by April 1.
2. Matches shall be 2 out of 3 set matches.
3. Teams shall play a maximum of 12 matches and no tournaments or 11 matches and 1 tournament or 10 matches and 2 tournaments or 8 matches and 3 tournaments.
4. Registered Association officials shall be provided in all cases possible. Non-registered high school students shall not be used as referees.

5. There shall be at least 9 daily practice sessions prior to the first match. Individual participants must have participated in at least 9 daily practice sessions before being permitted to participate in an interscholastic contest.

Wrestling:

1. Each school may set its own date for beginning the season. The season for teams and individuals shall not have more weeks than the high school season and said weeks must be consecutive.
2. Practice sessions shall start at least 9 days prior to the first meet and there shall be at least 9 daily sessions. Individuals must have participated in at least 9 daily practices before competing in an interscholastic contest.
3. Each junior high school wrestler is allowed a maximum of TWENTY-FIVE regular season matches. Violation results in ineligibility of said wrestler for the remainder of the year.
4. Junior high matches shall be 1 minute for the first period and 1 1/2 minutes each for the second and third periods. Ties at the end of regulation will be broken as per the National Federation Wrestling Rules Book.
5. The low weight for each wrestler will be established when he/she weighs in for his/her first inter-scholastic match or exhibition. A copy of that weigh-in sheet should be sent to all schools remaining on the school's schedule. Wrestlers may not go to a lower weight. Junior high wrestlers need not be "certified" unless they wrestle on a high school team.
6. Junior high wrestlers will be allowed to wrestle junior high and high school all season (may go back and forth) but are allowed no more than two appearances per week. If a third appearance is made, he/she must remain at the varsity level.
7. No wrestler may wrestle in a total number of weeks in excess of the number of consecutive weeks established for the high school season.
8. No growth allowance.
9. No district, region or state meet will be organized by the Board of Directors. All competitions shall count toward the season limitation.