

OFFICE COMMENTS

This is my usual article where I complain about spring weather. As I write this article there is a severe weather advisory in place for wind gusts up to 60 miles per hour. I don't remember, in my over thirty years in this business, wind like we have been experiencing this year. Here is a feel good quote from John Ruskin concerning the weather, "Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather."

I believe he would receive lots of arguments on his point of view from our spring sports coaches and players.

It is hard to believe we have less than one month remaining in the school year and only a couple of weeks left in the spring season. Our member schools, MHSA Executive Board and MHSA Staff have taken whatever "winds" we have been experiencing and adjusted our sails with a willingness to update and revise our rules and regulations, guiding the Association in a very positive direction.

The Association, through action by the Executive Board and by the Membership, has brought forth By-Law revisions and rules and regulation changes/additions for the benefit of those who participate in MHSA activities. A summary of those actions includes:

MHSA ANNUAL MEETING ACTION

The following proposals were adopted at the 2013 Annual Meeting:

1. The membership approved a proposal to amend the Executive Board's authority to grant waivers.
2. The membership approved a proposal to amend the appeals process By-Law.
3. The membership approved a proposal to amend the reclassification timeline.
4. The membership approved a proposal to amend the cooperative sponsorship enrollment limits.
5. The membership approved a proposal to amend the cooperative sponsorship enrollment for six player football to go into effect at the start of the 2014-2015 school year.
6. The membership approved a proposal to amend the MHSA's wrestling weight classes to the National Federation weight classes with the addition of the 98 pound weight class.

All these adopted proposals are available on the MHSA website – www.mhsa.org.

MHSA EXECUTIVE BOARD ACTION

Reclassification

- Approved reclassifying the following schools:
Powder River County High School from Class B to Class C
St. Labre High School from Class C to Class B

Realignment

- Approved the realignment of the Southern B Football Division and the Six- Player Football League.
- Approved two schools for competition in six-player football.
- Approved assigning the new Hysham/Custer various co-ops to districts.

Other General Rules and Regulations Items

- Approved allowing Miniature Awards (through the MHSA awards provider Universal Awards) for third place state championship teams.
- Approved coaches must complete the NFHS Coaches Education Program every five years and must complete the curriculum prior to the first day of practice for their activity.
- Approved extending the prohibition of fireworks, firearms, explosives, etc. to include regular season MHSA contests.

MOA Items

- Approved increasing the per diem and travel allowances for both regular and post season contests.
- Launch of the Respect Officials Campaign.

Basketball

- Approved additions and deletions to the expense reimbursements for post season basketball tournaments.

Volleyball

- Approved limiting volleyball players' participation to two levels in dual matches.
- Approved the pre-match conference and coin toss will occur at minute sixteen (16) of the twenty (20) minute warm-up.

Football

- Approved Class C-6 player and Class C-8 player sub varsity teams to compete in a triangular.
- Approved aligning the start date and first contest date for Class B football with the Class AA, Class A and Class C-8 player corresponding dates.

Soccer

- Approved additional penalties for conduct misbehavior in all MHSA soccer contests.

Golf

- Approved that only two golfers from the same team may play in a group on the second day of post-season play.
- The Board approved changing the Class B divisional golf tournaments back one week earlier than this year's dates to May 10-17, 2014. These dates revert back to the date used previously for many years. [There is no divisional golf competition in Class C.]
- The Board approved reverting back to the previous dates for Classes B and C state golf tournaments that are one week earlier. The week for the state tournaments in 2013-14 will be May 19-24, 2014.

Music Items

- Several amendments were made to the music rules and regulations including a requirement to ensure compliance with US copyright laws. To receive a complete copy of the changes, please email jpaustin@mhsa.org.

Speech and Drama Items

- As recommended by the MFEA, various amendments to speech, debate and drama rules were approved. To receive a complete copy of the changes, please email jpaustin@mhsa.org.

Spirit Items

- Approved various changes to the spirit section of the MHSAs Handbook. To receive a complete copy of the changes, please email jholmes@mhsa.org.

Tennis Items

- Approved the use of two options for inclement weather at divisional and state tournaments.
- Approved match limitations per day for Class B/C divisional and state tournaments.
- Approved changes to the language for substitutes at state tennis meets.

