

team will be allowed expenses for a coach, assistant coach, manager and 12 players.

- (1) Teams will be allowed \$5.00 for each person for breakfast, \$6.00 for lunch and \$8.00 for dinner. Hotel allowances and meal expenses will be authorized by the NCHSAA.
- (2) Teams within a radius of 150 miles will be allowed transportation to and from each game and a meal allowance.
- (3) Teams outside a radius of 150 miles, will pay their lodging bill and the NCHSAA will reimburse the school up to \$11.00 dollars per person for a maximum of 15 people. Each school will be responsible for any damage which might occur in rooms occupied by team members (allowance based on four per room).
- (4) Total expenses for the tournament are to be paid from gate receipts, and the net balance after expenses is to be divided with 60% to the NCHSAA and 40% to the competing teams.

(d) Practice: No team shall practice in the gymnasium where the game is played.

(e) Entertainment: Music, etc., shall be planned and approved by the tournament director, and must meet NFHS and NCHSAA rules.

(f) Admission: Ticket prices will be posted on the NCHSAA Website.

(g) Complimentary Tickets: A school will receive 10 complimentary tickets for the game it plays.

(h) Balls: Practice balls are furnished, and the Wilson Evo NXT Basketball (WTB0900 for men and WTB0901 for women) is the official ball for the championship.

(i) Awards: Team plaques will be presented to the champion and runner-up teams.

4.3.4 **State Championships:** An information session/press conference preceding the championships will be held on Tuesday, March 8, 2022.

(a) All regional champions who qualify for the state finals are asked to bring their superintendent, principal, athletic director, head basketball coach and members of the media who cover their team.

(b) Attendance at this information session/press conference is mandatory.

(c) Failure to comply will include a fine and forfeiture of complimentary tickets/VIP passes for the event, according to NCHSAA Board policy.

(d) The championships will be held on March 12, 2022. Classifications and sites TBD.

(e) Game times will be 12:00 noon, 2:30 pm, 5:00 pm and 7:30 pm.

(f) Complimentary Tickets: A school will receive 10 complimentary tickets at the information session/press conference.

(g) Officials: Will be assigned by the NCHSAA Supervisor of Officials.

(h) Uniform Colors: The Eastern champion will be the home team and will wear the white uniforms.

(i) Team Expenses: See regional section above (team expenses as determined by the NCHSAA 4.3.3 (c)). The net balance is to be divided, with 60 percent to the NCHSAA and 40 percent to be divided by the competing teams.

(j) Entertainment: Pep bands of participating schools are allowed with permission and under the guidelines of the NCHSAA.

(k) Admission: \$15.00 at the gate.

(l) Balls: Practice balls will be furnished and the Wilson Evo NXT Basketball (WTB0900 for men and WTB0901 for women) is the official ball for the state championship.

(m) Awards: Team plaques will be presented to the champion and runner-up teams, and individual awards will also be given to members of the champion and runner-up teams (up to 20 individual awards).

## 4.4 **CROSS COUNTRY**

### 4.4.1 **General:**

(a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).

(b) Date of First Practice: August 2

(c) Preseason Scrimmages: Reference 4.1.5

(d) Date of First Contest: August 16

(e) Number of Regular Season Contests: No more than three may be scheduled per week. An individual is limited to one contest a day (no season limit). If a cross country team participates in separate events on the same day, each meet will count towards the daily and weekly limitations for the individual and team.

(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.

(g) Practice Rule: Men and women runners may practice together, individually, or as a team; however, if the women run with or against men in any regular season meet, they are regarded as members of the men's team and are not eligible to compete in a women's cross country meet (regular season, regional or state).

- (1) Separate men's and women's races may have the same starting times and may be over the same course if the meet director so chooses, provided the scoring is kept separately.

#### 4.4.2 Regionals:

- (a) Date: October 30, 2021.
- (b) Regional Assignments: Regional assignments, along with the most current information about regional sites, dates and times, are posted on the NCHSAA website.
- (c) Entries: The regional directors should receive entries no later than 9:00 pm, October 22.
  - (1) Regional directors, site information and entry instructions can be found on the cross country page of the NCHSAA website.
  - (2) There is a maximum entry of seven individuals per school.
  - (3) Late entries may be submitted to the NCHSAA and must be in by 3 p.m. the Monday prior to the regional. No entries after this deadline will be accepted.
    - (i.) Use the form on the NCHSAA website.
    - (ii.) A \$50 fee will be assessed for each individual entry.
- (d) Race Format: Men will run the first race, followed by the women. The prescribed course distance for both men and women is 5,000 meters.
- (e) Uniform: Each team member shall wear a uniform (jersey and trunks) that is compliant with NFHS regulations.
  - (1) A competitor shall wear the assigned contestant number, when numbers are used.
  - (2) For illegal uniforms, the competitor is disqualified from the event.
- (f) Coaches' Meeting: Each regional site is responsible for conducting a coaches' meeting prior to the start of the race to verify entries and announce substitutions.
  - (1) Failure to announce substitutions at the meeting may result in disqualification of the substitute runner.
- (g) Regional Site Determination: At the regional meet, 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.
- (h) Supervision: All individuals participating in state playoff competition must be properly supervised or will not be allowed to participate. Coaches are responsible for seeing that team members remain at the site and are supervised at all times.
- (i) Qualifiers to State: The top twenty-five percent (25%) of teams, or top four teams, whichever is greater, in each classification from each regional will qualify to the state meet.
  - (1) Team scores will be based on a school's five best performers.
  - (2) Number of qualifying teams from each regional will be determined by the number of teams that participate in the regional.
  - (3) In addition, the top seven individuals not on a qualifying team will advance from each regional to the state.
  - (3) A school that qualifies a team may bring any seven eligible competitors to the state meet; however, there may be no substitutes among those who qualify as individuals.
  - (4) If a school does not finish in the top 25%, but qualifies at least 5 individuals, that school will also be scored as a team for the state championship meet.
- (j) Awards: Regional champion and runner-up team plaques and awards for the top three individual finishers will be given.
- (k) Team Scores: Team points will be decided by the position each runner attains against other teams, not including individual runners.
  - (1) Individuals get credit for their finishes, but places are not counted against team scores.
- (l) Expenses: Each team will bear its own expenses to the regionals.

#### 4.4.3 State Championships:

- (a) Date and Site: The state championships will be held on November 6, 2021, at Ivey M. Redmon Park in Kernersville.
- (b) Coaches' Meeting: 8:15 a.m. (1A/3A); 1:15 p.m. (2A/4A).
- (c) Team Scores: Same format as regional (4.4.2 (k)).
- (d) Awards: The winning team and individuals will be given plaques, as will the runner-up team and individuals. Members of the winning and runner-up teams, and the individual third and fourth place finishers, will also receive medals.
- (e) Admission: \$8.00 for all. A facility parking fee will be added.
- (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.