



TO: Superintendents and NSAA Contact Person

FROM: Jennifer Schwartz, Associate Director

SUBJECT: Proposals

DATE: October 3, 2019

Included with this transmission are the proposals submitted by member schools within your respective NSAA legislative district to be acted upon at your first NSAA District Meeting.

At the NSAA District Meetings, each member school shall be entitled to one vote. Voting will be conducted utilizing a clicker system in which each school's vote will be recorded on each item in which a vote is taken. The administrative head of the school or any school official so designated shall be considered the authorized voting representative of the member school. All legislative proposals receiving a majority vote at the first District Meeting in each district are to be forwarded to the NSAA to be distributed to all member schools prior to the second District Meeting in January. A copy of the proposals for the second NSAA District Meeting will again be forwarded to school administrators who are encouraged to share those proposals with the school's entire governing board.

[Proposed changes in NSAA Bylaws](#), must successfully pass through the legislative process. (i.e. November District Meeting, January District Meeting, Legislative Commission, Representative Assembly and if required a ratification of member schools) to be enacted.

[Proposed changes in NSAA Approved Rulings](#), rest in the final approval of the Board of Directors.

[Class Caucus proposals](#) are included for your information and are not acted upon at district meetings.

A paper copy of the proposals will not be provided at the NSAA District Meeting. Please print a copy of the proposals for your reference at the meeting.

District 2 Meeting

Wednesday, November 6, 2019

Boys Town, Conference Center, Omaha

9:00 a.m.



LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title: **Class B District Baseball**

Author: Greg Lamberty

School: Bennington

NSAA District: 2

Proposal for: Activities Manual

Classes Affected: Class B

Activities Affected: Baseball

This proposal: **WILL NOT** increase costs to the school
WILL NOT increase costs to the NSAA
WILL NOT increase travel for participating schools
WILL NOT decrease a student's or coach's instruction time

Implementation date: 2020-05-01

Sections affected in Activities Manual: Page
Pages 16-18

Article
District Baseball

Section

Summary: District tournament dates will be May 8, 9, 11, and 12 (rain date). Class A: District tournaments for five teams will be held on Friday and Saturday of week 44. District tournaments for four teams will be held on Saturday of week 44. Rain out dates include: Monday & Tuesday of week 45. CLASS B: DISTRICT TOURNAMENTS FOR FIVE & SIX TEAMS WILL BE HELD ON FRIDAY AND SATURDAY OF WEEK 44. DISTRICT TOURNAMENTS FOR FOUR TEAMS WILL BE HELD ON SATURDAY OF WEEK 44. RAIN OUT DATES WILL BE MONDAY & TUESDAY OF WEEK 45.

Thursday of week 44 could also be considered as a potential district tournament date for Class B if the NSAA feels it is necessary for the tournament format.

Rationale: Proposal keeps the district baseball tournament format consistent with Class A & B. This past spring at least 3 Class B district baseball hosts requested permission to finish their district tournament on a Saturday. The NSAA denied all three requests citing "competitive integrity" as the primary reason to not allow tournaments to finish on Saturday. The following Monday the NSAA contacted the remaining schools and pushed them to complete games by any means necessary due to pending inclement weather. One district in particular was moved over an hour away (twice) after the host school's site became unplayable.

Additionally, there is a clause in the baseball manual that states: DISTRICT TOURNAMENT DIRECTORS HAVE THE RESPONSIBILITY TO PLAN AND RUN THEIR SINGLE ELIMINATION TOURNAMENT ACCORDING TO NSAA & NATIONAL FEDERATION BASEBALL RULES...

This proposal allows host schools flexibility to complete district tournaments by Saturday which is consistent with other sports - softball, volleyball, basketball, soccer. It also helps the NSAA avoid their immediate deadlines for program information for the state tournament by allowing more time for schools to get stats, records and information submitted with play concluding on Saturday.

Pros: Eliminates the need for Monday/Tuesday games unless of inclement weather. Provides flexibility to the tournament host/director. Maintains the "competitive integrity" of the tournament. Consistent with other sports related to district finals ending on a Saturday.

Cons: Could force schools to redo the last week of the regular season schedule. Travel time and missed class on Friday - possibly Thursday.



LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title: **NSAA Bowling Proposal**

Author: Greg Lamberty

School: Bennington

NSAA District: 2

Proposal for: Constitution & Bylaws

Classes Affected: All

Activities Affected: None

This proposal: **WILL** increase costs to the school
WILL increase costs to the NSAA
WILL increase travel for participating schools
WILL decrease a student's or coach's instruction time

Implementation date: 2020-11-16

Sections affected in Constitution & Bylaws: Page
Page 52-53

Article
3

Section
11

Summary: Add Bowling to the list of sponsored activities by the Nebraska Schools Activities Association.

