

North Carolina High School Athletic Association, Inc.



2022-2023 Handbook

Changes and Additions for 2022-2023

The membership approved updates to the Articles of Incorporation and Bylaws to put the Association in compliance with the Memorandum of Understanding signed with the State Board of Education designating the NCHSAA the authority to enforce rules and regulations implemented by the State Board.

- 1.1.1 Membership Definitions
- 1.1.3 Relationship with State Board of Education
- 1.1.4 Complaints and Non-Retaliation
- 1.2.11 Transfer Policy
- 1.2.15 Amateur Rule - Operation Gold
- 1.3 Hardship Rules
- 1.4 Appeals
- 1.4.1 (b) Independent Appeals Board
- 1.4.2 Non-Boarding Parochial Appeals

- 2.2.9 Unplayed and Forfeited Games
- 2.2.11 (a) (1) Season Limitations
- 2.2.18 Radio-TV Fees
- 2.3.14 Catastrophic Insurance (Mandatory)

- 3.2 Conduct and Unsporting Behavior
- 3.3 Penalty Code
- 3.3.2 Sanctions
- 3.3.3 Unreconciled Payments and Sanctions
- 3.3.4 Maximum Sanction Levels
- 3.3.5 Penalty Code
- 3.3.6 Ejection Policy
- 3.3.7 Penalties for an Ejection

- 4.1.7 Ejection/DQ Reports
- 4.1.11 (c)(2)(i) Split Conference Tiebreaker
- 4.3.1 (g) Five Quarter Rule
- 4.9.1 (i) (2) Softball Bat Note
- 4.9.3 (g) Softball - State Championship Bat Checks
- 4.13 (f) (8) Volleyball Weekly Limitation Chart

The NCHSAA Board of Directors authorized a revision to the Team Expenses and Financial Arrangement Sections for each sport (See 4.2 - 4.14). The NCHSAA will receive its share from the NET revenue, rather than the GROSS. Percentages have also been adjusted.

Cover photos courtesy MaxPreps.com. Thanks to Alik McIntosh, Carin Goodard-Gosnell, Kristy Shaefer, Greg Stavish, Paul Lowe, John Sudbrink, Chris Hull, Michael Smith and Troy Cherry along with MaxPreps.com Director of Photography, Jim Redman, for their hard work covering NCHSAA Championships and Events through photos this year. Find their work in photo galleries at MaxPreps.com.



**2022-2023 HANDBOOK
OF THE
NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION, INC.**

NCHSAA OFFICE
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The NCHSAA office is usually open from 7:30 a.m. to 4:30 p.m. when our member schools are in session. Staff members will usually stagger their schedules to attempt to cover the office at all times, with lunch hours scheduled for office personnel between 12:00 p.m. and 2:00 p.m.

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MESSAGE FROM THE PRESIDENT



*Dr. Rob Jackson
Superintendent
Carteret Co. Schools*

Greetings Teammates!

On behalf of the NCHSAA Board of Directors, I am very excited to thank you for the work you do to support student-athletes across the state and welcome you to the NCHSAA's 110th year of serving students and schools across the state. There was a time when we wondered if the Association would be able to continue, but thanks to the tremendous support of athletes, coaches, athletic directors, administrators, and fans, we are enthusiastically moving forward into a new chapter of service. With the challenges of the pandemic beginning to wane, a new four-year MOU signed with the NC State Board of Education, and a renewed focus and passion for maximizing the benefits of interscholastic athletics, we are tipping off what I believe will be our finest year ever.

Though the coming year heralds changes in some operations of the association, (i.e. an independent appeals committee, a new penalty system, etc.), what will not change are the core values of our team. Our core values of Sportsmanship, Integrity, Fair Play, Honesty, Respect, Equity, Fair Competition, and Development of Student-Athletes remain the same and continue to guide our work together on behalf of students. Members of the Board of Directors are committed to represent each of our member schools and to serve in a way that honors the hard work and effort we witness on fields of play in rural, suburban, and metropolitan areas, in small schools, mid-sized schools, and large schools, in the mountains, the piedmont, and the coast. Together, with all who support student-athletes, we are the NCHSAA.

We are incredibly thankful for our close partnerships with the North Carolina Coaches Association, the North Carolina Athletic Directors Association, the North Carolina School Boards Association, the State Board of Education, the Department of Public Instruction, the various Officials Associations, NC Colleges and Universities, and our corporate sponsors. These partnerships with phenomenal organizations illustrate the strength of teamwork and collaboration.

I look forward to celebrating with you throughout this year as we experience together the indelible impact high school athletics has on students. Across North Carolina, the lessons our student-athletes learn and the experiences they have help prepare and equip them for bright futures. This work we do together is important and life-changing. Thank you for all you do for so many and thank you for being such an important part of our team! Together, let's make 2022-2023 our finest year ever!

Warmly,

A handwritten signature in cursive script that reads "Rob Jackson".

Rob Jackson
NCHSAA President

MESSAGE FROM THE COMMISSIONER



Que Tucker
Commissioner
NCHSAA

The start of another school year comes with excitement and anticipation. The 50th year celebration of the passage of Title IX reminded us of the importance of equity in our programs. We are grateful to those pioneers who helped shape this focus on fairness and inclusion.

As with each edition of the handbook, we share the information herein in hopes that it will serve as the guide needed to participate in education-based athletics. The rules and regulations are intended to ensure a fun, exciting and competitive atmosphere in which student-athletes play and coaches teach and coach.

Unlike past handbooks, the 2022-2023 edition includes changes brought about by the signing of a Memorandum of Understanding (MOU) with the State Board of Education (SBOE). Many of the rules of the SBOE have always helped guide NCHSAA programs of education-based athletics. So, it is hoped that, when followed, these rules and regulations will continue to provide a framework for fair participation in sports and athletics designed to:

- Foster, through teamwork, a positive attitude toward life
- Encourage winning, but not winning at all costs
- Encourage respect for the rights and abilities of others
- Improve skills and increase confidence
- Encourage communication with the team and individual athletes
- Develop character, team spirit, sportsmanship, and a sense of fair play

While much attention was focused last year on how the governance and leadership of the NCHSAA would change moving forward, I am convinced that the NCHSAA will remain committed to the importance of its core values such as sportsmanship, teamwork, honesty, and integrity. I value the opportunities that sports provide within the educational process.

I challenge all of us—coaches, students, administrators, officials, parents—to work together in continuing to strive for excellence through education-based athletics!

Best wishes for a great 2022-2023 school year!

A handwritten signature in cursive script that reads "Marilyn Que Tucker".

Que Tucker
NCHSAA Commissioner

NCHSAA BOARD OF DIRECTORS

Rob Jackson , Carteret County Schools	President
Chris Blanton , Watauga High School	Vice President
Bobby Wilkins , Hendersonville High School	Past President
Que Tucker , N.C. High School Athletic Association	Commissioner

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Brian Carver , Enka High School	June 30, 2025
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Tanya Turner , Perquimans County Schools	June 30, 2025
Paige Badgett , North Surry High School	June 30, 2026
Sam Jones , West Stokes High School	June 30, 2026
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Andy McCormick , Union Pines High School	June 30, 2026
Bryan Tyson , Cabarrus County Schools	June 30, 2026
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Vernon Aldridge , N.C. Athletic Directors Association	Affiliate Member
Joe Franks , N.C. Coaches Association	Affiliate Member
Wendell Hall , N.C. State School Boards Association	Affiliate Member
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Elbert Lassiter , North State Football Officials Association	Affiliate Member

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Pepper Hines

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BOARD COMMITTEES

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NOMINATING COMMITTEE

Region

Chair
 Co-Chair
 1
 2
 3
 4
 5
 6
 7
 8

Member

Jimmy Tillman
 Marc Payne
 Charles Simmons
 Earl Sadler, Jr.
 Angie Miller
 Michael Baker
 Steve Bare
 Angela Chrismon
 Scott Carter
 Laura Beatty

Wilson County Schools
 Ashe County High School
 Hertford County High School
 Pamlico County High School
 Nash-Rocky Mount County Schools
 Fairmont High School
 Thomasville High School
 South Rowan High School
 Alleghany County Schools
 T. C. Roberson High School

Staff Advisor: Que Tucker
 Committee Coordinator: Pepper Hines

ADVISORS/CONSULTANTS

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Michelle Wood
Kim O'Connor

Ken Brown
Paul Sun and Kelly Dagger
Carolyn Shannonhouse
Randolph Cloud
Reginald Holley
Blackman and Sloop

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 Claims Contact
 Account Manager
(Marsh & McLennan Agency, LLC)
 Health and Safety
 General Counselors (Ellis & Winters)
 Cheerleading
 Legislative Liaison
 Legislative Liaison
 Certified Public Accountants

NCHSAA Handbook - Introduction

This official Handbook of the North Carolina High School Athletic Association, Inc. contains the Articles of Incorporation, Bylaws, rules and regulations and general information of the Association.

The regulations and rules in this book are the result of many hours of thought and many years of experience of past and present members of the Board of Directors, and the rules have been established for one purpose only: to assure that high school athletics is and remains an integral part of the total education program.

The Board of Directors has adopted policies which seem to fit the needs of the majority of schools and of the students of North Carolina, and is constantly striving to keep regulations up-to-date and has no hesitation in making changes when the membership indicates changes are necessary.

It is vital that every school administrator becomes very familiar with the contents of this book. It is more important than ever that every coach involved with high school athletics utilizes the Handbook as well. Much of the information necessary for coaches to run their programs effectively and efficiently is contained in the Handbook, so it is vital that each coach have a copy of this publication, and also access the NCHSAA web site for certain updates.

A complete knowledge, understanding and conformity to minimum NCHSAA policies will assure every member school that the interscholastic program is being conducted in a fair and equitable manner, and ensures that the athletic program is of educational and lasting value.

Each NCHSAA member institution has a responsibility to educate student-athletes, coaches, and other appropriate persons on state association legislation that could affect them. Furthermore, the member school should monitor its compliance with state association rules and regulations. All member schools, administrators, coaches, student-athletes and other representatives of member schools are deemed to know and understand all NCHSAA rules and regulations. Ignorance of any rule or regulation is not considered to be sufficient cause for setting aside the effect of any rule or regulation.

The HANDBOOK is published annually and copies are provided to superintendents, principals and athletic directors of member schools. Additional copies are available at a cost of \$10.00 per copy.

Other Publications

The NCHSAA no longer publishes a **DIRECTORY OF MEMBER SCHOOLS**. Directory information for each member school is available through the NCHSAA Website under the Schools menu.

The NORTH CAROLINA HIGH SCHOOL **RECORD BOOK** is available online at <http://www.nchsaa.org/record-book>.

Check the NCHSAA Website at www.nchsaa.org for forms and a variety of other important information.

Special Deadlines and Dates

September 1	Submission of School Information Sheet
September 5	Registration for Regional Meeting
November 1	B.O.D. Agenda Items Due (Winter Meeting)
December 1	Payment of Membership Dues
April 1	B.O.D. Agenda Items Due (Spring Meeting)
May 1	Hall of Fame Nominations Due

Commitment to Excellence

The NCHSAA and its member schools are committed to creating an environment in all Association programs which fosters respect for individuals of all ability levels and appreciation of racial, gender, and ethnic differences.

