Included in this memo are the 50 proposals that passed at least one district at the November meetings.

The nine Constitution/Bylaw proposals passing three or more districts will advance to Representative Assembly. The 41 Approved Ruling proposals will be placed on the April NSAA Board of Directors agenda as action items.

The following procedure is to be followed at the second district meeting:

1. All 50 proposals should be acted upon.

2. Each member school is entitled to one vote. Voting will be conducted using a clicker system. The administrative head of the school or his/her designee shall be considered the authorized voting representative.

3. **Amendments** to proposals are not permitted.

4. New proposals may not be introduced from the floor.

5. Elections shall be held for officers, alternates and Representative Assembly delegates.

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**2020 January District Meetings**

- **District 1** – Wednesday, January 8 – 10:00 a.m. - NSAA Office in Lincoln
- **District 2** – Wednesday, January 15 – 10:00 a.m. – Boys Town Conference Center
- **District 3** – Wednesday, January 15 – noon – Norfolk Country Club
- **District 4** – Wednesday, January 8 – 1:00 p.m. – ESU #10, Kearney
- **District 5** – Wednesday, January 15 – 1:00 p.m. CDT/12:00 p.m. MST – The Tassel, Holdrege
- **District 6** – Wednesday, January 8 – 9:00 a.m. MST Alliance Public Library
District 1
   Board of Director and Alternate (4-year term)
   Vice Chairperson and Alternate (3-year term)
   5 Delegates to the Representative Assembly

District 2
   Board of Director and Alternate (4-year term)
   Chairperson and Alternate (3-year term)
   Secretary and Alternate (3-year term)
   13 Delegates to the Representative Assembly

District 3
   Vice Chairperson and Alternate (3-year term)
   2 Delegates to the Representative Assembly

District 4
   Secretary and Alternate (3-year term)
   3 Delegates to the Representative Assembly

District 5
   Vice Chairperson and Alternate (3-year term)
   1 Delegate to the Representative Assembly

District 6
   Vice Chairperson and Alternate (3-year term)
   1 Delegate to the Representative Assembly
LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title: Class B District Baseball

Author: Brad McMillan

School: Waverly

NSAA District: 1

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:

Summary: District Dates. District tournaments will be held May 7TH, 8TH, 9TH, 11TH, and 12TH (Rain Date). Class A: District tournaments for five team districts will be held on Friday, May 8TH and Saturday May 9TH. District tournaments for four team districts will be held on Saturday May 9TH. Rain out dates include: Monday, May 11TH and Tuesday, May 12TH. CLASS B: DISTRICT TOURNAMENTS WILL BE HELD MAY 7TH, 8TH, 9TH. RAIN DATES INCLUDE MONDAY MAY 11TH AND TUESDAY MAY 12TH.

Rationale: Essentially we are taking the final scheduled date of the Class B Tournaments and moving it to the front end of the tournament (Thursday). This takes that final date off of the Monday and puts it back on Saturday elevating any scheduled tournament games to be completed the week of the State Tournament, outside of having to use the rain dates. Furthermore, by taking the final tournament date off that Monday and moving it to Saturday allows district hosts the autonomy to condense the tournament as necessary for facility use, weather, or any other local situation that could arise. Currently, Class B districts that had the ability to finish on Saturday were denied the opportunity because the manual states the final scheduled date for Class B games is slated for that Monday. If weather is a factor then that pushes teams into playing on Tuesday or even Wednesday which happened to one Class B district this past year and then pitch counts become even more of a factor. The proposal adds a date to the front end of the tournament which allows more flexibility between host sites and the NSAA with the Monday and Tuesday as rain dates and as we know, in the spring time weather is always a factor. 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: Allows district host autonomy to schedule games as necessary based on host site facility, weather, or other factors. Meaning, a district host could finish games on Friday or Saturday if possible. Eliminates the need for Monday/Tuesday games unless of inclement weather. Consistent with other sports related to district finals ending on a Saturday. Potential of one less day of instruction time missed for remaining teams Potential for less travel time

Cons: Schools could be forced to make changes in their regular season schedule for week 44 (May 4-9, 2020).

Proposal Passed: District 1 (15-0-32)
**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:** Pages 16-18

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**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.

**Proposal Passed:** District 2 (32-0)
Title: Basketball District Final Times

Author: Anita James

School: Alliance

NSAA District: 6

Proposal for: Activities Manual

Classes Affected: Class B

Activities Affected: Boys Basketball

Activities Affected: Girls Basketball

Implementation date: 2020-08-31

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

Summary: Dates of District Finals Games

Class B Girls Saturday, February 22, 2020
Classes C1, C2, D1, D2 Girls Friday, February 28, 2020
Classes B Boys Saturday, February 29, 2020
Classes C1, C2, D1, D2 Boys Saturday, February 29

***In Classes C1,C2,D1,D2 Boys ONLY, if the two teams can agree, they have the option of playing on either Monday, March 2, 2020 or Tuesday, March 3, 2020. The NSAA office must be notified of the decision by noon on Friday the day after the subdistrict finals. If neither team can agree or the office is not notified by noon on Friday, then the game will default to the date assigned above.

1. In Class B, the higher seeded team will host the district final game. Game time shall be 7:00 P.M. for night games, unless teams mutually agree to a different time. Other games may be played during the afternoon with the approval of the NSAA Executive Director and the mutual agreement of the competing schools. However, if both schools do not agree on the afternoon game, it shall be played at 7:00 P.M. If the visiting team is required to travel 120 miles or more to the game site, the traveling team shall have the choice of playing the game in the afternoon or evening. Game time of afternoon games will be 1:30 P.M., unless teams mutually agree to a different time. When two high schools located in the same city use the same facility for home basketball games, qualify for the basketball district final and are designated home teams on the same date, one school shall play in the afternoon and the other during the evening. The afternoon game shall not begin prior to 1:30 pm and the evening game shall not begin after 8:00 pm. These times may be adjusted for emergency situations.

2. In Classes C1, C2, D1 & D2: The district final games will be played at a centralized, neutral location as determined by the higher seed and agreed upon by both participating schools. If the two schools involved cannot agree on a location, The NSAA will select the site. As soon as these decisions are made, the NSAA office shall be notified.

Rationale: Establish game times for traveling schools modeled after football manual.

Pros: Avoid possibility of traveling teams paying for two motel nights. Helps AD's establish game times.

Cons:

Proposal Passed: District 6 (23-0)
Basketball Qualifying

Title: Basketball Qualifying

Author: Anita James

School: Alliance

NSAA District: 6

Proposal for: Activities Manual

Classes Affected: Class B

Activities Affected: Boys Basketball, Girls Basketball

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: 2020-08-31

Sections affected in Activities Manual:

Summary: Class B schools seeded 17-32 will be assigned to sub-districts on a geographical basis starting with the schools in western Nebraska and working east. North to south direction was used in some cases in order to decrease the distance between the schools within a sub district. The highest seeded team will host the sub-district game. Byes (highest seeded teams) will be used to fill the 32-team bracket. The winning team in each sub-district game will qualify for the sub-district final. If there are 24 or less teams in Class B the sub-district first round would not be played. The 9-16 seeded teams will host the sub-district finals. The winners of the sub-district game (or seeds 17-24) will be assigned on a geographical basis starting with the schools in western Nebraska and working east. North to south direction was used in some cases in order to decrease the distance between the schools within a sub district final. The eight sub-district final winners will qualify for the district final to be hosted by seeds 1-8. The eight sub-district winners qualifying for the district final will be seeded 9-16 based on wild-card point averages through districts. The district final will be bracketed 1 v 16, 2 v 15, 3 v 14, 4 v 13, 5 v 12, 6 v 11, 7 v 10, 8 v 9. The 8 winners of the district final games will advance to the state championship tournament.

Rationale: Winners advance. Allows top seeded home court while early rounds take geography into account.

Pros: Gives top seeds home court advantage. Eliminates losing teams from advancing and hosting district finals. Eliminates top seeds facing each other in sub-districts.

Cons:

Proposal Passed: District 6 (22-1)
Sub-District Girls and Boys Basketball

Proposal Passed: District 6 (15-8)
Proposal for Change in NSAA Rules and Regulations

Title: Class C Sub-District Basketball

Author: Jenny Wagner

School: Centennial

NSAA District: 1

Proposal for: Activities Manual ☐ Constitution & Bylaws ☐

Classes Affected: Class A ☐ Class B ☐ Class C ☐ Class D ☐

Activities Affected: Girls and Boys Basketball

This proposal: Increase cost to school? ☐ Increase cost to the NSAA? ☐
Increase travel for participating schools? ☐ Decrease student’s or coach’s instruction time? ☐

Implementation Date: 2020-2021 School Year

Sections affected: Page 14 Article Section

Summary: Classes C1 & C2 schools are divided into 12 sub-districts. The schools were assigned to sub-districts on a geographical basis starting with the schools in western Nebraska and working east. North to south direction was used in some cases in order to decrease the distance between the schools within a district. One of the participating schools in the district, that has requested to host, will host the sub-district games. If multiple schools in the sub-district put in to host then the NSAA would select the host. If no one offers to host in the sub-district, the NSAA will contact the highest seeded team to host until the host site is determined. If no school in the sub-district is willing to host, the NSAA will find a neutral site.