Rationale: Bowling would be added to the winter season of NSAA offerings. During the 2018 Fall season there were approximately 900 students competing in the high school competition season. 88% of the participants in the 2017-18 school year were not involved in any other varsity sport offered at their school. Bowling provides opportunities for athletic competition for students who may not be able to compete in other winter sports and represent their school.

Pros: Bowling provides opportunities for athletic competition for students who may not be able to compete in other winter sports and represent their school. This is an additional offering in the Winter for both boys and girls.

Cons: Costs for facility, travel & equipment.



LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title: **Cross Country Classification**

Author: Chelsea Preister

School: Lindsay Holy Family

NSAA District: 2

Proposal for: Activities Manual

Classes Affected: All

Activities Affected: Boys Cross-Country
Girls Cross-Country

This proposal: **WILL** increase costs to the school
WILL NOT increase costs to the NSAA
WILL NOT increase travel for participating schools
WILL NOT decrease a student's or coach's instruction time

Implementation date: 2020-06-01

Sections affected in Activities Manual:	<u>Page</u>	<u>Article</u>	<u>Section</u>
	9		1-5

Summary: *Current*
The current classification numbers for schools participating in cross country are Class A – 34, Class B – 26, Class C - 44, Class D – 124. Currently how classification for schools participating in cross country is done is the top 60 schools based off combined enrollment are split between Classes A and B with those schools with combined enrollment over 850 being assigned to class A and the remaining schools assigned to Class B. The current breakdown is that 34 schools are assigned to class A (33 girls team, 33 boys teams since Omaha Marion is girls only and Creighton Prep is boys only). 26 teams are assigned to Class B. Class C is the next 44 largest schools based off combined enrollment. Class D is the remaining schools participating in cross country which currently is 124 schools.

Proposal
Our proposal would change the number of schools assigned to each class to the largest 70 schools registered for cross country based off combined enrollment being split between Classes A and B; with schools having combined enrollment over 850 being placed in Class A, and the remaining schools placed in Class B. The next 44 largest schools based on combined enrollment would be placed in Class C. The remaining schools registered for cross country would be placed in Class D.

Rationale: There is currently a disproportionately large number of teams assigned to Class D in cross country, and a disproportionately small number of teams assigned to Class B. Since every time a new school adds cross country it pushes another team down into Class D the number of teams assigned to Class D in cross country will continue to grow as more schools add cross country and new high schools are built in cities such as Elkhorn, Lincoln, and Omaha. Currently in cross country the teams at the top of Class D classification based off combined enrollment are at the top of Class C or in the bottom of Class B in track classification, and as Class D grows more schools that are in Class B in track will get pushed down to Class D in cross country. This makes it difficult for schools that are Class D1 or D2 in other sports to qualify teams and individuals for the State Meet, and to compete for State Championships. In 2016, 2017, and 2018; 13 out of the 18 schools that qualified for State Cross Country for boys in Class D in each of those years were Class C1 or C2 size schools. After doing research I don't believe there has been a class D1 or D2 size school that has won a Class D boys or girls cross country team state title in the past 20 years. The State Champs for boy's or girl's cross country in Class D have been either a C1 or C2 size school for the last 20 years. There has only been 1 school in boy's cross country and 1 school in girl's cross country that has won a Class D State Title in the last 20 years that had a combined enrollment of less than 90. Our proposal will adjust cross country classification to make Class B larger and Class D smaller. It will also move many of the large teams that are Class B or C1 in other sports out of class D and into Class C for cross country.

Pros: 1.) A better distribution of schools and athletes competing in cross country among the four classes
2.) Increased opportunity for athletes at smaller D1 and D2 size schools to compete at the state meet
3.) Increased opportunity for teams at smaller D1 and D2 size schools to compete for state titles

Cons: 1.) 10 schools will move from Class C to Class B, and 10 schools will move from Class D to Class C
2.) Possible additional costs to schools that have more athletes qualify for the State Cross Country meet



LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title: Allowance of Approved Non-NSAA School Varsity Competitions

Author: Courtney Moore

School: Cornerstone Christian

NSAA District: 2

Proposal for: Constitution & Bylaws

Classes Affected: All

Activities Affected: Boys Basketball
Girls Basketball
Boys Cross-Country
Girls Cross-Country
Football
Boys Soccer
Girls Soccer
Girls Track
Volleyball
Wrestling

This proposal: **WILL NOT** increase costs to the school
WILL NOT increase costs to the NSAA
WILL NOT increase travel for participating schools
WILL NOT decrease a student's or coach's instruction time

Implementation date: 2020-08-06

Sections affected in Constitution & Bylaws:	<u>Page</u>	<u>Article</u>	<u>Section</u>
Yearbook		1.9.2	D
Yearbook		2.2.1	D

Summary: This proposal would allow non-NSAA teams (for example teams made up entirely of homeschoolers) to compete against NSAA teams on a limited basis, during the regular season only.