In compliance with federal law, including the provisions of Title IX of the Education Amendments of 1972, N.C. Public Schools administers all state-operated educational programs, employment activities and admissions without discrimination because of race, religion, national or ethnic origin, color, age, military service, disability or gender, except where exemption is appropriate and allowed by law. Inquiries or complaints should be directed to:

Office of Curriculum and School Reform Services
6307 Mail Service Center, Raleigh, NC 27699-6307
Telephone (919) 807-3761; fax (919) 807-3767

Sports Brackets and Regulations

The NCHSAA Board of Directors reserves the right to adjust, amend or augment rules and regulations that are printed in this book and then disseminate the information as appropriate. Sometimes changes are made in regulations or policies after the book is published, and it is the responsibility of member schools to make sure they are aware of the most current information.

For the most up-to-date information on brackets in various sports, including conference playoff berths, seeding priorities and qualifiers, consult the NCHSAA Website at www.nchsaa.org, and use the Playoff Brackets link on the home page.

The mission of the NCHSAA is to provide governance and leadership for interscholastic athletic programs in North Carolina that support and enrich the educational experience of students.

NCHSAA CORE VALUES

Sportsmanship - following the rules of the game, respecting the judgment of referees and officials, treating opponents with respect, respecting one's opponent and graciousness in winning or losing.

Integrity - consistency of actions, values, methods, measures, principles, expectations, and outcomes - the truthfulness or accuracy of one's actions. Soundness of moral character. Adherence to moral and ethical principles.

Fair Play - a shared interpretation of the rules, the equal treatment of all concerned, sticking to the agreed rules, not using unfair advantages.

Honesty - uprightness and fairness, truthfulness, sincerity or frankness, freedom from deceit or fraud. To consistently seek and speak the truth.

Respect - a positive feeling of esteem for a person or other entity and specific actions and conduct representative of that esteem.

Equity - fairness, just and right, equitable treatment of all, dealing fairly and equally with all concerned.

Fair Competition - competitors within a competition should have similar performance potential and performance strength.

Education and Development of Student-Athletes - participation in athletics should aid in the physiological and psychological development of the student-athlete.

Regional Meetings

NCHSAA Regional Meetings are designed to provide a better understanding of the interscholastic athletic program on the senior high school level.

These meetings can serve as an invaluable aid in directing, planning and administering the school's athletic program. Superintendents, principals, and one school staff member responsible for the athletic program are urged to attend the meeting in their region.

Regional meetings include sessions on key issues and possible changes in Association regulations, an opportunity to voice opinions and take straw votes on items, and chances to honor outstanding people on the regional level by voting for awards in a number of categories. In addition, regional award winners are honored at these meetings.

A social time is customarily held from 8:30 to 9:00 a.m., immediately followed by the meeting. The meeting concludes with lunch at approximately 12:00 noon.

2022 Schedule

Region	Date	Site	Chairperson	Contact Person
6	Sept. 19	Great Wolf Lodge Concord	Chad Duncan	Bryan Tyson (704) 260-5607
8	Sept. 20	Double Tree (Biltmore) Asheville	Mark Garrett	Pepper Hines (919) 240-7364
7	Sept. 21	Stone Performing Arts Bldg. Wilkesboro	Mark Byrd	David Johnson (336) 466-7364
5	Sept. 22	Greensboro Coliseum Greensboro	Stephen Gainey	Pepper Hines (919) 240-7364
4	Sept. 26	Ed. Resource Center Fayetteville	Troy Lindsey	Tina Bratcher (910) 678-2300
2	Sept. 27	Duplin Commons Kenansville	Rob Jackson	Ken Avent, Jr. (910-293-4218
1	Sept. 28	East Carolina University Heart Institute Greenville	Tanya Turner	Rob Maloney (252) 531-8898
3	Sept. 29	Crossroads III Cary	Cathy Moore	Pepper Hines (919) 240-7364

Regional Meeting Coordinator: Pepper Hines (919) 240-7364

NCHSAA Regional Map



ARTICLES OF INCORPORATION

The undersigned, being above the age of eighteen (18) years, does hereby make and acknowledge these Articles of Incorporation for the purpose of forming a nonprofit corporation under and by virtue of the laws of the State of North Carolina.

ARTICLE ONE

Name. The name of the association shall be NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION, INC.

ARTICLE TWO

Duration. The period of duration of the corporation shall be perpetual.

ARTICLE THREE

Purposes. Whereas athletic activities play a recognized and valuable role in high school education in North Carolina, and whereas the coordination of these activities among the several high schools has been found to be of special benefit to high school education in North Carolina, the purposes for which this corporation are formed are educational in nature, and, though limited by the scope and meaning of Section 501 (c) (3) of the Internal Revenue code of 1954, the purposes include:

- (a) To stimulate, control and direct high school athletics among its members or between its members and other teams in North Carolina.
- (b) To maintain a high standard for high school games, contests, athletics and all other sports activities by and among its members in North Carolina.
- (c) To give and grant to its members and to others, so far as empowered by law, the privilege to hold contests, competitions, and exhibitions under its auspices or otherwise, in accordance with its prescribed rules and regulations, and subject to conditions as it may lawfully impose.
- (d) To enact and establish rules and regulations governing such contests, competitions, exhibitions and athletic participations, and to determine and define awards and prizes for such contests, and to determine and define breaches and infractions of its rules and regulations.
- (e) To educate and train members and persons regarding all adopted rules and regulations governing athletic participation and competition by and among its members and regarding rules for particular sports and games.
- (f) To exercise disciplinary authority so far as is lawful over all members and representatives of members engaged in contests, competitions, exhibitions and athletic activities, to the end that games, contests, sports and athletics of every kind may be subject to clean, sportsmanlike, dignified competition.
- (g) To promote the physical and moral well-being of all athletes representing its members.
- (h) To educate public opinion regarding high school athletics by and among its members.
- (i) By all lawful means to elevate, improve and promote games, contests, physical exercises, athletics, exhibitions and all sports by and among its members.
- (j) To acquire, hold title to, sell, exchange, lease, alien, build structures upon or otherwise to deal in real property for the purpose of maintaining premises where the hereinabove stated purposes can be pursued.
- (k) To apply for, solicit, receive, hold and disburse grants, funds and other property to be used in furtherance of the purposes stated herein.

ARTICLE FOUR

Membership. Any North Carolina public or non-boarding parochial high school is eligible for membership provided it is accredited by the State Department of Public Instruction, and provided that the high school adopts and maintains the following code for participation in high school athletics:

"Competitive athletics cannot be justified as a part of the school program unless it contributes to a wholesome rounding out of the personality of the participants and the spectators. We shall therefore insist on hard but clean play resulting in honest victory without conceit or honest defeat without bitterness.

Realizing that eligibility rules are made to help relationships between schools, we agree to live up to the spirit as well as the letter of the regulations set by the association.

We shall see that the control of the policies and operations of high school athletics remains with the legally constituted governing body and is delegated by this body to the school officials. If desirable, the superintendent can assign responsibility to the principal, and the principal to the athletic coach, who will be a full-fledged faculty member.

We shall always put first the best interest of the students and shall insist on careful, adequate protective equipment, and coaches who know training rules and practice, and will not permit students to play when the students' best interests indicate that they should not play."

The association shall have the power to fix by resolution of the Board of Directors such membership fees and charges as it deems appropriate from time to time for the support of the organization.

ARTICLE FIVE

Directors. The Board of Directors of the North Carolina High School Athletic Association, Inc., shall consist of twenty (20) members including the Immediate Past President, President, Vice-President and Commissioner of the association, plus ten (10) principals of member schools or superintendents of systems including member schools, plus six (6) athletic directors or coaches of member schools; the Directors shall be chosen as provided in the Bylaws of the association. Editor's Note: The names and addresses of the initial members of the Board of Directors are on file with the North Carolina Secretary of State.

The business and affairs of the North Carolina High School Athletic Association, Inc., shall be managed by the Board of Directors in accordance with the provisions of the Bylaws.

ARTICLE SIX

Powers. This Association shall have those powers which are necessary and convenient to the execution of the purposes hereinabove provided.

Provided, however, that no part of the net earnings of the Association shall inure to the benefit of any member, director, officer of the Association or any private individual (except that reasonable compensation may be paid for services rendered to or for the Association affecting one or more of its purposes), and no member, director, or officer of the Association or any private individual shall be entitled to share in the distribution of any of the corporate assets on dissolution of the Association. No substantial part of the activities of the Association shall constitute the carrying on of propaganda or otherwise attempting to influence legislation or participating in or intervening in (including the publication or distribution of statements) any political campaign on behalf of any candidate for public office.

Notwithstanding any other provisions of these Articles, the Association shall not conduct or carry on any activities not permitted to be conducted or carried on by an organization exempt under Section 501 (c) (3) of the Internal Revenue Code and its regulations as they now exist or as they may hereafter be amended.

ARTICLE SEVEN

Dissolution. Upon the dissolution of the Association, the Directors shall pay or make provision for the payment of all of the liabilities of the Association, and the balance of all money and other property remaining received by the Association from any source shall be used or distributed exclusively for purposes within the intent of Section 501 (c) (3) of the Internal Revenue Code as the same now exists or as it may be amended from time to time, or the Board of Directors may distribute all the remaining assets to such organization or organizations formed and operated exclusively for charitable, educational or benevolent purposes as shall at that time qualify as an exempt organization under Section 501 (c) (3) of the Internal Revenue Code or the corresponding provisions of any future United States statute.

Or, the Board of Directors may elect, upon dissolution of the Association, to sell the assets of the Association and to distribute the proceeds from such sale as provided in the preceding paragraph.

ARTICLE EIGHT

The initial registered office of the Association shall be located at the University of North Carolina at Chapel Hill, Orange County, North Carolina; the initial registered address of the association shall be Craige Mobile Park Offices, Manning Drive, Chapel Hill, Orange County, North Carolina 27514; and the name of the initial registered agent at such address shall be Simon F. Terrell. (Note: The present registered address of the association is 222 Finley Golf Course Road, Chapel Hill, Orange County, North Carolina 27517; and the name of the present registered agent is Marilyn Q. Tucker.)

ARTICLE NINE

The name of the incorporator is Robert Epting, whose address is 214 West Rosemary Street, Chapel Hill, Orange County, North Carolina, 27517.

BYLAWS

Articles of Incorporation of the North Carolina High School Athletic Association, Inc., having been filed with the Secretary of State of North Carolina, now, therefore, BE IT RESOLVED, that the BYLAWS of the Association be and hereby are enacted as follows:

I. PURPOSES

The purposes for which this corporation is organized are:

- (a) To stimulate, control and direct high school athletics among its members or between its members and other teams in North Carolina.
- (b) To maintain a high standard for high school games, contests, athletics and all other sports activities by and among its members in North Carolina.
- (c) To give and grant to its members and to others, so far as empowered by law, the privilege to hold contests, competitions, and exhibitions under its auspices or otherwise, in accordance with its prescribed rules and regulations, and subject to such conditions as it may lawfully impose.
- (d) To enact and establish rules and regulations governing such contests, competitions, exhibitions and athletic participations, and to determine and define awards and prizes for such contests, and to determine and define breaches and infractions of its rules and regulations.
- (e) To educate and train members and persons regarding all adopted rules and regulations governing athletic participation and competition by and among its members and regarding rules for particular sports and games.
- (f) To exercise disciplinary authority so far as is lawful over all members and representatives of members engaged in contests, competitions, exhibitions and athletic activities, to the end that games, contests, sports and athletics of every kind may be subject to clean, sportsmanlike, dignified competition.
- (g) To promote the physical and moral well-being of all athletes representing its members.
- (h) To educate public opinion regarding high school athletics by and among its members.
- (i) By all lawful means to elevate, improve and promote games, contests, physical exercises, athletics, exhibitions and all sports by and among its members.
- (j) To acquire, hold title to, sell, exchange, lease, alien, build structures upon or otherwise to deal in real property for the purpose of maintaining premises where the hereinabove stated purposes can be pursued.
- (k) To apply for, solicit, receive, hold and disburse grants, funds and other property to be used in furtherance of the purposes stated herein.

