

- (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 \$7.00 at regionals (outdoor track) (includes a one dollar surcharge for Endowment).
- (p) Expenses: Each school will bear its own expenses to regional competition.
- (q) 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.

#### 4.12.3 State Championships:

- (a) Dates and Sites:
  - (1) Indoor Track: February 8-9, 2019 at JDL Fast Track indoor facility in Winston-Salem.
  - (2) Outdoor Track: 2A/3A - May 17; 1A/4A - May 18 at North Carolina A&T State University in Greensboro.
- (b) Admission: Indoor \$10.00 — Outdoor \$10.00 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 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 2019 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. Any meet with less than five must be approved by the NCHSAA using the appropriate request form.
- (i) Indoor Track Entries:
  - (1) All indoor entries must be submitted online on [nc.milesplit.com](http://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.

## 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: July 30.
- (c) Preseason Scrimmages: Reference 4.1.5

- (d) Date of First Match: August 13
- (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 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.
  - (3) It is permissible for an athlete to participate in a junior varsity and a varsity match in the same day; however, those players are still subject to the weekly and seasonal limitations.
  - (4) **The following chart indicates tournament allowances during the regular season:**

Regular Matches (3 out of 5)	Tournaments (Limited to 20 sets maximum)
0	1
1	1
2	1
3	0
4	0

**Ex. 1:** Monday - One (1) regular season best-of-five match  
 Wednesday - One (1) regular season best-of-five match  
 Saturday - Multi-team tournament with pool play and a best-of-three format (not exceeding 20 sets) = One (1) match  
 Total: Three (3) matches for the week and toward the season limit

**Ex 2:** If Team A plays in a tri-match during a week, versus Team B and C, with a best three out of five format, each contest counts as one (1) match towards your allowed limitations (i.e. Team A vs. Team B = One (1) match; Team A vs. Team C = One (1) match; therefore, a total of two (2) matches on your schedule).

- (5) Junior varsity matches will be two out of three sets, rally scoring (25- point games with no cap for all sets). A conference can choose to cap the third game of a JV Volleyball match at 15 points.
- (g) Endowment Games: Reference 4.1.6
- (h) Starting Time: A time no earlier than 5:00 pm is recommended, unless facilities dictate otherwise.
- (i) Schedules: Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by May 15.
- (j) Filming, Videotaping and Video Streaming: Reference 4.1.25.

#### 4.13.2 Playoffs:

- (a) Representatives and Ties in Standings: If two or more of the conference's teams are tied for a playoff berth at the end of the regular season,
  - (1) the team that won from the other(s) during the season gets the berth, or
  - (2) if the teams split during the regular season, the approved tie breaking system shall be used (see 4.1.13).
- (b) Reporting Playoff Qualifiers: For reporting potential qualifiers to state playoffs, conference presidents are required to submit the appropriate information on the NCHSAA website immediately upon conclusion of the regular season.
  - (1) The information includes overall won-loss record (only 3 out of 5 matches count) and winning percentage for all conference schools. This must be submitted prior to the appropriate deadlines. The overall winning percentage and finish in conference standings will be considered when determining which schools qualify for wild-card berths in playoffs.
  - (2) Upon conclusion of the conference tournament, the conference president will immediately submit the adjusted overall records of all teams. These are the records that will be listed on the brackets themselves when playoff qualifiers are posted.
  - (3) Failure to comply with the initial reporting procedure will result in a \$400 fine to the conference.
- (c) Qualifiers: See 4.1.18 (Playoff Berths/Qualification).
- (d) Format: All playoff matches will be the best three out of five sets, rally scoring.
- (e) Seeding: See 4.1.19.
- (f) Playoff Brackets: Will be posted on the NCHSAA Website once seeding is complete.

- (g) Schedule:
- |                        |                        |              |            |
|------------------------|------------------------|--------------|------------|
| Deadline for Reporting | October 17, 11:59 p.m. | Fourth Round | October 27 |
| First Round            | October 20             | Regional     | October 30 |
| Second Round           | October 23             | State        | November 3 |
| Third Round            | October 25             |              |            |
- (1) Teams should contact each other to work out details for their playoff contest.  
(2) Saturday matches may be played earlier if mutually agreed upon.  
(3) Matches may be played earlier than the assigned date by mutual agreement.
- (h) Match Times: Match time will be 7:00 p.m., unless mutually agreed to play at 6 p.m. Where the distance is more than 100 miles for the visiting team, game time will be 6:00 p.m.  
(1) Any other exceptions must be approved by the NCHSAA.  
(2) Saturday: Teams may play at any time if mutually agreed upon.  
(i) If teams cannot mutually agree, the higher seeded team may choose a starting time between 1:00 p.m. and 7:00 p.m.  
(a) Between 1:00 p.m. and 6:00 p.m. if the visiting team is over 100 miles one-way.
- (i) Postponed Games: Postponed games must be played the next day, including Saturday.
- (j) Officials: For the first two rounds of the playoffs, officials are to be assigned by the local regional supervisor of the higher-seeded team.  
(1) After the first two rounds, officials must come from a neutral regional supervisor or an officials association mutually agreed upon.  
(2) Officiating assignments for regionals will be determined by the NCHSAA Supervisor of Officials and host schools must follow up with regional supervisors.
- (k) Admission: \$7.00 in all rounds prior to regionals (includes one-dollar for Endowment); \$8.00 at regional competition (includes one-dollar for Endowment). Admission must be charged until completion of the contest.
- (l) Team Expenses: Gate receipts and individual game expenses in the first round, second round, third round, and fourth round are the responsibility of the competing teams.  
(1) The NCHSAA receives 15% of the gross gate from the second, third and fourth rounds and 25% of the gross at the regional level. NOTE: participating schools are responsible for dividing any deficit or net.  
(2) So that the overall expenses of conducting the contest may be evenly shared, the following expense formula must be used in all rounds prior to the state championship:  
(i) Where the distance between competing teams is 100 miles or less, the visiting school will pay its own transportation and meals. The host school will provide the playing facility, ticket takers, security and balls at no charge. Officials are to be paid from gate receipts.  
(ii) Where the distance is more than 100 miles, the same plan should be followed, except the officials are paid by the host school, rather than from the gate receipts.  
(iii) All concession rights to the host school.
- (m) Pep Bands, Banners, Placards, and Signs: Pep bands of participating schools are not permitted for playoffs. Note that banners, placards and signs are prohibited.
- (n) Regional Awards: Team plaques will be presented to the regional champion and regional runner-up.
- (o) Equipment: Balls must have the authenticating NFHS ball mark.