Rationale: Occasionally, NSAA member schools desire to compete against non-member schools or organizations (for ex-ample, teams comprising home-schoolers). Many smaller NSAA member schools, or non-varsity teams of NSAA member schools, struggle to fill their schedules. In order to fill their schedules, such teams may have to schedule more long-distance competitions than they want, which imposes excessive travel burdens (time, costs, etc.). If NSAA member schools had the option to schedule some competitions against local Approved Schools, it would lessen these scheduling difficulties and travel burdens, and enable them to fill their schedule completely.

Pros: Approved Schools would NOT be eligible for district and state competitions, and competitions against Approved Schools would not count in member schools' wild card/point standings for district seeding. This rule change would allow NSAA member schools to compete against alternative types of schools and or-ganizations that they do not currently compete against, which would further diversify and broaden NSAA schools'/students' educational experience. As competitors and coaches learn to interact effectively with stu-dents and coaches from an even broader array of ethnic, cultural and religious characteristics, they will be pre-pared to participate in an increasingly complex and pluralistic society. This rule change would model the "Approved School" structure in Kansas, which was adopted several years ago and has successfully enriched the extra-curricular experience for students in that state. See <http://www.kshsaa.org/Public/General/WhatIsAnApprovedSchool.cfm>.

Cons: NONE



LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title:	Allowance of Approved Non-NSAA School Non-Varsity Competitions		
Author:	Courtney Moore		
School:	Cornerstone Christian		
NSAA District:	2		
Proposal for:	Constitution & Bylaws		
Classes Affected:	All		
Activities Affected:	Boys Basketball Girls Basketball Boys Cross-Country Girls Cross-Country Football Swimming & Diving Boys Track Girls Track Volleyball Wrestling		
This proposal:	WILL NOT increase costs to the school WILL NOT increase costs to the NSAA WILL NOT increase travel for participating schools WILL NOT decrease a student's or coach's instruction time		
Implementation date:	2020-08-06		
Sections affected in Constitution & Bylaws:	<u>Page</u> Yearbook 1.9.2	<u>Article</u> 1.9.2	<u>Section</u> D
Summary:	This proposal would allow non-NSAA teams (for example teams made up entirely of homeschoolers) to compete against NSAA teams on a limited basis, during the regular season only.		
Rationale:	Occasionally, NSAA member schools desire to compete against non-member schools or organizations (for ex-ample, teams comprising home-schoolers). Sometimes, non-varsity teams of NSAA member schools struggle to fill their schedules. In order to fill their schedules, such teams may have to schedule more long-distance competitions than they want, which imposes excessive travel burdens (time, costs, etc.). If NSAA member schools had the option to schedule some competitions against local Approved Schools, it would lessen these scheduling difficulties and travel burdens, and enable them to fill their schedule completely.		
Pros:	This change would apply to non-varsity teams only, and thus would not affect varsity teams' wild card/point standings for district seeding. This rule change would allow NSAA member schools to compete against alternative types of schools and or-ganizations that they do not currently compete against, which would further diversify and broaden NSAA schools'/students' educational experience. As competitors and coaches learn to interact effectively with stu-dents and coaches from an even broader array of ethnic, cultural and religious characteristics, they will be pre-pared to participate in an increasingly complex and pluralistic society. This rule change would model the "Approved School" structure in Kansas, which was adopted several years ago and has successfully enriched the extra-curricular experience for students in that state. See http://www.kshsaa.org/Public/General/WhatIsAnApprovedSchool.cfm .		
Cons:	NONE		



LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title: **Class B Sub-District Soccer**

Author: Greg Lamberty

School: Bennington

NSAA District: 2

Proposal for: Activities Manual

Classes Affected: Class B

Activities Affected: Boys Soccer
Girls Soccer

This proposal: **WILL NOT** increase costs to the school
WILL NOT increase costs to the NSAA
WILL NOT increase travel for participating schools
WILL NOT decrease a student's or coach's instruction time

Implementation date: 2021-05-01

Sections affected in Activities Manual:	<u>Page</u>	<u>Article</u>	<u>Section</u>
	22-23	Class B Districts	

Summary: Class B schools will be placed into eight SUB-districts composed of boys' teams and eight SUB-districts composed of girls' teams. Both the boys' and the girls' SUB-districts will be composed of either four-team SUB-districts or five-team SUB-districts. The winner of each SUB-district will qualify for the district final round. The schools will be assigned to SUB-districts on a geographical basis starting with the schools in western Nebraska and working east. North to south directions will be used in some cases to decrease the distance between the schools within a SUB-district. The highest seeded team will be given first choice to host the SUB-district. Class B sub-districts will be SATURDAY OF WEEK 43, Monday & Tuesday of week 44. The district final will be Saturday of week 44.