Wrestling

- Approved allowing weigh-ins the night before for regular season invitational two-day tournaments with administrator verification

CONCUSSION LEGISLATION

Earlier this month, all schools were emailed information regarding the concussion legislation that was adopted during the 2013 legislative session. That information details the role of the MHSAs and high schools, as well as school districts, in adhering to the new law. Please refer to the enclosed concussion-related materials, and feel free to contact the MHSAs office if you have questions.

As you can tell by the above summary, 2012-2013 was a busy year. The MHSAs member schools, the MHSAs Board and the MHSAs Staff are continuing to work diligently to review and to revise how we operate our great Association. John F. Kennedy once said, "The time to repair the roof is while the sun is shining." There is no doubt in my mind that the Association has been willing to "repair the roof" realizing the achievements we have experienced because of those "repairs" done during the good times and over the past several years.

Once again, on behalf of the MHSAs Executive Board and MHSAs Staff I want to thank you for your support and for your willingness to provide your comments and suggestions during this year. The MHSAs Staff is here to serve and if you have any questions, comments or concerns please let us know.

Have a great remainder of your school year and I hope you have a very relaxing summer.

Mark Beckman, Executive Director

IMPORTANT ANNOUNCEMENTS

ANNUAL MEETING IN GREAT FALLS

The next MHSAs Annual Meeting will be held in Great Falls on January 20, 2014. The Holiday Inn is the host facility. Reservations may be made by calling 406-727-7200 or via the website at www.holidayinngreatfalls.com. The group code is "HSA".

MHSAs SUMMER OFFICE HOURS

Beginning Tuesday, May 28, 2013, the MHSAs office hours will be 7 a.m. until 4:30 p.m., Monday through Thursday. The office will *not* be open on Fridays. These hours will be in effect through Friday, August 16, 2013, after which they will revert to regular office hours: 8 a.m. to 5 p.m., Monday through Friday.

ATHLETIC PRE-PARTICIPATION PHYSICAL FORM

The MHSAs physical form that schools are required to use for their student athletes is included in this mailing. The form is also available on the MHSAs website: www.mhsa.org. Physicals are valid for one school year. An exam conducted before May 1 is not valid for the following year. Please contact Brian at the MHSAs office if you have any questions and please direct any questions from medical providers to the MHSAs office as well.

THREE SEASON CALENDARS/STATE SITES

Enclosed with this Activity News are the 2013-2014 and 2014-2015 three-season calendars and lists of the state events and sites. Please review the calendars for updates since the last publication date.

MHSAs/MONTANA ARMY NATIONAL GUARD ACADEMIC ALL TEAM AWARD

Just a reminder that if you want to recognize your school's team for their academic achievements for the spring season of the MHSAs/Army National Guard Academic All Team Award you must submit the spring season activity teams reporting form to the MHSAs by Monday, June 17. The forms can be found on our website at www.mhsa.org.

MAKE ADEQUATE RESERVATIONS FOR 2013-2014

It is highly recommended that district-division officers reserve adequate housing for conference representatives at any state tournament. These reservations should include teams, cheerleaders, band members and any other support groups. Following your divisional tournament simply advise the facility as to the teams and numbers it can be expecting. This will ensure the tournament representatives from your division, whoever they are, of having a place to stay.

REMINDER – NFHS PARTICIPATION SURVEYS

The annual National Federation Survey for Athletic and Non-Athletic Student Participation was e-mailed to school contacts in April. It is important that you take the time to complete the surveys as accurately as possible. Please return the data to the MHSAs office no later than Wednesday, May 15, 2013.

COACHES' EDUCATION REPORT DUE

The April Quick Bits included a reporting form for 2012-2013 Coaches' Education Program compliance. If you have not already done so, please return your form by May 15. The form is also available at www.mhsa.org.

MHSAs'S OFFICIAL BALL CONTRACTS

Enclosed with this *Activity News* is a list of the balls that are used for MHSAs post-season competitions. Balls used during the regular season are at every school's discretion. Please make sure this list is distributed to the appropriate personnel at your school.