II. BOARD OF DIRECTORS

The Association shall be governed by a Board of Directors consisting of twenty (20) persons selected as follows:

1. *Selection of Directors.* The President and Vice-President, chosen at the annual meeting of the Association, the Commissioner and Immediate Past President of the Association shall be members of the Board of Directors by virtue of their election to those respective offices.

Ten members of the Board of Directors shall be chosen to replace the original Directors hereinafter designated, as their stated terms expire, from among the principals of member schools and/or the superintendents of systems including member schools.

Six members of the Board of Directors shall be chosen to replace the original members of the Board of Directors hereinafter designated, as their stated terms expire, from among the coaches of member schools or athletic directors of member schools or systems including member schools.

Provided, however, that the Board of Directors shall at all times consist of not less than one nor more than two coaches and/or athletic directors from each of the four classifications of member schools, e.g. A, AA, AAA, and AAAA; and that of the sixteen Directors elected, four shall be chosen from member schools or systems with member schools in Class A, four shall be chosen from member schools or systems with member schools in Class AA, four shall be chosen from member schools or systems with member schools in Class AAA, and four shall be chosen from member schools or systems with member schools in Class AAAA.

Successor members of the Board of Directors shall be chosen in each annual meeting of the Association to replace the members hereinafter designated as their terms expire. The term of each new Director so elected shall be four years. When any Director shall fail to serve completely his term of office, the Board of Directors shall have the authority to name a successor to fill the office until the next annual meeting of the Association.

When a member of the NCHSAA Board of Directors is transferred to another position from one geographic region and/or to another position that results in two years or more service remaining in the term of office, that the position is declared vacant and the position is filled from the accepted procedure to elect a representative from the vacant position or region.

2. *Meetings of Directors.* Regular meetings of the Directors of the Association shall be held at times appointed by the President, provided that notice of such meetings is given each Director not less than three days prior to each meeting.

Special meetings of the Board of Directors may be called by or at the request of not less than four members of the Board of Directors. Notice of such meetings shall be given to each Director at least three days prior to the meeting by the Commissioner or the President of the Association.

Agenda items for Board meetings should be in to the NCHSAA no later than November 1 for the winter meeting and April 1 for the spring meeting.

3. *Quorum.* A quorum shall consist of eleven (11) members of the Board of Directors at all meetings of the Board, and action may be taken by a majority of the quorum. (Approved December 2017, 329-8)

4. *Powers.* The Board of Directors shall be empowered to make, subject to the Articles of Incorporation and Bylaws of this Association, the rules and regulations of the Association which shall govern the various athletic activities and contests sanctioned or carried out under the auspices of this Association, which rules and regulations shall be prepared and distributed to member schools and systems as early as practicable annually.

The Board of Directors shall exercise, through such persons or committees as it sees fit, which persons or committees shall include in any event the President and Commissioner of the Association, supervisory powers over the various athletic activities and contests sanctioned or carried out under the auspices of this Association to insure proper compliance with the rules and regulations of the Association.

The Board of Directors shall have the power to create such new offices and committees as it finds convenient or necessary from time to time.

The Board of Directors, through the Commissioner, shall call conferences of faculty managers to arrange schedules for the various athletic activities and contests sanctioned or carried on under the auspices of the Association, and the Board of Directors shall have final authority to determine schedules between teams which cannot agree to game schedules in any season.

The Board of Directors shall have the authority to review the interpretations of the Commissioner and the Executive Committee regarding the Articles of Incorporation and Bylaws of the Association, and its decision in these matters shall be final.

The initial Board of Directors and the dates for expiration of their terms are on file with the North Carolina Secretary of State.

5. *The Executive Committee*

Composition. The Executive Committee shall be composed of the President, Vice-President, Commissioner and four other members of the Board of Directors. The four Director members of the Executive Committee shall be chosen by the President from Directors nominated by all the Directors from each classification of schools; provided, however, that one such Director member of the Executive Committee shall be chosen from each classification of schools, and further provided, that two of the Director members of the Executive Committee shall be school administrators and two shall be coaches or athletic directors.

Powers. The Executive Committee shall have the power to act on behalf of the Association as directed by the Board of Directors.

III. OFFICERS

The officers of the North Carolina High School Athletic Association, Inc., shall consist of a President, a Vice-President and a Commissioner.

1. *Election of Officers.* The President and Vice-President shall be elected annually at the annual meeting. Only superintendents of school systems or principals of member schools shall be eligible to serve as President or Vice-President.

The Commissioner shall be elected and his or her annual salary set by the Board of Directors. The term of his or her office shall be four years.

2. *President.* The President shall preside at all meetings of the Association, all meetings of the Board of Directors and all meetings of the Executive Committee, at all meetings of committees in charge of various contests, and shall discharge all other duties of the presiding officer. It shall be the duty of the President to call meetings of the

Board of Directors and the Executive Committee from time to time as the business of the Association requires their attention.

In the event that the office of President is vacated during the term of the President, the office of President shall be filled by the Vice-President for the remainder of the unexpired term.

3. *Vice-President.* The Vice-President shall preside and perform all the duties of the President in the absence of the President, and shall undertake such other duties as the President or Board of Directors may prescribe. In the event that the office of Vice-President is vacated during the term of the Vice-President, the Board of Directors shall have the power to name one of its members as Vice-President for the remainder of the unexpired term.

4. *Commissioner.* The Commissioner shall be a full-time employee of the Association, and shall serve as the managing business agent of the Association. In addition, the Commissioner shall be charged with initially receiving and processing all applications for membership in this Association, all inquiries, requests or correspondence regarding contests.

The Commissioner shall call conferences for the preparation of various contest schedules, and he or she shall preside over these conferences. The Commissioner shall keep the official records of all meetings of the Association and the Board of Directors and he or she shall have charge of all funds of the Association for which he or she shall render an annual accounting to the Association at its annual meeting.

The Commissioner shall be bonded in a sum not less than \$10,000.

IV. ANNUAL MEETING

The annual meeting of the Association shall be held at a time designated by the Board of Directors. The annual meeting shall receive the reports of the Commissioner, hold elections for members of the Board of Directors and for officers, and transact such other business as may come before the meeting.

The principal shall be regarded as the constituted authority of each member school. The principal may appoint any member of the school's faculty to represent him or her at the annual meeting of the Association. The principal's authority in this respect shall be subject only to the authority of the superintendent of the principal's administrative unit.

Each member school represented at the annual meeting shall have one vote on Association business. Those present at the annual meeting shall constitute a quorum.

V. FINANCE

Except as otherwise provided by law, the Board of Directors shall have the power to determine membership fees and other charges for Association members.

Should the Association disband, its remaining funds and assets shall first be used to satisfy out-standing obligations including employment and purchase contracts, and any remaining funds shall be disbursed to member schools on an equitable basis as determined by the Board of Directors, provided that no distribution inconsistent with the Articles of Incorporation may be made. If insufficient funds exist for the satisfaction of Association obligations, members of the Association may be assessed by the Board of Directors in a total amount sufficient to satisfy the said obligations.

VI. CLASSIFICATIONS

For purposes of athletic competition, four classifications are identified—AAAA, AAA, AA and A. When at least 25 percent of the total number of member schools, or at least half the schools in a classification participate in a sport sanctioned by the NCHSAA, that sport shall culminate in a state championship for that classification. When less than half participate, those schools shall be grouped with schools from all other classifications not having fifty percent participation in unclassified state playoffs. If only one classification has less than fifty percent participation, the schools of that classification shall be placed in the state playoffs of the next highest classification.

The classification and alignment plan shall be adopted by the Board of Directors every four years, and will be effective for a four-year period. Schools may request reclassification in the second year of the alignment period by following the process published by the Board of Directors. The Board of Directors shall distribute to all member schools and systems annually the process and criteria for classification and alignment, the process for requesting reclassification in the second year of the alignment period, and the process for appealing the classification and alignment decisions of the Association.

VII. AMENDMENTS

Proposed amendments to the Articles of Incorporation or these Bylaws shall be submitted to the Commissioner's office no later than the November 1 prior to the annual meeting. In order to be considered, the proposed change must have been submitted and endorsed by the superintendents or principals of at least six member schools or systems with member schools.

If the proposed change is properly submitted to the Commissioner, the Commissioner shall distribute a copy of the proposed change with explanations as appropriate and a ballot to each member school, and the Commissioner shall set a reasonable deadline for the return of the ballots prior to the annual meeting.

An affirmative vote of not less than three-fourths of the total ballot distributed shall be necessary for a change in the Articles of Incorporation or Bylaws. The Commissioner shall report the results of the vote at the annual meeting, and shall cause such additional documents to be prepared as to formally notice the amendment or amendments.

1. The Board of Directors may update the Registered Agent in the Articles of Incorporation and Bylaws should the Registered Agent or managing business agent's position, often the Commissioner, become incapacitated or leave office. (Approved December 2017, 335-2)

VIII. PENALTIES

Except as provided by law, the Board of Directors, upon the relation of the Commissioner or any of the members of the Association, shall have the duty and authority to authorize the investigation of and to punish member schools or their representatives for any violations of the rules and regulations of the Association. The Board shall take care that due notice of alleged violations and an opportunity to appear and respond to the allegations is afforded each member or representative of a member accused of violations of Association rules or regulations prior to its determination upon the allegations.

The Board of Directors shall distribute to all member schools and systems annually the process for reporting suspected violations of the rules and regulations of the Association, the potential penalties for violations of rules and regulations, and the process for appealing decisions of the Association with respect to the application of the rules and regulations and the imposition of penalties.

IX. EFFECTIVE DATE

These Bylaws shall become effective upon their ratification by at least three-fourths of the members present at the annual meeting of the Association.

Or, these Bylaws shall become effective upon ratification by affirmative vote of three-fourths of those responding to a special ballot to be prepared and mailed by the Commissioner of the North Carolina High School Athletic Association, Inc.

APPROVED by vote of 258-1 in special balloting all members of the Association on October 11, 1976.

By a special ballot vote of all members in December 2017 (332-5), the date and voting method for amendments to the Articles and Bylaws will be noted next to the amended provision.

By a special ballot vote of 427 member schools on March 11, 2022 (347-9), the Bylaws were suspended until brought into compliance with the Memorandum of Understanding which was entered into on March 14 2022.

The Membership APPROVED amendments to these Bylaws to allow the NCHSAA to comply with the terms of a Memorandum of Understanding to operate as a designated organization of the State Board of Education in oversight of interscholastic athletics in the state. Amendments were approved by vote of 377-8 of 427 total members, in a special balloting on May 13, 2022 to take effect July 1, 2022.

