

- (9) Diving: 11 dives, five required and six optionals (one in each category). No degree of difficulty is required.
 - (i) Two copies of the competitive dive sheets must be brought to the meet. The dive sheet can be found online at: www.diverline.com/EZMEET/Dive-VerifierProgram.html.
 - (ii) Divers must turn sheets in 30 minutes prior to warm-ups. Accuracy is responsibility of coach.
 - (iii) When diver is on the board, a coach may not coach them.
 - (iv) Any teams with divers participating should be prepared to provide table workers and judges at the meet. (Parents should not judge own child's competition).
 - (v) Two failed dives disqualifies the individual from competition.
 - (vi) A diver is disqualified if he does not make a legitimate attempt on each dive.
 - (vii) Format for all regionals will be posted on the NCHSAA website.

4.10.3 State Championship:

- (a) Order of Events: In state competition there will be preliminary and final competition for all events except for the 500 yd freestyle which will be competed as a timed final event. The two fastest heats of the 500 yd freestyle (each gender) will be swum with the evening finals.
- (b) Scoring: 16 places will be scored. No scoring in championship if swimmer does not swim qualifying times.
- (c) Relay Team Entries:
 - (1) Cards will be in packet upon arrival.
 - (2) Turn in cards at coaches meeting; any changes need to be given to the admin before the completion of the relay.
 - (3) Pick-up relay cards after the break and return to the admin with or without any changes (can still make changes before completion of the relay).

Example

School: EXCELSIOR HIGH SCHOOL

1. Susie Chen 2. Nancy Carter 3. Joyce Hidalgo 4. Jamalia Baker Event: 400 Freestyle Relay

- (d) Admission: \$7.00 per session or \$10.00 for an all-day pass. Team members will be admitted upon identification by coach.
 - (1) A special \$5.00 admission is available for non-qualifiers when accompanied by a coach. Non-qualifiers are not allowed on deck.
 - (2) Parents not previously certified by the school administration, and properly submitted to the NCHSAA, as coaches will not be permitted on deck.
 - (3) If schools have assigned more than two coaches, a letter from the principal on official school letterhead must identify any additional coaches.
- (e) Awards: The winning and runner-up team will receive plaques.
 - (1) Individual awards will be presented to the top four individuals in each event and to members of the winning and runner-up teams (total of 20 individual medals).
 - (2) Awards will be presented after the 50 freestyle, the 200 freestyle relay and at the end of the meet.
 - (3) Coaches should have their swimmers prepared to receive their awards.
 - (4) Men's diving awards will be presented during the first awards presentation and women's during the second awards presentation.
- (f) 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.
- (g) State Diving Schedule: See NCHSAA website.
- (h) State Swimming Schedule:

| | | |
|-------|-------------------|-----------|
| 4A | February 10, 2022 | Site: TBD |
| 3A | February 11, 2022 | Site: TBD |
| 1A/2A | February 12, 2022 | Site: TBD |

4.11 TENNIS

4.11.1 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) and February 14 (Men).
- (c) Preseason Scrimmages: Reference 4.1.5
- (d) Date of First Match: August 16 (Women) and February 28 (Men).
- (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 four per week if one is on a non-school day. Four matches in three days are still permissible without using a non-school day (e.g. double-header on a

school day). A two-day individual tournament represents two matches. No more than two dual-team matches are allowed daily (weekly limit still applies). No season limit.

- (g) Sportsmanship: Ethical conduct of players and coaches shall be observed at all times. Player's behavior should be monitored throughout the season.
 - (1) Unsportsmanlike conduct, etc. by players will not be tolerated.
 - (2) If unsportsmanlike conduct occurs, the two competing coaches will deal with the offending player in accordance with USTA regulations.
 - (3) For unsportsmanlike conduct/misconduct other than those meeting ejection criteria, first offense is point penalty; second offense is loss of game; third offense is default.
 - (4) Disqualification can occur at any time.
 - (5) The Code of Conduct penalties are cumulative through the entire event and follow a player or doubles team for the duration of the match or state tournament. Doubles teams accrue points, not individuals.
- (h) Filming, Videotaping or Video Streaming: Reference 4.1.25.
- (i) Equipment: NCHSAA approved balls are recommended for all playoff events beginning with the 2020-2021 season. The NCHSAA strongly recommends their adoption for regular season play.