MONTANA COACHES ASSOCIATION CLINIC

The Montana Coaches Association will conduct their annual clinic July 31 - August 2, 2013. Great Falls High School in Great Falls will be the host site for this year. The MCA continues to assemble a variety of knowledgeable speakers and presenters that will benefit all those who participate. Schools' athletic and spirit staff members should be encouraged to attend.

MHSAs will offer the following presentations at the MCA clinic this year:

- Equity/Eligibility Rules Clinic (meets MHSAs clinic requirement)
- AACCA Safety Certification for Cheer Coaches (separate fee applies)

If you have questions about any of the segments listed above, please feel free to contact the MHSAs office.

EXECUTIVE BOARD ITEMS

EXECUTIVE BOARD REORGANIZATION

During their April meeting, the MHSAs Executive Board conducted the election of officers for 2013-2014. Pat Lynch, Activities Director of Manhattan High School, will serve as president, and Duane Walker, Activities Director of Hardin High School will serve as vice president.

Leaving the Executive Board is Dennis Holmes, Principal of Billings Senior High School, who completed his four-year term as the Class AA representative. Dennis is a staunch supporter of activities who advocated for all MHSAs activities and was a valued member of the Board.

Peter Fusaro, Principal of Flathead High School (Kalispell), is the newly elected Class AA Representative. His board term began in April and will continue until 2017. Welcome, Pete!

Also, Lance Voegelé, current MTSBA representative from Belgrade, has agreed to serve a second term on the Executive Board. In accordance with MHSAs By-Laws, the MTSBA appointment is the only position that is eligible for two consecutive terms. Many thanks to Lance for agreeing to continue his service to MHSAs.

MEETING DATES SET FOR EXECUTIVE BOARD

The MHSA Executive Board has established dates for their regular meetings for the 2013-2014 school year. While the Board is required by MHSA By-Laws to hold a minimum of four (4) meetings, they can also hold special meetings in person, or the Board can conduct business by conference phone calls.

2013-14 Board Meeting Dates

September 23-24, 2013

November 25-26, 2013

January 18 & 20, 2014

April 14-15, 2014

FOOTBALL

INSPECTING FOOTBALL HELMETS

Carefully inspect your helmets and look for reconditioning needs, cracked shells etc. Most of you have probably already completed this task but it is always wise to check again. Make sure you destroy helmets that are obsolete or damaged beyond repair. Any helmet dated 2002 or older will not be reconditioned.

FOOTBALL SUMMER CAMPS AND WORKOUTS

Coaches conducting summer workouts and camps (in accordance with MHSA rules) at their schools or at colleges must be vigilant in regard to athletes' health, level of conditioning and exposure to risk. It is imperative that you address the health and injury risks with your high school's students and that you conduct your workouts with safety being your primary concern.

MOA

MOA REGIONAL DIRECTORS TO MEET IN JUNE

The eleven MOA Regional Directors will be meeting in Helena on June 3, 2013 to discuss the Montana Officials' Association's policies and guidelines. If you have any concerns, comments or questions regarding the MOA, please share those with us and they will be placed on the agenda. We must receive your information by May 27, 2013.

RESPECT OFFICIALS CAMPAIGN: WITHOUT OFFICIALS, IT'S JUST RECESS!

In the near future schools will be receiving materials for the launch of the new "Respect Officials" campaign. This campaign consists of several phases, all of which are designed to improve the culture of sport and to foster involvement in activities through officiating. The information will be sent to schools under separate cover.

2013-2014 MOA FEES

Enclosed with this newsletter is a list of fees in all sports for next year. Please note the change in the mileage amount for next year.

AIM HIGHER

AIM HIGHER PROGRAM

Another year of AIM Higher has been completed and once again we had a very successful year. The AIM Higher Program continues to include sessions on leadership, mentoring, team captain training, hazing awareness, drug prevention and sportsmanship. We also were able to incorporate more activities into the workshop this year, which makes the day more enjoyable for everyone involved. We feel many students were able to return to their schools and promote positive changes. This year 353 students participated in seven workshops throughout the state marking the 24th year of this successful program. In fact in the past eight years, 55 workshops have been conducted with 3,898 participants taking part in the leadership activities.