National Federation of State High School Associations

The National Federation of State High School Associations (NFHS), of which the NCHSAA is a member, had its beginnings in 1920 and now consists of the 50 individual state high school athletic and/or activities associations and the association of the District of Columbia. Also affiliated are eight interscholastic organizations from Canadian provinces.

The activities of the Federation are based on the belief that strong state and national high school athletic organizations are necessary to protect the activity and athletic interests of the high schools, to promote an ever increasing growth of a type of interscholastic athletics which is educational in both objective and method and which can be justified as an integral part of the high school curriculum, and to protect high school students from exploitation for purposes having no educational implications.

The National Federation is both a service and regulatory organization and offers a number of services. The Federation is involved in rules-writing activity, developing playing rules in various high school sports to the point that the circulation of Federation rules publications now exceeds three million. In addition, the Federation provides aids for rules-training programs for officials, maintains national interscholastic records and publishes a record book, supervises the National High School Sports Hall of Fame, and has initiated a chemical health program, among its many services.

Federation offices are located in Indianapolis, Indiana, with a mailing address of P.O. Box 690, Indianapolis, IN 46206, and the phone number is (317) 972-6900.

SECTION 1: STUDENT REQUIREMENTS FOR INTERSCHOLASTIC ATHLETIC PARTICIPATION

1.1 COMBINED RULES AND REGULATIONS

Included in these rules and regulations for the North Carolina High School Athletic Association, Inc. (NCHSAA), are the rules governing interscholastic athletics in North Carolina adopted by the State Board of Education (SBOE). The rules and regulations listed herein are the minimum state standards for eligibility to participate in a number of areas, including but not limited to scholastic requirements, medical examinations, the felony policy, etc.

1.1.1 For the purposes of this Handbook and NCHSAA Regulations, a "membership entity" is (a) a member non-boarding parochial school, or (b) a public school unit (PSU), as defined by NC General Statute (115C-5, that includes one or more member schools). A "member school," also known as a "participating school" is any school that is a member of the NCHSAA.

1.1.2 A membership entity may have policies in any of these areas or others that are more restrictive than the NCHSAA or SBOE requirements. However, the membership entity may not have a policy for eligibility that is less restrictive.

1.1.3 It is mandatory that all member schools which participate in athletics conform to the regulations contained herein.

(a) The NCHSAA is not an agent of the State of North Carolina. The NCHSAA has been designated by the SBOE as the organization to administer and enforce the rules adopted by the SBOE to govern interscholastic athletics at the high school level.

(b) Member schools are required to comply with all NCHSAA rules and regulations, as well as those established by the SBOE.

1.1.4 Complaints and Non-Retaliation - The NCHSAA shall not retaliate against any participating school, the employees or students of those schools, or any other person for reporting, in good faith, to the NCHSAA, SBOE, or any government entity any concerns about the NCHSAA's administration of high school interscholastic athletics, including the following: suspected violations of laws or rules; circumstances giving rise to a substantial and specific danger to student or school personnel health and safety; fraud; misappropriation of resources; or gross mismanagement or abuse of authority. The Department of Public Instruction (DPI) shall designate an individual or division within DPI to receive such complaints and process them. The NCHSAA will be given an opportunity to respond and/or address concerns or complaints submitted to DPI. The application of penalties not challenged on appeal, or upheld upon review under the appeals process, shall not be considered retaliation.

1.1.5 Schools may sponsor teams in other sports not listed in the Handbook (e.g., gymnastics, weightlifting, women's field hockey, men's volleyball, etc.); however, all students, regardless of the sport, must be certified as eligible prior to dressing or participating in any interscholastic contest.

(a) Even though such sports are not sanctioned by the NCHSAA, member schools should work, wherever possible, to adhere to the ideals and guidelines established by the NCHSAA for their member schools in sports which they sanction. The need to promote sportsmanship, to protect instructional time, or the physiological needs of maturing teens should not disappear simply because it is not a sport sanctioned by the NCHSAA.

1.1.6 For reclassification to additional championships, the number of schools offering teams in a sport must meet the constitutional requirement (See Bylaw VI) for two years before a championship will be implemented.

1.2 ELIGIBILITY

1.2.1 **Initial Entry** - A student may participate in athletics at any member school upon initial entry into ninth grade provided they meet applicable NCHSAA and eligibility requirements. Initial entry is defined as the first day of classes that a student is in attendance and counted present or, if sooner, the first day a student practices or otherwise takes part as a member or potential member of a member school's athletic team prior to the start of the academic year (e.g., if a student participates in preseason football workouts prior to the beginning of the ninth grade academic year, this will be deemed the student's initial entry at this member school).

(a) Upon initial entry into ninth grade, transfer and boundary criteria shall apply as follows:

(1) The student must live within the member school's boundary as established by the local board of education; or

(2) If the student's member school does not have a boundary established by a local board of education (e.g., charter school, non-boarding parochial school, etc.), after initial entry, the boundary for the member school shall be considered to be:

(i) The entire county in which the member school is located; and

(ii) Any addresses within a 25-mile radius of the member school as measured by an NCHSAA designated computer program; or

(3) There will be no boundary limitation if the student is a member of a parochial church affiliated with a non-boarding parochial member school and submits an authorized pastor verification form.

(b) Home school students

(1) Documentation from the Division of Non-Public Education must be presented upon initial dual enrollment-attendance, immunization, transcript, school number, etc.

(2) Home school students must communicate athletic intent at a member school in which they are domiciled and follow the enrollment and assignment procedures/policies established by the local board of education.

NOTE: Notice to principal must take place at least ten (10) days prior to the first practice date of each sports season.

1.2.2 **Master Eligibility Sheets** - All students must be eligible prior to dressing or participating in any interscholastic contest, whether or not the NCHSAA sponsors a championship in that sport.

(a) No student shall be listed on the sheet unless and until documents substantiating eligibility are on file with the school. Such documents shall be available for inspection until the student's eligibility has ended.

(b) The Master Eligibility Sheet should be used for each sport and shall list all players, varsity and junior varsity, participating in that sport. A copy should be on file at the school prior to the first regular season contest.

(c) Eligibility sheets are not required to be filed with the NCHSAA but must be made available upon request. It is required that eligibility sheets be shared among conference schools in each sport.

(d) Ineligible players are NOT allowed to participate in practice, but this does not apply to summer workouts or skill development.

(e) When completing Master Eligibility Sheets, if a student's parent(s) or legal custodian(s) does not live within the boundary provided in 1.2.1 (a), please make all required entries and enter one of the following eligibility criteria on the second page:

(1) Any student proposed for a contest is eligible at the school to which the local board of education assigns them within the unit of residence of a parent or legal custodian within this state, subject to the Transfer Policy. (See 1.2.11).

(2) When two boards of education within North Carolina by mutual agreement assign a student to a different school, and if applicable, the NCHSAA has authorized eligibility pursuant to the Transfer Policy. (See 1.2.11)

(3) Absent a transfer referenced above, a student is eligible at his or her assigned school if he or she has attended school within that membership unit the previous two semesters, provided it satisfies the policy of the membership entity.

(4) Legal documents signed by a judge (ward of court) or social service (orphanage/foster home) are required to be submitted along with eligibility forms pertaining to the student.

(5) Foreign exchange students [See 1.2.10 (i)].

(6) The NCHSAA has approved or has been required by the decision of the SBOE Independent Appeals Board to approve, a Transfer Waiver Request and/or a Hardship Request to waive the residency requirement on the student's behalf, including for a student enrolled under the McKinney-Vento Homelessness Assistance Act who is not eligible based on 1.2.2 (e)(1)-(4).

(f) It shall be the responsibility of the principal, and/or his or her designee, to see that no ineligible player participates. Schools should use the eligibility checklist developed by the NCHSAA and it is recommended that the eligibility power point presentation be made available for athletes, guidance counselors, other administrators and parents, especially at the preseason meeting.

1.2.3 **Age of Player** - Unless the NCHSAA has approved, or has been required by the decision of the SBOE Independent Appeals Board to approve a Hardship Request to waive the age requirement, a student will not be eligible for any athletic contest if his or her 19th birthday comes on or before August 31, 2022; (i.e., the student's date of birth was on or before August 31, 2003).

(a) The principal shall have on file evidence of the legal birth date of each athlete.

(b) Evidence of legal birth date must be established by a copy of the birth certificate or from one of the following: a record from the State Bureau of Vital Statistics, Raleigh; a record from the county register of deeds office; an infant baptismal record; a recording from the attending doctor's registry or cash book if specific; a news item at the time of birth from the local newspaper; or an official register sheet from the first grade.

(c) A birth date as shown on a passport is acceptable verification of a foreign student's age.

(d) An eighth grade student who is over-age for middle school competition shall be eligible for high school participation.

1.2.4 **Gender of Player** - The NCHSAA allows participation in interscholastic athletics for all students, regardless of gender or gender identification. It is the intent that all students are able to compete on a level playing field in a safe, competitive and friendly environment, free of discrimination. The following rules and regulations are intended to provide every student athlete with equal opportunities to participate in athletics.

- a) A student may participate based on the gender noted on the student's certificate of birth.
 - (1) Women shall not participate on a men's interscholastic athletic team where the school has a women's team in the same sport or where a school sends an entry to the women's state play-offs in the same sport.
 - i) In cases where women are permitted on a men's team, the school forfeits all participation in the women's playoffs in the same sport.
 - ii) Men's rules will be used where women play on men's teams.
 - iii) Men shall not participate on a women's interscholastic athletic team in any sport.
- b) When a student's gender identity differs from the gender listed on the student's certificate of birth, the Gender Identity Request Form must be submitted by the member school to the NCHSAA prior to any participation by the student under circumstances that would constitute ineligibility. The Request should be based on the gender identification of that student in current school records and daily life activities in the school and community.
 - (1) The following information should be submitted with the Request:
 - i) Documentation from individuals such as, but not limited to, parents/legal guardians appointed by a court of competent jurisdiction, friends, and/or teachers, which affirm that the actions, attitudes, and manner demonstrate the student's consistent gender identification. School personnel documentation is required.
 - ii) A complete list of all the student's prescribed, non-prescribed, or over the counter treatments or medications relative to gender identity.
 - iii) A complete list of interventions that have happened related to the gender identity of the student.
 - iv) Written verification from an appropriate healthcare professional (e.g. physician, psychiatrist, psychologist, school nurse, etc.) of the student's consistent gender identification. Include any other social/emotional information from health-care professionals that would help the Committee make a decision about the student. This information must be submitted on office letterhead of the healthcare professional who provides verification with contact information and professional title of the individual.
 - v) Any other pertinent documentation or information which the student or parent(s)/legal guardian(s) appointed by a court of competent jurisdiction believe relevant and appropriate.
- c) The NCHSAA will refer the Gender Identity Request to the NCHSAA Gender Identity Committee for consideration. The Committee will approve the Request if it finds that the student genuinely identifies as the gender indicated in the Request.
 - (1) The NCHSAA Gender Identity Committee will consist of the following:
 - i) Current member of the Board of Directors;
 - ii) Membership entity or school administrator;
 - iii) Physician with experience in gender identity health care and/or World Professional Association of Transgender Health (WPATH) Standards of Care;
 - iv) Psychiatrist, psychologist, or licensed mental health professional familiar with the WPATH.
 - (2) The Committee will require that the member school has verified that the student is eligible in all other aspects.
 - (3) The Committee will respect and promote the student's privacy and confidentiality rights under HIPAA and FERPA in the process of considering a Gender Identity Request. Information provided to the Committee will be shared only to the extent necessary to decide the Gender Identity Request; provided that, if a Gender Identity Request is approved, the student's school may share the student's gender identity with other schools as necessary to ensure appropriate accommodations when competing at another school.
- d) In cases where a Gender Identity Request has been approved:
 - (1) The student will be declared eligible to participate based on the student's gender identity. (1.2.4.a is not in effect).
 - (2) It shall be the responsibility of the school to comply with all state and federal mandates/laws.