- A. The winning team in each sub-district will qualify for the district final round.
- B. Eight additional teams will qualify on the basis of the wild card selection procedure
- C. Sixteen teams will be seeded according to NSAA wild card points and play a district final game at the highest seed. The eight winners of the district final match will advance to the state tournament.
- D. The wild card point system and tie breaker will be used to seed the 16 teams qualifying for the district final.
- E. The 8 remaining teams after the district final round will be reseeded for the state tournament.

Rationale: The current Class B format for sub-districts is stated as Monday, Tuesday, Wednesday & Thursday. The NSAA prohibits a 3-consecutive day tournament format & also does not allow teams to play 2 matches in one day for soccer which means that Thursday must be used in 5-team districts. This results in a quick turnaround for travel with the district final as well as possible facility conflicts for schools who are hosting district finals.

Moving the opening round up to a Saturday would likely eliminate the need for Wednesday or Thursday thus allowing for sub-districts to be completed by Tuesday and in turn allow for travel and preparation for schools participating in the district finals.

This type of format would be consistent with timelines for basketball and volleyball.

Pros: Eliminates late planning for travel and facility conflicts. Becomes consistent with timelines for volleyball & basketball. Eliminates one day of conflict with loss of school time.

Cons: Facility conflicts for the opening round of Sub-district. 2 schools still may need to travel to a neutral site. Will impact current regular season schedules (when last match is played).



LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title: **Class B Sub-District Softball**

Author: Greg Lamberty

School: Bennington

NSAA District: 2

Proposal for: Activities Manual

Classes Affected: Class B

Activities Affected: Softball

This proposal:
WILL NOT increase costs to the school
WILL NOT increase costs to the NSAA
WILL NOT increase travel for participating schools
WILL NOT decrease a student's or coach's instruction time

Implementation date: 2020-09-23

Sections affected in Activities Manual:	<u>Page</u> Page 16-17	<u>Article</u> Class B sub-district assignments	<u>Section</u>
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Summary: Class B sub-district assignments are divided into ten (10) groups, are based solely on geographic location starting west and moving east. All sub-districts would be four (4) teams if the total number of class B teams is divisible by four (4). If the total number of teams is not divisible by four (4), then sub-districts of five (5) teams would be created for extra teams over that number divisible by four (4). The five (5) team sub-districts would be the teams that are furthest east. Class B sub-districts would be SINGLE ELIMINATION with the winner qualifying for districts. The highest seeded team in each sub-district will be offered the opportunity to host.

Class B district championship assignments will consist of ten (10) sub-district champions and the six (6) teams that did not win a sub-district with the highest wildcard point averages after sub-district play is complete. The district finals will be a one day, best of three (3) series with the highest seed hosting the district final unless they choose not to host. The district final will be played on Friday or SATURDAY of Week 14.

District Dates: Class B - Sub-district would be Monday of Week 14 with Tuesday as a rain date. District finals played on Friday OR SATURDAY of Week 14.

Rationale: The new format is consistent with other sports - volleyball, basketball & soccer. However, the double elimination format in the sub-district allows for teams to lose three times before being eliminated. The double elimination in the sub-district also creates an additional day of travel and lengthens the amount of instructional time missed by students and coaches. With district finals currently scheduled for Friday there is the chance that inclement weather could not allow district finals to not be released until Wednesday or possibly Thursday which puts pressure on schools to plan and communicate with all parties involved.

A single-elimination sub-district format lessens the amount of travel and missed instructional time. It also allows schools to host the sub-district games - 3 games total in one evening at their facility regardless of whether or not they have access to more than one field.

Pros: Eliminates additional travel for sub-district play. Creates 1-day sub-district format. More consistent with what is done in other sports. Less pressure on facilities. More time for district final planning and preparation.

Cons: Cuts down the number of losses a team could suffer in post-season play.



LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title: **Summer Activities Bylaw Proposal**

Author: Andrew Wane

School: Omaha Northwest

NSAA District: 2

Proposal for: Constitution & Bylaws

Classes
Affected: All

Activities
Affected: Baseball
Boys Basketball
Girls Basketball
Boys Cross-Country
Girls Cross-Country
Football
Boys Golf
Girls Golf
Boys Soccer
Girls Soccer
Softball
Swimming & Diving
Boys Tennis
Girls Tennis
Boys Track
Girls Track
Unified Sports
Volleyball
Wrestling

This proposal: **WILL NOT** increase costs to the school
WILL NOT increase costs to the NSAA
WILL NOT increase travel for participating schools
WILL NOT decrease a student's or coach's instruction time

Implementation
date: 2020-05-26

Sections affected in Constitution & Bylaws:	<u>Page</u> #42	<u>Article</u> 3	<u>Section</u> 2.7
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Summary: Summer Activities from the Tuesday following Memorial Day to July 31. Attendance at summer activities shall be voluntary. No coach or school representative may directly or by implication direct a student to attend summer activities as a condition for membership on a high school team or restrict the level of team participation within the high school program.