We particularly owe a debt of gratitude to Butte High School, who allowed us to use their facility and resources for a workshop in 2012-13. Also, we are very grateful to schools who so generously allowed members of their staff to serve as facilitators. Those schools include: Broadwater (Townsend), Beaverhead (Dillon), Choteau, and Dawson County (Glendive). In addition, we want to express our appreciation to individuals from these schools who committed their time to be AIM Higher facilitators. Jill Flynn, Randy Gramm, Richy Powell, and Randy Shipman helped facilitate workshops during the school year. All of these

individuals volunteered their time, talent and expertise during the workshops and we truly appreciate their commitment to the MHSA and to the AIM Higher Program.

SPIRIT

MCA SPIRIT INFORMATION

Membership in the Montana Coaches Association is offered to high school spirit coaches. Just a few of the important benefits that could be realized as a member of the MCA include: reduced admission to the annual MCA Clinic in Great Falls, free admission to all regular season high school and college games in Montana, enrollment in a million dollar coaches liability policy which covers classroom teaching as well as camp coaching, and receipt of four newsletters which relate to coaching. Please have your cheer coach consider becoming a member of this beneficial organization. Information relative to this year's MCA Clinic was emailed to cheer coaches in April.

TRACK & FIELD

STATE TRACK & FIELD MEETS

Please remind your track and field coaches to read the State Meet Policies and Procedures found on pages 8-11 of the 2012-2013 State Track and Field Procedures Manual, so they can continue to be familiar with policies and procedures at this year's State Track and Field Meets.

Javelin Certification: There continues to be questions about javelin certification for track and field meets. Ron Johnson, a javelin expert, suggests performing the following tests to certify javelins for track and field meets. Please share this information with your head track and field coaches and other appropriate personnel.

1. Test the weight of the javelin.
2. Test the overall length of the javelin.
3. Check the balance point of the javelin.
4. Test the diameter of the tail portion of the javelin. To test the diameter of the tail section you must use calipers that have English or metric measurements and do the following:
 - a) Find the **balance point** of the javelin.
 - b) With the calipers measure the diameter of the shaft at the thickest point, front of grip;
 - c) Calculate 90% of that measurement;
 - d) With a tape measure, measure from the **balance point** to the end of the tail of the javelin;
 - e) Go to a point $\frac{1}{2}$ the total distance from the **balance point** to the tail;
 - f) Using the caliper measure the diameter at that point – it must be no less than 90% of the diameter measurement of front of grip.

On page 48 of the NFHS Track and Field Rule Book you can find the IAAF javelin specifications.

Montana's "5 Alive" Method Explained: There continues to be questions concerning the procedure for conducting the high jump and pole vault in order to keep the events moving and maintain interest. Rule 7-2-8 allows for the use of "continuing flights" when there are large fields. The purpose of these continuing flights is to keep the competition moving and the competitors warmed up for their second or third jumps at a height, instead of having them wait until everyone has completed their first jump. **As a competitor clears a bar, passes their attempts at a height or is eliminated, the next competitor in order will be moved up so that the number of competitors in the continuing flight remains constant at five.** The basic premise of the "5 Alive" method is to have five jumpers remain in the continuing flight until they make the jump, have three misses at the height or pass their remaining attempt(s). When this happens, the next jumper is added to the flight. The "5-Alive" method places the new jumper at the end of the jumping order. **This process continues until you have eight or fewer total competitors remaining. At that point, all competitors will be in a single continuing flight and the competitors are called in the order they appear on the event card (sheet).** (Reminder--In the "5 alive" method: if a jumper has jumped and missed their attempt, no more than 4 jumpers may jump before that jumper makes their next attempt.)

Should you have any questions, please do not hesitate to contact Scott McDonald at the MHSA office.

CROSS COUNTRY

STATE CROSS COUNTRY QUALIFYING TIMES

For the 2013 State Cross Country Meet athletes must meet a qualifying time in at least one regular season cross country meet prior to participation in the State Cross Country Meet. The qualifying times are as follows:

Boys – 30.00 minutes or faster

Girls – 35.00 minutes or faster

Athletes who do not meet the required performance time at least once during regular season competition will not qualify for participation at the 2013 State Cross Country Meet and cannot be entered as a team member or alternate.