1.2.5 **Attendance** - A student-athlete must meet the attendance policy of the membership entity during the previous semester at an approved high school.

- (a) A student must, at the time of any practice and/or game in which he or she participates, be a regularly enrolled member of the school's student body, according to the policy of the membership entity "local policy". If there is no local policy, "regularly enrolled" is defined as enrolled for at least one half of the "minimum load."
- (b) It is recommended that the student be in school the day of the contest.
- (c) At the end of each semester, any participant who has failed to meet the membership entity's attendance policy for that semester is immediately ineligible.
- (d) Home school students:
 - (1) Must have been enrolled in a registered home school for 365 days prior to being eligible in a member school.
 - (2) Once deemed eligible at a member school, the student must maintain continuous dual enrollment. Unenrollment would render the student ineligible for 365 days.
 - (3) Must participate in a class schedule that is at least one-half of the school's instructional day. At least one class must be on campus each semester or meet PSU requirements.

1.2.6 **Scholastic Requirements** - A student must have passed a minimum load of work during the preceding semester to be eligible at any time during the present semester. The semester is normally considered half of the academic year. All students must also meet local promotion standards, set by the membership entity. Home school students must be on grade level according to a nationally standardized achievement test(s) indicating grade level.

- (a) A minimum load is defined as five courses in the traditional school schedule and three courses for schools on the "block" format. If the school is on an A/B form of block scheduling, a student must pass six of eight courses during what would traditionally be defined as a semester. Any student, including seniors, must pass that minimum load, even if they need fewer for graduation. Home school students must pass all courses in which he/she is enrolled in the member school.
 - (1) Traditional - pass five (minimum load)
 - (2) Block - pass three (minimum load, 90-minute classes)
 - (3) A/B - pass six
 - (4) Hybrid Formats
 - (i) 3 block, 2 traditional – ("skinnies" is the parlance many systems use), most common hybrids use four block as the basis (two skinnies equal a block); must pass equivalent of three blocks. Could fail both "skinnies" but passing three blocks would meet minimum requirements.
 - (ii) 2 block, 3 traditional – use seven traditional as the basis (block equals two); must pass equivalent of five traditional classes. Could fail one block only and be eligible (minimum requirement) but not more.
 - (iii) 2 blocks and 4 traditional ("skinnies") – Use eight as the basis like an A/B format; (block equals two); must pass equivalent of six A/B classes. Could fail one block only and be eligible (minimum requirement) but not more.
 - (iv) 1 block, 5 traditional – use seven as the basis (block equals two); must pass equivalent of five traditional classes. Could fail one block only and be eligible (minimum requirement but not more.)
 - (5) Membership entities may have more restrictive policies, but not less restrictive.
 - (6) Office assistance, teacher assistance or laboratory assistance may not be used toward academic eligibility
 - (7) Audited courses may not be used toward academic eligibility.
 - (8) No work previously passed by a student may be submitted as part of a minimum load.
 - (9) Summer school work used to make up part of the minimum load must be applied to the most recently concluded semester. Credit for summer work is a determination of the local unit.
- (b) A student, upon first entering grade nine, is academically eligible for competition on high school teams.
- (c) A student not academically eligible at the beginning of the semester is not eligible at any time during the semester.
 - Exception - a student who receives an incomplete which causes him or her to fail to meet minimum scholastic requirements or is awaiting a final grade due to any state-mandated testing is ineligible until the course is satisfactorily completed, and eligibility is restored immediately.
- (d) A student academically eligible at the beginning of a semester remains academically eligible throughout the semester.

- (e) Alternative or extended day school students who meet all other eligibility requirements may participate in athletics for the school to which they would normally be assigned if local policy allows it, provided the alternative/extended day school has no athletic program.
 - (1) The alternative schools referenced here are those operated by the school system itself.
 - (2) The principal of the school at which the students play shall be responsible for certifying their eligibility and shall have on file all records, including current attendance data, necessary to verify eligibility.
 - (3) Each such student shall be identified on the eligibility list, which shall be accompanied by a letter from the principal stating that these designated students meet all eligibility requirements.
 - (4) The principal and coach shall have the same authority in player selection and application of team rules and regulations with alternative school students as with those enrolled in the regular school program.
 - (f) At the end of the first semester, a superintendent or principal has eight days (excluding Saturday and Sunday) to check grades of students, removing such player immediately upon knowledge of ineligibility and no later than the completion of the eight-day period and restore eligibility to any debarred player after he or she has qualified at the end of a semester.
 - (1) Any student who has his or her eligibility restored may participate the day following the completion of the semester of the ineligibility.
 - (2) The purpose of the eight-day period is to allow schools ample time to check grades. A player should be removed before the eight-day period is up if the school has knowledge and has verified that the student is ineligible.
- 1.2.7 **Eight Semester Rule** - No student may be eligible to participate at the high school level for a period lasting longer than eight consecutive semesters, beginning with the student's first entry into ninth grade or an over-age seventh or eighth grade student's participation on a high school team, whichever occurs first.
- (a) For students who skip the ninth grade and advance directly to the 10th from the eighth, the year prior to entering the 10th grade is considered the year of first entry into ninth grade for athletics.
 - (b) Playing as a member of a private or other non-member school team shall be deemed the same as playing as a member of an NCHSAA member school team. Enforcement of this rule is to begin with entry into the 9th grade.
 - (c) The principal shall have evidence of the date of each player's entry into the ninth grade. The North Carolina cumulative record is sufficient.
- 1.2.8 **Maximum Number of Seasons** - No student may be approved for a high school contest if he or she has taken part in contests during four separate seasons in that sport.
- (a) Students may only participate in one season per year, per sport, whether the sport is played in North Carolina or not.
 - (b) Playing as a member of a private or other non-member school team shall be deemed the same as playing as a member of an NCHSAA member school team. Enforcement of this rule is to begin with entry into ninth grade.
 - (c) A student shall not participate in school athletic contests after graduation from high school; however, this does not apply to spring sports playoffs.
- 1.2.9 **Medical Examination** - In order to be eligible for participation in practice or in interscholastic athletic contests, a student must complete both phases of the NCHSAA SPORT PREPARTICIPATION EVALUATION (PPE) FORM and submit it to the school. The PPE includes the HISTORY FORM, the PHYSICAL EXAMINATION FORM, and the MEDICAL ELIGIBILITY FORM. The current NCHSAA PPE FORM can be found on the NCHSAA Website.
- (a) The student-athlete must submit the PPE History Form which is completed and signed by the parent or legal custodian. The completed and signed PPE History Form must then be presented to the examining licensed medical professional (physician licensed to practice medicine (MD/DO), nurse practitioner or physician assistant) for their review prior to a physical examination [See 1.2.9 (b)].
 - (b) The student-athlete must also receive a physical examination once every 395 days by a physician licensed to practice medicine (MD/DO), nurse practitioner or physician assistant and be cleared to play. Upon review of the PPE History Form and completing the Physical Examination Form, the licensed medical professional will complete and sign the Medical Eligibility Form.
 - (c) To participate in out-of-season and/or summer workouts, a student must have an up-to-date physical on file.
 - (d) To participate in out of season and /or summer workouts, the NCHSAA strongly recommends that a student-athlete has a signed Gfeller-Waller Concussion Statement on file.
 - (e) Student-athletes absent from athletic practice for five (5) or more consecutive days due to illness shall receive a medical release signed by either a physician licensed to practice medicine or his/her designee (nurse practitioner, physician's assistant) before readmittance to practice or contests.

It is recommended that schools use the ILLNESS RETURN TO PLAY FORM: MEDICAL CLEARANCE RELEASING THE STUDENT-ATHLETE TO RESUME FULL PARTICIPATION IN ATHLETICS AFTER AN ILLNESS which can be found by going to <https://www.nchsaa.org/health-and-safety> and clicking on forms.

- (f) Student-athletes absent from athletic practice for five (5) or more consecutive days due to injury shall receive a medical release signed by either a physician licensed to practice medicine or his/her designee (nurse practitioner, physician's assistant, or licensed athletic trainer) before readmittance to practice or contests. It is recommended that schools use the INJURY RETURN TO PLAY FORM: MEDICAL CLEARANCE RELEASING THE STUDENT-ATHLETE TO RESUME FULL PARTICIPATION IN ATHLETICS AFTER AN INJURY which can be found by going to <https://www.nchsaa.org/health-and-safety> and clicking on forms.

NOTE: A student-athlete diagnosed with a concussion is required to follow the concussion return to play protocol and is required to have the CONCUSSION RETURN TO PLAY FORM completed by a licensed health care provider before readmittance to practice or contests (See 2.3.7).

- (g) It is recommended that student-athletes be covered by adequate medical and accident insurance, and that medical aid be immediately available at all times.

- (h) Schools should have medical release forms on site at athletic events in the event medical treatment is required.

1.2.10 **Residence** - A student is eligible to participate at the school to which he or she is assigned by the local board of education, within the administrative unit of residence. "Residence" as used for athletic eligibility purposes is defined as the equivalent of the term "domicile" as applied by the courts of North Carolina.

- (a) It is the obligation of the school to know the residence status of each athlete and to require compliance with these requirements.

- (b) Except as otherwise provided, the residence of any student shall be deemed to be:

- (1) That of his or her parents (if he/she lives with both parents).
- (2) That of the sole parent (if he/she lives with only one parent).
- (3) That of the parent with whom he/she begins the school year's first semester (if he/she has two parents who do not live together).
- (4) That of the legal custodian if his/her custody has been awarded to a non-parent by a court of competent jurisdiction.

- (c) In the event the parents are separated or divorced, the residence of the student shall be that of the parent or other adult to whom primary physical custody has been awarded by a court of competent jurisdiction.

- (d) If no custody order has been entered, the residence shall be deemed to be that of the parent with whom the student begins the school year's first semester.

- (e) Any change in residence must be bona fide, which means made, done, or presented in good faith; without deception or fraud. Determination of what constitutes a bona fide or authentic and true change of residence depends upon the facts of each case. In order for a change of residence to be considered bona fide at least the following facts must exist:

- (1) The original residence must be abandoned as a residence; that is sold, rented or disposed of as a residence, and must not be used as residence by any member of the family.
- (2) The entire family must make the change and take with them the household goods and furniture appropriate to the circumstances.
- (3) The change must be made with the intent that it is permanent.
- (4) The change must not be made for athletics purposes.

- (f) Non-parental guardianship will not be recognized where a student has a living parent unless:

- (1) There has been a determination by a court of competent jurisdiction of abandonment of the student by such parent(s) or a determination that the student is a dependent juvenile as defined in G.S. 7B-101(9).
- (2) The student has been judicially declared a ward of the court, has been identified as an orphan or placed in a foster home by the Division of Social Services (or a comparable agency if out of state) and custody (not guardianship) has been determined by the court or social service agency.
- (3) A student whose custody has been established by court order or social services agency decision is eligible for participation at the school to which he or she is assigned by the Board of Education of the local unit where his or her custodian resides.

