

- (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 - Teams will either split a share of net ticket revenue (gross ticket revenue less event expenses) or travel will be reimbursed at the rate of five cents per mile for each qualifier, including coach, up to a maximum of 35 cents, whichever revenue share method is higher for member schools.
- (g) State Diving Schedule: See NCHSAA website.
- (h) State Swimming Schedule

1A/2A	February 9, 2023	Site: Triangle Aquatic Center, Cary
4A	February 10, 2023	Site: Triangle Aquatic Center, Cary
3A	February 11, 2023	Site: Triangle Aquatic Center, Cary

4.11 TENNIS

4.11.1 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 - August 1 (Women) and February 13 (Men).
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Match - August 15 (Women) and February 27 (Men).
- (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 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 if a double-header is included on one of the school days. 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 student-athletes and coaches shall be observed at all times. Student-athletes' behavior should be monitored throughout the season.
 - (1) Unsportsmanlike conduct, etc. by student-athletes will not be tolerated.
 - (2) If unsportsmanlike conduct occurs, the two competing coaches will deal with the offending student-athlete(s) 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 student-athlete or doubles team for the duration of the match or state tournament. Doubles teams accrue points, not individuals.
- (h) Filming, Videotaping or Video Streaming - See 2.2.17.

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, 2, and 3.
 - (1) A student-athlete 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 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 singles and line-ups, no later than 15 minutes prior to the match using the **MANDATORY official regular season dual team line-up sheet**. Doubles line-ups must be shared prior to the start of doubles.
- (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 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 16, 11:59 p.m.	April 30, 11:59 p.m.
Seeding	October 17	May 1
First Round	October 19	May 3
Second Round	October 25	May 9
Third Round	October 31	May 15
Regional Round	November 2	May 17
State Championship	November 5	May 20
 - (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 p.m. 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 penalty 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 26; Men - April 10). 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 student-athletes prior to the reporting deadline (Women - October 16; Men - April 30). Failure to submit lineups by the established deadline(s) will result in a penalty to the member school.
- (1) Student-athletes 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 singles and line-ups, no later than 15 minutes prior to the match using the **MANDATORY official post-season dual team line-up sheet**. Doubles line-ups must be shared prior to the start of doubles.
 - (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 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 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 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 student-athlete 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 student-athlete 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 - See 4.11.1(g)
- (j) Expenses - Schools bear their own expenses.
- (k) 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 21-22 (women) and May 5-6 (men). Play on Fridays in regionals begins at 1:00 p.m. (coaches meeting 12:00 p.m.).
- (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 and 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 17 (3:00 p.m.) for women and May 1 (3:00 p.m.) 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. All coaches should attend the seeding meetings at the respective regionals.
 - (1) Criterion 1 - Head to head competition during the season; and,
 - (2) 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 student-athletes 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 28-29, 2022 (women) and May 12-13, 2023 (men). The sites will be posted on the NCHSAA website.
- (b) Seeding and Pairings - In all classifications, matches will begin at 9:00 a.m. 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 a.m.

- (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 tiebreaker 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 either split a share of net ticket revenue (gross ticket revenue less event expenses) or travel will be reimbursed at the rate of five cents per mile for each qualifier, including coach, up to a maximum of 35 cents, whichever revenue share method is higher for member schools.
- (f) Balls - The Wilson T1001 is the official adopted ball of the tennis 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 a.m. (2A, 4A); 12:00 p.m. (1A, 3A).
- (c) Match Times - 9:30 a.m. (2A, 4A); 12:30 p.m. (1A, 3A).
- (d) Balls - The Wilson T1001 is the official ball for tennis 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) Awards - At the state finals, team plaques will be presented to the champion and runner-up. 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, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (See 4.1).
- (b) Date of First Practice - Indoor Track October 31; Outdoor Track February 13.
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Meet - Indoor Track November 14; Outdoor Track 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 the information.
- (f) Number of Regular Season Contests
 - (1) No more than three (3) meets may be scheduled per week for both indoor and outdoor.
 - (2) A student-athlete is limited to one meet per day, maximum of four events per meet. Any contestant who enters an event must participate.
 - (3) If a track team participates in separate events on the same day, each meet will count towards the daily and weekly limitations for the student-athlete and team.
- (g) Registering Meets and Meet Results - Regular season meets and results (indoors and outdoors) must be registered on nc.milesplit.com.
 - (1) Full meet results must be entered within 48 hours of the completion of the meet (both Indoor and Outdoor).
 - (2) Only complete Race Tab or Hy-Tek meet results will be accepted.
 - (3) All hand-held times must be rounded up to the nearest tenth of a second.
- (h) Conversion Note - Do not convert times before submitting regional and state meet entries, indoor or outdoor, on nc.milesplit.com.
- (i) Unattached and Unaffiliated Athletes - See 2.2.13.
- (j) Contestants - When running "unattached", athletes are not permitted to represent the school or wear school-issued uniforms. Those results may not be used for NCHSAA qualifying standards. See 1.2.14.
- (k) Filming, Videotaping or Video Streaming - See 2.2.17.
- (l) Officials - Track officials may register with the NCHSAA, as do officials in certain other sports. The NCHSAA encourages each school to have at least one certified track official. Certification can be obtained at the NCCA clinic in July. In order to host a regional, a school must have at least one NFHS/NCHSAA certified official on staff [See 3.4.1(a)(7)].

4.12.2 Regionals

- (a) Dates and Sites - There is no regional competition in indoor track. Regional competition for outdoor track will be held on May 12 or May 13.
- (b) Regional Site Determination - At the regional meet, a meeting of coaches must be held to select a site