Coaches will be required to turn in a form stating the qualifying time of each athlete entered in the meet when they pick up their 2013 State Cross Country Meet Coach's Packet in Missoula.

STATE CROSS COUNTRY PARTICIPATION FEE

The MHS Executive Board has approved that each school participating in the 2013 State Cross Country Meet will share proportionally the cost of running the meet by paying a \$7.00 fee for each athlete that actually participates in the State Cross Country Meet (alternates are not considered participants). This year the fee will include chip timing. Coaches will be required to pay the total fee at the time they pick up their 2013 State Cross Country Meet Coach's Packet.

Please share this information with your cross country coach(es) and other appropriate personnel. Should you have any questions or concerns about the above, please do not hesitate to contact Scott McDonald at the MHS office.

FORENSICS

SPEECH & DRAMA NEWS

Administrators and coaches are encouraged to review the information on the MHS website concerning speech, debate and drama. Recent Board determinations are available at www.mhsa.org.

Please consult the Speech and Drama page for current topics and other information that will assist your programs. Coaches are encouraged to register for electronic mailings. Our site will continue to post links and other pertinent items in cooperation with the MFEA.

MUSIC

SPRING MEANS MUSIC IN MONTANA

Music events are a "rite of spring" and many thanks are extended to all who hosted District Music Festivals this year. The efforts of the following individuals made this year's festivals possible:

District 1 Allen Slater, Flathead (Kalispell)

District 2	John Combs, Missoula
District 4	Karen Herrin, Powell County High School (Deer Lodge)
District 5	Rob Loveridge, Helena/Renee Westlake, Bozeman
District 6	Dusty Molyneaux, Great Falls
District 7	Ron Gruber & Amy Daiss, Shelby
District 8	Brandon O'Halloran, Lewistown
District 9	Scott Corey, Billings
District 10	Lindsey Wilkerson, Miles City
District 11	Mary Svendold, Glendive
District 12	Lynne Monson, Wolf Point
District 13	Andrew Alley, Plentywood

We also extend our thanks to the hosts of the Western and Eastern State Solo & Ensemble Festivals:

Eastern	Scott Corey, Billings
Western	Kevin Griggs & Scott McKenzie, Missoula

VOLLEYBALL

2013 VOLLEYBALL RULE REVISIONS

The 2013 NFHS Volleyball Rule Revisions are enclosed and have been posted on the MHS website. To review the 2013 NFHS Volleyball Rule Changes on our website, go to www.mhsa.org; click on volleyball, then click on the appropriate link.

SOLID WHITE VOLLEYBALLS TO BE USED FOR THE COMING SEASON

As approved by the MHS Executive Board for 2013 volleyball regular season play, a solid white volleyball which shall include the NFHS authenticating mark shall be used for all levels of play. During MHS post season play, the Mikasa VQ2000 volleyball shall be used.

Please share this information with your volleyball coach(es) and other appropriate personnel. Should you have any questions or concerns about the above, please do not hesitate to contact Scott McDonald at the MHS office.

ENCLOSURES

[2013-2014 Three Season Calendar and State Event Calendar](#)
[2014-2015 Three Season Calendar and State Event Calendar](#)
[Athletic Pre-Participation Physical Exam Form](#)
[MHS's Official Ball Contracts](#)
[2013 Football Rules Changes](#)
[2013 Volleyball Rule Revisions](#)
[2013-2014 Wrestling Rule Changes Press Release](#)
[Concussion Information](#)

HAVE A SAFE AND RELAXING SUMMER!

Staff Members

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



Executive Board Members

Pat Lynch, Activities Director, Manhattan High School
(President)
Duane Walker, Activities Director, Hardin High School
(Vice President)
Mike Cutler, Superintendent, Granite Public Schools
Peter Fusaro, Principal, Flathead High School (Kalispell)
Malia Kipp-Camel, Governor's Appointee, Ronan
Lee Stiffarm, State Superintendent's Appointee, Billings
Lance Voegelé, MTSBA Appointee, Belgrade