



TO: Superintendents and NSAA Contact Person

FROM: Jennifer Schwartz, Associate Director

SUBJECT: Proposals

DATE: October 3, 2019

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

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

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

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

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

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

District 4 Meeting

Monday, November 4, 2019

ESU #10, Kearney

1:30 p.m.



LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title: **8 Man Football Playoffs**

Author: Casey Loomis

School: Pleasanton

NSAA District: 4

Proposal for: Activities Manual

Classes Affected: Class D

Activities Affected: Football

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

Implementation date: 2020-07-05

Sections affected in Activities Manual:	<u>Page</u>	<u>Article</u>	<u>Section</u>
	50		CLASS D1 FOOTBALL PLAY-OFFS
	53		CLASS D2 FOOTBALL PLAY-OFFS

Summary: Proposal/Changes are in CAPS..

Beginning with the school located the farthest west; schools to the east will be added until the pre-determined number of schools for each district is reached. North and South distance will also be considered. The 10 (D1) and 9(D2) district champions and the 22(D1) and 23(D2) teams with the highest regular season point average that did not finish as district champions will qualify for SUB-STATE, making a total of 32 teams. The 32 qualifying teams will be placed on two 16 team brackets. Beginning with the school located the farthest west; schools to the east will be added until the pre-determined number of schools (16) for each bracket is reached. North and South distance will not be considered.

The 16 teams on each bracket will be seeded 1 through 16 by the point system and the point system tiebreaker (1 vs 16, 9 vs 8, 5 vs 12, 13 vs 4, 3 vs 14, 11 vs 6, 7 vs 10, 15 vs 2).

THE 16 SUB-STATE ROUND WINNING TEAMS WILL QUALIFY FOR THE PLAY-OFFS AND BE RE-SEEDED 1 THROUGH 16 BY THE REGULAR SEASON POINT SYSTEM AND THE POINT SYSTEM TIEBREAKER (1 vs 16, 9 vs 8, 5 vs 12, 13 vs 4, 3 vs 14, 11 vs 6, 7 vs 10, 15 vs 2).

Rationale: With a Sub-state formatted round it will allow all teams an equal opportunity to qualify for the playoffs. The only difference will be they will have to win to get into the playoffs much like we do in volleyball and basketball. With this format teams that do not have great records due to a hard schedule or an injury can still have the opportunity to make the playoffs by winning their Sub-State contest. Using the west to east format will keep the Sub-State games geographically based, then once the playoffs begin teams will play each other based off of points not demographics. Eliminating the west to east format for the playoffs would provide an opportunity for the best teams to play each other in the state championship contest, not a west vs. east contest. With the new playoff schedule coming into play for the 2020-2021 season the Sub-State contest could be played on Thursday of NSAA Week 16 and the playoff games would be played on Friday so students athletes would not have school the following day to accommodate travel times. This proposal would make it so classes D1 and D2 mirror all the other classes in the NSAA with their football playoff format and qualifying 16 teams rather than 32.

Pros: - Playoffs would not be based on demographics, eastern and western schools would be matched up during the playoffs.
- Better matchups for the state playoff and championship game.

Cons: - Further travel distances and times for participating schools.



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
Class B

Activities Affected: Boys Tennis
Girls 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:	<u>Page</u>	<u>Article</u>	<u>Section</u>
	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



LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title: **Scoring Format Day 1 of State Tennis**

Author: Ryan Hogue

School: Kearney

NSAA District: 4

Proposal for: Activities Manual

Classes Affected: Class A
Class B

Activities Affected: Boys Tennis
Girls 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: 2019-10-01

Sections affected in Activities Manual:	<u>Page</u>	<u>Article</u>	<u>Section</u>
	11	State Tennis	Format

Summary: Proposed Change:

All main draw matches on the first day of the state tournament will be full 2 out of 3 sets when play can be held outdoors.

On the first day of the tournament, if the matches are moved indoors, they will be played on the basis of two out of three sets with a match tiebreaker (10 point) played in lieu of the 3rd set. Each set will be regular scoring. This format will be used on a per round basis. If play can go back outside, the next round will return to full 2 out of 3 sets.

