

- 4.1.20 **Health and Safety Guidelines** - Follow all applicable Health and Safety Guidelines (See 2.3), which includes:
- (a) Heat Illness Prevention and Management (See 2.3.2)
  - (b) Heat Acclimatization (See 2.3.3)
  - (c) Prevention of Heat Illness (See 2.3.4)
    - (1) WBGT and Heat Index Charts on page 39
  - (d) Recognition of Heat Illness (See 2.3.5)
  - (e) Management of Heat Illness (See 2.3.6)
  - (f) Gfeller-Waller Concussion Awareness Act (See 2.3.7)
    - (1) Education, Plan, and Emergency Action Plan [See 2.3.7(c)]
  - (g) Cardiac Safety Program (See 2.3.9)
  - (h) NFHS Guidelines for Handling Practices and Contests During Lightning or Thunder Disturbances (See 2.3.10)
  - (i) Tobacco Products, Alcoholic Beverages and Controlled Substances (See 2.3.11)
  - (j) Performance Enhancing Substances (See 2.3.12)
  - (k) Infectious Disease Policy (See 2.3.13)
  - (l) Catastrophic Insurance (See 2.3.14)
  - (m) Student Accident Insurance and Athletic Coverage (See 2.3.15)
  - (n) Hazing (See 2.3.16)
- 4.1.21 **Body Paint** - Face/body paint is prohibited during regular season or playoffs. This includes spectators and participants.
- 4.1.22 **Noisemakers** - Any noise-making objects are prohibited at indoor contests (cheerleaders may use non-electronic hand megaphones).
- 4.1.23 **Clinic Dates** - For 2022-2023 NCHSAA Rules Clinic information, see NCHSAA website.

## 4.2 **BASEBALL**

### 4.2.1 **General**

- (a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (See 4.1).
- (b) Date of First Practice - February 13
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Game - February 27
- (e) Health and Safety Guidelines - Reference General Requirements for Interscholastic Athletic Activities for a listing of guidelines (See 4.1.20) and Health and Safety Guidelines (See 2.3) for all information.
- (f) Number of Regular Season Contests - Total 22 games (including any games played in invitational tournaments).
  - (1) No more than four per week, provided fourth single game is on a non-school day for both.
  - (2) Four games in three days is still permissible without using a non-school day (e.g. doubleheader on a school day).
  - (3) Teams may participate in one tournament with up to three games, counting that tournament as a single contest relative to the season limitation of 22 games. Any games above and beyond the allowable three games in a single tournament must be counted toward the season limitation.
  - (4) It is permissible for a student-athlete to participate in a junior varsity and varsity game in the same day; however, any student-athlete is still subject to the weekly and seasonal limitations (four games a week, not to exceed three days, total of 22).
  - (5) Team and individuals are limited to two games a day.
  - (6) Junior varsity conference tournament games must count toward the 22-game limit.
  - (7) Varsity conference tournament games are considered part of the state playoffs.
- (g) Starting Time - During the regular season, a time no earlier than 5:00 p.m. is recommended unless facilities dictate otherwise, e.g. no lights.
- (h) Tournaments - Tournaments are governed by daily, weekly and seasonal limitations.
- (i) Equipment
  - (1) Balls must have the authenticating NFHS ball mark and the NOCSAE standard mark at the time of manufacture. NOTE: Use of NCHSAA adopted balls is strongly recommended for regular season play. In first round of playoff events through state finals, the adopted balls will be required to ensure consistency and fair play.
  - (2) The minus-three bat is the only allowable bat.
    - (i) The barrel of the minus-three bat is to be 2 5/8 inches.
    - (ii) All bats not made of a single piece of wood shall meet the Batted Ball Coefficient of Restitution (BBCOR) performance standard, and such bats shall be labeled with a



runs to tie the score or take the lead, and the home team has not tied the score or retaken the lead.

**Ex. -** The sixth inning begins with score H-6, V-5. Visitors score two runs in their half of the inning. Game is called because of rain with (a) two outs in the bottom of the sixth and the score H-6, V-7; or (b) following the completion of the home team's turn at bat with the score H-6, V-7. In (a) the game is suspended and resumed on the next possible date at the point of interruption. In (b) the game is official, with the final score H-6, V-7.

- (5) A suspended game does not count against the weekly limitations in the week in which it is completed.
- (n) Rained-Out Games - If any rained-out baseball game which would affect the winning of a conference title is to be played, it shall be rescheduled on the same field (exception: suspended games do not have to be rescheduled on the same field, unless changed by mutual agreement of the two schools).
- (o) Postponed Games - Postponed games must be made up in order of postponement on the next possible date (excluding Sunday).
  - (1) In the regular season, Saturday will not be used as a make-up day unless mutually agreed upon by both teams.
  - (2) In the playoffs, Saturdays must be used. If one team will not play, the game is forfeited to the opponent.
- (p) Protest - Each conference is to establish a baseball protest committee. The committee's decision on any properly protested conference baseball game will be final.
- (q) Schedules - Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by January 15.
- (r) Uniformed Police Officer - See 2.5.3(a).
- (s) Filming, Videotaping or Video Streaming - See 2.1.17.

