

EXECUTIVE CORNER

In my October article I like to take the opportunity to emphasize the value of participating in extracurricular activities and how relatively inexpensive it is for schools to provide these invaluable programs. Each and every day in Montana, thousands of high school students are practicing and competing in various high school activities. This fall we have students practicing/participating in football, volleyball, cross country, golf, speech and debate, music (band, orchestra and chorus) soccer and cheerleading/dance (spirit). We all realize the value of participating in these activities but it wouldn't hurt to share the many specific positive reasons for participation with parents, school board members, community members, the media, etc. During these difficult economic times we are experiencing, and with some comments being made that we are spending too much on high school sports/activities, it is more important than ever to share the value of these activities for our students. In Montana, high school activities expenditures, on average, amount to about 2% of a high school budget – yes just 2%.

Previously I have shared information from "The Case for High School Activities" published by the National Federation of State High School Associations (NFHS) on the value of high school activities. The information is linked on the MHSA website under the October *Activity News*.

The following is a synopsis from an Indiana State University Study on the impact of Athletic Participation on GPA and Graduation Rates. The study referenced numerous other studies and the following is excellent information reinforcing the value of extracurricular activities in our schools:

- There are significant differences between the academic achievement of students who did and did not participate in school-sponsored extracurricular activities. Students who participated in extracurricular activities had the highest GPA's, followed by athletes as a sub-group (Branch 2003)
- Activity participation is positively linked to better cognitive functioning in children (attention and working memory) (Bailey, 2006, Castelli, Hillman, Buck and Erwin 2007, Sibley and Etnier, 2003). Activity participation also reduced school dropout (Mahoney and Cairns 1997) and a higher likelihood of college attendance (Barber, Eccles and Stone 2001).
- The Los Angeles Unified School District Study from 2011 found the following: *Athletes during all three sports seasons (2011-2012) attended school 21 more days than non-athletes. In two sports seasons (2011-2012) the athletes attended 10-11 more days than non-athletes. In all three sports seasons, the athletes obtained between .55 and .74 higher GPA's than non-athletes.*

The overall results of the Indiana State University Study are as follows:

- Female athletes had a significantly higher GPA than their male counterparts.
- Female athletes had significantly higher overall GPA than female non-athletes.
- Male athletes had a significantly higher overall GPA than male non-athletes.
- Graduation rates were higher for athletes than non-athletes.
- Athletes dropped out of school at a significantly lower rate than non-athletes.

- Those students participating in two sports had a higher average than those playing only one sport.
- Those students participating in three sports had a higher average than those playing one or two sports.
- Student-athletes participating in two sports graduated at a higher rate than single sport athletes and non-athletes.
- Student-athletes participating in three sports graduated at a higher rate than single or two sport athletes or non-athletes.

As this season progresses and as we begin to prepare for winter activities, it is important that schools and local officials' pools work together when scheduling officials' for contests now and throughout the year. As most of you have come to realize, there is a shortage of officials in some areas and for some sports. If schools and officials pools cooperate in scheduling game times and even possibly adjusting game days, contests can be covered adequately. I have received numerous calls from both school administrators and from officials expressing their appreciation for the cooperation exhibited in the scheduling, and sometimes the rescheduling of contests to accommodate the availability of officials. The MHSA appreciates these cooperative efforts between administrators and officials. However, if there are any major problems or conflicts with the scheduling of contests that cannot be solved between schools and official pools, please contact the MHSA office and hopefully we can help facilitate a solution to the problem.

Post season play began with the recently concluded State AA and State A golf meets. Thousands of participants, their coaches, parents and supporters are preparing for post season play in football, volleyball and soccer along with the State Cross Country Meet and All-State Band, Chorus and Orchestra Festival. I know our tournament managers and playoff/festival hosts will work very hard to assure great experiences for all those involved. Also, we hope the weather will cooperate for our fall events and, with any luck, we will experience pleasant fall weather for the remainder of our post season tournaments.