Allowable Summer Activities. During the summer a member school may organize the following:

Summertime School-Sponsored Camps/Clinics: A school may organize a camp or clinic in any sport from the Tuesday following Memorial Day through July 31.

a. Summertime school-sponsored camps/clinics include planned physical activities that are instructional and competitive in nature where actual games can be played or simulated by camp attendees.

b. Summertime school-sponsored camps/clinics shall be voluntary and open to all interested students from grades 9-12.

c. The use of school facilities and equipment is permitted in accordance with local school board policy.

d. If a summertime school-sponsored camp/clinic is held in football, contact shall be allowed with the use of hand held dummies only. The no-contact rule shall prohibit contact with mechanical or training devices, as well as with other players. The use of blocking sleds and other mechanical devices is prohibited. The no-contact rule does not preclude incidental or inadvertent contact, or the touching of a ball carrier with the hand(s). The only pieces of general football equipment shall be footballs, shoes, helmets, kicking tees and hand-held blocking dummies.

Summertime Conditioning Program. A member school may organize and supervise a summer conditioning program to include weight lifting, running, and exercising for its members.

Summertime Open Gym. It is permissible for students to be involved in NSAA activities of a school's open gymnasium program during the summer under the following conditions:

a. The gym is open for all individuals and all activities.

b. Permitting the participation by non-high school students (graduates, adults or individuals not a member of the school) shall be determined by local school board policy.

Summertime Regulations for Athletes and Coaches. From the Tuesday following Memorial Day or final day of school (whichever is later) until July 31, there shall be no restrictions on the contact between students and high school coaches.

APPROVED RULINGS AND INTERPRETATIONS: The organized practice rule shall be in effect during the school year until Memorial Day, except in the case of organized teams (e.g., Legion baseball, USA softball, etc.). If a high school coach or other adult associated with the school program is also the coach of an organized non-school team, practice and competition involving the coach and athletes of that non-school team may begin at the conclusion of the state tournament of that activity or during Week 46 of the standardized calendar, whichever date is later. 2. If a high school coach or other adult associated with the school baseball program is also the coach of an organized non-school Junior or Senior Legion baseball teams that will practice and compete after July 31st in preparation for a qualifying state, regional or national Legion baseball tournament, that school must seek a waiver for the school-year, out-of-season Bylaw 3.2.2 (Organized Practice) from the NSAA Executive Director to continue their practice and competition through the completion of these tournaments.

Summer Leagues. High school coaches are permitted to coach students from their school in summer league competition and games.

a. All league fees and costs are to be paid by the athlete and/or his/her parents. The school, booster clubs, individuals and/or other organizations shall not provide expenses or support for individuals participating in such leagues.

b. Team fundraisers may be used to finance summer league and camp activities. The AD/coach can hold money collected from fundraising in a school account until the money is needed to pay for summer league or camp activities. Any athlete receiving money for summer league/camps must participate in the fundraising activity.

Summertime Use of School Facilities. Member schools may permit the use of their facilities in accordance with the school board rental policy.

Summertime Use of School Equipment. Member schools may permit the use of school equipment. **APPROVED RULINGS AND INTERPRETATIONS:** Due to safety concerns, schools may permit the use of football helmets and softball and baseball protective equipment for summer leagues, camps, clinics, and other such summer activities.

Summertime College/Professional/Commercial Team Sport Camps/Clinics. High school coaches are permitted to accompany students from their school to college, professional, or commercial sports specialized team camps/clinics during the summer.

a. The purpose of a specialized sports camp/clinic/school is to give team members an opportunity to improve their skills in a particular activity.

b. The athlete and/or his/her parents shall pay the fees and expenses for attendance to such camps or schools. The school, booster clubs, individuals and/or other organizations shall not provide expenses or support for individuals participating in camps, schools, and non-school competition.

c. Team fundraisers may be used to finance team commercial camp/clinic activities. The AD/coach can hold money collected from fundraising in a school account until the money is needed to pay for camp activities. Any athlete receiving money for summer team camps/clinics must participate in the fundraising activity.

Summertime Individual Commercial Camps/Clinics. During the summer, students may attend any individual skill/technique camps or clinics.

a. The purpose of an individual camp/clinic/school is to give a student an opportunity to improve his/her skills in a particular activity.

b. The athlete and/or his/her parents shall pay the fees and expenses for attendance to such camps or schools. The school, booster clubs, individuals and/or other organizations shall not provide expenses or support for individuals participating in camps.

c. Team fundraisers may be used to finance individual commercial camp/clinic activities. The AD/coach can hold money collected from fundraising in a school account until the money is needed to pay for summer individual camp/clinic activities. Any athlete receiving money for camps/clinics must participate in the fundraising activity.