4.11.2 Regular Season Rules and Regulations for Dual Team:

- (a) Scoring: 1 point is scored for an individual or doubles team win. The first team to win five points wins the match.
 - (1) Singles matches are played first, followed by doubles.
 - (2) Doubles matches start 15 minutes following the conclusion of singles, if any doubles players competed in singles.
- (b) Team Composition: 6 singles competing in flights 1,2,3,4,5 and 6; and 3 doubles teams competing in flights 1 – 3.
 - (1) An individual may compete in both singles and doubles.
 - (2) Any school competing in the NCHSAA dual team tennis playoffs must have participated in an actual regular season schedule for the current year.
- (c) Format:
 - (1) Singles: Two out of three sets in singles. If players split sets in singles, a 10-point tiebreaker (first to 10, win by two) will be played to decide the outcome of that match. A three-minute break is allowed before the tiebreaker, and player(s) may NOT leave the court during this time to confer with their coach.
 - (2) Doubles: Doubles matches are played after singles competition and a 15-minute break (see info under scoring 4.11.2 (a)) and the format is an 8-game pro set. In a tie at the end of the doubles pro set, the set tiebreaker (first to seven and win by two) will be played.
 - (3) If mutually agreed, the match may conclude as soon as one team wins by five points.
- (d) Coaching Regulation: Coaching is allowed only after every odd-game (exception: not after game one) and only by the designated high school coaches (limit 2).
 - (1) The coaches may not enter the court. All coaching must be done from outside the fence. Only the designated high school coaches are permitted to coach.
 - (2) The 90-second period for coaching begins immediately following their last point, not when conversation begins.
 - (3) Coaching is permitted to be continuous throughout the match as long as it does not interfere with play and only during the 90 second changeovers. The purpose of such coaching is solely to offer advice to the player and not in any way to distract or annoy the opponent.
 - (4) All coaches must be compliant with Handbook Rule 2.1.7 to coach during a match.
- (e) Line-ups: Coaches shall exchange both singles and doubles line-ups simultaneously, no later than 15 minutes prior to the match using the **MANDATORY official regular season dual team line-up sheet**.
 - (1) Players shall be ranked in order of ability, the best player on the team playing at the #1 position, the second best at #2 and so on through all positions. This rule shall also apply to doubles play, with the strongest combination listed at #1 and so on.
 - (i) If a player is not available in singles, or a team is not available in doubles, all players/teams must move up in the lineup.
 - (ii) A team appearing with an insufficient number of players shall default matches at the bottom of the line-up (i.e. the six player team appearing with five players must default at the #6 singles position, and in doubles, at the #3 position).
 - (iii) Stacking the line-up is not allowed, is considered cheating, and may be punishable with forfeitures and/or monetary penalties.
 - (iv) Players are only allowed to move one spot up or down in the singles line-up from their position in the previous match. Players may move up more than one position if players are unavailable.

- (v) The positions paired at the number-one doubles positions (e.g., #1 and #3 = 4) must add up to an equal or lower number than those paired at the number two doubles (e.g., #2 and #4 = 6).
- (vi) The number two doubles pairing must add up to an equal or lower number than those paired at #3 doubles (e.g., #5 and #6 = 11).
- (vii) A number one singles player may NOT play at number three doubles.
- (viii) Any player NOT in the top 6 will be considered a #7 player for the purpose of placement in doubles.
- (2) Any change in the singles line-up must be in accordance with the regulations.
- (3) A coach is permitted to substitute for a doubles team player provided it is a lower ranked player not already in the doubles line-up. The doubles team with a substituted player is NOT subject to the doubles pairing regulation only if the substitution was due to a legitimate injury/illness.
- (f) MaxPreps Data Entry: All rosters, individual results and team results must be entered on the school's MaxPreps team page within 72 hours of completion of a match.

4.11.3 Playoffs (Dual Team):

- (a) Dates and Sites: All rounds of play through the regionals will be played at the home site of the designated representatives. The dual team state final match in all four classifications for women and men will be held at the Burlington Tennis Center.
 - (1) The dual team playoff dates are as follows:

| | Women's | Men's |
|------------------------|------------------------|----------------------|
| Deadline for Reporting | October 17, 11:59 p.m. | April 24, 11:59 p.m. |
| First Round | October 20 | April 27 |
| Second Round | October 26 | May 3 |
| Third Round | November 1 | May 9 |
| Regional Round | November 3 | May 11 |
| State Championship | November 6 | May 14 |
 - (2) Facilities and Equipment: The host school is responsible for providing the playing facilities (hard courts unless moved inside for rain or mutual agreement to play on soft courts). Matches must begin no earlier than 4:00 pm without permission of the NCHSAA. You must set up matches to be played on courts, which have lights or lighted courts must be available for use.
- (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 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 \$400 fine to the conference.
 - (4) Check NCHSAA website for additional information.
- (c) Qualifiers: Brackets will be seeded with 32 qualifiers in each classification.
- (d) Playoff Brackets: Will be posted on the NCHSAA Website once bracketing is complete.
- (e) Official Line-ups: All schools must submit dual team lineup sheets three weeks prior to the reporting deadline (Women - September 22; Men - April 4). Any appeals to those lineups must be submitted within five (5) business days to the NCHSAA. All appeals will be heard by an appeals committee composed of high school coaches from all classifications selected by the NCHSAA and NCTCA. No further lineup changes will be allowed after this point. Schools must also update the final records of their players prior to the reporting deadline (Women - October 18; Men - April 25). Failure to submit lineups by the established deadline(s) will result in a monetary penalty to the member school.
 - (1) Players must have played 50% of the total team matches in order to be eligible for the playoffs unless there is an approved issue (injury or illness). Proof must be provided on the line-up sheet for any such injury or illness.
 - (2) Coaches shall exchange both singles and doubles line-ups simultaneously, no later than 15 minutes prior to the match using the official post-season dual team line-up sheet.
 - (3) Players shall be ranked in order of ability, the best player on the team playing at the #1 position, the second best at #2 and so on through all positions. This rule shall also apply to doubles play, with the strongest combination listed at #1 and so on.
 - (4) If a player is not available in singles, or a team is not available in doubles, all players/teams must move up in the lineup.

- (5) A team appearing with an insufficient number of players shall default matches at the bottom of the line-up (i.e. the six player team appearing with five players must default at the #6 singles position, and in doubles, at the #3 position).
- (6) Attempts of non-approved changes to the official line-up or stacking of the line-up is not allowed, is considered cheating, and may be punishable with forfeitures and/or monetary penalties.
- (7) The positions paired at the number-one doubles (e.g., #1 and #3 =4) must add up to an equal or lower number than those paired at the number two doubles (e.g., #2 and #4 = 6). The number-two doubles pairing must add up to an equal or lower number than those paired at number-three doubles (e.g., #5 and #6 = 11).
- (8) A number-one singles player may NOT play at number three doubles.
- (9) Any player NOT in the top 6 will be considered a #7 player for the purpose of placement in doubles.
- (10) A coach is permitted to substitute for a player in the doubles as long as it is a lower ranked player not already in the doubles line-up. Any doubles team with a player substituted without a legitimate injury or illness is still bound by the doubles pairing regulation.
- (11) A doubles team with a substituted player is NOT subject to the doubles pairing regulation only if the substitution was due to a legitimate injury/illness.
- (12) Full rosters, individual results, and team results are required to be entered into MaxPreps.**

(f) Format:

- (1) Singles: Two out of three sets in singles. If players split sets in singles, a 10-point tiebreaker (first to 10, win by two) will be played to decide the outcome of that match. A three-minute break is allowed before the tiebreaker, and player(s) may NOT leave the court during this time to confer with their coach.
- (2) Doubles: Doubles matches are played after singles competition and a 15-minute break (see info under scoring 4.11.2.a) and the format is an 8-game pro set. In a tie at the end of the doubles pro set, the set tiebreaker (first to seven and win by two) will be played.
- (3) If mutually agreed, the match may conclude as soon as one team wins by five points.

(g) Injury Time Outs: One injury time-out is permitted per match for each different injury, three minutes during match play (four minutes on a changeover).

- (1) Medical condition includes but is not limited to an injury, illness and heat-related condition or cramping.
- (2) Play shall never be suspended, delayed or interfered with for the purpose of enabling a player to recover his or her strength, breath or physical condition.
- (3) A blister is considered loss of condition, but a blood blister qualifies as an injury time-out. This is the USTA rule.

(h) Coaching: Coaching is allowed only after every odd-game (exception: not after game one) and only by the designated high school coaches (limit 2).

- (1) The coaches may not enter the court. All coaching must be done from outside the fence. Only the designated high school coaches are permitted to coach.
- (2) The 90-second period for coaching begins immediately following their last point, not when conversation begins.
- (3) Coaching is permitted to be continuous throughout the match as long as it does not interfere with play and only during the 90 second changeovers. The purpose of such coaching is solely to offer advice to the player and not in any way to distract or annoy the opponent.
- (4) All coaches must be compliant with Handbook Rule 2.1.7 to coach during a match.

(i) Sportsmanship: Reference 4.11.1.g.

(j) Expenses: Schools bear their own expenses.

(l) Awards: At the regionals, team plaques will be presented to the champion and runner-up.

