

however, there may be no substitutes among those who qualify as individuals.

- (j) Awards: Regional champion and runner-up team plaques and awards for the top three individual finishers will be given.
- (k) Team Scores: Team points will be decided by the position each runner attains against other teams, not including individual runners.
 - (1) Individuals get credit for their finishes, but places are not counted against team scores.
- (l) Expenses: Each team will bear its own expenses to the regionals.

4.4.3 State Championships:

- (a) Date and Site: The state championships will be held on November 5, 2016, at Ivey M. Redmon Park in Kernersville.
- (b) Coaches' Meeting: 9:15 a.m. (4A/1A), the day of the championship; 2:15 p.m. (3A/2A) the day of the championship.
- (c) Race Times:

4A Men 10:00 a.m.	4A Women 11:00 a.m.
1A Men 10:30 a.m.	1A Women 11:30 a.m.
3A Men 3:00 p.m.	3A Women 4:00 p.m.
2A Men 3:30 p.m.	2A Women 4:30 p.m.
- (d) Team Scores: Same format as regional (4.4.2 (k)).
- (e) Awards: The winning team and individuals will be given plaques, as will the runner-up team and individuals. Members of the winning and runner-up teams, and the individual third and fourth place finishers, will also receive medals.
- (f) Admission: \$6.00 for all (includes one dollar surcharge for the Endowment). A facility parking fee will be added.
- (g) Team Expenses: Travel will be paid at the rate of five cents per mile for each qualifier, including coach, up to a maximum of 35 cents.

4.5 FOOTBALL

4.5.1 General:

- (a) Football Calendar

1st Practice	August 1	1st Round	November 11
1st Scrimmage	August 10	2nd Round	November 18
1st Play Date	August 19	3rd Round	November 25
Playoff Seeding	November 5	Regional Round	December 2
		State Championship	December 9-10

- (b) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).
- (c) Preseason Scrimmages: Reference 4.1.5
- (d) Date of First Contest: Varsity: August 19 (junior varsity August 18).
- (e) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of Guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all the information.
- (f) Number or Regular Season Contests: No more than one may be scheduled per week. Total, 10 games. An individual is limited to only one game per day, per week (exception: "eight-quarter" rule).
- (g) Endowment Games: Reference 4.1.6
- (h) Schedules: Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by May 15.
- (i) Suspended Game Rule: The NCHSAA plays by the suspended game rule (see 2.2.8 (c) (1)).
- (j) Mercy Rule: Once the score reaches a 42 point differential, or more, at halftime or any point thereafter, the game will resort to a running clock or will be terminated by mutual agreement.
- (k) Junior Varsity Tiebreaker: Junior varsity football teams may break ties in games if both coaches mutually agree prior to the game.
- (l) Filming, Videotaping or Video Streaming: Reference 4.1.25.
- (m) Required Equipment: Schools must provide yardage clip for down and distance chains. Balls must have the authenticating NFHS ball mark.
- (n) Uniformed Police Officer: Reference 2.4.1 (a).
- (o) Restraining Barriers: At all varsity football games there shall be restraining barriers on both sides of the field.