- (g) The residence of a student who is emancipated shall continue to be his or her residence as of the time of emancipation, unless an exception is granted under the procedures established by the Hardship Rule.

NOTE: Emancipation for athletics purposes is when a student-athlete by legal determination or otherwise is freed from control by his or her parent(s) or guardian(s), and the parent(s), guardian(s), or other individual(s) are free from any and all responsibility for the student-athlete.

- (h) A student who resides out of state but attends a member high school could be eligible if:
 - (1) The student attends a member non-boarding parochial school or is a member of a parochial church and submits an authorized pastor verification form.
 - (2) The out-of-state student is attending a member school as an employee benefit because a parent is working at the school, the school must request a hardship waiver of the residence rule with appropriate documentation as a result of the employee status.
- (i) The residence of a student who is in an organized and recognized foreign exchange program (CSIET) shall be considered to be the place to which he or she is assigned by that program, in cooperation with the membership entity.
 - (1) Foreign students who are not part of an organized and recognized foreign exchange program must present extenuating circumstances through the procedure established in the Hardship Rule.
 - (2) Foreign exchange students are eligible to continue participation in the subsequent semester following their first year of enrollment based on the Two-Semester Rule [See 1.2.2(e)(3)].
 - (3) With the exception of this residence rule, foreign exchange students are subject to all other eligibility requirements, including but not limited to, the prohibition on participation after graduation or eligibility for graduation from high school.
- (j) In no case will any exception be made to the following principles:
 - (1) A student may not participate at a second school in the same sport during the same sport season, except in the event of a bona fide change in residence of the parent(s) or legal custodian.
 - (2) Change of schools must be contemporaneous with the change in residence.
 - (3) Documents purporting to establish guardianship or custody issued by a notary public, an attorney, a clerk of court, or any entity other than a court of record with competent jurisdiction will not be accepted. Note: The acceptance of a document from a court of competent jurisdiction does not automatically render a student eligible.

1.2.11 Transfer Policy - After initial entry into the ninth grade, and absent a bona fide move as provided in the Residence section of this Handbook (See 1.2.10):

- (a) A student transferring from one member school to another member school within the same PSU must sit out 365 days for athletic participation. The PSU can create criteria for immediate athletic eligibility for transfers (assignments) within the PSU.
- (b) A student transferring from one member school in a membership entity to another member school in a different membership entity must sit out two consecutive semesters, or 365 days, whichever is less, for athletic participation.

NOTE: A student's participation in cheerleading is not subject to the NCHSAA Transfer Policy.

- (1) Upon authorization of the Transfer Form by the NCHSAA, students are not subject to 1.2.11(b). The NCHSAA may approve a Transfer Request if:
 - (i) the transfer from membership entity to membership entity is the student's first transfer;
 - (ii) by mutual agreement, the transfer is not for athletic purposes; and,
NOTE: If deemed ineligible because the transfer is determined to be for athletic purposes, the student will only be ineligible in that sport(s).
 - (iii) If the student's member school does not have a boundary established by a PSU (i.e. charter schools and non-boarding parochial schools), the boundary for the member school shall be considered to be:
 - a) The entire county in which the member school is located; or
 - b) Any addresses within a 25-mile radius of the member school as measured by an NCHSAA designated computer program.
- (2) The two-consecutive semester application occurs when a student is enrolled for at least 50% of the semester in which the student initially enrolled and all of the following semester.
- (3) A student may not participate in practices or contests until the student's transfer has been validated by the NCHSAA.
- (4) A PSU's appeal of an NCHSAA decision will be heard by the SBOE Independent Appeals Board.
- (5) An appeal by a non-boarding parochial school will be heard by the NCHSAA Board of Directors.
- (c) Students transferring to the same member school where the student's coach has relocated within a calendar year will be deemed ineligible in any sport in which the coach is involved.
- (d) If a student transfers from a NCHSAA member school to a non-member school (including a transfer to a DPI-approved home school) and then attempts to transfer to any NCHSAA member school within a 365-day period, such initial transfer will be disregarded for purposes of this transfer rule and the subsequent transfer will be treated as if it were an NCHSAA member school to NCHSAA member school transfer and evaluated by the NCHSAA as provided in section (b) above.

- (e) Students transferring into one of the North Carolina Schools of Science and Math are exempt from the Transfer Policy upon their initial entry into the school.
- 1.2.12 **Felony Policy** - Any student who is subject to the NCHSAA eight semester rule who (1) is convicted of a crime classified as a felony under North Carolina or federal law; or (2) is adjudicated delinquent for an offense that would be a felony if committed by an adult, is not eligible to participate in the North Carolina High School Athletic Association sports program.
- (a) Such ineligibility shall be immediate and shall prohibit participation in the NCHSAA sports program from the date of conviction or adjudication of delinquency through the end of the student's high school career.
- (b) Appellate or other post-conviction review of the conviction or adjudication of delinquency does not affect the student's immediate ineligibility.
- (c) "Convicted" and "conviction," for the purpose of this policy, includes the entry of:
- (1) A plea of guilty; or
 - (2) A plea of no contest, nolo contendere, or the equivalent; or
 - (3) A verdict or finding of guilty by a jury, judge, magistrate, or other duly constituted, established, and recognized adjudicating body, tribunal, or official, either civilian or military.
 - (4) A person is "convicted" or "adjudicated delinquent" for the purposes of this policy, in North Carolina state courts, the courts of the United States, another state, the armed services of the United States, or another country.
- 1.2.13 **Dressing for a Game or Practicing** - A player shall not dress for a game or scrimmage when he or she is not eligible to participate in the game.
- (a) Dressing and being in the designated team area shall be interpreted as participating in the game.
Exception: Football, Eight Quarter Rule. Athletes who are disqualified or ejected during a contest will remain in the team area for supervision. [See 3.3.7(f)].
- (b) Ineligible players are not allowed to participate in practice, but this does not apply to summer workouts or skill development. [See 1.2.9(c)].
- 1.2.14 **Uniforms and Equipment** - School uniforms and/or equipment (including transportation) may not be used for any outside organization competition or by athletes performing "unattached" during the academic school year, inclusive of weekends, holidays, workdays, etc. except:
- (a) During the summer, outside the dead periods, school uniforms may be worn for school-related activities.
- (b) Students may be allowed to wear school uniforms, including protective equipment, in outside organization competition, so long as the student has exhausted athletic eligibility in that sport and received permission from the member school. Approval from the governing board of the membership entity is strongly recommended.
- 1.2.15 **Amateur Rule** - Enforcement of this rule by the NCHSAA begins with a student's entry in the ninth grade.
- (a) Under no circumstance may an individual or team:
- (i) Accept money.
Exception: A student is eligible to receive Operation Gold funds distributed by the US Olympic Committee.
 - (ii) Accept items by virtue of being on a "free list" or "loan list."
 - (iii) Compete under a false name.
- (b) Per SBOE Rule 16 NCAC 06E .0204, an individual may accept a gift, merchandise, trophy, etc. provided it meets the following conditions:
- (i) Does not exceed \$250.00 value per sports season;
 - (ii) The item(s) must be totally consumable and nontransferable (e.g., meals, trips, etc.) or labeled in a permanent manner (i.e., monogrammed, engraved, etc.); and,
 - (iii) Is approved by the local principal and superintendent.
- (c) A team or camp group may accept a gift, merchandise, trophy, etc. provided it meets the following conditions:
- (i) Available to every member of the team; and,
 - (ii) Totally consumable and nontransferable (e.g., meals, trips, etc.).
- (d) A student is entitled to receive "essential expenses" for any particular game or games, in which he or she participates as a player, which includes meals, lodging and transportation for each particular game. Any remuneration beyond these essential expenses shall debar a student from future contests.
- (e) Accepting a nominal, standard fee or salary for instructing, supervising, or officiating in an organized youth sports program or recreation, playground, or camp activities shall not jeopardize amateur status. An "organized youth sports program" includes both school and non-school programs.
- (f) A member school which has any connection with the presentation of a forbidden award, including but not limited to assisting in the selection of the person to receive the award, permitting the award to be

given at a school function, or holding the award for a student until he or she has graduated, shall be subject to penalty.

1.2.16 **National Governing Body Sanctioned Events** - Participation in activities or events sanctioned by a national governing body is permissible at any time. See NCHSAA website for list of national governing bodies.

1.2.17 **All-Star, Bowl, and Benefit Games** - (See 1.2.14).

- (a) A student is not permitted to participate in an all-star or bowl game unless he or she has completed high school eligibility in that sport.
- (b) An all-star/bowl game is defined as any contest where admission is charged, either directly or indirectly, and one or both teams is composed of players selected from two or more regularly constituted teams.
- (c) Other information regarding this topic may be found on the NCHSAA website.
- (d) Teams authorized to participate in benefit/fund-raisers (student/faculty game, alumni game, etc.) must be composed exclusively of players from the same high school. Outside the sports season, an existing team may not play an outside team in a benefit game and may not be coached by their coaching staff members. A benefit game played during the sports season must count as an official contest.
- (e) Any student who fails to comply with the preceding requirements loses athletic eligibility for a period of time to be determined by the Board of Directors.

1.2.18 **Professionals/Colleges** - No student who has signed a professional contract will be eligible for high school competition in that sport.

- (a) A student who has played on a college team is ineligible to play on a high school team.
- (b) A regularly enrolled high school student who is taking courses for advance credit (e.g. community college course, college courses) will be eligible for high school competition.

1.3 **HARDSHIP RULES**

1.3.1 SBOE Eligibility Rule -The SBOE has adopted a rule governing eligibility to participate in interscholastic athletics (the "eligibility rule"). The SBOE delegated to the NCHSAA the authority to waive any student eligibility requirement contained in the eligibility rule if the NCHSAA finds that the requirement fails to accomplish its purpose, or it works an undue hardship on a student who has lost eligibility due to circumstances that made participation impossible, such as prolonged illness or injury.

1.3.2 Purpose of Hardship Rule - The purpose of this rule is to guide the application of exemptions to the eligibility rules.

- (a) Requests for exemption must be made prior to any participation by the student under circumstances that would constitute ineligibility.
- (b) Ignorance of the rule on the part of school personnel, the student and/or their parents shall not be considered sufficient cause for setting aside the effects of a rule.
- (c) Ordinary cases of ineligibility shall not be considered hardships warranting exemption from the eligibility rule. The conditions that cause the student to fail to meet the eligibility rule must have been beyond the control of the school, the student and/or their parents. Injury, illness, or accident that cause the student to fail to meet one of the basic eligibility requirements is a possible cause for hardship consideration. The appropriate time for hardship application is when the hardship situation is discovered, not after the student has completed eight consecutive semesters.
- (d) Inability to participate in athletics due to illness, injury, or other medical causes, standing alone, shall not be considered a hardship warranting exemption. Requests for exemption may be considered in those cases where the ineligibility exists because the student was unable to attend, or was prohibited from attending, school due to illness, injury, and/or medical treatment.