4.11.4 **Playoffs (Regionals-Individual Competition):**

- (a) Dates: Regional tournaments will be held October 22-23 (women) and April 29 - 30 (men). Play on Fridays in regionals begins at 1:00 pm (coaches' meeting 12:00 noon).
- (b) 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, who will then notify the NCHSAA office within 10 days after the completion of the tournament.
- (c) Assignments (Men's & Women's): Regional assignments, along with the most current information about regional sites, dates and times, are posted on the NCHSAA website.
- (d) Number of Entries: Each conference will be allowed an assigned number of singles and doubles participants. This number is determined on a percentage basis. Each conference will determine who its qualifiers are to the individual regional tournament. Refer to NCHSAA website for regional information and number of qualifiers. Conference qualifiers are expected to compete throughout individual tournament.

- (e) Playoff Entries: The deadlines for playoff entries are October 18 (3:00 pm) for women and April 25 (3:00 pm) for men.
 - (1) Regional entries can be found on the NCHSAA website. Any school planning to participate in tennis but not listed in the regional assignments, should notify the NCHSAA.
 - (2) A student-athlete may qualify for either singles or doubles, but may not participate in both.
- (f) Seeding and Pairings: Will be done under the direction of the tournament director, as determined by the regional seeding instructions posted on the NCHSAA tennis webpage.
 - (1) All coaches should attend the seeding meetings at the respective regionals.
 - (i) Criterion 1: Head to head competition during the season; and,
 - (ii) Criterion 2: Records (not state USTA rankings) will be used for seeding players.
- (g) Format: Two out of three sets in singles and doubles, with 10-minute break after split sets. The set tiebreaker will be used (1st to seven points, win by two) when score is 6-6 in set. Two minute break after first set.
- (h) Tennis Balls: Each player and doubles team will supply their own tennis balls. The winner will keep the unopened can.
- (i) Awards: Will be given to the singles and doubles winners and runners-up.
- (j) Expenses: Schools will bear their own expenses to regional tournaments.
- (k) Qualifiers to Individual State Championships: The semi-finalists in both singles and doubles will qualify from the regionals to the state events.
 - (1) These players must participate in the semifinals and finals to advance (No Exceptions).
 - (2) Directors are asked to e-mail results to the state directors immediately after the completion of the regional tournament.
 - (3) Qualifiers to state championships are expected to compete.

4.11.5 **Playoffs (State Championships-Individual Competition):**

- (a) Dates and Sites: October 22-23, 2021 (women) and April 29-30, 2022 (men). The sites will be posted on the NCHSAA website.
- (b) Seeding and Pairings: In all classifications, matches will begin at 9:00am on Friday. Two rounds will be played on Friday and two rounds on Saturday (1A only one round on Saturday). A predetermined draw will be used (see NCHSAA website for pairings). A mandatory coaches' meeting will be held at 8:30 am.
- (c) Format: Two out of three sets in both singles and doubles, with 10-minute break after split sets. If tied 6-6 in a set, the set tie-breaker is used (1st to seven, win by two). Two-minute break after first set.
- (d) Awards: Plaques will be presented to the winners and runners-up in singles and doubles.
- (e) Expenses: Teams will be paid a rate of five cents per mile for each qualifier, including coach, up to a maximum of 35 cents.
- (f) Balls: The Wilson T1001 is the official ball of the state championship. NCHSAA will provide balls.

4.11.6 **Playoffs (State Championships-Dual Team):**

- (a) The dual team state final match in all four classifications for women and men will be held at the Burlington Tennis Center.
- (b) Coaches Meeting: 9:00 am (1A, 3A); 12:00 pm (2A, 4A).
- (c) Match Times: 9:30 am (1A, 3A); 12:30 pm (2A, 4A).
- (d) Balls: The Wilson T1071 is the official ball for state championships and will be furnished for the finals only.
 - (1) Each team is responsible for furnishing balls during preliminary rounds. The winners will keep the unopened cans; the loser keeps the used balls.
- (e) Suspended Match: Shall resume at the point of interruption. If the delay was 30 minutes or more, a warm-up period not to exceed 10 minutes is allowed.
- (f) Admission: \$5.00 at the gate.
- (g) Gate Receipts: The NCHSAA will receive 25% of the gross gate for state championship round. The remaining net (after host expenses) will be divided among the participating schools.
- (h) Expenses: The NCHSAA will pay travel at the rate of \$0.05 per mile for each qualifier, including coach, up to a maximum of \$0.35 per mile. Otherwise, schools bear their own expenses.
- (i) Awards: At the state finals team plaques will be presented to the champion and runner-up and members of the championship and runner-up teams will receive individual medals (total of 13 medals).

4.12 **TRACK AND FIELD**

4.12.1 **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: Indoor Track November 1; Outdoor Track February 14.