Rationale: The Summer Activities rule places restrictions on high school coaches working with athletes. Many athletes are pushed towards their club teams in order to find additional instruction and access to facilities during the summer months. This creates a difficult situation for high school coaches, as they are forced to compete for time with club programs and coaches, who are under no limitations and often are not aware of school district philosophies.

Pros:

1. This proposal allows our high school coaches to spend more time with kids.
2. This proposal potentially reduces the influence of people outside of education on our student-athletes, parents and high school programs.
3. This proposal allows coaches to better maintain student-athletes physical, mental and emotional well-being when coaches have more contact with them.
4. This proposal would allow for a system to be in place for a school to monitor summer activities.
5. This proposal would formalize procedures for high school coaches in the same school to work with each other in the summer months.

Cons:

1. This proposal could create additional competition amongst athletic programs in the same school for the time of multi-sport athletes in the summer.



LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title:	Allow Up to 5 Matches in One Day in Tournament Competition		
Author:	Donn Kasner		
School:	Omaha Skutt Catholic		
NSAA District:	2		
Proposal for:	Activities Manual		
Classes Affected:	All		
Activities Affected:	Volleyball		
This proposal:	WILL NOT increase costs to the school WILL NOT increase costs to the NSAA WILL NOT increase travel for participating schools WILL NOT decrease a student's or coach's instruction time		
Implementation date:	2020-08-10		
Sections affected in Activities Manual:	<u>Page</u> 9	<u>Article</u>	<u>Section</u>
Summary:	<p>Manual currently reads: No student shall take part in more than four volleyball matches per day in tournament competition.</p> <p>It also reads: 3.11.11.3 (2) Out-of-State Tournaments. When a Nebraska team plays in an out-of-state tournament, the Nebraska school may play up to five matches in one day if that state permits it.</p> <p>We would like to propose that teams are allowed to play up to 5 matches per day in tournament competition.</p>		
Rationale:	<p>More and more schools are going to one day tournaments to save on lost instructional time, not tie up facilities, save on transportation and save on official costs. Teams have lost matches as a result of tournaments going to one day.</p> <p>Surrounding states allow up to 5 matches per day and many teams from Missouri, Kansas and Iowa travel to Nebraska to play in our tournaments -- this will continue to allow us to attract high level volleyball programs to our tournaments.</p> <p>When Nebraska teams travel out of state, they are allowed to play 5 (if that state allows for it).</p> <p>Schools still have the right to set up their tournament and only allow 4 (or fewer) games. Merely have an option of a 5th match.</p>		
Pros:	Teams get more competitions in. Schools could host more one day tournaments which would cut down on travel costs for those involved.		
Cons:	none		



LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title:	Increase Warm Up time in Volleyball		
Author:	Donn Kasner		
School:	Omaha Skutt Catholic		
NSAA District:	2		
Proposal for:	Activities Manual		
Classes Affected:	All		
Activities Affected:	Volleyball		
This proposal:	WILL NOT increase costs to the school WILL NOT increase costs to the NSAA WILL NOT increase travel for participating schools WILL NOT decrease a student's or coach's instruction time		
Implementation date:	2020-08-10		
Sections affected in Activities Manual:	<u>Page</u> 13	<u>Article</u>	<u>Section</u>
Summary:	Manual currently reads: Warm-up There shall be a minimum of 16-minutes warm-up for all interschool matches. The warm-up period shall be divided as follows for district and state competition: • 5 minutes – Both teams on their sides of the court • 5 minutes – Home team both sides of the court (to include serving) • 5 minutes – Visiting team both sides of the court (to include serving) • 1 minute – Teams at respective benches and on the endline ready for play by the conclusion of the final minute We would like to increase from a 16 minute warm-up to a 21 minute warm-up. • 4 minutes – Both teams on their sides of the court • 4 minutes – Home team both sides of the court (to include serving) • 4 minutes – Visiting team both sides of the court (to include serving) • 4 minutes – Home team both sides of the court (to include serving) • 4 minutes – Visiting team both sides of the court (to include serving) • 1 minute – Teams at respective benches and on the endline ready for play by the conclusion of the final minute This would be for duals, triangulars or first matches only in tournaments. After the full warm up, then teams can go to the 11 minutes warm up already in the manual.		
Rationale:	To allow teams the ability to get in a full warm up before playing. Right now, there is not a lot of time to hit, serve, and pass in the 5 minutes allowed per team. College format is similar (shared . . . 4 home, 4 visitor, 5 home, 5 visitor, 1 huddle/endline).		
Pros:	Players get more game-like repetitions before they play. The 4 home, 4 visitor, 4 home, 4 visitor allows enough time to get ready to compete (8 minutes each) but breaks it up enough so the other team doesn't get cold while waiting. A full warm up could decrease potential injuries.		
Cons:	Adds 5 extra minutes to your night.		



LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title: **Girls Wrestling added as a NSAA Santioned Activity**

Author: Jim Kasik

School: Schuyler

NSAA District: 2

Proposal for: Constitution & Bylaws

Classes Affected: All

Activities Affected: Wrestling

This proposal: **WILL** increase costs to the school
WILL increase costs to the NSAA
WILL increase travel for participating schools
WILL NOT decrease a student's or coach's instruction time

Implementation date: 2020-11-09

Sections affected in Constitution & Bylaws:	<u>Page</u>	<u>Article</u>	<u>Section</u>
	52	3.11.12	1A

Summary: Girls Wrestling Proposal Yearbook: Article 3.11.12 Section: 1a Page 52

Girls wrestling shall be added as a winter sports season beginning with the 2020 - 2021 NSAA calendar year. The girls wrestling season shall begin with the first day of practice (same as the boys) as permitted by NSAA rules and shall conclude the same weekend as the current boys individual state championship.

Will this proposal impact cost to the school? YES, See Points of Emphasis (POE) #5 Will this proposal impact cost to the NSAA? YES (However, increase attendance will more than offset costs) Will this proposal increase travel for participating schools? YES (Depending on the girls qualifying procedure... POE # 4) Will this proposal impact a student or coaches loss of instruction time? NO

Points of Emphasis: Implementation: This proposed plan is to have a two (2) year transition period that would permit girls the option of participating in both their school's boys and girls lineup during the regular season contests ONLY. If a tournament only hosts a boys division, girls will have the option of competing in the boys division. If that tournament offers both a boys and girls division, the girls are required to wrestle in the girls division. From the start of implementation of Girls Wrestling, girls must participate in the girls only postseason. After the two (2) year transition period, the NSAA Girls Wrestling Advisory Committee will determine if numbers have grown to support girls vs girls only season. Rational: We do not want to eliminate competitive opportunities for girls in geographic areas or school districts where cost or coaching prevent them from attending girls only events during the season. The ultimate goal is to have girls wrestling only girls

2. Coaching and Practice: An NSAA member school who offers both boys wrestling and girls wrestling are permitted to use the same coaching staff to oversee both teams. Furthermore, both the boys and girls wrestling teams that consist of enrolled students from the same school or an approved cooperative may practice at the same time in the same practice facility under the guidance and leadership of the same coaching staff. Girls are encouraged to practice drills and skills against other girls on the team, however this decision will be determined by each individual high school staff, i.e. coach, athletic director and/or principal, instead of by district. Rational: Two schools only have 5 girls total come out for wrestling. Another school in the same district has 14. Intra district practices are not allowed or arranging cooperative practices is challenging. If a School District determines girls can only practice with other girls: The high school with 14 girls can make it work and is successful The two high schools with fewer girls struggle to provide a way for girls to drill and practice the sport. The girls find this is a barrier toward participation, quit the team, or have an unsuccessful experience in the sport.

3. Weight Classes: Weight classes will be determined after alpha hydration assessments are completed and entered into the online database. The number of girls weight classes shall be ten (10) The actual weight classes will be determined from the alpha assessment data in an effort to achieve as much equal distribution in weight classes as possible This process will be used in the first two (2) years of the sanctioned implementation process, with permanent weight classes to be established in the third year and beyond. (Unless the NFHS Establishes Weight Classes for Girls Wrestling)

4. State Tournament: A one class state tournament will be established by the NSAA. The location, date & time of the state tournament along with number of qualifiers and method of qualification to be determined by the NSAA after the alpha hydration assessments are completed.

5. Cost Analysis of Girls Wrestling: This information to be provided by Andy Lewis, West Point-Beemer from the 2018-2019 season: West Point current has 10 competitions that are designated for only our girls team. West Point also designated one of its current assistant wrestling coaches as the head girls coach. It should be noted that our expenses are based on 22 female wrestlers and may be higher due to this number.

2018-2019 West Point Public Schools cost of program: Creating head girls coach: \$1795, difference between assist and head coach positions
Tournament entree costs: \$480, only two competitions charged. Both were \$10/wrestlers Referee fees: \$280, two referees for JV/Girls Tournament:
Metals for home tournament: \$0, none current but will have them for the 2019-2020 year Travel costs: \$1150, Fuel and costs for coach (with CDL) driving bus to tournaments. *This is atypical since we are one of the only schools that transported via bus. Equipment for female wrestlers: Total: \$1870, cost per athlete was between \$80-90. This includes singlet, undershirt, hair covers, and head gear. Costs for WPBPS: Coaching costs: \$1795
Tournament Fees: \$480 Referees: \$280 Metals/Plaques: \$0 Travel Expense: \$1150 Equipment: \$1870 Total: \$5575

