

# Quick Bits

A Montana High School Association Publication  
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## IMPORTANT ANNOUNCEMENTS

### WRESTLING – MAXIMUM OF TWO TEAM PERSONNEL ALLOWED IN THE CORNER

There was significant discussion at the state tournament last year about the number of team personnel that will be allowed in the corner. We will be implementing a change for the 2014-15 MHSA regular season and also the 2015 MHSA post season tournaments. In the past, we have allowed two coaches and a statistician one in each corner. For the 2014-15 season we will be enforcing NFHS rules and 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.

Also, the rule for dual meets and dual meet tournaments is different and states:

Rule 2-2-1 - For dual meets, all team personnel, including coaches, other than actual participating contestants shall be restricted to an area which is at least 10 feet from the edge of the mat and the scorer's table, where facilities permit.

If coaches decide to set up their chairs in the corner during a dual meet, a maximum of 2 team personnel will be allowed in the corner.

The NFHS rule that coaches would be violating would be NFHS Rule 7-5-3 which states:

Unsportsmanlike conduct of coaches and other team personnel is any act which becomes abusive or interferes with the orderly progress of the match. These acts could occur prior to, during or after a match. This includes violations of the bench decorum rule (7-5-2), taunting, acts of disrespect or those actions which incite negative reaction by others. The offender shall be penalized for unsportsmanlike conduct in accordance with the Penalty Chart.

Here is the process that **must** be followed this season by officials:

1. If an official notices three or more team personnel in a team's corner, then the official will notify one of the coaches and give them an opportunity to reduce the number of personnel.
2. If the coach does not leave immediately, this constitutes unsportsmanlike conduct, and the referee will deduct one team point from the team's score. The unsportsmanlike conduct penalty is charged to the head coach, no matter which coach is involved.
3. A second violation results in an additional point being deducted and another unsportsmanlike conduct penalty charged to the head coach. The head coach would also be disqualified from the event.

Disqualifications must be reported to the MHSA office by MOA Policy.

Here is an NFHS Casebook situation that further describes this ruling situation:

### 2.2.2 SITUATION B:

During a tournament match, the coach and manager of Team A occupy the chairs reserved for such use in the restricted zone. As the match, which is closely contested, progresses, the assistant coach of Team A moves into this zone. When the referee notices this, Coach A is notified that only two persons may be in the restricted zone. There is no movement on the part of any of the three-team attendants to vacate the zone as the referee returns to the center of the mat to restart the match.

**RULING:** This constitutes unsportsmanlike conduct, and the referee will deduct one team point from Team A's score. There is no warning prior to this penalty. The rules clearly explain that only two attendants may be in the restricted zone during tournament competition. Failure to comply with the referee's instructions constitutes unsportsmanlike conduct. The head coach shall be charged with the violation no matter which coach is involved. (2-2-2)

This is an NFHS rule which all officials are expected to enforce and all coaches are expected to follow. Officials who do not enforce this NFHS rule could be charged with misconduct.

If anyone has any questions, please contact Brian in the MHSA office

### NON-VOTING SCHOOLS LISTED

As requested by the MOA Regional Directors and approved by the MHSA Executive Board, MHSA and MOA publications will provide a list of schools which do not submit ballots for tournaments officials. Below are the schools that did not return ballots or returned them after the deadline for selection of volleyball tournament officials:

Alberton	Lodge Grass
Arlee	Medicine Lake
Billings Central	Northern Cheyenne
Bigfork	Power
Brockton	Roberts
Cascade	Shelby
Circle	Stanford
Columbus	Troy
Geraldine	Victor
Lima	

### WANTED - SUPER FANS IN YOUR AREA

The MHSA/U.S. Bank Sportsmanship program is on the lookout for fans who have been long time supporters of your activity programs by positively supporting activity participants at your school.

These fans proudly represent their community at extracurricular activities. Each Super Fan will receive an attractive certificate and congratulatory letter to be presented by the school. If you would like to recommend a Super Fan from your area, please contact Brian at the MHSA office for a nomination form. Don't miss this chance to recognize your communities' Super Fans.



## **MHSA/YOUR LOCAL FORD STORES SPOTLIGHT TEAM OF THE WEEK**

The MHSA / Your Local Ford Stores "Spotlight Team of the Week" Program recognizes teams from member high schools who exemplify the values of participating in high school activities. This award recognizes teams that go above and beyond what is expected of them during practices and games, modeling behaviors in other areas including community service, championing local and national causes/initiatives, and/or exhibiting courageous or visionary acts. Our goal is to recognize teams that go well above and beyond what is expected of them during practices and contests.

