

- (4) Rate of expense reimbursement: see 4.5.6.a.
 - (5) Admission to games—\$10.00 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 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—\$15.00 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)

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: August 2 (women); February 14 (men).
- (c) Preseason Scrimmages: Reference 4.1.5
- (d) Date of First Match: August 16 (women); February 28 (men).
- (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.
 - (3) Any violation of the coaching rule can result in a two-stroke penalty and may cause the coach to lose his privilege to communicate with players the remainder of the event during the round/rounds.
 - (4) Prior to any stroke, the coach must step back from the player.
 - (5) Coaches may not be on the tee box or enter onto the green(s) at any time.
 - (6) Use of radios, walkie-talkies, cell phones and other electronic devices by players or coaches is not allowed. All cell phones must be turned to silent. Violation results in disqualification. A cell phone with a range finder application is illegal.
 - (7) Use of USGA approved range finders is permitted at any time (except for cell phone applications).
 - (i) Yardage measuring devices and information may be shared among players.
 - (ii) A player may obtain distance information by using a device that measures distance only.
 - (iii) If, during a round, a player uses a distance-measuring device that is designed to gauge or measure other conditions that might affect play (e.g. Slope/gradient, wind speed,

temperature, etc.), the player is in breach of USGA Rule 14-3, for which the penalty is disqualification, regardless of whether any such additional function is actually used.

- (8) Others will not be allowed to give advice and must limit conversations to words of encouragement only. Any other types of conversations could be considered advice, which would result in a two-stroke penalty.
- (i) Pull Carts: Non-motorized pull carts are allowed at any time; however, courses may prohibit use of pull carts.
- (j) Players may not ride on any form of transportation during a stipulated round unless authorized by the NCHSAA.
- (k) Conditions of Competition: Please refer to the NCHSAA website for specific conditions of competition for playoffs.
- (l) Supervision: All individuals participating in playoff competition must be supervised. If not, they will be eliminated from competition.
 - (1) 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 in hand at the tournament.
- (m) Filming, Videotaping or Video Streaming: Reference 4.1.25.
- (n) Double-Par Rule: No player shall score more than double par on any hole (6 on a par 3, 8 on a par 4 and 10 on a par 5) during the regular season. Once a player has reached this threshold, the player shall pick their golf ball up, record a double-par on the scorecard and let the group complete the hole and move onto the next hole.

4.6.2 **Regional Playoffs:**

- (a) Dates and Sites: Women's regional tournaments will be October 18 or 19. Men's regional tournaments will be May 2 or 3.
- (b) Regional Assignments: Regional assignments, along with the most current information about regional sites, dates and times, are posted on the NCHSAA website.
- (c) Playoff Entries: Schools qualifying for the regionals will be permitted to enter five players, and entries are to be submitted by 9:00 p.m. October 13 (women) and by 9:00 p.m. April 27 (men).
 - (1) Late entries may be submitted to the NCHSAA and must be in by 9:00 a.m. the Friday 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) Once entries have been submitted to the regional director, coaches can substitute any or all team members up to the start of the tournament. Individuals cannot be substituted.
- (d) Women's Regional Qualifying Standard:
 - (1) Teams
 - (a) Conference champions will receive an automatic berth.
 - (i) Top 3 players on the team.
 - (ii) Players 4 and 5 may qualify through the Individual Qualifying Standard.
 - (2) Individuals
 - (a) 1A/2A and 3A - Golfers must average a 55.0 or better for 9 holes during regular season high school matches.
 - (b) 4A - Golfers must average a 50.0 or better for 9 holes during regular season high school matches.
 - (c) The average score will be calculated using the best five (5) 9-hole scores from throughout the season. Double-par rule will apply.
 - (i) Example 1: Golfer plays three 9-hole matches and an 18-hole conference match for the year. The total number of 9-hole matches is five (5). Golfer must count all five 9-hole scores when determining her average.
 - (ii) Example 2: Golfer plays six 9-hole matches and an 18-hole conference match for the year. The total number of 9-hole matches played is eight. Golfer may drop the three highest 9-hole score; therefore, the average will come from the best five 9-hole scores.
 - (iii) Example 3: Golfer plays in four 9-hole matches. Golfer is not eligible for regional competition due to failure to meet the qualifying standard of a minimum of five 9-hole matches.
- (e) Verification Process for Reporting Women's Scores: Please refer to the NCHSAA website for the template and instructions for reporting.
- (f) Men's Regional Qualifiers: Team qualifiers will be based on conference determination.
 - (1) Teams
 - (a) The number of qualifiers from a conference is based on half the number of teams (schools with at least four (4) players on the eligibility summary form) participating

in golf in that conference (without rounding up; e.g., 7-school conference is allowed three (3) teams). This number is listed under the regional assignments (Refer to NCHSAA website).