A few things I would like to mention before winter activities begin:

- The first date for all winter sport practices (swimming, wrestling and basketball) this year will be on Thursday, November 19th.
- The MHSA rules clinics for basketball, wrestling, and spirit will once again be presented online. It is required that all head coaches and all assistant coaches in basketball, wrestling, swimming and spirit view the clinic for their specific sport/activity. The clinics will be available on November 2nd and the clinics need to be viewed by December 4th. Further information is included with this Activity News regarding the MHSA online clinics.
- U.S. Bank once again is the title sponsorship for the successful sportsmanship program that has been provided for our member schools and their communities. This is the ninth year of this very popular initiative and the MHSA is very fortunate to have U.S. Bank as a partner providing the valuable components of this program. The MHSA/U.S. Bank Sportsmanship Program will continue to provide many resources for member schools to use in promoting and rewarding good sporting behaviors by players, coaches and spectators at interscholastic activities. Information regarding all the components of this program will be emailed to school contacts in the next few weeks. Please consider using the local recognition program (medal program) during the final portion of your fall

sports season. Please contact Brian Michelotti (bmichelotti@mhsa.org) to participate in the program or for more information.

- Also included is information on how officials are selected for playoffs, district and divisional and state tournaments and championships. Please share this information with your head coaches.

NFHS Network - Continuing in partnership, the MHSAs and the NFHS Network are excited to build on the success of the past school year of high school post season broadcasts. Once again, the NFHS Network will video stream live MHSAs state championship games/meets in numerous sports throughout the entire year. The games will be available by subscription pay and can be accessed through www.mhsa.org.

Local Regular Season Events - The NFHS Network deals specifically with post season events. However, I continue to receive calls concerning any live video broadcast/telecast/streaming of regular season events by schools without acquiring the necessary permission from the MHSAs Executive Director. The relevant policy from the MHSAs Handbook is listed below:

C. *Commercial Broadcast, Telecast, Cybercast and Video Display:*

1. *All commercial broadcast, telecast, cybercast or video display of any regular or post-season event must be approved by the MHSAs Executive Director. Rights and conditions (including fees) of live commercial broadcasts, telecasts, and/or cybercasts of regular and post season events will be specified through written consent of the MHSAs.*
2. *When granted authority for commercial broadcast, telecast, cybercast or video display of MHSAs events, the commercial entity must comply with the conditions set forth by MHSAs, including any safety, contractual, fiscal, or other concerns that apply. The MHSAs will consider the promotion of both male and female activities when granting authority.*

The reason for approval by the Executive Director is to assure that the promotion of both male and female activities is occurring and schools are not violating gender equity standards. For example, webcasting only football games would violate gender equity standards (Ridgeway and Title IX concerns). Also, besides the possible loss in revenue from gate receipts, the school may have to deal with concerns from parents of other programs questioning why their activity isn't being included (program equity not gender equity).

Webcasting of post season events is now controlled by the NFHS Network. If the Network won't be webcasting a certain event, only schools who are members of the NFHS Network's School Broadcast Program (SBP) can live stream their own contests during the post season if they receive approval from the Executive Director. If you have any questions regarding joining the School Broadcast Program (SBP) or any other MHSAs media policy provision please contact me.

And, as we wrap up the fall activity season and begin to prepare for winter activities please contact the MHSAs office with any questions or comments you may have.

Mark Beckman
Executive Director

NEW SEASON OF ONLINE CLINICS

ONLINE CLINICS

The MHSAs/MOA rules clinics for all activities are presented exclusively online. The basketball, wrestling, spirit and swimming clinics will be posted on our main website at www.mhsa.org. Enclosed please find an instruction sheet that details the procedure for accessing the clinics. **November 2** is the planned launch date for the basketball, wrestling, and swimming clinics. Coaches must view the clinics prior to **December 4, 2015**, to receive credit. Also, cheer coaches who have not previously viewed the spirit rules clinic because they coach only squads who cheer for basketball will also need to complete their online clinic.

All coaches, including the head coach and all assistant coaches and all school-approved volunteer coaches, are required to view the clinic. An information sheet explaining the procedure on accessing these clinics is enclosed with this newsletter. If you have any questions, please contact the MHSAs office.

IMPORTANT ANNOUNCEMENTS

PASSES FOR ADMISSION TO MHSAs EVENTS

Enclosed is the MHSAs Pass Chart. The passes illustrated on the chart are those distributed by the Montana High School Association Executive Board. The individuals receiving the passes are admitted to all MHSAs regular season and post season events free of charge. Thank you for your cooperation and assistance. If you need more copies of the chart for your school please contact the MHSAs office.

DIRECTORY UPDATES

Make sure you check the "News and Announcements" section of the MHSAs homepage (www.mhsa.org) for important directory updates. Please notify the MHSAs with any changes to your school's directory contact information.