Rationale:

Pros: It will be easier to find workers for hosting events because your own team is playing. You would have larger crowds, especially from the home site. You have a site to play and don’t have to search for someone else willing to host.

Cons:
Title: Basketball District Play at Home Sites Class C

Author: Jenny Wagner
School: Centennial
NSAA District: 1
Proposal for: Activities Manual

Classes Affected: Class C
Activities Affected: Boys Basketball, Girls Basketball

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

Implementation date: 2019-09-23

Sections affected in Activities Manual:

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Summary: Classes C1 & C2 schools are divided into 12 sub-districts. The schools were assigned to sub-districts on a geographical basis starting with the schools in western Nebraska and working east. North to south direction was used in some cases in order to decrease the distance between the schools within a district. Sub-district games will be played at a centralized, neutral location.

a. The winning team in each sub-district will qualify for the district final.
b. The next four non-sub-district winners with the highest wild card point averages will qualify for the district final.
c. The 16 teams qualifying for the district final will be placed on a 16-team bracket based on wild-card point averages through sub-districts. The higher seeded team will host the district final match unless the two schools are 120 miles apart then a neutral site will be used. If the higher seed cannot host, the two schools will agree upon a site for the district final. If the two schools involved cannot agree; the NSAA will select the site. The winner of the district final match will advance to the state championship.

Rationale: In the last few years, at times it has been difficult to find a neutral site that is willing to host the district final match so teams are sometimes having to travel even farther than a centralized location to be able to play on a neutral site. Due to the difficulty of finding a site, some schools host multiple games in one day, so you aren't always able to get a choice of the your desired time to play. Schools/teams/parents are used to traveling longer distances than in the past, so travel is not as much of a concern as it was in the past.

Pros: You would have larger crowds, especially from the home site. You have a site to play and don't have to search for someone else willing to host.

Cons: Lower seeded team has to travel greater distances. If boys game is played on Monday or Tuesday, it could cut into instructional time.

Proposal Passed: District 1 (15-14-18)
Proposal for Change in NSAA Rules and Regulations

Title: Class C Sub-District/District Basketball - Girls and Boys

Author: Dennis Dolliver

School: Wayne

NSAA District: 3

Proposal for: Activities Manual ☐ Constitution & Bylaws ☐

Classes Affected: Class A ☐ Class B ☐ Class C ☐ Class D ☐

Activities Affected: Girls and Boys Basketball

This proposal: Increase cost to school? ☐ Increase cost to the NSAA? ☐
Increase travel for participating schools? ☐ Decrease student’s or coach’s instruction time? ☐

Implementation Date: 2020-21 School Year

Sections affected: Page 14 Article Section

Summary: Classes C1, C2, D1 & D2 schools are divided into 12 sub-districts. The schools were assigned to subdistricts on a geographical basis starting with the schools in western Nebraska and working east. North to south direction was used in some cases in order to decrease the distance between the schools within a district. The highest seeded volleyball team in each sub-district shall host that particular sub-district. If the school declines to host the second seed will host. This process will continue until a school in the sub-district agrees to host.

a. The winning team in each sub-district will qualify for the district final.
b. The next four non-sub-district winners with the highest wild card point averages will qualify for the district final.
c. The 16 teams qualifying for the district final will be placed on a 16-team bracket based on wild-card point averages through sub-districts. District final games will be played at the highest seeded team in each bracket.

Rationale: This will eliminate the issue of finding a home site for sub-districts - this has been an issue. Schools do not want to host when their teams are playing in another sub-district.

Pros: Highest seeded team in a sub-district/district hosting is already established in Class A and B.
Highest seeded team hosting is done in many of the current sports in NSAA - Football, Track, CC, Golf, One-Act, Wrestling, Softball, Baseball, Soccer - increase in gates when hosted at home.

Cons: Not a neutral site. Increase travel for the traveling team(s) - overall travel could/would be less.

Proposal Passed: District 3 (26-18-2)
NSAA Bowling Proposal

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 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.

Proposal Passed: District 2 (39-30)
Proposal for Change in NSAA Rules and Regulations

Title: Class Caucus Designation
Author: Greg Conn
School: Wausa
NSAA District: 3
Proposal for: Approved Ruling
Classes Affected: Class A ☐ Class B ☐ Class C ☐ Class D ☐
Activities Affected:
This proposal: Increase cost to school? ☐ Increase cost to the NSAA? ☐
Increase travel for participating schools? ☐ Decrease student’s or coach’s instruction time? ☐
Implementation Date: 2020-21 School Year
Sections affected: Page 7 Article 1 Section 5.4.5
Summary: In Classes A, B, C, and D, schools are assigned Caucus Classifications based on the member school’s classification in Track & Field.

Revision for all classes. Schools who are in a different sport specific class outside of their Caucus Classification should be able to vote on Caucus proposals that would directly affect that sport.

Rationale: This proposal would give a true representation on sport specific proposals. Also, in the lower classes, several member schools are in different sport specific classes other than their Caucus affiliation.

Pros:

Cons:

Proposal Passed: District 3 (37-5-4)
Proposal for Change in NSAA Rules and Regulations

Title: Cross Country District Seeding
Author: Dennis Mitchell
School: Omaha South

NSAA District: 2
 Proposal for: Activities Manual ☐ Constitution & Bylaws ☐
 Classes Affected: Class A ☐ Class B ☐ Class C ☐ Class D ☐
 Activities Affected: Girls and Boys Cross Country

This proposal: Increase cost to school? ☐ Increase cost to the NSAA? ☐
Increase travel for participating schools? ☐ Decrease student’s or coach’s instruction time? ☐

Implementation Date: Fall 2020

Sections affected: Page 10 Article Section

Summary: Would delete current district seeding method and replace it with the following:

One site will host four districts each year.
The girls will be placed in four districts using the serpentine method based on the girls' total time rankings.
The boys will be placed in four districts using the serpentine method based on the boys' total time rankings.

Rationale:

Pros: We are looking to make qualifying for state cross country as fair as possible for boys and girls and not modify serpentine based off of whether it is a girl/even or boy/odd year.

Cons: May have longer wait in between boys and girls races from same team.

Proposal Passed: District 2 (20-8)
Proposal for Change in NSAA Rules and Regulations

Title: Class A Cross Country District Seeding and Host Site
Author: Ben Ries
School: Norfolk
NSAA District: 3
Proposal for: Activities Manual ☐ Constitution & Bylaws ☐
Classes Affected: Class A ☐ Class B ☐ Class C ☐ Class D ☐
Activities Affected: Girls and Boys Cross Country
This proposal: Increase cost to school? ☐ Increase cost to the NSAA? ☐
Increase travel for participating schools? ☐ Decrease student’s or coach’s instruction time? ☐
Implementation Date: 2020-21 School Year
Sections affected: Page Article Section
Summary: Total time rankings will be used through Saturday of Week 13.
One Class A district cross country site will be assigned by NSAA (8 races).
Girls will be assigned to 4 districts using serpentine according to total time rankings.
Boys will be assigned to 4 districts using serpentine according to total time rankings.

Rationale:

Pros: Teams assigned according to their own total time ranking each year (as opposed to opposite gender). Schools with single head cross country coach will have both teams at one site. Counting total team times through Week #13 may allow for more accurate seeding.

Cons: 8 races at one site means the boys team may run 1st and the girls team could run last (vice versa).

Proposal Passed: District 3 (28-0-18)
Cross Country team classification balance proposal

Title: Cross Country team classification balance proposal
Author: Brad Nelson
School: Axtell
NSAA District: 5
Proposal for: Activities Manual

Classes Affected: Class C
Activities Affected: Boys Cross-Country, Girls Cross-Country

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

Summary: The number of teams in Class C will increase from 44 to 60 and the number of districts will increase from 4 to 5. Subsequently, the number of class D teams will decrease from 124 to 108, however, the number of districts will remain the same. Class D scoring will go from the top 4 runners to the top 3 runners, and a team will now consist of 5 athletes instead of 6.

Rationale: Currently, Class D represents 54% of all Cross Country programs in the state of Nebraska. Of the 128 schools across the state, 73 boys teams and 57 girls make up Class D. This disparity continues to create lopsided district placements, as some districts consist of 15 teams, while others only have 9 on the boys side. This proposal will classify schools that are typically Class C into a more natural alignment (in comparison to other sports), as well as, increasing the number of complete/competitive teams in Class D. Changing the number of runners that make up a team to 3, will allow approximately 13 more girls' teams.

Pros:
More schools will have complete boys and girls teams.
Districts will be more balanced.
Both classes will be more competitive.
No cost to the NSAA or member schools.

Cons:
Teams with larger numbers out for Cross Country may lose depth points.

