

COMPLIANCE CORNER

A quick look at North Carolina High School Athletic Association rules and regulations

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Q: I am currently ineligible to play volleyball, but I want to continue to practice with the team and then sit on the bench during games in uniform to support my teammates, even though I can't play. Is that legal?

A: Rule 1.1.12 in the current NCHSAA Handbook speaks to dressing for a game or practicing: "A player shall not dress for a game or scrimmage when he or she is not eligible to participate in a game." In addition, ineligible players are not allowed to participate in practice, either in season or during out-of-season workouts, but this does not apply to summer workouts. So the answer would be no to both parts of the question above.