#### 4.13.3 State Championship:

- (a) Date, Site, Format, and Home Team: State championships in all four classes will be held on November 3. Competition is best three out of five games. The Eastern champion is the home team.
- (b) Admission: \$10.00 for all (includes one dollar surcharge for Endowment).
- (c) TIME SCHEDULE:
- |                 |            |
|-----------------|------------|
| Facility Opens  | 10:30 a.m. |
| 4A Championship | 12:00 p.m. |
| 1A Championship | 2:30 p.m.  |
| 2A Championship | 5:00 p.m.  |
| 3A Championship | 7:30 p.m.  |
- (1) Official warm-up: five minutes home team, five minutes visiting team, five minutes home team, five minutes visiting team.  
(2) Olympic protocol will be used in the opening ceremonies for each championship.
- (d) Officials: Will be assigned by the NCHSAA Supervisor of Officials.
- (e) Awards: A plaque will be presented to the championship and runner-up teams. Members of the championship and runner-up teams will receive individual awards (a total of 20).
- (f) Gate Receipts: The net balance will be divided as follows, 20% to each of the competing teams and 60% to the NCHSAA.

- (g) Team Expenses: Travel and meal expenses will be allowed for 13 players plus a coach and a manager. Reference 4.3.3.c for the formula.
- (h) Official Ball: The Wilson Icor High Performance (WTH7700XBLSI) is the official ball of the state championships.

#### 4.14 **WRESTLING**

##### 4.14.1 **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: October 31.
    - (1) Practice cannot be held until the wrestlers attending that practice have their minimum weights established.
    - (2) Hydration testing & skinfold measuring may begin no earlier than Monday, October 22.
  - (c) Preseason Scrimmages: Reference 4.1.5
  - (d) Date of First Match: November 14.
  - (e) NWCA Optimal Performance Calculator Requirements:
    - (1) A skinfold measurer/hydration tester must be certified and validated prior to the start of the wrestling season.
    - (2) Hydration and skinfold measurements: Data must be entered at the completion of measuring. An NCHSAA approved assessor **MUST** enter this information – not a coach.
    - (3) Match weigh-ins: Must be entered within 24 hours of match/tournament completion.
    - (4) Match weight form: Coaches are required to exchange this form at ALL matches and tournaments. This sheet will show the lowest weight at which each wrestler may weigh-in at the next match and will also show the lowest weight class at which he/she may compete. All coaches should receive a copy of this sheet for matches.
    - (5) Schedule and match/tournament results: Schools are required to enter all match results within 24 hours of participating in a match or tournament.
    - (6) Random checks of all required information will be done by the NCHSAA. Failure to comply will result in fines and/or penalties.
  - (f) 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.
    - (1) A licensed athletic trainer (LAT) or a first responder must be present at all times in any competition area in which wrestling matches are being held.  
**Example:** Wrestling in the Auxiliary Gym and Main Gym at the same time would require two licensed athletic trainers or first responders or a combination of one of each.
    - (2) Skin checks must be performed by a licensed athletic trainer. If no licensed athletic trainer is present, the skin checks must be performed by a first responder and referee.
  - (g) Number of Regular Season Matches:
    - (1) Individuals are limited to 55 matches in a season (prior to Saturday before the week of the dual team tournament) and, by NFHS rules, may participate in a maximum of five matches per day.
    - (2) The following options are legal during any week (Monday-Saturday) of regular season competition providing there is no loss of school time.
      - 1. One Dual      4. One Quad
      - 2. Two Duals    5. One Tournament (see i and ii below)
      - 3. One Tri       6. One Dual, Tri, or Quad + One Multi-Team Event (see iii below)
    - (i) Tournaments may be either an Individual, or Dual Team format, lasting no more than two days.
    - (ii) Teams are allowed only 1 dual team tournament per season in which the team gets more than 5 matches.
    - (iii) A Multi-Team Event is defined as a Tri, Quad, Quint, or Tournament.
  - (3) Teams that do not qualify as a representative into the NCHSAA State Dual Team Championships may schedule two dual meets, or one tri-meet, the week of the dual team tournament.
  - (4) During the week of the individual regional and state tournament, dual team matches are NOT allowed.
  - (5) If a team qualifies into the state dual team tournament and wrestles two matches, that team may not wrestle in any more matches that week. **NOTE:** These match results will not count towards regional seeding records.
- (h) Inclement Weather and Postponements: Any postponed event may be rescheduled during any week of regular season competition provided that the given week does not exceed any of the 6 combina-