Information regarding the Your Local Ford Stores "Spotlight Team of the Week" Program can be found on the MHSA website ([www.mhsa.org](http://www.mhsa.org)) including the form to use to nominate a team(s).

## **TROPHIES AND AWARDS REMINDER**

In response to questions received in the MHSA office concerning conference trophies, the following information from the MHSA Handbook is offered:

1. Conference trophies are given in football only (they are considered district or divisional trophies).
2. In other sports, if a conference would like to award a trophy (first place only) for their conference champion it must be ordered through the MHSA office and must be paid for by the conference. The MHSA office staff does not automatically order conference trophies because some conferences don't choose to award them.
3. Trophies that are awarded by MHSA rule will be awarded to both schools if the activity is cooperatively sponsored, but the MHSA office will need to know which school was presented the trophy at the tournament. Also, if there is a co-op conference champion or if a conference has co-champions the conference still needs to order those trophies through MHSA and pay for both.

## **ANNUAL MEETING**

### **ANNUAL MEETING PROPOSALS HAVE BEEN PUBLISHED**

The 2015 Annual Meeting proposals were initially sent to schools in December, along with other materials.

A current copy of the proposals is available on the MHSA website at [www.mhsa.org](http://www.mhsa.org). Administrators are reminded to bring their copies of the proposals to the Annual Meeting. If you have questions or if you need additional information, please feel free to contact the MHSA office.

### **ELIGIBILITY/EQUITY IN-SERVICE WORKSHOP SCHEDULE**

MHSA staff members will again present the mandatory Eligibility/Equity Workshop in conjunction with the coming Annual Meeting. The workshop is scheduled for Sunday, January 18, 2015, at the Holiday Garden Inn. The meeting will be held on Sunday afternoon at 2:00 p.m. in the Convention Center.

## **BASKETBALL**

### **REGULAR SEASON BASKETBALL WARM-UP**

Regular season basketball contests (at any level of competition) will have at least a 15-minute pre-game warm-up period and when one regular season game (at any level of competition) immediately follows another on the same night and the same officials or any of the same officials work consecutive games there will be at least a 20-minute intermission between games.

## **PLAYER EQUIPMENT RULE (NFHS BASKETBALL RULE 3-5-2C)**

Knee and ankle braces which are unaltered from the manufacturer's original design/production are permitted and do not require any additional padding/covering. The intent of the rule is to allow knee and ankle braces to be worn if these braces are not altered and worn as intended by the manufacturer. The NFHS believes the risk of injury to other players is negligible and the NFHS Sports Medicine Advisory Committee was also concerned that padding braces to comply with the previous rule carried a risk of interfering with the braces' function. The head coach will verify that all players are wearing legal equipment and that equipment is worn properly prior to each contest.

A knee or ankle brace may be considered illegal unless padded/covered if, in the judgment of the official, the item:

- Has been altered from the manufacturer's original design/production, or
- Is an older model brace that could cut or cause another player to have an abrasion

## **AWARENESS EVENTS**

The MHSA office will permit a school to modify the basketball uniform/apparel from the NFHS Basketball Rules for one (1) week during the regular basketball season to be designated for charitable awareness events, such as Breast Cancer Awareness week. This interpretation will be applied to all sports. **The school must request permission from the MHSA to conduct these events.**

## **DISTRICT/DIVISIONAL BASKETBALL CHALLENGE GAMES**

The MHSA recommends that district or divisional basketball tournament managers who have the possibility of a challenge game should have the district or division determine, before the tournament begins, the possible sites for the challenge game. For further information on challenge games, please refer to the MHSA Handbook, page 53, #5, for Class A schools, pages 54-55, #4 and #6, for Class B schools and page 56, #5 & #6, for Class C schools. Regular tournament officials must be used to officiate the challenge game and the tournament manager should have the officials' checks ready to distribute to the officials when they arrive to work the challenge game. NOTE: Because basketball districts/divisions are now scheduling play-in games (to pare the tournament down to an eight team bracket or because of a challenge game) on Monday or Tuesday, the MOA/MHSA has approved that if one of the tournament officials has a work related conflict and is unable to officiate the play-in or challenge game to which he/she was assigned, the MOA/MHSA office or the tournament manager can assign one of the other tournament officials to work this game(s).

Please contact Scott McDonald at the MHSA if you have questions about the above information.