1.3.3 Hardship procedure - The following procedures apply to the filing of requests for exemption.

- (a) Requests will go initially to the Commissioner for action by the NCHSAA. The appropriate form is on the NCHSAA website and must be filled out in its entirety for consideration. The school, as the NCHSAA member, must apply for any hardship exemption.
 - (1) Each request must be made in writing by the school principal, with the approval of the superintendent, and should contain all the facts pertaining to the request, including sufficient information to make it possible to reach a decision without further investigation. All correspondence and documents pertinent to the request must be submitted for review simultaneously with the request, including a copy of the student's scholastic and attendance data since initial entry in the ninth grade. In cases involving medical questions, the request for exemption must be accompanied by the statement(s) of one or more qualified medical expert(s) explaining the medical aspect of the request.

NOTE: It is the responsibility of the school submitting the hardship request to have translated any documents that might be in a language other than English, and to include both the original document and the translation with the request.

- (b) A PSU wishing to appeal the decision by the NCHSAA on a request for hardship exemption may appeal to the SBOE Independent Appeals Board as provided by law. The current procedure for appeals to the SBOE is available in Rule 1.4 and on the website of the NCHSAA. Any member non-boarding parochial school wishing to appeal may appeal as set forth in 1.4.1(a)(4) and 1.4.2.
- (c) The decision of the SBOE Independent Appeals Board on a PSU's appeal is final
- (d) The decision of the NCHSAA Board of Directors on any non-boarding parochial school appeal is final.

1.4 Appeals

1.4.1 The NCHSAA shall coordinate and administer the process for appeals as established by the SBOE and in accordance with the following requirements:

- (a) Appellate Process
 - (1) Final Decision of NCHSAA: Any request for Transfer or Hardship Waiver shall first be directed to the Commissioner of the NCHSAA. Additionally, any dispute, inquiry, or information about a suspected violation of SBOE or NCHSAA rules and regulations shall first be directed to the Commissioner of the NCHSAA.
 - (2) NCHSAA Ruling/Interpretation: The Commissioner, or the Commissioner's designee, shall provide a ruling on any such request, including, if applicable, the imposition of a penalty allowed by the SBOE and/or NCHSAA penalty rules and regulations. The ruling/interpretation will be given in writing to the member school and its PSU, if any. The ruling shall contain findings of fact; citation of any rules related to the ruling; a description of any penalties; as well as a statement that the membership entity may file a notice of appeal. It shall be the responsibility of the participating school(s) affected by the decision of the NCHSAA to notify all impacted parties, including students.
 - (i) This written notification to the impacted schools shall constitute receipt of the ruling for purposes of determining the time to appeal.
 - (ii) This ruling shall be the final decision of the NCHSAA.
 - (3) A non-boarding parochial school may appeal to the NCHSAA Board of Directors.
 - (4) Appeal by a PSU to Independent Appeals Board: A PSU aggrieved by the final decision of the NCHSAA, may appeal within five (5) days. The appeal shall:
 - (i) be in writing to the SBOE. Any appeal must be mailed and emailed to the State Board of Education's Office of General Counsel; Mail to: 301 S. Wilmington Street; Raleigh, NC 27601; and Email to: allison.schafer@dpi.nc.gov.
 - (ii) include a description of the facts of the dispute;
 - (iii) include any evidence submitted to the NCHSAA; and
 - (iv) present an argument explaining why the PSU believes the NCHSAA's final decision was not based on substantial evidence or the applicable law, policy, regulation, State Board Rule or rules or regulations of the NCHSAA.
 - (5) Independent Appeals Board Decision: No later than thirty days after the SBOE's receipt of the appeal request, a panel of the Independent Appeals Board shall review the appeal, and any response by the NCHSAA and issue its decision. The panel shall affirm the NCHSAA's final decision unless a majority of the panel determines that the NCHSAA's final decision is not supported by substantial evidence or an applicable law, policy, regulation, State Board Rule or NCHSAA rule or regulation.
 - (i) The timeline for hearing and responding to appeals may be shortened by the panel as necessary to make timely decisions that impact the ability of a student or coach to participate in an athletic contest.
 - (ii) A decision of the Independent Appeals Board will be final.
- (b) Independent Appeals Board - The State Board will appoint an Independent Appeals Board to hear and act upon appeals from final decision of the NCHSAA regarding matters addressed in Handbook 1.4.1(a)(1)-(2).
 - (1) The Independent Appeals Board shall be composed of professional educators, who have experience overseeing or implementing high school interscholastic athletic programs. Current members of the NCHSAA Board of Directors are not eligible for membership on the Committee. However, past NCHSAA Board members who can serve as fair and impartial members of the committee will be encouraged to serve. Decisions on who will be appointed to the Independent Appeals Board are within the sole discretion of the SBOE.
 - (2) The members of the Independent Appeals Board will have a duty and responsibility to avoid conflicts of interest, to remain independent and impartial and to recuse themselves from considering a matter if they believe that they cannot be impartial or have a conflict of interest.

- (3) The NCHSAA - its representatives, employees, or agents - apart from communications required or permitted by the memorandum of understanding (MOU) with the SBOE, will not communicate with the Independent Appeals Board members about the substance of an appeal or lobby for a specific conclusion to the appeal prior to a hearing or decision. The SBOE shall also prohibit any agent of an appealing PSU from communication with the Independent Appeals Board about a matter under consideration except as permitted by the MOU.

(c) Information concerning the procedures, including deadlines and other requirements, for appeals is available on the NCHSAA Website.

1.4.2 Process of Appeals for Non-Boarding Parochial Schools - Non-boarding parochial schools may not appeal to the SBOE Independent Appeals Board as set forth in section 1.4.1. However, it is the NCHSAA's intent to afford member non-boarding parochial schools a substantially equivalent appeals process. Therefore, the rules in 1.4.1(a) (1), (2), and (3) shall apply to member non-boarding parochial schools, except that such schools must file the notice of appeal with the NCHSAA's Board of Directors. The appeal shall meet the requirements of 1.4.1(a)(4), except that it shall be emailed to the Commissioner of the NCHSAA (que@nchsaa.org) and not to the SBOE. The rules in 1.4.1(a)(4) shall apply except that the appeal shall be decided by the Executive Committee, unless referred by the Executive Committee to the Board of Directors. A decision of the Executive Committee will be final, or, if the appeal is referred to the Board of Directors, a decision of the Board of Directors will be final.

1.5 RECRUITING/UNDUE INFLUENCE

1.5.1 A student shall not be subjected to undue influence by an individual or group of individuals to induce or cause him/her to transfer from one school to another for athletic purposes.

1.5.2 If allegations of recruiting are made against a school, the burden of proof in substantiated form must be borne by the accusing party.

1.5.3 Allegations of recruiting that are substantiated will be processed as infractions under the penalty code.

1.5.4 For the purposes of this rule, "undue influence" consists of actions taken for the purpose and intent of soliciting or encouraging the enrollment of a student-athlete in a school, including but not limited to the following:

- (a) Initiating or arranging communication or contact of any sort (letters, email, phone, etc.) with a prospective student-athlete or member of his or her family
- (b) Visiting or entertaining a prospective student-athlete or member of his or her family
- (c) Providing transportation or arranging for same for a prospective student-athlete or member of his or her family to visit a school or meet with anyone associated with a school
- (d) Providing verbal or written material, slide, film or tape presentations to a prospective student-athlete or member of his or her family which states or implies that a school's athletic program is superior to that or any other school with the purpose or intent of soliciting or encouraging the enrollment of the student in that school, or that it would be advantageous for any prospective student-athlete to participate in athletics at that member school as opposed to any other school
- (e) To use non-school athletic teams as a vehicle to solicit or encourage a prospective student-athlete or a member of his or her family to enroll the student-athlete at a different school.

1.5.5 1.5.1 through 1.5.4 applies to any individual who coaches at an NCHSAA member school, head or assistant, paid or non-paid, faculty or non-faculty, parent volunteer, etc., as well as any other person formally or informally associated with a school's athletic program.

SECTION 2: SCHOOL ADMINISTRATION OF INTERSCHOLASTIC ATHLETIC PROGRAM

2.1 GENERAL REQUIREMENTS

- 2.1.1 **Organization of School** - For athletic purposes in determining eligibility membership entities may set their own semester dates prior to the opening of school, and a copy of the calendar indicating these dates must be sent to the NCHSAA along with the filing of the school's first eligibility list.
- 2.1.2 **High School Definition** - A high school is composed of grades 9-12 inclusive.
- (a) No student can be approved for practice or an athletic contest unless he or she is a regularly enrolled member of those grades at the school submitting his or her eligibility.
Exception: An eighth grade student who is over-age or specialty school students under certain conditions, as indicated elsewhere in these regulations.
- (b) Students on teams below the ninth grade shall not play or practice against interscholastic athletic teams, which have members in or above the ninth grade. This includes skill development during the academic school year calendar, inclusive of all weekends, holidays, work days, etc. [See 2.2.14(d) (10)].
- (c) No membership entity may use students of two or more of its regularly constituted high schools, which offer an athletic program, to form a "composite team." A PSU, by local policy, may choose to assign its specialty school students, who meet all other eligibility requirements, to participate in athletics at a regularly constituted high school provided the specialty school does not have an athletic program. Specialty schools in a PSU could include schools with special courses of study, early or middle colleges, STEM/STEAM schools, magnet schools, virtual schools, etc. and these schools may or may not be housed on campus. **NOTE:** The enrollment of that specialty school must be counted for realignment and classification purposes when other students are assigned to regularly constituted high schools.
Example: Member school A's Average Daily Membership (ADM) is 500. The ADM for the Middle College is 200. Member school A has 5 students participating in athletics who are actually enrolled in the PSU governed Middle College. PSU policy allows any student enrolled in the Middle College to participate in athletics at the base school; therefore, for realignment and football sub-dividing purposes, Member School A, which is the base school for the middle college, must add 200 students to its own ADM count, making the ADM 700. If students at the middle college are assigned to more than one school, the ADM number—200—of the middle college is divided between/among those member schools, based on those assignments.
- (d) If any school district or unit shall have been officially enlarged (e.g., a city unit), students residing in the newly added territory shall be eligible for approval just as though the new territory had previously been a part of the district or unit.
- (e) A single gender student body shall have its enrollment doubled for classification purposes;
- 2.1.3 **Non-Boarding Parochial Schools** - Non-boarding parochial schools, in addition to subscribing to the rules of the NCHSAA, must also agree to adhere to the following regulations:
- (a) Student-athletes shall not be given scholarship aid or other financial consideration with the exception of need-based aid as determined by an independent agency.
- (b) All non-boarding parochial schools shall provide full disclosure of financial aid data upon request, within guidelines of privacy laws.
- 2.1.4 **Enrollment Date** - Any school that desires to renew membership in the NCHSAA must sign and submit a membership renewal agreement by September 1 and pay their membership dues before December 1. Any school that has not paid membership dues is not eligible for playoffs beginning with the winter sports season until all dues are paid.
- (a) To join the NCHSAA, an eligible school must pay a \$1000 application fee and fill out the appropriate application form.
- (b) The Board of Directors may send a delegation to make a site visit after the application is received.
- (c) New members may be approved at either the winter or spring Board meetings; deadlines are November 1 to be considered at the winter Board meeting or April 1 to be considered at the spring Board meeting. New memberships will take effect July 1. All schools which join the NCHSAA are required to attend an orientation session.
- (d) All schools shall have enrollment policies and procedures available to the NCHSAA upon request.
- 2.1.5 **Membership Dues** - A check in the amount of \$1.00 per pupil for all students enrolled at the high school should accompany the invoice for dues.
- (a) Enrollment shall be determined by total enrollment of students at the end of the first school month of the present school year. Each school should use the number provided in their membership portal in calculating its payment.
- (b) Deadline for payment is December 1.