Proposal Passed: District 5 (13-8-2)
8 Man Football Playoffs

Proposal Passed: District 4 (27-7-18)
Title: 9-man Football Committee

Author: Ward Wacker

School: Gordon-Rushville

NSAA District: 6

Proposal for: Approved Ruling

Classes Affected: Class C, Class D

Activities Affected: Football

This proposal:
- WILL NOT increase costs to the school
- WILL 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: 2019-09-27

Sections affected
- Page 53
- Article 3
- Section 11

Summary: The NSAA will form a committee to study the interest in and potential impact of forming a class of 9-man football.

Rationale: This is not a rule change. It is only to form a committee to examine the interest in 9-man football and assess its merits as an alternative to shifting from 11 to 8 man football and 8 back to 11. The committee would collect information during the 2020-2021, 2021-2022 classification cycle. The committee would report their findings prior to the classification cycle beginning in 2022-2023.

Pros: Forming a committee does not create a new classification it only explores whether or not adding a class of 9-man would be beneficial to our membership. 9 man football requires no change to field configuration as it is played on an 11-man field. Adjacent states (South Dakota and Wyoming) play 9-man football.

Cons: Adjacent states (Iowa and Kansas) play 8-man football.

Proposal Passed: District 6 (20-3)
Proposal for Change in NSAA Rules and Regulations

Title: Modified Scoring for Class A Girls and Boys Golf

Author: Ben Ries

School: Norfolk

NSAA District: 3

Proposal for: Activities Manual ☐ Constitution & Bylaws ☐

Classes Affected: Class A ☐ Class B ☐ Class C ☐ Class D ☐

Activities Affected: Girls and Boys Golf

This proposal: Increase cost to school? ☐ Increase cost to the NSAA? ☐
Increase travel for participating schools? ☐ Decrease student’s or coach’s instruction time? ☐

Implementation Date: 2020-21 School Year

Sections affected: Page Article Section

Summary: During the regular season, District Tournaments and State Tournaments, A player’s score for each hole will be capped at 10 strokes (a circle 10). Once a participant reaches 11 strokes or more the participant has the option to pick up their ball, wait for the others to finish the hole and then move on to the next hole to continue play. The player who "picks up" their ball will be able to continue their round but will be disqualified from the meet and their score will not be used to earn a medal during the meet or for the team score. (Ex. If a team has four golfers entered in the meet and one of the golfers “picks up” the team is disqualified from the team competition.)

During the regular season, any player who “picks up” and takes a circle 10 will not be able to have their score used in the scoring differential as submitted to the NSAA.

Rationale: The need to hole out on every hole in stroke play can have at least two downsides: (1) it often leads to a slow pace of play, and (2) it may discourage golfers to the point where they want to walk off the course and quit. Using a Maximum Score is an alternative form of play that addresses both concerns, by allowing a player to “pick up” when he or she scores at or above the maximum and by capping the player’s score for any hole at the maximum. The Maximum Score is unlikely to be used for elite or more experienced players but it may be beneficial for golfers who are beginners or golfers who are less skilled or experienced. The goal is to provide all golfers with a positive experience which will encourage all players to stick to the game.

Pros: Increases the pace the play.
Consistency on the golf course for all golfers.
May help players to improve their skills and reduce mental anguish.

Cons:

Proposal Passed: District 1 (10-0-37); District 3 (34-0-12); District 4 (22-2-27)
Proposal for Change in NSAA Rules and Regulations

Title: Modified Scoring for All Class Girls and Boys Golf

Author: Ben Ries

School: Norfolk

NSAA District: 3

Proposal for: Activities Manual ☐ Constitution & Bylaws ☐

Classes Affected: Class A ☐ Class B ☐ Class C ☐ Class D ☐

Activities Affected: Girls and Boys Golf

This proposal: Increase cost to school? ☐ Increase cost to the NSAA? ☐
Increase travel for participating schools? ☐ Decrease student’s or coach’s instruction time? ☐

Implementation Date: 2020-21 School Year

Sections affected: Page Article Section

Summary: During the regular season, District Tournaments and State Tournaments, A player’s score for each hole will be capped at 10 strokes (a circle 10). Once a participant reaches 11 strokes or more the participant has the option to pick up their ball, wait for the others to finish the hole and then move on to the next hole to continue play. The player who “picks up” their ball will be able to continue their round but will be disqualified from the meet and their score will not be used to earn a medal during the meet or for the team score. (Ex. If a team has four golfers entered in the meet and one of the golfers “picks up” the team is disqualified from the team competition.)

During the regular season, any player who “picks up” and takes a circle 10 will not be able to have their score used in the scoring differential as submitted to the NSAA.

Rationale: The need to hole out on every hole in stroke play can have at least two downsides: (1) it often leads to a slow pace of play, and (2) it may discourage golfers to the point where they want to walk off the course and quit. Using a Maximum Score is an alternative form of play that addresses both concerns, by allowing a player to “pick up” when he or she scores at or above the maximum and by capping the player’s score for any hole at the maximum. The Maximum Score is unlikely to be used for elite or more experienced players but it may be beneficial for golfers who are beginners or golfers who are less skilled or experienced. The goal is to provide all golfers with a positive experience which will encourage all players to stick to the game.

Pros: Increases the pace the play.
Consistency on the golf course for all golfers.
May help players to improve their skills and reduce mental anguish.

Proposal Passed: District 1 (31-5-11); District 3 (42-0-4)
## Title:
State Golf Inclement Weather

## Author:
Mark Armstrong

## School:
Lincoln Southwest

## NSAA District:
1

## Proposal for:
Activities Manual

## Classes Affected:
Class A

## Activities Affected:
- Boys Golf
- Girls Golf

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:
2020-08-01

## Sections affected in Activities Manual:
<table>
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<tr>
<th>Page</th>
<th>Article</th>
<th>Section</th>
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</thead>
<tbody>
<tr>
<td>18</td>
<td></td>
<td>NSAA State Golf Championships</td>
</tr>
</tbody>
</table>

## Summary:
4. If weather or golf course conditions impact the beginning or continuation of the event, the following policy will be employed:
   a. If play is started but not finished by all players in the field, then Round 1 will be completed on Day 2, followed by 18 holes, started either shotgun or tee times, in order to compete the 36 hole total.
   b. If no play happens on Day 1, then Day 2 will consist of 36 holes, with starting format to be determined by the NSAA.
   c. If option b cannot be completed on Day 2, the tournament will be reduced to 18 holes, with starting format to be determined by the NSAA.

## Rationale:
In order to protect the integrity of the State Golf Championships, every attempt should be made to complete a 36 hole tournament.

## Pros:
1. This allows the tournament to be completed in the original two days.
2. Allows the tournament to be completed with the maximum number of holes potentially be played.

## Cons:
Can make for a long day of competition for the athletes.

Proposal Passed: District 1 (13-1-33)
**LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS**

**Title:** State Golf Inclement Weather

**Author:** Tyler Herman

**School:** York

**NSAA District:** 1

**Proposal for:** Activities Manual

**Classes Affected:** Class B

**Activities Affected:**
- Boys Golf
- Girls Golf

**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:** 2020-08-01

**Sections affected in Activities Manual:**
- Page: 18
- Article: NSAA State Golf Championships

**Summary:**
4. If weather or golf course conditions impact the beginning or continuation of the event, the following policy will be employed:
   a. If play is started but not finished by all players in the field, then Round 1 will be completed on Day 2, followed by 18 holes, started either shotgun or tee times, in order to compete the 36 hole total.
   b. If no play happens on Day 1, then Day 2 will consist of 36 holes, with starting format to be determined by the NSAA.
   c. If option b cannot be completed on Day 2, the tournament will be reduced to 18 holes, with starting format to be determined by the NSAA.

**Rationale:**
In order to protect the integrity of the State Golf Championships, every attempt should be made to complete a 36 hole tournament.

**Pros:**
1. This allows the tournament to be completed in the original two days.
2. Allows the tournament to be completed with the maximum number of holes potentially be played.

**Cons:** Can make for a long day of competition for the athletes.

**Proposal Passed:** District 1 (10-0-37)
Proposal for Change in NSAA Rules and Regulations

Title: Play Production District Assignments Process - Classes B, C1, C2, D1 & D2

Author: Jack Tarr

School: Malcolm

NSAA District: 1

Proposal for: Activities Manual ☐ Constitution & Bylaws ☐

Classes Affected: Class A ☐ Class B ☐ Class C ☐ Class D ☐

Activities Affected: Play Production

This proposal: Increase cost to school? ☐ Increase cost to the NSAA? ☐
Increase travel for participating schools? ☐ Decrease student’s or coach’s instruction time? ☐

Implementation Date: 8/1/2020

Sections affected: Page 8 Article Section Activities Manual

Summary: In Classes B, C1, C2, D1, D2, the six districts will be split into east and west areas. Then, the top 2 schools from the respective districts will be shuffled to avoid being in the same district in subsequent years.

For example, the B1 district would include the Champion from the B1 district the previous year and the Runner Up from either the B3 or B2 district the previous year based on a random draw.

