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: Indoor track November 2; Outdoor track February 15.
(c) Preseason Scrimmages: Reference 4.1.3
(d) Date of First Meet: Indoor track November 16; Outdoor track February 29.
(e) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of guidelines (4.1.14) and Health and Safety Guidelines (2.5) for all the information.
(f) Number of Regular Season Contests:
   (1) Indoor track—no more than two meets may be scheduled per week.
   (2) Outdoor—no more than three meets may be scheduled per week.
   (3) An individual is limited to one meet per day, maximum of four events per meet. Any contestant who enters an event must participate.
   (4) If a track team participates in separate events on the same day, each meet will count towards the daily and weekly limitations for the individual and team.
   (Revised)
(g) Registering Meets and Meet Results: Meets (indoors and outdoors) must be registered on nc.milesplit.com.
   (1) Regular season meets must be entered online through nc.milesplit.com.
   (2) Only complete Race Tab or Hy-Tek meet results will be accepted.
   (3) All hand-held times must be rounded up to the nearest tenth of a second.
(h) Conversion Note: Do not convert times before submitting regional and state meet entries, indoor or outdoor, on nc.milesplit.com.
(i) Unattached and Unaffiliated Athletes: See 2.3.15 (Revised)
(j) Contestants: When running “unattached”, athletes are not permitted to represent the school or wear school-issued uniforms. Those results may not be used for NCHSAA qualifying standards. See Uniform rule in 2.4.9.
(k) Filming, Videotaping or Video Streaming: Reference 4.1.17.
(l) Officials: Track officials may register with the NCHSAA, as do officials in certain other sports. The NCHSAA encourages each school to have at least one certified track official. Certification can be obtained at the NCTCCA January clinic, or the NCHSAA clinic in July. In order to host a regional, a school must have at least one NFHS/NCHSAA certified official on staff. See Officials Section 3.3.1.a.6.

Regionals
(a) Dates and Sites: There is no regional competition in indoor track. Regional competition for outdoor track will be held on May 13 (2A/4A) and May 14 (1A/ 3A).
(b) Regional Site Determination: At the regional meet a meeting of coaches must be held to select a site and a director for the upcoming season. This is a mandatory meeting that will be conducted by the current regional director. The current director will then notify the NCHSAA office within 10 days after the completion of the tournament, of the host school and director for the next season.
(c) Individual Participation: An individual may participate in a maximum of four events.
(d) Regional Assignments: Regional assignments for outdoor track, along with the most current information about regional sites, dates and times, are posted on the NCHSAA website. Any school planning to field a track team and it is not listed in the regional assignments should contact the NCHSAA.
(e) Qualifying Requirements: A list of the minimum times and distances that an individual must have met in order to be eligible to enter a regional is listed on the NCHSAA website.
   (1) If an individual has not recorded the minimum time or distance, coaches will be allowed to submit the best performance of non-qualifiers, who may be used to fill events.
(f) Starting Heights-Pole Vault and High Jump: In regional and state meets (indoor and outdoor), the starting heights for competition for women's and men's pole vault as well as women's and men's high jump will be determined by the meet director.

(g) Pole Vault: In regional and state meets, vaulters will be weighed to verify pole standards.

(h) Qualifiers: In all events the regional director will take all qualifiers, or a maximum of 12 for 6-lane tracks, and 16 for 8-lane tracks using non-qualifiers.

(i) Regional Entries: All regional entries in outdoor track are to be made on nc.milesplit.com by Saturday at 6:00 p.m. the week prior to the regional meet.

1. Late entries may be submitted to the NCHSAA and must be in by 3:00 p.m. the Monday prior to the regional. Use the form on the NCHSAA website. A $50 fee will be assessed for each individual entry. No entries after this will be accepted.
2. In indoor and outdoor track, only entries submitted through nc.milesplit.com will be accepted.
3. Each school may enter a maximum of three competitors in each individual event and one team per relay event. Only one alternate may be entered per relay team.
4. Disqualification: A regional entry who scratches after the meet begins or a participant who qualifies through a regional and then scratches in a specific event in the state meet, is disqualified for the remainder of the meet.

(j) Protest: Each regional meet has a Games Committee which will hear properly registered protests, and the decision of the committee in these matters is final.

(k) Supervision: All individuals participating in state playoff competition at any level must be properly supervised. If not, they will be eliminated from competition.