	6. Team Match Limitation: This article remains the same for both girls and boys wrestling participants... no change in this article
	7. Student Match Limitation: This article remains the same for boys and girls wrestling participants... no change to this article
Rationale:	Rationale: In Nebraska, the opportunities for girls during the winter sports season is limited to Basketball and Swimming and Diving. Swimming and Diving has 41 schools involved out of 282 schools that have basketball. In 2018-19, Nebraska had 229 schools with boys wrestling programs. The current number of girls wrestling in Nebraska is on the rise. Although some critics might suggest girls have the opportunity to wrestle in our current setting (in boys' wrestling), this argument lacks merit. Nebraska is better than this. True opportunity exists when a student can compete against their peers. Nebraska high school girls do not have this access currently. Providing girls' wrestling would give our female students true access to the sport of wrestling.
Pros:	Girls and boys in wrestling deserve to compete against their own gender. Girls should not be expected to shoulder the work of growing opportunities. High school girls in Nebraska will have increased scholarship opportunities for higher education (64 colleges and universities across the country currently offer womens' wrestling). Youth, Collegiate, National, World and Olympic wrestling communities have embraced girls wrestling and we need the scholastic world to join them. State Interscholastic Associations are mobilizing and more are joining. 18 states will hold a Girls State Championship during the 2019-20 scholastic season. It is a national effort and we want everyone to experience success in this process. We now have solid participation data and information to support creating a girls division and state championship. The local, state and national numbers are continuing to grow and the visibility of girls wrestling is all around us. The NFHS participation numbers for girls wrestling grew from 16,562 in 2018 to 21,124 in 2019. A 27.5% increase of 4,562 girls across the nation.
Cons:	Added Expense to schools, offset by additional revenue



LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title: **Organized Practice Adjustment for Wrestling**

Author: Donn Kasner

School: Omaha Skutt Catholic

NSAA District: 2

Proposal for: Constitution & Bylaws

Classes Affected: All

Activities Affected: Wrestling

This proposal: **WILL NOT** increase costs to the school
WILL NOT increase costs to the NSAA
WILL NOT increase travel for participating schools
WILL NOT decrease a student's or coach's instruction time

Implementation date: 2020-08-03

Sections affected in Constitution & Bylaws:	<u>Page</u>	<u>Article</u>	<u>Section</u>
	41	3.	2.3

Summary: Current Organized Practice Rule for Basketball, Baseball, Softball, Volleyball, Tennis and Wrestling reads as follows:
An organized practice shall mean more than four students under the direct supervision of a sponsor. If more than one group is practicing at the same time, it shall be called an organized practice.
We are NOT wanting the organized practice rule to go away for wrestling (or any sport). We want it to be extended from 4 to 8 kids at a time.

Rationale: We are not, in any way saying "organized practice rule" needs to go away.

Football/Soccer (11 kids make up an offensive/defensive "team") can work with 7 (63%); Softball/Baseball (9 kids make up a "team") can work with 4 (44%); Basketball (5 kids make up a "team") can work with 4 (80%); Wrestling (14 kids make up a "team") can work with 4. That's 29%. The lowest of the sports.

We feel "4" is an arbitrary number that was assigned to wrestling and certainly doesn't have the same percentage of "team" that other sports have.

This is an effort to keep the emphasis, in wrestling, on the school program as much as possible -- allowing more opportunities for our coaches to work with kids will help that.

Pros: Continue to obey the organized practice rule, just increase the number of kids, making it more in line with other sports (%).

Cons:



LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title: **Wrestling - District Seeding**

Author: Lance Smith

School: Millard West

NSAA District: 2

Proposal for: Activities Manual

Classes
Affected: All

Activities
Affected: Wrestling

This proposal: **WILL NOT** increase costs to the school
WILL NOT increase costs to the NSAA
WILL NOT increase travel for participating schools
WILL NOT decrease a student's or coach's instruction time

Implementation
date: 2020-08-12

Sections affected in Activities Manual:	<u>Page</u>	<u>Article</u>	<u>Section</u>
	18-19		

Summary: We propose that when determining district seeding using returning state points, that those points be connected to the individual wrestler rather than the school. For example, if a 10 point wrestler transfers from one school to another, those 10 points will count toward the new school's district seeding.

This change would require that schools/coaches declare that a returning state point wrestler has transferred into their school and will be on their team prior to districts being assigned. Therefore, failure to do so should result in a penalty for the coach/school that may be determined by the NSAA board.

Rationale: Often, wrestlers will change schools during their high school careers. Under the current format, if a really good wrestler changes schools then the former school still carries their returning state points even though they no longer have that wrestler on their team. Also, the school in which they are currently attending, is not seeded properly based on the returning state qualifiers on their squad.

Pros: Districts will be seeded based on the wrestlers you currently have your team.
The teams will be more evenly spread out so the best kids get into the state tournament.

Cons: Tracking the athletes that move or change schools could be a challenge. It would be up to the wrestling coaches to declare those kids prior to district assignments.