Play Production Pairing Model

<table>
<thead>
<tr>
<th>Current Year</th>
<th>East</th>
<th>West</th>
</tr>
</thead>
<tbody>
<tr>
<td>B1</td>
<td>B2</td>
<td>B3</td>
</tr>
<tr>
<td>Previous Year</td>
<td>B1C</td>
<td>B2C</td>
</tr>
<tr>
<td>Random Draw</td>
<td>B3R or B2R</td>
<td>B1R or B3R</td>
</tr>
<tr>
<td>Rest of district</td>
<td>Geography</td>
<td>Geography</td>
</tr>
</tbody>
</table>

Rationale:

Pros: This system would ensure that the same two teams do not compete in the same district year after year.

Cons: Some member schools could incur greater costs due to more travel; however, those costs would be limited to a small number of schools.

Proposal Passed: District 1 (23-11-13); District 2 (50-1)
Proposal for Change in NSAA Rules and Regulations

Title: District Play Production Post Performance Awards
Author: Kevin Simmerman
School: Lincoln North Star

NSAA District: 1
Proposal for: Activities Manual Class C Class D
Classes Affected: Class A Class B Class C Class D
Activities Affected: Play Production

This proposal: Increase cost to school? Increase cost to the NSAA? Increase travel for participating schools? Decrease student’s or coach’s instruction time?

Implementation Date: 8/1/2020

Sections affected: Page 11 Article Section Activities Manual

Summary: 2A. AT THE CONCLUSION OF EACH PERFORMANCE, EACH JUDGE SHALL TURN IN A LIST OF OUTSTANDING PERFORMERS. EACH NOMINATED PERFORMER WILL RECEIVE A CERTIFICATE AND NAME RECOGNITION DURING THE AWARD CEREMONY. ENSEMBLE PERFORMANCES SHALL NOT BE RECOGNIZED FOR OUTSTANDING PERFORMANCE.

Rationale: This is already current practice at the local levels.

Pros: The addition of the awards wording will keep the awards ceremony consistent throughout each district as the actual process is not listed in our bylaws nor in our manual.

Cons: Recognizing each individually nominated performer will add some additional time to the awards ceremony however, conference and other play festivals makes this type of recognition with very little disruption to their schedule.

Proposal Passed: District 1 (42-1-4)
Proposal for Change in NSAA Rules and Regulations

Title: State Play Production Post Performance Awards
Author: Kevin Simmerman
School: Lincoln North Star
NSAA District: 1
Proposal for: Activities Manual ☐ Constitution & Bylaws ☐
Classes Affected: Class A ☐ Class B ☐ Class C ☐ Class D ☐
Activities Affected: Play Production
This proposal: Increase cost to school? ☐ Increase cost to the NSAA? ☐ Increase travel for participating schools? ☐ Decrease student’s or coach’s instruction time? ☐
Implementation Date: 8/1/2020
Sections affected: Page 14 Article Section Activities Manual
Summary: AWARDS
2A. EACH JUDGE SHALL NOMINATE UP TO FIVE STUDENTS FROM EACH PRODUCTION FOR AN OUTSTANDING PERFORMER AWARD.
2B. AT THE CONCLUSION OF THE JUDGING, AND ONLY AFTER ALL BALLOTS HAVE BEEN TURNED IN, THE JUDGES SHALL RECEIVE A LIST OF ALL NOMINATED PERFORMERS AND CONFER TO DETERMINE AN OUTSTANDING MALE AND FEMALE PERFORMER.
2C. THE AWARDS SHALL BE PRESENTED AT THE AWARDS CEREMONY.

3. Certificate will be awarded to each student for an outstanding performance. Ensemble performances will be not recognized for outstanding performance. EACH NOMINATED STUDENT WILL RECEIVE THEIR CERTIFICATE AND HAVE THEIR NAME READ DURING THE AWARDS CEREMONY.

Rationale: 1. The addition of the awards wording will keep the awards ceremony consistent from year to year.

2. The process has altered over time, and it is the request of the NSCTA voting body that the wording be added for consistency. Allowing our performers to be recognized at the state level provides our competitors the opportunity to be rewarded with the same style of recognition as many of our other activities. In addition, names being read will not cause the tournament to run too late into the day. It can be taken care of efficiently as is the current practice at the conference and district levels.

Pros: 3. The NSCTA governing body wishes to have the judges confer after ballots are turned in. In recent years, judges have voted based upon a set of criteria that seems to fluctuate from year-to-year. This change will help ensure consistency in procedure, and the ability to confer upon the list provides the best opportunity to select the most deserving students for this award.

Cons: Recognizing each nominated performer will add time to the awards ceremony. But, conference & other festivals make this type of recognition w/ little disruption to the schedule. The concern has been that this will lengthen awards. If a list of names was posted prior to awards & students came to the stage at once, certificates could be awarded quickly. District contests recognize multiple performers from each show & the awards runs smoothly.

Proposal Passed: District 1 (40-1-6)
**LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS**

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

**Author:** Brad McMillan
**School:** Waverly
**NSAA District:** 1

**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:** Page 22-23

<table>
<thead>
<tr>
<th>Article</th>
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<tbody>
<tr>
<td>Class B Districts</td>
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</tbody>
</table>

**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.

**Proposal Passed:** District 1 (11-0-36); District 2 (33-1)
LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Class B Sub-District Softball

Title: Class B Sub-District Softball
Author: Brad McMillan
School: Waverly
NSAA District: 1
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:
16-17 Class B Sub-district Assignments

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.

Proposal Passed: District 1 (11-2-34); District 2 (18-15)
Title: STATE QUALIFICATION FOR CLASS C

Author: Marty Hingst
School: Milford
NSAA District: 1

Proposal for: Activities Manual

Classes Affected: Class C
Activities Affected: Softball

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

Implementation date: 2020-08-30

Sections affected in Activities Manual:

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<tr>
<td>Softball Manual</td>
<td>DISTRICT AND STATE CHAMPIONSHIPS</td>
<td>DISTRICT AND STATE CHAMPIONSHIPS</td>
</tr>
</tbody>
</table>

Summary: Class C 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 C 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 C sub-districts will be single elimination with the winner qualifying for districts. The highest seed will be the host unless they choose not to host. Class C district championship assignments will consist of the ten (10) sub-district champions and the six (6) teams (that did not win a sub-district) with the highest wildcard point averages following sub-districts. The districts will be a one day, best of three (3) series with the higher seed hosting the district unless they choose not to host. Pairings for districts will be based on wildcard point averages following sub-districts (1 v 16, 2 v 15, 3 v 14, 4 v 13, 5 v 12, 6 v 11, 7 v 10, 8 v 9).

Games through the Tuesday (Date) before sub-districts will be counted for seeding sub-districts with the seeding announced on Thursday (Date). In all district & sub-district competition, the highest seeded team will be the home team for first-round games. Teams receiving first-round byes shall be the home team for their first tournament game. The remaining home teams will be determined by a coin flip.

During the Class C district championship best of three series, the higher seed will be the home team in game one (1), the lower seed will be the home team in game two (2), and the higher seed will be the home team in the if necessary, game three (3).

Rationale: More uniform system across the board, B and C will be alike. This system has a better chance to get rid of stacked districts and should ensure the best 8 teams qualify. Plus you must win to get to state.

Pros: Stacked Districts with multiple top 8 teams have an even distribution.

Cons: More travel, Additional time one the road.

Proposal Passed: District 1 (13-1-33)
Proposal for Change in NSAA Rules and Regulations

Title: Speech District Assignments Process - Classes B, C1, C2, D1 & D2

Author: Jack Tarr

School: Malcolm

NSAA District: 1

Proposal for: Activities Manual ☐ Constitution & Bylaws ☐

Classes Affected: Class A ☐ Class B ☐ Class C ☐ Class D ☐

Activities Affected: Speech

This proposal: Increase cost to school? ☐ Increase cost to the NSAA? ☐ Increase travel for participating schools? ☐ Decrease student’s or coach’s instruction time? ☐

Implementation Date: 8/1/2020

Sections affected: Page 16 Article Section Activities Manual

Summary: 3. In Classes B, C1, C2, D1, and D2, the top 6 schools from the previous year’s state tournament will be placed into separate districts. The remainder of the schools will be assigned based on geographic location. Available sites and facilities will also be considered.

   a. Beginning with the school located the farthest west; schools to the east added until the predetermined number of schools that are to compose a district is reached. Schools located to the north and south may be selected if total travel distance to a tournament site can be decreased. This sequence continues until all schools assigned to districts.

   b. In the event of a tie among any of the top six teams (at state), tied teams will be placed into districts by random draw with geographic consideration.

   c. A school that changes classification from one year to the next would be excluded from the seeding process.

Rationale: This proposal will help the competitive equity in lieu of a wildcard to prevent top teams from competing against each other in district competition.

Pros: This will also strengthen the depth of the state contest, and this is comparable to the Super State system utilized in sports.

Cons: Some member schools could incur greater costs due to more travel; however, those costs would be limited to a small number of schools.