#### 4.2.2 Playoffs

- (a) Representatives and Ties in Standings - See 4.1.11.
- (b) Qualifiers - See 4.1.17 (Playoff Berths/Qualification) for selection criteria.
- (c) 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 and winning percentage for all conference schools. This must be submitted prior to 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 penalty to the conference.
  - (4) Check NCHSAA website for additional information.
- (d) Seeding - See 4.1.18
- (e) Playoff Brackets - Will be posted on the NCHSAA Website once seeding is complete.
- (f) Schedule

Reporting Deadline:	May 6, (11:59 p.m.)	Third Round	May 16
Seeding	May 8	Fourth Round	May 19
First Round	May 9	Regional	May 23 - 27
Second Round	May 12	State	June 2 - 3

  - (1) All games are single elimination, with the exception of the regional and state championship series, which are the best two out of three games.
  - (2) Competing teams should contact each other to work out details for their contest.
  - (3) Deadlines are set for completion of each round, but competing schools may play on an earlier date by mutual consent.
- (g) Game Ball - The Wilson A1010 BPRO-NCHS (WTA1010BHS1SST or WTA1010BPRONCHS or WTA1010BPROSST) with Association logo and NFHS-authenticating ball mark is the official baseball for the state championship series.
- (h) Officials
  - (1) For the first two rounds of state playoffs, umpires are to be assigned by the local officials association of the higher seeded team.
  - (2) After the first two rounds, umpires must come from a neutral association or from association mutually agreed upon
  - (3) Four (4) umpires will be used in all Regional Series games.
  - (4) Assignments for regional and state championship games will be made by the NCHSAA office.

- (i) Game Times - On fields with lights, game time will be 7:00 p.m., unless mutually agreed upon to play at 6:00 p.m.
  - (1) Any other exceptions, such as field with no lights, must be approved by the NCHSAA.
  - (2) Where the distance is more than 100 miles for the visiting team, game time will be 6:00 p.m.
  - (3) 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.
    - (ii) Between 1:00 p.m. and 6:00 p.m. if the visiting team is over 100 miles one-way.
- (j) Admission - See Ticket Pricing Chart (page 115)
- (k) Protest Committee - The competing teams are required to coordinate a protest committee that includes a minimum of three school administrators prior to playing. The committee will act on any protest at the time it may occur and its decision is final.  
**Note** - Parents are not allowed to serve on this committee.
- (l) Postponed Games - Must be rescheduled on the next day (except on Sunday). Both schools and the NCHSAA must be involved in the decision to postpone any playoff contest.
- (m) Team Expenses and Financial Arrangements - The NCHSAA receives 0% of the net gate from the first round; 15% of the net gate from second and third round; 20% from fourth round games; and 25% of the net gate from each game in the regional playoff series. In all rounds prior to the state championship, participating schools will divide the remainder equally after applying the following expense formula:
  - (1) Where the distance between the competing schools is 100 miles or less, the visiting school will pay its own transportation and meals and the host school will provide the playing facility, ticket takers, security and balls at no charge. The umpires are to be paid from gate receipts.
  - (2) Where the distance is more than 100 miles, the same plan should be followed except that the umpires are paid by the host school, rather than from gate receipts.
  - (3) All concession rights belong to the host school.
  - (4) Participating schools are responsible for dividing any deficit or net.
  - (5) The principal of the host school, or appointed game manager, must forward the financial report and ticket accountability form to the NCHSAA within 10 days after the contest.
- (n) Ticket Accountability and Financial Forms - All forms can be found on the designated reporting platform.
- (o) Regional Awards - Team plaques will be presented to the regional champion and regional runner-up.

#### 4.2.3 **State Championship Series**

- (a) Dates - June 2 - 3, 2023.
- (b) Required Information - Teams qualifying for the state championships must submit their roster and team information (see website) no later than Monday at noon prior to the state championship series.
- (c) Series - The state finals shall be a best two out of three game series. Game times and sites will be established by the NCHSAA. The higher seeded team will be designated as the home team for games 1 and 3. If equal seeds meet, the NCHSAA will draw to determine the home team.
- (d) Admission - See Ticket Pricing Chart (page 115). May be amended due to weather. Each team will receive 8 complimentary tickets/ passes (5 VIP and 3 School Administrator).
- (e) Protest Committee - See 4.2.2(k).
- (f) Officials - Will be assigned by the Supervisor of Officials.
- (g) Radio and TV Fee - See 2.2.18.
- (h) Gate Receipts - The net balance will be divided as follows: 20% to each of the competing teams and 60% to the NCHSAA.
- (i) Team Expenses - Travel and expenses for 18 players plus a coach and manager, shall be allowed at the rate designated by the NCHSAA [See 4.3.3(c)].
- (j) Awards - Plaques will be presented to the championship and runner-up team in all classes. Members of the championship and runner-up teams will receive individual awards (a total of 25).

### 4.3 **BASKETBALL**

#### 4.3.1 **General**

- (a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (See 4.1).
- (b) Date of First Practice - October 31 (October 24 for non-football playing schools).
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Game - November 18 (November 7 for non-football playing schools).
- (e) Number of Regular Season Contests - No more than three per week. During any two weeks of the