- (1) These barriers shall run the entire length of the field and shall be at least five yards (preferably more) from the sidelines.
 - (2) The restraining barrier may be a fence, cable or strong rope.
 - (3) No one is permitted within these barriers except coaches, players and persons officially connected with a team.
 - (4) It is highly recommended that all schools completely surround their football field with a substantial four-foot restraining fence, constructed a minimum of five yards from any sidelines or end line.
- (p) Eight Quarter Participation: In emergency or “lack of depth” situations, freshman and/or sophomore (9th and 10th graders only) junior varsity football players will be allowed a maximum of 8 quarters per season of “on the field” play as a varsity football player. Note: Anytime a player participates in 8 quarters of Varsity competition, that player is no longer eligible to be an 8-quarter player. If the 8 quarter limit is reached during a contest, that player is immediately ineligible for further participation in that contest.
- (1) This is an allowable exemption from the rule counting dressing for a game as participation in a varsity contest and will enable a junior varsity player (9th/10th graders only) to be available for emergency or lack of depth participation in the varsity contest.
 - (2) The intent of the rule is to give coaches some alternatives for junior varsity players (9th/10th graders only) to continue to gain value game experience at the junior varsity level and still be available as a backup player in the varsity game. The following conditions must be met:
 - (i) A maximum of ten (10) players for 1A/2A schools and five (5) players for 3A/4A schools may be 8-quartered during the regular season
 - (ii) Such players must be pre-determined prior to dressing for participation — completion of the 8 Quarter Pre-Approval Form containing signatures of a licensed athletic trainer or medical doctor, principal, athletic director, and parent/legal custodian. (If a designated player or players participated in the junior varsity contest, medical information shall include evidence that player(s) is adequately hydrated and void of injury that would render player(s) unfit to play.) The form must be filed at the school and with the conference president on the day of the scheduled game.
 - (iii) Following the game, a status report on the designated players must be completed which shall include the names of all freshman and sophomore junior varsity football player(s) designated and dressed as emergency players and report the number of quarter(s) in which each athlete actually played. Any portion of a quarter equals a quarter played. If a player dresses out but does not play, record as “0” quarters played. Form must be signed by coach, athletic director and principal and submitted on line to the NCHSAA by the first school day after the varsity contest.
 - (iv) Anytime a JV player (9th/10th graders only) must be used as a starter on the varsity team, that player is not eligible to be used as an eight-quarter player in the following week.
 - (v) \$500 fine for failure to submit follow-up form to NCHSAA.
 - (vi) If your school’s JV Football game is:
 - (1) Cancelled - you may not use the 8-quarter rule for Friday’s varsity football game. If a JV player (9th and 10th graders only) participates in the varsity game, it will count towards the maximum allowed 11 games per for an individual; therefore no 8-quarter paperwork would need to be filed.
 - (2) Postponed - you may use the 8-quarter rule for the Friday varsity football game. Submit 8-quarter paperwork as usual.
 - (vii) No player may dress to participate in more than two football contests in a calendar week (Monday - Saturday)
- (q) Sports Season Note: See 2.2.15 for details on sports season concept. Football helmets are required and shoulder pads permitted during skill development.
- (1) During the entire time period between the end of football season and up through the first five days of practice for the next season, absolutely no body-to-body contact is allowed.
- (r) Skill Development Guidelines: 10 Days of unlimited numbers for skill development in football from May 8th to the time prior to the state mandated exam period, with the below provisions.
- (1) No skill development on Memorial Day
 - (2) 2.5 hour limit (including flex time - stretching and cool-down)
 - (3) Monday through Friday (Saturdays within the established 10 day skill development period may be used as make-up days)
 - (4) Licensed athletic trainer or first responder must be present

- (5) No “body-to-body contact, live action, wrapping, or thudding is allowed (see 4.5.2.b.4).
 - (6) Any student-athlete still involved in a spring sport will not be allowed to participate until the end of that sport’s season
 - (7) No other skill development sessions, in football, are allowed during the school year
 - (s) Summer football 7 on 7 events must have a licensed athletic trainer or first responder in attendance.
- 4.5.2 **Practice and Conditioning:**
- (a) State Medical Requirements: A licensed athletic trainer or sports medicine first responder is required by state law to be at practice and at games.
 - (b) Definitions:
 - (1) Practice: That period of time a participant engages in a coach-supervised, school-approved, sport or conditioning-related physical activity; each practice should last no more than 3 hours. Warm-up, stretching, conditioning/weight room activities are included as part of the 3-hour practice time. Practices are timed from the time the players report to the field until they leave the field.
 - (2) Required Practice: A player must participate in at least eight (8) separate days of team football practice (not military training, summer track, etc.) before participating in a football contest or scrimmage with outside competition (exception: athletes from other sports who play only as kickers). Three of these practices must be in full pads and include body to body contact.
 - (3) Contact Practice: The time when players may “hit” or have body to body contact; these drills may begin the day following the five (5) days used for acclimatization and physical conditioning; the use of all football protective equipment is required.
 - (4) Levels of Contact:
 - (i) Air (Level – 0): Players run a drill unopposed without contact.
 - (ii) Bags (Level – 1): Drill is run against a bag or another soft-contact surface.
 - (iii) Control (Level – 2 {Contact}): Drill is run at assigned speed until the moment of contact; one player is predetermined the “winner” by the coach. Contact remains above the waist and players stay on their feet.
 - (iv) Thud (Level – 3 {Contact}): Drill is run at competitive speed through the moment of contact; no predetermined “winner”. Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.
 - (v) Live Action (Level – 4 {Contact}): Drill is run in game-like conditions and is the only time that players are taken to the ground.
 - (5) Scrimmage: Informal sports contest or practice match engaged in for practice purposes; may occur on Day 9 of the pre-season period. During this time, players may engage in hitting.
 - (6) Walk-Through: A teaching opportunity with the athlete not wearing protective equipment (e.g. helmets, shoulder pads, catcher’s gear, shin guards) or using other sport-related equipment. The walk-through is not part of the 3 hour practice period, can last no more than 1 hour per day, and does not include conditioning or weight room activities. In football, a one (1) hour maximum walk-through is permitted during the 1st twelve (12) days of pre-season practice.
 - (7) Cool Down Period: The three (3) hour time period between the end of (1) one practice or walk-through and the beginning of the next practice or walk-through. During this time, athletes should rest in a cool environment—helmets off, not in direct sunlight—with no sport or conditioning related activity permitted (e.g. speed or agility drills, strength training, conditioning, or walk-through). Treatment with the athletic trainer is permissible.
 - (c) Conditioning Requirements: The first five (5) days of practice are required to be used for physical conditioning according to the following provisions: The NCHSAA emphasizes the importance of these regulations for safety.
 - (1) On the first two (2) days, headgear, non-padded shorts and football shoes constitute acceptable dress. On days three (3), four (4) and five (5), shoulder pads may be added, but absolutely no body-to-body contact is permitted (see Penalty Code for Violations 3.2.2.e.1). Practice during the first five-day period shall be limited to three (3) hours, including flex time (stretching) and breaks. On day six (6), full uniforms may be worn, and body-to-body contact is allowed.
 - (2) This conditioning period may include calisthenics, kicking, throwing, running and similar exercises. Arm shields, tackling or blocking dummies, charging sleds or similar devices may also be used during these five days. Squad meetings, skull sessions, film study and the like are allowed during the five-day period.

