



## NDHSAA FAQs for ND Executive Order 2020-43

1. Q. Are winter sports teams able to practice in-person between November 16, 2020 and November 29, 2020?  
A. No. E.O. 2020-43 does not allow any organized activities outside of school hours.
2. Q. Are winter Fine Arts activities able to practice in-person between November 16, 2020 and November 29, 2020?  
A. No. E.O. 2020-43 does not allow any organized activities outside of school hours.
3. Q. Are coaches allowed to hold virtual practices/workouts between November 16, 2020 and November 29, 2020?  
A. Yes, provided they are approved by the local school district. Class A Basketball virtual practices/workouts prior to their traditional first allowable practice dates may not be mandatory.
4. Q. Do virtual practices/workouts count towards the nine-minimum practice rule for sports?  
A. No.
5. Q. Are Fine Arts activities allowed to hold virtual practices between November 16, 2020 and November 29, 2020?  
A. Yes, provided they are approved by the local school district.
6. Q. Are Fine Arts activities allowed to hold virtual competitions between November 16, 2020 and November 29, 2020?  
A. Not at this time.
7. Q. Are coaches able to work with students in the school weight room between November 16, 2020 and November 29, 2020?  
A. No. E.O. 2020-43 does not allow any organized activities outside of school hours.
8. Q. May a high school student use the school's weight room or athletic facilities as part of a physical education class?  
A. Yes, provided it is done during the instructional day.
9. Q. Are schools able to sponsor an 'open gym' or 'open ice' or 'open mat' session off school grounds.  
A. No.
10. Q. Are school sponsored camps allowed?  
A. No.
11. Q. Are winter sports participants allowed to attend individual camps, off school grounds, on their own?  
A. No. Sports-specific, special training camps during the season are not allowed.
12. Q. Are winter sports coaches able to instruct their players as part of a non-school team?  
A. No. Student participation on non-school teams during the season is not permitted.



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13. Q. May students participate out-of-state during the winter activities suspension?
  - A. No. A student that participates on a non-school team in a similar sport during the season is suspended for six contests for each non-school contest they participate in.
  
14. Q. May a student participate on an out-of-state winter sports team through a coop with an out-of-state school?
  - A. No. E.O. 2020-43 applies to all North Dakota schools and students.
  
15. Q. May a non-school team use school facilities?
  - A. No.
  
16. Q. Will NDHSAA postseason event dates be altered?
  - A. At this time the plan is for all NDHSAA winter postseason events to be held as scheduled.
  
17. Q. Will sports specific regulations, including maximum allowable contests, be altered?
  - A. Sport-specific regulations will be reviewed in the near future.
  
18. Q. Are schools able to hold previously scheduled concerts, musicals, plays, esports, etc. prior to November 30<sup>th</sup>?
  - A. These events are not sanctioned by the NDHSAA. Administrators may refer to guidance from the Governor's Office.
  
19. Q. Is the nine-practice rule waived once activities resume on November 30, 2020?
  - A. No. Students will still need to participate in nine daily practices prior to competing in a contest.
  
20. Q. Do practices prior to November 16, 2020 count toward the nine-practice rule?
  - A. Yes. Sports that were suspended in the middle of their season (hockey, wrestling, junior high basketball in some areas, etc.) may begin playing contests on December 14, 2020.
  
21. Q. When is the first allowable contest for sports that were not delayed?
  - A. Sports that have their first practice on November 30, 2020 may begin playing games on December 14, 2020.
  
22. Q. Is the deadline for winter sports teams to submit their schedule, roster, photo, and outline extended?
  - A. Yes. The new deadline for submission will be Monday, December 21, 2021.