MHSAs HANDBOOK PRINTING

It has come to our attention that some copies of the MHSAs Handbook are missing certain pages, specifically pages 103 – 118.

If you have received an incomplete MHSAs Handbook for this year, please email Janie Holmes at jholmes@mhsa.org by October 23rd. We will ask the printer to print more Handbooks after we've determined how many copies need to be replaced.

EXECUTIVE BOARD ITEMS

NEXT EXECUTIVE BOARD MEETING

The next regular meeting of the MHSAs Executive Board will be held in Helena beginning on Monday, November 23, 2015, at 8:30 a.m. in the MHSAs office. The board meeting will continue Tuesday, November 24th if business has not been completed.

Major Agenda Items for Executive Board Meeting:

1. Adoption of proposed 2016-2017 budget.
2. Plans for Annual Meeting (Billings).
3. Meritorious Service, Service Citation and Mildred Adams Awards.
4. Act on rules and regulations proposals from member schools.
5. Review and take actions on Realignment Proposals.

**Reclassification is a two-year process and the Board will determine what schools will be reclassified beginning in the 2017-2018 school year at their April 2016 meeting, which allows for realignment proposals to be submitted during the November 2016 meeting.

Anyone wishing to be on the agenda must contact the MHSAs office at least ten (10) days prior to the meeting.

MHSAs AWARDS TO BE PRESENTED

The MHSAs will honor deserving individuals at the Annual Meeting to be held in Billings in January. The MHSAs Executive Board, during their meeting on November 23-24, will consider the nominees for the following awards:

1. **James C. Haugen Meritorious Service Award:** Presented for "Outstanding Contributions to the MHSAs Activities." This is the highest award given by the MHSAs;
2. **Service Citation Award:** Presented for "Significant Contribution to the MHSAs", and;
3. **Mildred Adams Award:** Presented to school support staff personnel who work with activities.

SUBMIT ANNUAL MEETING PROPOSALS

Remember that the deadlines are approaching for presenting proposed amendments to the MHSAs By-Laws and/or Rules and Regulations.

1. Proposed changes by member schools for any of the Rules and Regulations of the MHSAs Handbook, must first be presented to the MHSAs Executive Board at its November 23-24 meeting.

2. Schools may submit proposed changes in the By-Laws (pages 7 - 19) to the Executive Director by December 1. By-Law changes do not need to be presented to the Executive Board for approval.

No proposal can be presented from the floor that has not been received by the deadline. Proposals must carry a fiscal note if there are financial implications **to the Association** and proposals will be separated by the Resolution Committee to be considered by affected classifications.

ANNUAL MEETING IN BILLINGS

The MHSAA Annual Meeting will be held in Billings on January 18, 2016. The Billings Hotel and Convention Center is the host facility. Reservations may be made by calling 800-537-7286 and asking for group code "MHSAA-16."

BASKETBALL

BASKETBALL RULE REVISIONS ENCLOSED

Enclosed are the basketball rules revisions for the 2015-2016 season. Please give these to your basketball staff for their review.

BASKETBALL TO START

Thursday, November 19, 2015, is the first date for basketball practice. Friday, December 4, 2015, is the first date a basketball game is permitted under the MHSAA rules. Basketball Rules and Regulations, Item (4), page 49 of the current *MHSAA Handbook* provides that: No individual shall play in any Association basketball contest until that **individual** has a minimum of ten (10) days of practice of at least one practice session per day on 10 different days (no practice permitted on Sunday), prior to the date of the first allowable game.

This rule applies to games that are scheduled to be played with independent teams, alumni teams, or any other teams.

Quarter eligibility for all classes:

The Association prohibits all students of member schools from entering more than five (5) quarters of basketball in any one day [Class C – (6) quarters]. Should a non-varsity contest be played using a variation in the length of quarters or the number of quarters played, one of the approved variations shown on the basketball page of the MHSAA website must be used. The applicable game limit interpretations are also included on the website (www.mhsaa.org). Montana basketball teams will always follow the MHSAA game limitation rule when playing in neighboring states. This MHSAA quarter rule is not a NFHS rule and basketball officials will not regulate or administer the quarter rule. If a player has fouled out, and all but one of the bench personnel have also fouled out and this one player has used up all of their quarters, the official shall follow NFHS rules in this case which states: if the team has a substitute available (on the bench and in uniform) the coach is required to sub in a player so the team has 5 players on the floor. Schools and coaches are responsible for monitoring the MHSAA quarter rules. Also, if because of fouling situations, a team has no substitutes to replace disqualified or injured players, it must continue playing with fewer than five players. When there is only one player participating for a team, the team shall forfeit the game, unless the referee believes that team has an opportunity to win the game.