## **WRESTLING**

### **WRESTLING COACH REGISTRATION FOR FLOOR ACCESS AT STATE WRESTLING TOURNAMENTS**

For the past few years the MHSA has implemented a different procedure for issuing coaches' passes for the MHSA State Wrestling Tournament. Again this year, schools are required to submit a list of their certified coaches (coaches who are recognized by the school, have completed the annual rules clinic and have completed the Coaches' Education Program) that will represent their school at the state wrestling tournament. In an effort to make the wrestling area less congested and to afford a better environment for those participating, the MHSA will print wrist bands with the coaches' names and schools, which will allow these individuals access to the floor. The electronic registration page for schools to register coaches can be found on the wrestling page of the MHSA website at [www.mhsa.org](http://www.mhsa.org).

### **WRESTLING REMINDER**

Remember the growth allowance that has been added to the MHSA Handbook. A one-pound growth allowance will be added to each weight class on January 1 and an additional one-pound growth

allowance will be added to each weight class on February 1. If you have any questions on the application of this rule change, please contact the MHSA office.

### **STATE WRESTLING TOURNAMENT SCHEDULE**

The State All Class Wrestling Tournament will be held at MetraPark in Billings on February 13-14, 2015.

Wrestling coaches and administrators of wrestling programs are reminded that student athletes will weigh-in the first day of the State Wrestling Tournament. There will be no weigh-ins on Thursday before the tournament, but MetraPark will be open for practice from 3:00 p.m. to 6:00 p.m. on that day. Scales will be available for weight checks.

The schedule has been revised and is posted on the wrestling page of the MHSA website and will be sent to coaches and principals prior to the state tournament.

## **SPIRIT**

### **Administrator's Checklist of Cheerleading Programs**

With the proper procedures, safety rules, supervision and equipment in place, cheerleading can be a very rewarding, relatively safe activity for young people. The following checklist is provided for administrators to help them provide a safe environment of the cheerleading program. It is recommended that the administrator and the cheerleading supervisor meet periodically to discuss needs, objectives and goals of the program.

For more information, please call the AACCA office at 800-533-6583, or visit the AACCA web site at <http://www.aacca.org>.

- Is there supervision at all official events (practices, games, etc.?)
- is adequate matting provided?
- Does the squad follow a conditioning and flexibility program?
- Is the coach trained in proper skill development and safety procedures?
- Are the safety guidelines being followed?
- Are there written, oral and posted warnings concerning the risk involved?
- Is there an "Emergency Plan" in place"
- If competitions are attended, are mats and professional spotters provided?

## **FORENSICS**

### **SPEECH AND DRAMA SEASON COMING TO A CLOSE**

Schools participating in speech and drama will finalize their seasons in January. The sites for state tournaments are as follows:

Class AA – Missoula Sentinel High School  
Adriel Shearer / Dane Oliver, Tournament Managers

Class A – Columbia Falls High School  
Tara Norick / Scott Gaiser, Tournament Managers

Class B-C – Ennis High School  
Marilyn Jenkins / Paul Bills, Tournament Managers

All state tournaments will be held on January 31 - February 1. If you need additional information about these events, please feel free to contact the MHSA office at 406-442-6010, visit [www.mhsa.org](http://www.mhsa.org), or contact the specific tournament managers.

## **SAT/ACT**

### **eKNOWLEDGE**

#### **Free ACT/SAT PowerPrep Programs Available**

eknowledge has partnered with the NFHS again to offer free SAT/ACT Preparatory Programs – DVD and Cloud versions – to NFHS member state associations and their constituent high schools. These programs created by eKnowledge normally sell for \$199.95, but through this generous gift, students can receive a complimentary copy for only shipping and handling costs. The PowerPrep programs include 11 hours of video instruction, practice tests, sample questions and more than 3000 files of supplemental test prep material. This program is designed for the students to study at their own pace. In the past several years, eknowledge has donated more than 200,000 programs with a value of \$40 million. To secure a donated program, contact [www.eKnowledge.com/NFHS](http://www.eKnowledge.com/NFHS) or order by phone (951-256-4076) and reference the National Federation of State High School Associations. We have attached a link to a YouTube video explaining the program in its entirety:

<https://www.youtube.com/watch?v=5JiyazTc6Lo&list=UUPalsiteXAj6YgjAiFhtvZA&index=1&feature=plcp>

#### **Future Test Dates for of SAT / ACT**

SAT  
January 24  
March 14  
May 2  
June 6

ACT  
February 7  
April 18  
June 13