- (3) All football players, with the exception of soccer players who play only as kickers must follow the preceding conditioning requirements. Any student, who is late coming out for the team, must still undergo five (5) days of physical conditioning as outlined prior to beginning regular practice and workouts.
- (d) Practice Options: There are set practice options that can be utilized during the football preseason period:
 - (1) Option A - One, three hour practice (which includes "flex time").
 - (2) Option B - One, three hour practice, followed by a mandatory three hour cool down period, followed by a one hour walk-through.
 - (3) Option C (Double Practice) - One three-hour, or two-hour practice, followed by a mandatory three-hour cool down period, followed by a two-hour, or three-hour practice (Maximum of five hours of practice time per 24-hour period).
 - (i) Option C days must be followed by Option A, Option B, or off-day
 - (ii) Under no circumstances may you have back-to-back Option C days
 - (iii) Under no circumstances can the two-hour session of Option C contain any body-to-body contact (Live Action, Thud, and Control).
 - (4) The mandatory cool-down period must be held in an air-conditioned environment.
- (e) Practice Schedule: Listed are the various options available for each preseason practice day:
 - (1) August 1 - 5 (excluding Sunday): Option A or Option B
 - (2) August 6 (1st Day of Contact) - August 13 (or first day of school, whichever comes first): Option A, Option B, or Option C (refer to practice options for stipulations)
 - (3) August 15 - End of Season: Option A ONLY (One 3 hour practice, which includes flex time)
 - (i) Once the regular season begins, teams are limited to a maximum of 60 minutes of live action contact per group, per week. Live action is defined as contact at game speed where players execute full tackles at a competitive pace, taking players to the ground.