Players starting a Game:

NFHS Basketball rules state: Each team consists of five players, one of whom is the captain. A team must start all games (varsity or sub-varsity) with five players. If because of an insufficient number of sub-varsity players, a team can't start a sub-varsity game with five players, the school must request permission to start a sub-varsity game with fewer than five players from Mark Beckman, the MHSAA Executive Director. Remember that by MHSAA rules, the Association prohibits students of member schools from playing in a preliminary contest and starting in the varsity contest on the same day. Coaches must ensure that this MHSAA rule is not violated. Because this is a MHSAA rule, MOA Basketball Officials will follow NFHS rules requiring a varsity team to start with 5 players even if some of the players have played in a sub-varsity contest.

Game limits:

Eighteen basketball games will be the maximum limit for schools in Classes A, B and C and twenty basketball games will be the maximum

limit for schools in Class AA when no divisional tournaments are held. These game limits apply to each squad – varsity, junior varsity, sophomore, frosh, etc. These limits include invitational tournaments but are exclusive of Association-sponsored tournaments.

Basketball game ball that must be used:

For the 2015-16 MHSAA post-season play, boys shall use the Baden Perfection Elite BX7E basketball and girls shall use the Baden Perfection Elite BX6E basketball. For regular season and post season play the ball used for all levels of play shall include the NFHS authenticating mark.

VOLLEYBALL

2015 STATE ALL-CLASS VOLLEYBALL TOURNAMENT

The 2015 State All-Class Volleyball Tournament will be held at MSU-Bozeman's Brick Breeden Fieldhouse on November 12-14, 2015. The MHSAA staff will be managing this tournament. The schedule for the tournament is as follows:

Thursday and Friday, November 12-13

All classes match times:

10 am, 12 pm, 2 pm, 4 pm, 6 pm and 8 pm

Saturday, November 14

Classes A & B match times:

11 am, 1 pm – Championships (3 pm if necessary)

Classes AA & C match times:

11 am, 3 pm – Championships (5 pm if necessary)

Doors will open for ticket sales Thursday and Friday at 9 am and on Saturday at 10 am.

For more information, please contact Kip Ryan at the MHSAA office.

FOOTBALL

VARIOUS FOOTBALL ISSUES ADDRESSED

As we work our way to the post season, there are numerous football issues that need clarification or emphasis. Please refer to the enclosed Football News Summary for information on reciprocity for officials, sideline management - restricting the number of sideline passes, attempting the try at the end of game, halftime length, player introductions and footballs furnished by Rawlings. Feel free to copy and distribute this information to all your football personnel.

SOCCER

SOCCER SEASON CONCLUDES SOON

This year's state soccer tournaments for Class AA and the playoff structure for Class A will be held this month. Specific information is listed by classification below:

Class AA Tournament

- October 29-31
- Tournament Location: Amend Park - Billings

Class A Playoff Structure

- October 12-17 - First Round
- October 19-24 - Semi-Final Round
- October 29-31 - Championship Games

WRESTLING

2015-16 MHSAA WRESTLING SEASON

The first date for wrestling practice this year will be November 19th and the first date for competition is December 4th. A wrestling match or meet will be permitted on this day only if the contestants participated in the required number of practice sessions.

Montana Wrestling Weight Classes

The MHSAs has adopted the following thirteen weight classes:

103 lbs.	138 lbs.	170 lbs.
113 lbs.	145 lbs.	182 lbs.
120 lbs.	152 lbs.	205 lbs.
126 lbs.	160 lbs.	HWT (max. 285)
132 lbs.		

Also, there will no longer be a minimum weight for the lowest weight classes in Montana.

Mat Area

The MHSAs and the NFHS Wrestling Rules Committee wants to remind all coaches, referees, meet administrators and wrestlers that this wrestling mat area rule needs to be followed during all competitions.

Rule 2-1-5. . . The mat area includes the wrestling mat and a space of at least 10 feet surrounding the mat, as well as the team benches and scorer's table where facilities permit. The team bench in dual meets should be at **least 10 feet** from the wrestling mat and 10 feet from the scorer's table.