1. Coaches are responsible for seeing that their team members remain at the track site and do not interfere with normal school operations.
2. If anyone besides school personnel accompanies participants, a letter from the principal must be sent to the NCHSAA authorizing this and a copy of the letter must be on hand at the meet.

(l) Team Championship: A team must have multiple entries (more than one entry) in order to win a team championship.

(m) Uniform: Each team member shall wear the same color and design school-issued legal uniform (jersey and trunks).

(n) Awards: Plaques will be presented to the regional championship team and regional runner-up team, and individual awards will be given to the top three finishers in each event.

(o) Admission: Admission is $6.00 at regionals (outdoor track) (includes a one dollar surcharge for Endowment).

(p) Expenses: Each school will bear its own expenses to regional competition.

4.12.3 **State Championships**

(a) Dates and Sites:

1. Indoor Track: February 12-13, 2016 at JDL Fast Track indoor facility in Winston-Salem.

(b) Admission: Indoor and outdoor—$8.00 for all (includes one dollar surcharge for Endowment). The number of qualifiers will determine the number of coaches to be admitted. Track non-qualifiers (including managers) may be admitted for $5.00 each and must be with a coach.

(c) Awards: A plaque will be presented to the winning and runner-up teams. Members of the winning team (10 individual medals for indoor track) and the top four individual finishers in each event will receive awards.

(d) Expenses: Teams will be paid at a rate of 5 cents per mile for each qualifier, including coach, up to a maximum of 35 cents.

(e) Protests: The state meet director will form a Games Committee to hear properly registered protests, and the decision of the committee on these matters is final.

(f) Relay Cards: Each school competing in a relay at the state meet must submit a card at the beginning of the event listing all four names (first and last) of the competitors Track & Field
and the name of that event. These should be presented when reporting to the clerk of
course and will be used to help determine numbers from each school for
reimbursement purposes.

(g) Order of Events and Scoring: Will be the same as published in the 2016 NFHS Track
and Field Rules Book.

(h) Indoor Track Minimum Times: Indoor track minimum times for state entry will be
posted on the NCHSAA website.
   (1) Qualifying requirements must be met at official indoor meets or at indoor meets
   run on outdoor facilities.
   (2) To host an indoor meet at an outdoor facility, a minimum of five teams is
   required. Anything less than five must be approved by the NCHSAA (see form
   on the NCHSAA website). (Revised)

(i) Indoor Track Entries:
   (1) All indoor entries must be submitted online on nc.milesplit.com.
   (2) All entries must be received by Saturday at 9 pm, the week prior to the state
   indoor championships.
   (3) No one may use times from the previous spring outdoor season to qualify to the
   state meet.
   (4) Individuals and relay teams must meet minimum qualifying times and distances
   to be eligible to enter the state meet.
   (5) Late entries may be submitted to the NCHSAA and must be in by 3:00 p.m. the
   Monday prior to the championship. Use the form on the NCHSAA website. A
   $50 fee will be assessed for each entry. No entries after this will be accepted.
   (6) Entries should be posted on the NCHSAA website by Wednesday afternoon the
   week of the state meet.
   (7) Scratches may be made prior to the start of the indoor championship. An entry
   who is scratched after the meet begins is disqualified for the remainder of the
   meet. Coaches who plan to arrive after the start of the meet must have someone
   else make their scratches.

(j) Outdoor Track Qualifiers to State Meet: The top four finishers in each event
(including relays) will qualify from the regionals to the state meet.
   (1) Substitutes for qualifiers are not permitted, except for relays.
   (2) All ties at regional level must be broken for advancement to state meet.
   (3) Only participants qualifying through regional meets may compete.

4.13 VOLLEYBALL

4.13.1 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: August 1.

(c) Preseason Scrimmages: Reference 4.1.3

(d) Date of First Match: August 17

(e) Health and Safety Guidelines: Reference General Requirements for Interscholastic
   Athletic Activities for a listing of Guidelines (4.1.14) and Health and Safety
   Guidelines (2.5) for all the information.

(f) Number of Regular Season Contests: Total 23 matches - No more than 4 matches per
   week, on 4 separate days, if the fourth is on a non-school day; may play 4 in 3 or fewer
   days. Volleyball is limited to 4 matches a day.
   (1) In regular season play, only matches decided by the best three out of five sets
   will count toward record.
   (2) Rally scoring will be used in all volleyball dual matches, regular season and
   playoffs (NFHS rules). The rally scoring format is 25-point sets (no cap) and
   15-point deciding (no cap). This format also includes the let serve.