

NCHSAA Football 2017-18

Football: Important Dates

First Practice:	July 31 st
First Scrimmage:	August 9 th
First Contest:	August 18 th
Seeding:	November 4 th
State Championships:	December 8-9


UNC, NC State University, Wake Forest University, Duke University



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Practice Options

- Practice Options: There are set practice options that can be utilized during the football preseason period:
- Option A - One, three hour practice (which includes "flex time").
- Option B - One, three hour practice, followed by a mandatory three hour cool down period, followed by a one hour walk-through.
- 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).
 - Option C days must be followed by Option A, Option B, or off-day
 - Under no circumstances may you have back-to-back Option C days
 - Under no circumstances can the two-hour session of Option C contain any body-to-body contact (Live Action, Thud, and Control).
- The mandatory cool-down period must be held in an air-conditioned environment.



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8-Quarter Rule

- 1A/2A – 10 Athletes Total
- 3A/4A – 5 Athletes Total
- Athletes CANNOT participate in 3 games in a calendar week
 - Monday – Saturday
 - Postponements to Monday, 8-quarter Thursday/Friday
- Athletes MUST be examined after conclusion of JV game and Pre-Participation paperwork MUST be signed/date by all parties each week and shared with Conference Administrators



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Skill Development

- Schools must select Option A or Option B, but if no decision is made by **November 3, 2017**, the default is option A.
- Option A: From May 7 to the time prior to the state mandated exam period, a school may conduct ten (10) days of football skill development sessions with an unlimited number of players.
- These sessions are subject to the following provisions:
 - No skill development on Memorial Day
 - 2.5 hour limit (including flex time - stretching and cool-down)
 - Monday through Friday (Saturdays within the established 10 day skill development period may be used as make-up days)
 - Licensed athletic trainer or first responder must be present
 - No "body-to-body contact, live action, wrapping, or thudding is allowed (see 4.5.2.b.4).
 - Any student-athlete still involved in a spring sport will not be allowed to participate until the end of that sport's season
 - No other skill development sessions, in football, are allowed during the school year.
- Option B: Schools may do skill development with a maximum of twenty-one (21) athletes per day after the football season has been completed and outside of the established dead periods.
 - The regulations currently in place for other sports will apply for this option.
 - No "body-to-body contact, live action, wrapping, or thudding is allowed (see 4.5.2.b.4).



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NCHSAA Board Changes 2017-18

Amateur Rule

- Increased allowable merchandise to be received from \$20.00 to \$250.00 per sports season
- Acceptance of money or a forbidden award will cause an athlete to lose athletic eligibility for the semester in which the violation occurred, and the following semester.



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Senior Exceptions

- Students may be allowed to wear school uniforms, including protective equipment, in outside organization competition, so long as the student has exhausted athletic eligibility in that sport and received permission from the member school. Approval from the LEA is strongly recommended.
- Exception to the numbers restrictions for students who have exhausted their eligibility in that sport. Dead period rules will remain.



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Transfer Rule

- Students transferring to a member school where the student's coach has relocated to within a year will be deemed ineligible for a period of 365 days LEA to LEA
- A student's first transfer after initial entry into the 9th grade is not subject to the NCHSAA transfer rule (LEA to LEA). For any transfer thereafter, the student must sit out for 2 consecutive semesters (at least 50% of the current semester + following semester) or 365-days, whichever is less.



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Transfer Rule

- NCHSAA Transfer Committee will be composed of the NCHSAA Executive Committee and at least one (1) non-district affiliated member.
- Modified initial entry interpretation for non-district affiliated schools (Charter and Non-Boarding Parochial) –Rule 1.2.1(a)(2); boundary criteria shall only apply after initial entry into ninth grade.
- Students who want to participate in cheerleading are not subject to the transfer policy, however all current eligibility requirements would remain applicable.



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Residence Rule

- Separate Parents with No Court-Ordered Custody Agreement
 - Residency shall be deemed to be with the parent with whom the student begins the school year (i.e. 1st semester).
- Bona Fide Change: The change must not be solely made for athletics purposes.



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Endowment Games

- The home team will remit twenty-five (25) percent of the gross revenue to the NCHSAA's endowment fund. If a member school plays an endowment game against a non-member school, the member school is responsible for remitting payment to the NCHSAA regardless of where the game is played.



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Facilities

- The NCHSAA has the right to require host teams to find an adequate facility based on expected game/contest attendance and/or quality of venue.



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Eligibility Summary Submission Dates

- Fall – September 15th
- Winter – December 15th
- Spring – April 1st



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Coaches' Education

CPR/AED Certification

- All head and paid coaches must be CPR/AED certified

NFHS Sudden Cardiac Arrest Course

- All non-paid coaches are required to complete the NFHS Sudden Cardiac Arrest Course annually (*after June 1, 2017 and before the first date of practice*).
 - Effective August 1, 2017



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Skill Development/Dead Periods

- Changed In-season dead periods from 6 weeks to 3 weeks
 - Option B
- Added new dead period:
 - Last 10 student days of the school year
 - Effective 2017-2018



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Playoff Bracket Size

- Change bracket sizes for baseball, basketball, football, soccer, softball and volleyball to:
 - 1A – 48 teams
 - 2A – 64 teams
 - 3A – 64 teams
 - 4A – 48 teams
- Football will still be subdivided 1A/1AA, 2A/2AA, 3A/3AA, 4A/4AA



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Playoff Qualification Process

- Conference automatic qualifiers are determined by the number of teams from a given classification in each conference as follows:
 - 1 – 4 teams = 1 automatic qualifier
 - 5 – 8 teams = 2 automatic qualifiers
 - 9 or more teams = 3 automatic qualifiers



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Playoff Qualification Process

- Split conference application
 - The highest finishing team from a given classification will automatically qualify, regardless of overall conference finish.
 - Two teams that finish 1st and 2nd overall in the conference from the same classification will automatically qualify regardless of rule 4.1.18(a) (1-3).
 - **Ties for 1st place in the overall conference or for highest finisher in a classification must be broken using the established tie-breaking procedure [rule 4.1.13].