Proposal Passed: District 1 (35-5-7); District 2 (52-5)
Proposal for Change in NSAA Rules and Regulations

Title: State Speech - 3 Preliminary Rounds

Author: Jack Tarr

School: Malcolm

NSAA District: 1

Proposal for: Activities Manual ☐ Constitution & Bylaws ☐

Classes Affected: Class A ☐ Class B ☐ Class C ☐ Class D ☐

Activities Affected: Speech

This proposal:

- Increase cost to school? ☐
- Increase cost to the NSAA? ☐
- Increase travel for participating schools? ☐
- Decrease student’s or coach’s instruction time? ☐

Implementation Date: 8/1/2020

Sections affected: Page 16 Article Section Activities Manual

Summary: In all classes, preliminary performances will be presented three times, each time before one judge.

Rationale: This makes the number of performances at state consistent throughout classes.

Pros: This mitigates the impact that one judge can have upon a performer because the performer will have multiple opportunities in front of multiple judges. In Class A, this has been effective to get the most consistent performers to the state final round.

Cons: An additional cost would be incurred by having more rounds.

Proposal Passed: District 1 (36-2-9), District 2 (53-2); District 3 (29-14-3)
Summer Activities Bylaw Proposal

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:

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.

Proposal Passed: District 2 (68-11)
Proposal for Change in NSAA Rules and Regulations

Title: Football School-Sponsored Camps

Author: Steve Throne

School: Millard South

NSAA District: 2

Proposal for: Activities Manual ☐ Constitution & Bylaws ☐

Classes Affected: Class A ☐ Class B ☐ Class C ☐ Class D ☐

Activities Affected: Football

This proposal: Increase cost to school? ☐ Increase cost to the NSAA? ☐ Increase travel for participating schools? ☐ Decrease student’s or coach’s instruction time? ☐

Implementation Date: 2020-21 School Year

Sections affected: Page 43 Article 3 Section 2.7.2

Summary: d. If a summertime school-sponsored camp/clinic is held in football, contact shall be allowed with the use of hand held dummies only. School sponsored camp/clinic should follow the contact guidelines below:

Days #1 & #2: No Contact Rule Equipment - Helmets

Allowable Contact: "Air" & "Bag" (Coach Pre-determined Outcome) - unlimited

Days #3 - #10: Equipment - Helmets & Shoulder Pads

Allowable Contact: "Air", "Bag" & "Control" (Coach Pre-determined Outcome) - unlimited

Allowable Contact: "Thud" (No Coach Pre-determined Outcome) - max 30 minutes per practice & no more than 2 consecutive days

No full protective equipment is to be worn during this period.

Rationale: The no contact rule is in place for Days #1 & #2. The use of blocking sleds and other mechanical devices is not allowed during this period but is allowed during Days #3 - #10. 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 during the no contact period shall be footballs, shoes, helmets, kicking tees and hand-held blocking dummies.

Pros:

Cons:

Proposal Passed: District 2 (74-0)
Proposal for Change in NSAA Rules and Regulations

Title: Swimming and Diving Outside Participation 3.5.1.1

Author: Tom Kerkman

School: Omaha Westside

Proposal for: Constitution & Bylaws

Classes Affected: Class A ☑ Class B ☐ Class C ☐ Class D ☐

Activities Affected: Girls and Boys Swimming & Diving

Implementation Date: Fall 2020

This proposal: Increase cost to school? ☐ Increase cost to the NSAA? ☐ Increase travel for participating schools? ☐ Decrease student’s or coach’s instruction time? ☑

Sections affected: Page 49 Article 3 Section 5.1.1

Summary: Delete: 3.5.1.1 Swimming and Diving Outside Participation. During the school sport season of swimming and diving, a student may, after fulfilling all requirements, practices and competitions of the school swimming and diving team, practice and/or compete as a member of a non-school team or as an individual participant in an organized non-school swimming and diving practice or competition under the conditions listed below.

a. Priority shall be given to all school team practices and competition. Should a non-school practice/competition be in direct conflict with the school scheduled practice/competition, the school practice/competition shall take priority. Prior approval by the school administrator may grant an exception to a student to participate in the non-school swimming and diving program if in direct conflict with the school program.

b. No school time shall be missed to compete, practice or travel to the site of such non-school swimming and diving competition unless the absence is approved in advance by the school administrator.

c. A school shall not replace its swimming or diving program with any non-school swimming or diving program.

Rationale: Would delete 3.5.1.1 which would be consistent with all other sports. This eliminates dual participation for Swimmers/Divers which will no longer be able to practice or compete with club teams during the season, but may apply for a waiver and are subject to the 80% rule if the competition does not meet the Olympic Development criteria.

Pros: Consistent with all other NSAA sports.

Cons: If a school has a swimmer/diver who competes in non-state events (platform/tandem diving as examples) they would not be able to practice with their club team during the season.

Proposal Passed: District 2 (24-7)
# Class B Tennis Seeding

**Title:** Class B Tennis seeding  
**Author:** Neal Randel  
**School:** Beatrice  
**NSAA District:** 1  
**Proposal for:** Activities Manual  
**Classes Affected:** Class B  
**Activities Affected:** Boys Tennis, Girls Tennis

### Summary

We would propose a seeding process change for Class B Tennis. The current process states as follows... "TWELVE players MAY be seeded in each of the four divisions". The remaining players will be entered into a blind draw. Instead of a blind draw, we are proposing the use of winning percentages to fill in the rest of the draw. See below for the premise of seeding from The State Tennis Manual.

You would only consider the winning percentage from the division the player(s) enter. Example: If they are a #2 doubles team, you would not consider any matches played outside #2 doubles.

### Rationale

Here is the premise of seeding from The State Tennis Manual "The purpose of seeding is to separate top players from meeting each other in early rounds of a tournament. Evidence of potential for success underlies all seeding. This evidence consists of the following items or any other criteria that will help in evaluating the potential the player has for winning the tournament. A winning percentage is evidence of potential for success! If the purpose of seeding is to separate top players, we need to make this small change to our seeding procedure. There are many times when players that are being considered for a top 12 seed, end up drawing each other in the 1st round.

### Pros

Winning percentages would spread out the teams in a fairer/consistent tournament structure. This would ensure that we get an accurate representation of a player’s or doubles team’s performance during the season.

### Cons

### Proposal Passed:

District 1 (8-1-38); District 4 (14-0-38); District 5 (9-0-14)
LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title: Coaching in between points in Tennis

Author: Phil Truax
School: Lexington
NSAA District: 4
Proposal for: Activities Manual

Classes Affected: Class A
Activities Affected: Boys Tennis

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: 2020-08-01

Sections affected in Activities Manual:
Page 2

Summary: The current Rule restricts coaches to giving instruction to a player(s) only during a set break when the player(s) change ends at the end of a game, but not during a tie-break game.

We’re proposing that we allow a coach to instruct at any time during a match, with the following restrictions:
1. No Coaching while the ball is in play
2. Coaching in between points cannot delay play and must be done within the time allowed between points (20 seconds)

Rationale: There is a growing interest of new players in the sport of tennis at a large number of high schools. Developing players that grow the sport both in level of ability and sportsmanship/integrity is often done during match play. With short seasons and few practices to “teach” the student-athletes, more opportunities to coach during match play facilitates better coaches and better student-athletes. Without the ability to use officials, this can also be helpful in preventing gamesmanship and unsportsmanlike behavior on the court because a coach can step in at any time and advise their player to compete with class and integrity. This coaching model reflects that of intercollegiate athletics, where student-athletes are allowed to be coached at any time other than when the ball is in play. The USTA coaching policy that we currently use (no coaching unless it is between the 2nd and 3rd set) was created because it prevents wealthier kids from using private coaches at their tournaments where other kids may not have that luxury.

In high school tennis, each team is afforded the same number of coaches that are allowed to coach. Allowing coaching in between points creates more relevancy to the high school tennis coach position (similar to all other sports sponsored) and creates a more positive environment for all student-athletes to learn and improve at a much quicker rate. Allowing coaching in between points falls in line with what most of our surrounding states are currently doing. It also matches what the NSAA policy is for other individual sports, such as golf or wrestling.

Pros: 1. This proposal is supporting a higher development of student-athletes.
2. This proposal will not impede the flow of play.
3. This proposal promotes better sportsmanship, and helps young tennis players learn tennis at a much quicker rate.
4. This proposal would shorten the time coaches use to coach during the changeovers, as they would be addressing those issues in between points, instead.