4.5.3 Playoffs (Brackets, Reporting, Subdividing, Seeding, Other Playoff Information):

- (a) Playoff Brackets: Reference 4.1.18 & 4.1.19.
- (b) Ties in Standings:
 - (1) The team leading in conference standings at the end of the season will be declared conference champion.
 - (2) In the event two or more teams tie for a playoff position, the approved tiebreaking procedure shall be used (see 4.1.13).
 - (3) Any conference ties for football playoff berths must be broken and results reported to the NCHSAA by 6 a.m. on Saturday after the last regular season games.
- (c) Reporting Playoff Qualifiers: Every effort should be made to play the final regular season game as scheduled.
 - (1) Postponements should also be reported to the NCHSAA.
 - (2) Saturday is the makeup day in the event of inclement weather on Friday (game time no later than 1 p.m.).
 - (3) There will be no other exceptions because of the importance of the seeding process. The conference president must report the berths, conference standings and overall records as required by the NCHSAA by 11:30 p.m. on the 12th playing date.
 - (4) Preliminary brackets will be posted as soon as they are completed. Any corrections should be reported to the NCHSAA within one hour after posting.
 - (5) Final brackets will be posted thereafter.
 - (6) Failure to comply with the initial reporting procedure will result in a \$400 fine to the conference.
 - (7) Check NCHSAA website for additional information.
- (d) Qualifiers: The number of teams that will qualify per classification will be 64. See 4.1.17 (Playoff Berths/Qualification) for selection criteria.
- (e) Subdividing: Each classification will be subdivided (1-A, 1-AA, 2-A, 2-AA, 3-A, 3-AA, 4-A, 4-AA).
- (f) Submission of Incorrect Record: Once the seeding process is completed and the brackets have been finalized, if a team has submitted an incorrect record, and the seed is affected, that team will be removed from the bracket and no other team will be substituted in or added to the playoffs. Note: In correct records can be changed during the NCHSAA designated "window of opportunity." Reference 3.2.3.d, 3.2.3.e, and 3.2.3.f.
- (g) Competing Schools: It is the duty of the competing schools to confer with respect to the wishes of their school. The principal of the host school should contact by telephone the principal of the other school within 24 hours after knowledge of the playoff. Arrangements must be made for designated school representatives to meet to discuss arrangements and fix responsibility for various details. All financial arrangements must be made prior to the contest.

- (i) Rescheduling Other Sports: Games in other sports may be rescheduled when participation in the football playoffs would affect those games (e.g., early-season men's basketball games if the football team is involved in playoffs).
 - (j) Required Playoff Information: Fact sheet, roster forms, two-deep depth chart forms and other required information for football playoff qualifiers may be found on the NCHSAA website. Note deadlines for submission of material. This is mandatory for playoff qualifiers.
- 4.5.4 **Playoffs (General Requirements, Officials, Press Conference, Sites):**
- (a) Minimum Seating Requirements are as Follows: Class 1A — host 1000, visitors 500; Class 2A – host 1450, visitors 750; Class 3A – host 2000, visitors 1000; Class 4A — host 2500, visitors 1500.
 - (1) The Executive Committee has authority to move a playoff game when the circumstances are perceived to warrant such action even if the host school meets the minimum seating requirements.
 - (2) If additional seating is required to meet the above standards, the expense shall be that of the host school. A \$1000 penalty shall be imposed on schools failing to meet seating requirements.
 - (3) If the visiting team has a complaint regarding the playing facility, it shall be registered by noon on the Monday preceding the game. In the event of such a complaint, the President of the Board of Directors shall have the authority to appoint a committee of three members of the Board to investigate the facilities. This committee shall be vested with the full authority to set the site for the game.
 - (4) If a neutral site is selected, the representatives of the two playing schools shall meet with a representative of the school furnishing the neutral field to agree on game management.
 - (b) Game time is set for 7:30 p.m.
 - (c) Selection of Officials:
 - (1) For the first two rounds of the state playoffs, officials are to be assigned by the regional supervisor of the higher seeded team.
 - (2) The NCHSAA Supervisor of Officials will assign a regional supervisor to assign crews to games in the quarterfinals and NCHSAA regionals.
 - (3) Clock operators may be assigned starting with the second round, but this is strictly optional for schools.
 - (4) The Supervisor of Officials will assign crews to all state championship games. A seven-man crew will be used in the championship games.
 - (d) Championship Press Conference: A press conference and information session preceding the football championships will be held on Monday, December 5, 2016.
 - (1) All regional champions who qualify for the state finals are asked to bring their superintendent, principal, athletic director, head football coach and members of the media who cover their team.
 - (2) This information session/press conference is mandatory; at least one of the aforementioned personnel from the school must be in attendance.
 - (3) Failure to comply will include a fine and forfeiture of complimentary tickets/VIP passes for the event.
 - (e) State Championships: The state championships are scheduled for December 9-10, 2016, at BB&T Stadium, Carter-Finley Stadium and Kenan Stadium. The Eastern teams will be designated as home.
- 4.5.5 **Financial Arrangements:**
- (a) Rate of expense reimbursement for visiting team: first round, second round, and third round
 - (1) 0-75 miles one-way school receives meal reimbursement (\$6 x 45 people=\$270)
 - (2) 76-149 miles one-way school receives meal reimbursement (\$6 x 45 people=\$270), plus mileage (.75/mile, round trip)
 - (3) 150 plus miles one-way school receives meal reimbursement (\$6 x 45 people=\$270), plus mileage (.75/mile, round trip), plus motel (\$8x45=\$360)
 - (4) If over 300 miles one way, contact NCHSAA for approval of allowable expenses.
 - (b) First Round, Second Round and Third Round Games
 - (1) Game report–The principal of the host school, or appointed game manager, will forward a copy of the financial report and ticket accountability form to the North Carolina High School Athletic Association within 10 days after the contest. Forms are on the NCHSAA website.
 - (2) Division of receipts–the Association is to receive 15 percent of the gross gate. After paying expenses, the competing teams are to divide the remainder equally.
 - (3) The host school will get concession and program rights. No charge is to be made by the host school for field use, lights, lining off the field, etc., if the field is school-owned or is owned by the board of education. Any use of a neutral facility must be approved by the NCHSAA.
 - (4) Admission to games–The price is \$7.00 (includes one-dollar surcharge for Endowment).