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Playoff Qualification Process

- If too many teams qualify using the above criteria, adjustments to the established bracket size will be made to accommodate the automatic qualifiers.
- If not enough teams qualify using the above criteria, the bracket will be filled by non-automatic qualifiers in that classification
 - Teams in their classification with the highest MaxPreps ranking (or other NCHSAA selected ranking system) will be selected to fill the remaining slots in the bracket.



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Playoff Seeding

- Once the qualifying teams in each classification are determined, they will be divided into two regions of equal size (East and West) based on the longitude of each school.
- The teams in each region will be seeded as follows:
 - Seed all 1st place automatic berths and highest finishing team in each classification of a split conference by MaxPreps ranking (or other NCHSAA selected ranking system); then
 - Seed all 2nd place automatic berths by MaxPreps ranking (or other NCHSAA selected ranking system); then
 - Seed all 3rd place automatic berths by MaxPreps ranking (or other NCHSAA selected ranking system); then
 - Seed all conference tournament champions and at-large berths by MaxPreps ranking (or other NCHSAA selected ranking system).
- Once seeding is complete:
 - Existing byes will be awarded to the highest seeds possible.
 - The higher seed is the home team unless otherwise determined by the NCHSAA.




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Eligibility & Compliance

Eligibility

PowerPoint/Video

- Required viewing for all coaches
- Should be done with the athletic director
- Includes opportunities to discuss concussions/sudden cardiac arrests/sickle cell, etc.




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Eligibility

Preseason Meeting

- Required attendance by all parents
- Time to share rules, regulations, expectations, philosophy etc.
- Time to get all required signatures--pledges, Gfeller-Waller information, etc.
- Eligibility and Authorization



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Eligibility

- Eligibility Checklist
 - Use to ensure school has done its due diligence



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Clinic Attendance

Head coaches in baseball, basketball, cheerleading, football, golf, lacrosse, soccer, softball, swimming, tennis, track & field, volleyball and wrestling must attend an NCHSAA approved State Rules Clinic.

- Must be completed prior to coaching in the first contest; subject to \$400 fine, in addition to a \$500 fine if he/she actually coaches in the contest
- Can be satisfied at the NC Coaches' Association Clinic being held here in Greensboro—July 17-20



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Clinic Attendance

• If the head coach cannot attend the NCCA clinic or is not hired until afterwards, the requirement can also be met at one of the statewide officials' clinics, which are posted on the NCHSAA Website under clinics. Please note that several volleyball and soccer clinics for officials occur prior to the NCCA Clinic.

- Athletic directors cannot satisfy this requirement by attending a rules' session in place of the head coach



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Coaches' Education

NFHS Fundamentals of Coaching Course

- All coaches must satisfy the requirement prior to first contest.
- Complete prior to first contest; subject to a \$500 fine; continuing to coach without completion = another \$500.



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Coaches' Education

Concussion Management Certification

- The NFHS **Concussion in Sports Course** (free on-line course) or an equivalent course must be completed annually (*after June 1, 2017 and before the first date of practice*) by all coaches.
- **Prior to the first date of practice for that sport**; subsequently, the certificate of completion must be on file at the individual school; subject to \$500 fine.



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Gfeller-Waller Concussion Law

Requirements of the Law:

- Concussion signs and symptoms
 - Given prior to participation
 - Parents/athletes sign indicating "receipt of" Return to Play (RTP) form signed by a physician licensed to practice medicine
- An up-to-date Emergency Action Plan (EAP)
 - Must be on-file
 - Must be posted
 - Must be updated annually



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Cardiac Safety Program

All NCHSAA member schools must have a Cardiac Safety Program to include three (3) components:

- Appropriate number of AEDs on Campus
- AED maintenance program (battery checks, maintain, replacement at appropriate intervals)
- Required viewing of short AED/CPR video for all supervising adults (teachers, coaches, administrators)



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Coaches' Education

Accredited Interscholastic Coach (AIC)

- Requires completion of 4 courses:
 - Fundamentals of Coaching
 - 1st Aid, Health & Safety for Coaches
 - Sport Specific Course or Teaching Sports Skills
 - Concussion in Sports (Free)



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Coaches' Education

Certified Interscholastic Coach (CIC)

- Completion of AIC requirements
- Plus:
 - Teaching & Modeling Behavior
 - Engaging Effectively with Parents
 - Sportsmanship
 - Creating a Safe and Respectful Environment
 - Strength & Conditioning
 - 2 additional courses (User Choice)



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THANK YOU

- Get involved with student services
- Visit the NCHSAA website often
- Pick-up your card as you leave today
 - Enter your code into the computer immediately to get credit for attendance
 - Mobile device or computer
 - All fields required except comments box
 - Use same email address that was used for NFHS Courses
 - Deadline for entry is August 14, 2017
 - Avoid \$400 fine for your school



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