Cons: None

Proposal Passed: District 4 (20-0-32)


Scoring Format Day 1 of State Tennis

Proposal Passed: District 4 (17-0-34)
**LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS**

**Title:** State Track Qualifying for Class B

**Author:** Mike Brockhaus

**School:** Sidney

**NSAA District:** 6

**Proposal for:** Activities Manual

**Classes Affected:** Class B

**Activities Affected:** Boys Track

** proposers:**

**Will:** increase costs to the school

**Will not:**

- increase costs to the NSAA
- increase travel for participating schools
- decrease a student’s or coach’s instruction time

**Implementation date:** 2021-02-01

**Sections affected in Activities Manual:** Page 16 of the Track and Field Manual

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<th>Summary</th>
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<td><strong><strong>CURRENT</strong></strong>Class B. There will be six Class B district meets.</td>
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<tr>
<td>a. The winners of the first three places in each individual running event will qualify for the state meet, plus the next 6 fastest times of the non-qualifiers, regardless of place. There shall be a maximum of 24 qualifiers. If there is a tie for the last qualifying spot, none of those tied shall qualify.</td>
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<td>b. In the field events, the first three places shall qualify for the state meet.</td>
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<tr>
<td>c. The winners of first and second places in the relay events qualify for the state meet, plus the next 6 fastest times of the non-qualifiers regardless of place, with a maximum of 16 relay teams qualifying. If there is a tie for the last qualifying spot, none of those tied shall qualify.</td>
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<td>d. Athletes placing first, second, or third must have cleared 9’ 6” or higher to qualify in the boys’ pole vault, and 6’ 6” or higher in the girls’ pole vault.</td>
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<td>e. Regardless of place is to mean that in relay events, any team who finished 3rd – 6th in their respective district meet could qualify for the state track meet if their time is one of the four fastest times of the non-qualifiers from all districts submitted. It would not matter what place in their respective district they finished, but that the time was one of the four fastest of the non-qualifiers.</td>
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<tr>
<td>f. Regardless of place would mean in the individual running events with preliminaries and finals, the next 6 fastest times of the non-qualifiers may come from “finals” competition only. This means in the events with preliminaries and finals, 4th - 8th place could qualify for the state track meet if their district finals time was one of the next 6 fastest times of the non-qualifiers from all districts submitted. It would not matter what place in their respective district they finished, but that the time was one of the four fastest of the non-qualifiers.</td>
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| Proposal 3****Class B. There will be six Class B district meets. | | |
| a. The winners of the first three places in each individual running event will qualify for the state meet, plus the next 6 fastest times of the non-qualifiers, regardless of place. There shall be a maximum of 24 qualifiers. If there is a tie for the last qualifying spot, none of those tied shall qualify. | | |
| b. In the field events, the first two places shall qualify for the state meet, plus the next 12 best marks of non-qualifiers, regardless of place. There shall be a maximum of 24 qualifiers. If there is a tie for the last spot, all those tied shall qualify. | | |
| c. The winners of first and second places in the relay events qualify for the state meet, plus the next 6 fastest times of the non-qualifiers regardless of place, with a maximum of 16 relay teams qualifying. If there is a tie for the last qualifying spot, none of those tied shall qualify. | | |
| d. Athletes placing first, second, or third must have cleared 9’ 6” or higher to qualify in the boys’ pole vault, and 6” 6” or higher in the girls’ pole vault. | | |
| e. Regardless of place is to mean that in relay events, any team who finished 3rd – 6th in their respective district meet could qualify for the state track meet if their time is one of the four fastest times of the non-qualifiers from all districts submitted. It would not matter what place in their respective district they finished, but that the time was one of the four fastest of the non-qualifiers. | | |
| f. Regardless of place would mean in the individual running events with preliminaries and finals, the next 6 fastest times of the non-qualifiers may come from “finals” competition only. This means in the events with preliminaries and finals, 4th - 8th place could qualify for the state track meet if their district finals time was one of the next 6 fastest times of the non-qualifiers from all districts submitted. It would not matter what place in their respective district they finished, but that the time was one of the four fastest of the non-qualifiers. | | |

**Rationale:** We have made the change in other sports to so that the goal is to get the best participants to state. In years past, several athletes that did not have better times or marks than the athletes who had not placed first- third in another district. This is to ensure fair qualifying for athletes regardless of district.

**Pros:** This will help ensure the best athletes qualify for the State Track Meet which is what we have done with other sports in the past.

**Cons:** Possible added cost to a school if they have more athletes qualify for the State Track Meet.

**Proposal Passed:** District 6 (15-8)
**Title:** Vertical Jumps Height Progression Proposal

**Author:** Mark Armstrong

**School:** Lincoln Southwest

**NSAA District:** 1

**Proposal for:** Activities Manual

**Classes Affected:** All

**Activities Affected:**
- Boys Track
- Girls Track

**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:** 2020-08-01

**Sections affected in Activities Manual:**
- Page 20
- Article Section Games Committee Rules #5, Height Progression

**Summary:** Height Progression: The Pole Vault and High Jump will be advanced 6-inches and 2-inches, respectively. Successive heights will not change until one competitor remains and the winner has been determined, or all remaining competitors agree to a change.

**Rationale:**
1. During any running competition such as the 800, each competitor works to gain a lead on their competition. If runner “A” has a 150m lead on runner “B” going into the final 200 meters of the race, we do not ask runner “B” if they would like runner “A” to slow down for the last stretch of the race. This is exactly what is being done with the current rule to change the successive heights in the High Jump and Pole Vault before the winner is determined.
2. Just like an 800 runner may gain a lead throughout the first lap and a half of the race, a high jumper will earn their lead by remaining “clean” or making each attempt, versus a competitor who may have any number of misses to that point in the competition.
3. By changing the successive heights during competition, this neutralizes the lead gained by those who have performed better to that point of the competition...at the 2’ increments. Moving the bar one inch allows jumpers who are now behind in the competition the opportunity to surpass the lead jumper(s) at one inch rather than two. Clearly this is advantageous to jumpers who are behind, and takes away the advantage earned by the lead jumper(s).
4. Successive heights should not change until the winner has been determined.
5. The caveat in the proposed rule change allows there to be some flexibility when all competitors agree; while keeping the advantage in the hands of the athlete who has earned it. The athlete in the lead must agree to the change before any changes can be implemented (versus the current rule that allows the athletes behind to make the change).

**Pros:**
1. The proposed rule better aligns with the national rules and those followed at the collegiate level. The NFHS rule makes no provision to change successive heights until the winner has been determined.
2. The current rule that changes the successive heights from two to one inch, and 6 to 4 inches, takes away the advantage earned throughout the competition by the jumper(s) in the lead.

**Cons:**
1. None.

**Proposal Passed:** District 1 (27-19-1)
**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:**
Constitution & Bylaws

**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:**
- Page 54
- Article 3
- Section 11.11.3 (2)

**Summary:**
Manual currently reads: No student shall take part in more than four volleyball matches per day in tournament competition.

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.

We would like to propose that teams are allowed to play up to 5 matches per day in tournament competition.

**Rationale:**
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.

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.

When Nebraska teams travel out of state, they are allowed to play 5 (if that state allows for it).

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.

**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

**Proposal Passed:**
District 2 (45-28)
Title: Volleyball District Final Times

Author: Anita James

School: Alliance

NSAA District: 6

Proposal for: Activities Manual

Classes Affected: Class B

Activities Affected: Volleyball

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: 2020-08-31

Sections affected in Activities Manual: Page 19

Summary: Class B District Final Pairings The eight sub-district winners qualify for the district final in addition to the next eight non-sub district winners with the highest wild card point averages. Those 16 teams will be placed on a 16-team bracket and seeded on wild card point averages through sub-districts. The higher seeded team will host the district final match. Game time shall be 7:00 P.M. for night games, unless teams mutually agree to a different time. Other games may be played during the afternoon with the approval of the NSAA Executive Director and the mutual agreement of the competing schools. However, if both schools do not agree on the afternoon game, it shall be played at 7:00 P.M. If the visiting team is required to travel 120 miles or more to the game site, the traveling team shall have the choice of playing the game in the afternoon or evening. Game time of afternoon games will be 1:30 P.M., unless teams mutually agree to a different time. When two high schools located in the same city use the same facility for home volleyball games, qualify for the volleyball district final and are designated home teams on the same date, one school shall play in the afternoon and the other during the evening. The afternoon game shall not begin prior to 1:30 pm and the evening game shall not begin after 8:00 pm. These times may be adjusted for emergency situations. The winner of the district final match will advance to the state championship.

District Final Pairings

# 1 seed vs. # 16 seed
# 2 seed vs. # 15 seed
# 3 seed vs. # 14 seed
# 4 seed vs. # 13 seed
# 5 seed vs. # 12 seed
# 6 seed vs. # 11 seed
# 7 seed vs. # 10 seed


Pros: Avoid possibility of traveling teams paying for two motel nights.

Cons:

Proposal Passed: District 6 (23-0)
LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title: Volleyball Qualifying

Author: Anita James

School: Alliance

NSAA District: 6

Proposal for: Activities Manual

Classes Affected: Class B

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: 2020-08-31

Sections affected in Activities Manual: Page 14

Summary: Class B schools seeded 17-32 will be assigned to sub-districts on a geographical basis starting with the schools in western Nebraska and working east. North to south direction was used in some cases in order to decrease the distance between the schools within a sub district. The highest seeded team will host the sub-district game. Byes (highest seeded teams) will be used to fill the 32-team bracket. The winning team in each sub-district game will qualify for the sub-district final. If there are 24 or less teams in Class B the sub-district first round would not be played. The 9-16 seeded teams will host the sub-district finals. The winners of the sub-district game (or seeds 17-24) will be assigned on a geographical basis starting with the schools in western Nebraska and working east. North to south direction was used in some cases in order to decrease the distance between the schools within a sub district final. The eight sub-district final winners will qualify for the district final to be hosted by seeds 1-8. The eight sub-district winners qualifying for the district final will be seeded 9-16 based on wild-card point averages through districts. The district final will be bracketed 1 v 16, 2 v 15, 3 v 14, 4 v 13, 5 v 12, 6 v 11, 7 v 10, 8 v 9. The 8 winners of the district final games will advance to the state championship tournament.