- (b) One team from the independent members will qualify and be assigned to the regional closest to their location.
- (2) Individuals
 - (a) Men's individual regional qualifiers are the top four individuals from a conference, not on one of the qualifying teams (must compete only as individuals).
 - (b) One medalist (not on the qualifying team) from the independent members will qualify and be assigned to the regional closest to their location.
- (g) Playing Rules:
 - (1) Eighteen (18) holes stroke play
 - (2) Women on men's teams must play from men's tees.
 - (3) USGA rules shall prevail, except where modified by local course rules and approved by the games committee (check with the local pro for any unusual ground rules).
 - (4) A games committee must be established and decisions of the committee are final. There should be a minimum of three people knowledgeable about golf rules on the committee, preferably including the local course pro.
 - (5) All spectators must stay on the cart paths.
 - (6) Caddies are prohibited in the state playoffs, with the exception of those necessitated for physical handicap reasons (this does not include injuries).
- (h) Team Scores:
 - (1) The four lowest men's individual scores from a five-player team will be totaled to determine the men's team score.
 - (2) The three lowest women's individual scores from a five-player team will be totaled to determine the women's team score.
- (i) Awards: Regional champion and runner-up plaque and awards for the individual medalist and runner-up will be given. Ties will be broken according to the tie-breaking procedure in the conditions of competition.
- (j) Expenses: Each team will bear its own travel expenses to the regional.
- (k) Regional Site Determination: At the regional, a meeting of coaches must be held to select a site and a director for the upcoming season.
 - (1) This is a mandatory meeting that will be conducted by the current regional director.
 - (2) 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.
- (l) Women's State Championship Qualifiers: 26 golfers per regional will advance to the state championship:
 - (1) Top 3 teams automatically qualify with the best 3 scores.
 - (2) Top 17 individuals not on a qualifying team.
 - (3) If a school does not finish in the top 3, but qualifies at least 3 individuals, that school will also advance to the state championship as a team.
 - (4) A top 3 team could still qualify players #4 and #5, if among the top 17 individuals qualifying.
- (m) Men's State Championship Qualifiers: 21 golfers per regional will advance to the state championship.
 - (1) Top 3 teams of 4 players automatically qualify with the best 4 scores.
 - (2) Top 9 individuals not on a qualifying team.
 - (3) If a school does not finish in the top 3, but qualifies at least 4 individuals, that school will also advance as a team to the state championship.
 - (4) A top 3 team could still qualify player #5, if among the top 9 individuals qualifying.

4.6.3 State Championship:

- (a) Dates and Sites: The women's state tournaments will be held in all classes on October 25-26. The men's state tournament will be May 9-10. Sites TBA on NCHSAA website.
- (b) Pairings and Starting Times: The pairings will be made in the NCHSAA office. Tee times will not be available until Wednesday after 3pm prior to the tournament.
- (c) Conditions of Competition: Please refer to the NCHSAA website for specific conditions of competition for state championship play.
- (d) Format: Thirty-six (36) holes, stroke play.
- (e) Team Scores:
 - (1) The four lowest men's individual scores from a five-player team shall be totaled to determine the team score.
 - (2) The three lowest women's individual scores from a five player team will be totaled to determine the women's team score.

- (3) Team members may be substituted for, but not after the round has begun.
- (f) Awards: The winning and runner-up teams and individuals will be given plaques. Individual awards will be given to members of the winning and runner-up teams (6 women's and 6 men's medals) as well as the third-place and fourth-place individuals.
- (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.

4.7 **LACROSSE**

4.7.1 **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: February 14
- (c) Preseason Scrimmages: Reference 4.1.5
- (d) Date of First Game: February 28
- (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: No more than three per week may be scheduled.
 - (1) Teams are limited to 20 games.
 - (2) An individual is limited to no more than one game per 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 20 games. Any games above and beyond the allowable three games in a single tournament must be counted toward the season limitation.
 - (4) Junior varsity conference tournament games count toward the 16-game limit.
 - (5) Varsity conference tournament games are considered part of the state playoffs.
- (g) Starting Time: A time no earlier than 5:00 pm is recommended, unless facilities dictate otherwise, e.g. no lights.
- (h) Tournaments: Tournaments are governed by daily, weekly and seasonal limitations.
- (i) Game Format:

Men	Four 12-minute quarters
Women	Two 25-minute halves
JV Men	Four 10-minute quarters with no overtime
JV Women	Two 20-minute halves with no overtime
- (j) Uniformed Police Officer: Reference 2.5.3.a.
- (k) Schedules: Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by January 15.
- (l) Uniform Changing: Not allowed in area of competition. Must use locker room facilities; disqualification may occur.
- (m) Suspended Game: If a game is suspended due to bad weather, light failure, etc:
 - (1) If suspended in first half, even if one team is ahead, game is picked up from the point of interruption unless coaches agree to end it.
 - (2) If suspended at half time or beyond, the game is over.
 - (i) If the score is tied when the game is suspended, then the game ends in a tie.
 - (ii) If one team is ahead when the game is suspended, then that team is the winner.
- (n) Filming, Videotaping or Video Streaming: Reference 4.1.25.

4.7.2 **Playoffs:**

- (a) Conferences: Any school not currently fielding a team but wishing to participate should contact the NCHSAA office no later than September 10. Schools should also notify the NCHSAA if they plan to drop programs by this date. The 2022 Lacrosse conferences can be found on the NCHSAA website after October 1.
- (b) 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 4.1.12.)
- (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 the appropriate deadlines.
 - (2) Upon conclusion of the conference tournament, the conference president will immediately