- (c) Regional Games
 - (1) Game report–The principal of the host school, or appointed game manager, will forward a copy of the financial report and ticket accountability form to the North Carolina High School Athletic Association, within 10 days after the contest. Forms are on the NCHSAA website.
 - (2) Division of receipts–In the regional games, the Association is to receive 25 percent of the gross gate. After paying expenses, the competing teams are to divide the remainder equally.
 - (3) In the regional games, the host-school will get concession and program rights. No charge is to be made by the host school for field use, lights, lining off the field, etc., if the field is school-owned or is owned by the board of education. Any use of a neutral facility must be approved by the NCHSAA.
 - (4) Rate of expense reimbursement: see 4.5.5.a.
 - (5) Admission to games–\$7.00 presale, \$8.00 at gate (includes one-dollar surcharge for Endowment).
 - (6) Regional awards–Team plaques will be presented to the regional champion and regional runner-up.
- (d) Championship Games
 - (1) Championship games will be held under the direction of the NCHSAA; this is to include approval of game sites.
 - (2) Team expenses–For neutral site championships, both teams receive travel and lodging, if applicable.
 - (i) If the distance is over 75 miles (one way), the visiting team will be allowed a dinner meal for those dressed, up to 45 persons. Meal allowance consists of \$5.00 for each person for breakfast, \$6.00 for lunch, \$8.00 for dinner.
 - (ii) Motel expenses will be allowed for one night if visiting team is more than 150 miles from playoff site. Two nights will be allowed if over 300 miles. Schools will pay their motel bill, and the NCHSAA will reimburse the schools up to an \$11.00 rate per person, for up to 45 persons.
 - (3) Division of receipts–In the championship games, after the game and team expenses have been deducted, the Association will receive 60 percent of the net receipts and the participating teams will divide the remainder.
 - (4) Admission to games–\$9.00 for all presale and \$10.00 at the gate (includes one-dollar surcharge for Endowment).
 - (5) Awards–The winning and runner-up teams will receive plaques. Members of the winning and runner-up teams will also receive individual awards. (70 medals for 1A and 2A, 80 medals for 3A, and 90 medals for 4A)
 - (6) Game ball–The Wilson football (GST/F1003B-NCHS) is the official ball of the NCHSAA championship (with NFHS authenticating ball mark).

4.6 **GOLF**

4.6.1 **General:**

- (a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).
- (b) Date of First Practice: For women, August 1; for men, February 13.
- (c) Preseason Scrimmages: Reference 4.1.5
- (d) Date of First Match: For women, August 15; for men, February 27.
- (e) Number of Regular Season Contests: No more than three matches may be scheduled per week. Individuals are limited to one contest a day.
- (f) Women’s Participation: Women can only participate in ONE season per year.
 - (1) If no women’s team is available, then women may play on the men’s team in the spring.
 - (2) If the player chooses to enter the women’s regional, or play as an individual during the fall season, she may not play on the men’s team in the spring.
- (g) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of Guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all the information.
- (h) Coaching: The NCHSAA will allow TWO designated coaches from each school to coach during the regional and state championships. It is a conference option during the regular season. The following regulations must be followed:
 - (1) The TWO coaches who are allowed to give advice must be identified during the match via armband, neck tag or other identification measure.
 - (2) The two designated coach may give advice, of a short and quick duration, from the tee to the greens and the walk between holes. NOTE: Coaches may not provide continuous coaching while walking with a player. Once finished, coaches must return immediately to the cart path.