Rationale: Winners advance. Allows top seeded home court while early rounds take geography into account.

Pros: Give top seeds home court advantage. Eliminates losing teams advancing and hosting district finals.

Cons:

Proposal Passed: District 6 (22-1)
## LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

### Title:
Sub-District Girls Volleyball

### Author:
Dave Hoxworth

### School:
Scottsbluff

### NSAA District:
6

### Proposal for:
Activities Manual

### Classes Affected:
Class B

### Activities Affected:
Volleyball

### 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:
2020-08-01

### Sections affected in Activities Manual:
14

### Summary:
Current Legislative Proposal
3. Class B schools are divided into eight sub-districts. The schools were assigned to sub-districts on a geographical basis starting with the schools in western Nebraska and working east. North to south direction was used in some cases in order to decrease the distance between the schools within a district. The highest seeded team will host the district.
   a. The winning team in each sub-district will qualify for the district final.
   b. The next eight non-sub-district winners with the highest wild card point averages will qualify for the district final.
   c. The 16 teams qualifying for the district final will be placed on a 16-team bracket based on wildcard point averages through districts. The higher seeded team will host the district final match.
   The winner of the district final match will advance to the state championship.

### New Proposal
1. Continue to seek ways to get the best 8 teams to the state tournament by eliminating Sub District Volleyball.
2. Eliminate assigning teams to a district.
3. After the conclusion of the season, the highest seeded 16 teams will qualify for the District Final round.
4. 1-8 seeds will host the 9-16 seeds.
5. Winners of the District Finals will advance to the state tournament.

### Rationale:
1. Eliminate games that generally do not affect the 1-16 seeds that much.
2. Keep kids in school and off the roads traveling for 2 nights.
3. Eliminates games that typically have been played 3-4 times during the year.

### Pros:
Saves time, money, energy, resources.
Rewards teams with their seed based on the quality of play throughout the season.
Would ensure the strongest most consistent teams make the state tournament, after beating a quality (top 16) team.
If a team is in a 3 to 4 team weak district, they still need to earn their way in the top 16. A weak district team will not have a spot.

### Cons:
NSAA will lose some money by not hosting Sub-Districts
The team that earned the right to host the sub will lose some money for not hosting.
A team that is on the 8/9 bubble at the conclusion of the regular season will not have the opportunity to possibly host.

### Proposal Passed:
District 6 (14-9)
Proposal for Change in NSAA Rules and Regulations

Title: Class C Sub-District Volleyball

Author: Jenny Wagner

School: Centennial

NSAA District: 1

Proposal for: Activities Manual ☐ Constitution & Bylaws ☐

Classes Affected: Class A ☐ Class B ☐ Class C ☐ Class D ☐

Activities Affected: Volleyball

This proposal: Increase cost to school? ☐ Increase cost to the NSAA? ☐
Increase travel for participating schools? ☐ Decrease student’s or coach’s instruction time? ☐

Implementation Date: 2020-2021 School Year

Sections affected: Page 14 Article Section

Summary: Classes C1 & C2 schools are divided into 12 sub-districts. The schools were assigned to sub-districts on a geographical basis starting with the schools in western Nebraska and working east. North to south direction was used in some cases in order to decrease the distance between the schools within a district. One of the participating schools in the district, that has requested to host, will host the sub-district games. If multiple schools in the sub-district put in to host then the NSAA would select the host. If no one offers to host in the sub-district, the NSAA will contact the highest seeded team to host until the host site is determined. If no school in the sub-district is willing to host, the NSAA will find a neutral site.

Rationale:

Pros: It will be easier to find workers for hosting events because your own team is playing. You would have larger crowds, especially from the home site. You have a site to play and don't have to search for someone else willing to host.

Cons:

Proposal Passed: District 1 (18-8-21)
LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title: Volleyball District Play at Home Sites Class C

Author: Jenny Wagner

School: Centennial

NSAA District: 1

Proposal for: Activities Manual

Classes Affected: Class C

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: 2019-09-23

Sections affected in Activities Manual:

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<td>14</td>
<td>Sub-District and District Information</td>
<td>Sub-District and District Assignments</td>
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Summary: Classes C1 & C2 schools are divided into 12 sub-districts. The schools were assigned to sub-districts on a geographical basis starting with the schools in western Nebraska and working east. North to south direction was used in some cases in order to decrease the distance between the schools within a district. Sub-district games will be played at a centralized, neutral location.

a. The winning team in each sub-district will qualify for the district final.
b. The next four non-sub-district winners with the highest wildcard point averages will qualify for the district final.
c. The 16 teams qualifying for the district final will be placed on a 16-team bracket based on wildcard point averages through sub-districts. The higher seeded team will host the district final match unless the two schools are 120 miles apart then a neutral site will be used. If the higher seeded school cannot host, the two schools will agree upon a site for the district final. If the two schools involved cannot agree; the NSAA will select the site. The winner of the district final match will advance to the state championship.

Rationale: In the last few years, at times it has been difficult to find a neutral site that is willing to host the district final match so teams are sometimes having to travel even farther than a centralized location to be able to play on a neutral site. Due to the difficulty of finding a site, some schools host multiple games in one day, so you aren't always able to get a choice of the your desired time to play. Schools/teams/parents are used to traveling longer distances than in the past, so travel is not as much of a concern as it was in the past.

Pros: You would have larger crowds, especially from the home site. You have a site to play and don't have to search for someone else willing to host.

Cons: Lower seeded team has to travel greater distances.

Proposal Passed: District 1 (17-11-19)
Proposal for Change in NSAA Rules and Regulations

Title: Class C1, C2, D1, D2 Sub-District Volleyball

Author: Michael Barrett

School: Weeping Water

NSAA District: 2

Proposal for: Activities Manual ☐ Constitution & Bylaws ☐

Classes Affected: Class A ☐ Class B ☐ Class C ☐ Class D ☐

Activities Affected: Volleyball

This proposal: Increase cost to school? ☐ Increase travel for participating schools? ☐ Decrease student’s or coach’s instruction time? ☐

Implementation Date: 2020 Volleyball Season

Sections affected: Page 14 Article Section

Summary: Classes C1, C2, D1 & D2 schools are divided into 12 sub-districts. The schools were assigned to sub-districts on a geographical basis starting with the schools in western Nebraska and working east. North to south direction was used in some cases in order to decrease the distance between the schools within a district. The highest seeded team will host the sub-district.

Rationale: Proposal would match the way classes A and B set their sub-district host sites up. This also will eliminate the need for the NSAA to find sites willing to host sub-district games.

Pros: Rewards teams for regular season competition. Also will cut down on expenses for schools traveling to neutral sites.

Cons: Host school will have home court advantage.

Proposal Passed: District 2 (43-12)
Proposal for Change in NSAA Rules and Regulations

Title: Class C Sub-District/District Volleyball

Author: Dennis Dolliver

School: Wayne

NSAA District: 3

Proposal for: Activities Manual ☐ Constitution & Bylaws ☐

Classes Affected: Class A ☐ Class B ☐ Class C ☐ Class D ☐

Activities Affected: Volleyball

This proposal: Increase cost to school? ☐ Increase cost to the NSAA? ☐
Increase travel for participating schools? ☐ Decrease student’s or coach’s instruction time? ☐

Implementation Date: 2020-21 School Year

Sections affected: Page 14 Article Section

Summary: Classes C1, C2, D1 & D2 schools are divided into 12 sub-districts. The schools were assigned to subdistricts on a geographical basis starting with the schools in western Nebraska and working east. North to south direction was used in some cases in order to decrease the distance between the schools within a district. The highest seeded volleyball team in each sub-district shall host that particular sub-district. If the school declines to host the second seed will host. This process will continue until a school in the sub-district agrees to host.

a. The winning team in each sub-district will qualify for the district final.
b. The next four non-sub-district winners with the highest wild card point averages will qualify for the district final.
c. The 16 teams qualifying for the district final will be placed on a 16-team bracket based on wild-card point averages through sub-districts. District final games will be played at the highest seeded team in each bracket.

Rationale: This will eliminate the issue of finding a home site for sub-districts - this has been an issue. Schools do not want to host when their teams are playing in another sub-district.

Pros: Highest seeded team in a sub-district/district hosting is already established in Class A and B. Highest seeded team hosting is done in many of the current sports in NSAA - Football, Track, CC, Golf, One-Act, Wrestling, Softball, Baseball, Soccer - increase in gates when hosted at home.