The proposal was brought forward by the district representatives at the NSAA sports meetings held during the NCA coaches' clinic in July of 2014 and then voted on and passed through the NSAA legislative process the subsequent year. We are bringing this proposal forward again as the scoring format was changed without notice in 2018. The NSAA has informed coaches that if we want it changed back to the scoring format that has been used for 40+ years we must go through the legislative process again, thus the reason for this proposal.

Rationale: Rationale: Playing full 2 out of 3 sets has been the scoring format for 40+ years, providing a very competitive atmosphere. It also allows the athletes to play a full match on the biggest stage of the season in a single elimination tournament. If there is inclement weather and matches need to be moved indoors on fewer courts the scoring format would revert to inclement weather scoring format.

The change from no-ad scoring to a match tiebreaker in lieu of a 3rd set will continue to serve the purpose of expediting the state tournament if it needs to be moved indoors while allowing the players to play a scoring format that is more widely utilized. The no-ad format is rarely used in competitive play, whereas the match tiebreaker is a commonly used scoring format during the season and off-season play. Additionally, the scoring format should not be decided for the entire day because of inclement weather at the beginning of the tournament. This still gives the tournament director the flexibility to shorten the length of matches by using the alternate scoring format if the weather warrants.

Pros: Reverts scoring format back to what has been used at state for over 40 years.

Cons:



LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title: **Class B State Tennis Seeding**

Author: Phil Truax

School: Lexington

NSAA District: 4

Proposal for: Activities Manual

Classes Affected: Class B

Activities Affected: Boys Tennis
Girls 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:	<u>Page</u>	<u>Article</u>	<u>Section</u>
	13		

Summary: 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."

We feel that 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. 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.

Pros: Equalizing Playing Field Eliminates the weaker teams meeting in opening round This is a more fair/consistent tournament structure

Cons:



LEGISLATIVE PROPOSAL FOR CHANGE IN NSAA RULES AND REGULATIONS

Title: **Girls Wrestling Proposal**

Author: Nathan Dietz

School: Amherst

NSAA District: 4

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: 2019-09-24

Sections affected in Constitution & Bylaws:	<u>Page</u>	<u>Article</u>	<u>Section</u>
	52	3.11.12	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 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 to be determined by the NSAA after the alpha hydration assessments are completed.

5. Cost Analysis of Girls Wrestling: This information to be provided by Andy Lewis, West Point-Beemer from the 2018-2019 season: West Point current has 10 competitions that are designated for only our girls team. West Point also designated one of its current assistant wrestling coaches as the head girls coach. It should be noted that our expenses are based on 22 female wrestlers and may be higher due to this number. 2018-2019 West Point Public Schools cost of program: Creating head girls coach: \$1795, difference between assist and head coach positions Tournament entree costs: \$480, only two competitions charged. Both were \$10/wrestlers Referee fees: \$280, two referees for JV/Girls Tournament Metals for home tournament: \$0, none current but will have them for the 2019-2020 year Travel costs: \$1150, Fuel and costs for coach (with CDL) driving bus to tournaments. *This is atypical since we are one of the only schools that transported via bus. Equipment for female wrestlers: Total: \$1870, cost per athlete was between \$80-90. This includes singlet, undershirt, hair covers, and head gear. Costs for WPBPS: Coaching costs: \$1795 Tournament Fees: \$480 Referees: \$280 Metals/Plaques: \$0 Travel Expense: \$1150 Equipment: \$1870 Total: \$5575

6. Team Match Limitation: This article remains the same for both girls and boys wrestling participants... no change in this article

7. Student Match Limitation: This article remains the same for boys and girls wrestling participants... no change to this article

Rationale:

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.

Rationale: The ultimate goal is to have girls wrestling only girls.

Pros: The ultimate goal is to have girls wrestling only girls

Cons: Could reduce the number of girls playing basketball Additional costs depending on how many girls participate