The diagrams on page 10 in the NFHS Wrestling Rules are a suggested configuration.

Coaches in the Corner

Finally, in 2015-16, we will continue the rule change of allowing schools to have a maximum of two individuals in the corner for both regular and post season wrestling tournaments. In the past, we have allowed two coaches and a statistician on in each corner. We continue to have congestion challenges in the floor area and we will allow schools to have maximum of two individuals in the corner (on chairs at the edge of the mat). NFHS Rule 2-2-2 states:

During tournament competition, a maximum of two team personnel (coaches and/or non-participating contestants) will be permitted on chairs at the edge of the mat. It is permissible to allow coaches on the corner of the mat in a restricted zone. In tournaments where coaches are permitted on the corner of the mat, the restricted zone shall be defined by either a contrasting line marked on the mat with paint or tape or a contrasting colored surface under the chairs. The restricted zone shall be no closer than 5 feet to the edge of the circle. Coaches shall be seated at least 10 feet from the scorer's table, where facilities permit.

SPIRIT

DID YOU KNOW?

AACCA and National Federation spirit rules videos can now be viewed by rule number. These videos are intended to help provide coaches with a resource and also to provide consistency across states with interpretation. Please share with your spirit coach(es) the following link: www.cheerrules.org/rules-list/

Remember, MHSAs has been more restrictive than the National Federation in some areas and those can be found in the Spirit Section of the MHSAs Handbook.

If you would like to determine whether your cheer/dance coach has completed and is up to date with the mandatory AACCA Safety Certification (for those who are stunting groups) a site is available at www.aacca.org/coachsearch. Remember, a coach only has to take or renew their AACCA Safety Certification once every four years.

If your school fields only a winter cheer and/or dance team, and if your cheer and/or dance coach has NOT yet completed the mandatory Spirit Rules Clinic, they will need to do that before December 4th. That clinic is available on our website under "Clinics".

AIM HIGHER

AIM HIGHER CONTINUES

Three more workshops will be conducted during this school year. Montana Army National Guard has signed on to be the sponsor of the AIM Higher Program. The AIM Higher Program will continue to include sessions on leadership, mentoring, team captain training, hazing awareness, drug prevention and sportsmanship. The 2015-16 AIM Higher schedule is included with October's Quick Bits and may also be viewed at www.mhsa.org. The remaining workshops will be in Butte in November, Great Falls in December, and Billings in January. If enough schools are interested, we may add additional workshops in the spring. Please consider registering your school for one of the scheduled dates as soon as possible for this worthwhile opportunity for your students.

ACADEMIC ALL TEAM

MHSAs/MONTANA ARMY NAT'L GUARD ACADEMIC ALL TEAM

The Montana High School Association is again proud to be partnered with the Montana Army National Guard to provide the MHSAs/Montana Army National Guard Academic All Team Program to our 179 member schools. Information about participating in this program will be sent to you in the near future, please contact Kip Ryan at the MHSAs office, 442-6010 or kryan@mhsa.org to find out more about the program. **There is no cost to participate in this program.** After the three teams with the highest grade point averages are identified at each level of competition and for each classification, the Montana Army National Guard will contact your school to offer assistance in presenting the certificate to the winning teams in the format each school would prefer, such as at games, assemblies, banquets, etc.

ENCLOSURES

1. [James C. Haugen Meritorious Service Award, Service Citation Award and Mildred Adams Award Form](#)
2. Annual Meeting Proposal Form
3. [NFHS: The Case for High School Activities](#) (electronic copy only)
4. October 2015 Football News Summary
5. [Online Clinic Information – Winter](#)
6. [2015-16 NFHS Basketball Rule Changes](#)
7. [2015-16 Basketball Officials' Signals](#)
8. 2015-16 NFHS Basketball Poster
9. [2015-16 Basketball Timer & Scorer Instructions](#)
10. Basketball Rule Books (2)
11. MHSAs Pocket Calendar
12. [Post Season Officials Selection Procedure](#)
13. Sample Admission Pass Chart
14. AIM Higher Registration Form
15. 2015-16 NFHS Wrestling Rule Changes

Staff Members

Mark Beckman, Executive Director
Joanne Austin, Associate Director
Brian Michelotti, Assistant Director
Kip Ryan, Assistant Director
Janie Holmes, Business Office Manager
Theresa Stanisich, MOA Coordinator



Executive Board Members

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