Cons: Not a neutral site. Increase travel for the traveling team(s) - overall travel could/would be less.

Proposal Passed: District 3 (26-18-2)
**Increase Warm Up time in Volleyball**

**Summary:**
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 sideline 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 – Visiting team both sides of the court (to include serving)
- 1 minute – Teams at respective benches and on the sideline 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.

**Proposal Passed:** District 2 (39-36)
Girls Wrestling Proposal

Title: Girls Wrestling Proposal

Author: Nathan Dietz

School: Amherst

NSAA District: 4

Proposal for: Constitution & Bylaws

Summary: 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:

1. 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. Rationale: 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. Rationale: 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:
   a. The high school with 14 girls can make it work and is successful
   b. 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 and time of the state tournament along with number of qualifiers and method of qualification will 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 travel costs: $480, only two competitions charged. Both were JV/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:
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. 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.

Proposal Passed: District 4 (40-7-4)
**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:**
Page 52 Article 3.11.12 Section 1A

**Summary:**
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 a student or coaches loss of instruction time? NO (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 would have the choice of which division they want to participate in depending on the number of participants and opportunities to compete against other wrestlers. 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/wrestleres 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

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<th>Rationale</th>
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**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 women’s 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

**Proposal Passed:** District 2 (48-19); District 3 (39-6-1)
Girls Wrestling Added as NSAA Sanctioned Activity

Title:

Author: Dave Kuhlen

School: Bridgeport

NSAA District: 6

Proposal for: Constitution & Bylaws

Classes Affected: All

Activities Affected: Wrestling

This proposal:

WILL affect costs to the school
WILL affect costs to the NSAA
WILL affect travel for participating schools
WILL NOT affect a student's or coach's instruction time

Implementation date: 2019-09-26

Sections affected in Constitution & Bylaws:

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<td>52</td>
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Summary: 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 a student or coach's loss of instruction time? NO
*Will this proposal increase travel for participating schools? YES (Depending on the girls qualifying procedure... POE # 4)
*Will this proposal impact cost to the NSAA? YES (However, increase attendance will more than offset costs)
*Will this proposal impact cost to the school? YES, See Points of Emphasis (POE) # 5

Points of Emphasis: 1. 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. *During the 2-year transition period, girls will have the option until Jan. 1st at which time a declaration must be made for wrestling boys or girls ONLY for the post-season. *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:
(a) The high school with 14 girls can make it work and is successful
(b) 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
*Tournament entry costs:$480, only two competitions charged. Both were $10/wrestlers *Referee fees: $220, 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
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.

*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.

Pros:

Cons:

Proposal Passed: District 6 (20-3)
Girls Wrestling Proposal - Emerging Sport - Approved Ruling
Yearbook: Article 3.11.12; Approved Ruling: 2.14.1

Girls wrestling shall be added as an emerging sport during the winter sports season beginning with the 2020 - 2021 NSAA calendar year. The girls wrestling season shall begin with the first day of wrestling practice 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- Each school will need to research what the costs would be for them to start-up a comparable program to the current wrestling program to determine budgetary impacts of adding a sport.
- Will this proposal impact cost to the NSAA? YES - likely for catastrophic insurance similar to debate.
- Will this proposal increase travel for participating schools? YES, potentially if having adding tournament events to the scheduled.
- Will this proposal impact a student or coaches’ loss of instruction time? YES, potential based on the schedule and travel

Girls Wrestling - Emerging Sport:
The goal of implementing girls wrestling is to provide more opportunities for girls to compete in a more equitable and competitive environment to further promote girls wrestling in the State of Nebraska.

1. Implementation: There is a three-year period of emerging status in which girls would be permitted to participate in both their school’s wrestling program and the girls emerging wrestling program. There would not be a NSAA post-season for girls as a girl only division - so they could participate in the NSAA state tournament. At any point during the 3-year window of being an emerging sport, the NSAA Board of Directors may vote to fully sanction girls wrestling as an NSAA Activity.

- If a tournament only hosts a boy’s division, girls will have the option of competing in the boy’s division. Tournament directors would have the opportunity to include a girl’s division at their meet to offer the girls a tournament opportunity as well.
- If that tournament offers both a boys and girls division, the girls would have the choice of which division they want to participate in depending on the number of participants and opportunities to compete against other wrestlers.
- If the decision by the NSAA board is to sanction girls wrestling within the 3-year period and the school chooses to offer it, girls will be able to participate in the NSAA hosted postseason and championship for girls wrestling.
- If a school chooses not to offer girls wrestling if it is sanctioned, a girl would have the opportunity to be a member of the boys wrestling team, based on the equal opportunity for participation bylaw (2.14)
2. **State Tournament:** A Girls division for the NSAA Individual State Tournament will not be offered while in emerging status. An unofficial state tournament could be hosted similar to what is done when NSAA does not sponsor a state championship but offers a regular season i.e. debate and previously what occurred with 6-man football. If/when girls wrestling becomes sanctioned, an NSAA state championship would be established and outlined.

**Operations:**

1. **Coaching and Practice:** An NSAA member school who offers wrestling and girls wrestling as an emerging sport are permitted to use the same coaching staff to oversee both teams. Furthermore, 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.

2. **Weight Classes:** Weight classes will be determined after alpha hydration assessments are completed and entered into the online database.
   - Current NFHS weight divisions will be used.
   - The number of girls’ weight classes shall be ten (10)
   - The actual weight classes selected 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 while functioning as an Emerging Sport. If/when sanctioned, permanent weight classes would be established by the NSAA utilizing the data collected. *(Unless the NFHS Establishes Weight Classes for Girls Wrestling)*

3. **Team Match Limitation:** The match limitations for girls while in the emerging sports status would mirror what is currently wrestling match limitations.

4. **Student Match Limitation:** The student limitations for girls while in the emerging sports status would mirror what is currently wrestling match limitations.

**Cost Analysis of Girls Wrestling:****

To determine budgetary impacts schools would need to outline costs associated with doing a start-up for a comparable program to the current wrestling program. While in emerging sports status costs could be slightly lower or higher than a start up cost depending on the level of participation and scheduling opportunities.

**Proposal Rationale:**

The state of Nebraska has seen interest in females who desire to wrestle in a competitive and equitable environment. Data shows participation has increased each of the last 3 seasons. By allowing this to enter the emerging sport process, time is given to see if the statistics continue to provide relevant data that would lend support to the decision of sanctioning girls wrestling in the state of Nebraska. This emerging sports process also allows for the opportunity of sanctioning and hosting a state championship following the initial year if there is a dramatic growth in participation numbers based on creating this desired opportunity for females.
Supporting Information:

- In Nebraska, during the winter sports season the opportunities for girls to participate is limited to Girls Basketball or Swimming and Diving. Of the 282 schools that offer girls basketball, only 41 offer Swimming and Diving. In 2018-19, Nebraska had 229 schools with wrestling programs. Of those 229 school, 44 schools had females complete the alpha testing in order to compete during the season.
- The current number of girls wrestling in Nebraska is on the rise. During the 16-17 season, 38 females had completed the alpha testing and in 18-19 that number grew to 90.
- The participation data from the 18-19 season shows 90 of the 37,735 girls (.24%) in the state of Nebraska completed the alpha testing to be able to wrestle. Data also shows this percentage is similar to other states when they sanctioned girls wrestling.
- The number of states offering girls wrestling as a sanctioned sport has grown over the past 20 years from 2 states in 1999, 6 states in 2015 and currently the number is up to 18 states in 2019.
- 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. Youth, Collegiate, National, World and Olympic wrestling platforms are offering girls wrestling, this would expand that opportunity at our state’s interscholastic association level.

Proposal Passed: District 1 (37-6-4)
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Schools (Boys) 44 (90) 12 (12) 11 (15) 5 (8) 3 (5) 10 (14) 4 (6) 10 (14) 1 (3) 3 (5) 4 (4) 2 (1) 4 (4) 2 (2) 90 8 Tournaments 2 Duals

Indicates schools that listed a girl wrestler, but none took the alpha testing to be able to compete - so did not wrestle or continue in program. These were the...
Data indicating the involvement and number of opportunities available

* 44 schools throughout the state had girls that wrestled in 2018-19
* Girls wrestling only girls have this many schools to work with to get a schedule
* Number of matches based on participation in weight classes with only girls vs. current ability to get matches when wrestling with boys.
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<th>Sanction Year</th>
<th>Girl Enroll</th>
<th>Current</th>
<th>% Involvement</th>
<th>Prior Sanction</th>
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Statewide Club Tournaments- Girl Involvement:

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<td>Schuyler</td>
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Huskerland Girls Nationals- Kearney

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<th>Open 6-8</th>
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## LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

**Organized Practice Adjustment for Wrestling**

**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:**

<table>
<thead>
<tr>
<th>Page</th>
<th>Article</th>
<th>Section</th>
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<tbody>
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**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:**

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:**

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**Proposal Passed:**
District 2 (36-34)
**Wrestling - District Seeding**

**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:** Page 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.

**Proposal Passed:** District 2 (53-14)