- 2.1.6 **Coaching** - In most cases, the head coach of an interscholastic athletic team should be a bona fide member of the faculty and as such shall be responsible for the supervision of athletic teams during all practices, games, and trips.
- (a) Local superintendents may employ non-faculty persons as head coaches for varsity or junior varsity teams, with the concurrence of the local board of education.
 - (b) Individuals authorized to coach in this manner are required to know and follow the rules of the NCHSAA, SBOE, and NCDPI, including the sports season regulation.
 - (c) In extenuating circumstances and upon the written request of a school's principal, the NCHSAA may authorize parents to accompany individual participants in lieu of the coach at state-sponsored play-offs.
 - (d) Unsupervised athletes may not participate in state playoff events.
- 2.1.7 **Coaching Requirements** - Any annually required course must be current and completed before the first date of practice.
- (a) All coaches, paid and volunteer, are required to take the "Fundamentals of Coaching" certification course prior to the first play date of the sport he or she coaches in order to coach an NCHSAA team. The course can be accessed online at nfhslearn.com.
 - (b) All coaches, paid and volunteer, must annually take the NFHS "Concussions in Sports" course or an equivalent concussion curriculum prior to the first date of practice in their sport.
 - (c) The pole vault head coach is required to take the NFHS "Coaching Pole Vault" course prior to the first date of practice in their sport.
 - (d) The head cheerleading coach is required to maintain safety certification through the NFHS and USA Cheer's "Cheer and Dance Safety Certification" course once every four years. Fundamentals of Coaching is optional.
 - (e) All head and paid coaches must be CPR/AED certified prior to first practice date. CPR/AED courses that satisfy this requirement should include some hands-on, in-person skill presentation and evaluation, regardless if part of the course is online or entirely in-person. It is recommended that all coaches of each sport/activity staff take and pass the NFHS First Aid for Coaches course, be CPR/AED certified, and be present at all contests and practices.
 - (f) All non-paid coaches are required to complete the NFHS "Sudden Cardiac Arrest" Course annually prior to the first practice.
 - (g) The head coach must complete the corresponding NCHSAA state rules clinics in all sanctioned sports.
 - (1) If the requirement for clinic completion is not met prior to the first play date in the sport, the coach is ineligible to coach in contests until he or she is compliant, absent showing cause as currently occurs.
 - (2) Head coach coaching in a contest prior to satisfying the rules clinic attendance requirement is a punishable offense. If coach in question coaches in subsequent games without satisfying requirement, NCHSAA has authority to suspend the coach for the same number of contests they coached while being non-compliant.
 - (h) Any person paid or employed, as a principal or assistant principal shall not coach interscholastic athletic teams.
- 2.1.8 **Middle School Rules and Regulations** - All questions relative to middle school rules and regulations must be directed to the NCDPI.

2.2 **GAME AND SPORT ADMINISTRATION - SCHOOL REQUIREMENTS**

- 2.2.1 **Game Rules** - All high schools participating in interscholastic athletics shall use the game rules as set forth by the NFHS.
- NOTE:** Golf and tennis shall use USGA and USTA rules respectively, except where local modifications apply.
- 2.2.2 **Athletic Contracts** - A standard contract is recommended for use in all sports for non-conference competition (with two-year terms for football and basketball). The standard contract template may be found on the NCHSAA website.
- (a) All provisions of the contract must be fulfilled by both parties unless canceled by mutual agreement.
 - (b) The NCHSAA has no responsibility for enforcing oral contracts.
- 2.2.3 **Facilities** -
- (a) **Court and Field Diagrams** - The NCHSAA has adopted the playing rules of the National Federation of State High School Associations for most sponsored sports.
 - (1) Diagrams for the court or field for each sport are contained in the respective rulebooks.
 - (2) The National Federation also publishes a Court and Field Diagram Guide covering all sports.
 - (3) A copy of rule books for individual sports or of the comprehensive guide may be obtained directly from the National Federation.
 - (b) **Lighting Standards** - The Board of Directors has adopted standards for the lighting of events sponsored by the NCHSAA or any member school.

- (1) These standards incorporate the most current data available regarding the lighting, electrical and structural issues that apply to the installation and maintenance of safe, effective lighting systems.
 - (2) These standards were developed by a Standards Advisory Committee made up of experienced engineers, architects, electrical contractors, attorneys and insurance underwriters.
 - (3) They are divided into recommended minimums and desirable features. The minimums establish criteria which are important to the safe conduct of sponsored activities. The desirable features are intended to provide guidelines for lighting systems that give added values of durability, energy-efficiency, environmental sensitivity and cost effectiveness.
 - (4) NCHSAA playoff events are intended to be held at sites that meet the minimum standards.
 - (5) A copy of the revised lighting standards may be viewed on the NCHSAA website.
 - (6) Member schools are encouraged to complete a SYSTEM OPERATION AND MAINTENANCE CHECKLIST form annually to ensure that electrical and structural components of facility lighting systems are up to code with NEC (National Electric Code) and IBC (International Building Code) standards.
- (c) **Drone Policy** - The use of drones is prohibited within the confines of stadiums, fields and arenas during NCHSAA contests. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium, field, arena and/or structure. The regulation includes pre- and post-game activities.
- (d) **NCHSAA Hosting of Playoffs and Championships** - During the playoffs, the NCHSAA has the right to require host teams to find an adequate facility based on expected attendance or quality of venue. In order to host NCHSAA Playoffs (Recommended for regular season) in any sport, member schools' facilities must:
- (1) Have measures in place that ensure the safety and protection of the well-being of all participants and spectators;
 - (2) Maintain seating for participants and spectators, with one-third (1/3) of the available seating reserved for the visiting team's spectators. These specifications are recommended for regular season games in all sports, with the exception of football, which provides its own minimum seating regulations;
 - (3) Comply with requirements mandated by the Americans with Disabilities Act (ADA);
 - (4) Have restroom facilities available for both spectators and participants;
 - (5) Provide areas for teams and game officials to dress for competition;
 - (6) Be conducive to the charging of admission; and
 - (7) Show, upon request, that facility lighting meets minimum NCHSAA lighting standards [See 2.2.3(b)] and the NCHSAA website.

2.2.4 Starting Time

- (a) Regular Season Contest - The starting time for all regular season games in all sports shall be determined by the home team, within certain limits.
- (1) A contest may not usually begin until after the last regularly scheduled instructional period.
 - (2) Recommended starting time in regular season is no earlier than 5:00 pm for baseball, lacrosse, softball, volleyball and soccer.
 - (3) Unless otherwise noted, if an event is held on campus or on school property, the host team is considered the "home" team.
 - (4) Unless otherwise noted, if an event is held off campus (golf course, etc.), the host team is designated the home team.
 - (i) The contest may begin before the last regularly scheduled period if a "host" team is involved, but schools are still urged to minimize loss of school time.
 - (ii) This rule is designed to be used only if the operator of the facility dictates an early starting time to the host school.
- (b) Playoff Contest - Playoff games are under the auspices of the NCHSAA.
- (1) Monday-Friday - Contests are set for 7:00 p.m. with the exception of football, which is 7:30 p.m.
 - (i) Teams may play at 6:00 p.m. if mutually agreed upon.
 - (ii) Game time will be 6:00 p.m. if the visiting team is over 100 miles one-way
 - (iii) Any deviation from this must be approved by the NCHSAA.
 - (2) 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.
 - (3) Schools may play earlier than the playoff date designated on the bracket by mutual agreement.

- 2.2.5 **Practice Time** - There shall be no athletic practice during the regular school day. This means no individual or team practice may begin until after the last regularly scheduled instructional period.
- (a) No authorized practice, contest, or workouts may occur during the work day for teachers during the ten-month teaching calendar, and coaches may not use their vacation or leave time to hold a practice during the teacher work day.
- Exception:** If a superintendent gives permission for schools in his/her unit to practice prior to the end of a work day due to inclement weather only.
- (b) On the day following the end of the academic school year calendar, non-mandatory teacher workdays are governed by local policy. This rule also applies to non-faculty coaches.
- (c) Team practice in any sport is prohibited after the sports season ends until the first day following the final student day of the school year.
- 2.2.6 **Sunday Participation** - No participation under the auspices of the NCHSAA may be staged on Sunday, except for certain cases approved by the NCHSAA Board of Directors in playoffs and championships.
- NOTE:** There shall be no Sunday practice, conditioning or skill development in any sport. This includes the assembling of athletic squads (full teams or selected individuals) for purposes of viewing films, chalk talks, or other materials pertaining to the coaching of the team.
- 2.2.7 **Postponed and Suspended Games** - Any single contest postponed because of emergency reasons (bad weather, epidemics, heating system failure, mid-term exams, or unavoidable mishaps) may be rescheduled and played.
- (a) No more than three contests may be played in a single week even with postponements and rescheduling (see weekly limits below and exceptions for volleyball, baseball, tennis, basketball and softball).
- (b) Postponed games will be made up in the order of postponement on the next possible date; During the regular season, Saturday will not be used as a makeup day unless mutually agreed upon by the two schools involved, with the exception of the 11th playing date in football (see Football section on seeding).
- (1) Unless approved by the NCHSAA, a postponed game may not be played after the reporting deadline for playoffs.
- (2) When a playoff game is postponed and then rescheduled, the principals of both schools, along with the NCHSAA, should be involved with the decision.
- (3) Saturdays must be used as makeup days for playoffs.
- (c) NCHSAA uses the suspended game rule in all sports where appropriate.
- (1) If a contest is suspended at any point, it is resumed from the point of interruption unless the teams mutually agree to terminate the game with the existing score [See Baseball 4.2.1(m), Lacrosse 4.7.1(m), Soccer 4.8.1(l) and Softball 4.9.1(l) for specific applications in those sports].
- (2) A suspended game may be continued in another week and not count against the weekly limitations.
- 2.2.8 **Tie Games** - All tie games shall count one-half game won and one-half game lost whenever a conference champion is determined by percentage standings.
- 2.2.9 **Unplayed and Forfeited Games** - If a conference school plays a part of its schedule, and then withdraws from competition leaving unplayed games, the NCHSAA Board of Directors shall have power, at its discretion, to declare official forfeitures of all unplayed conference games. A contract should be in place for all non-conference games. The contract should stipulate the remedy for any unplayed contest.
- 2.2.10 **Weekly/Player Limits** - Student-athletes must always stay within the daily, weekly and seasonal limitations of their prescribed sports. With the exception of volleyball, softball, baseball, tennis and basketball (refer to those sports sections), no team shall play more than three games in one sport per week, under any circumstances.
- (a) Both teams and individual players are subject to the daily, weekly and seasonal limitations for each sport.
- (b) See Football section for specific regulations and limits on football games and participation.
- 2.2.11 **Season Limitations** - All regular season games and conference tournaments must be completed before the playoff reporting date.
- (a) The season ends for all sports with the reporting deadline or when defeated in the state playoffs.
- NOTE:** A conference tournament, if held, may be held at any time during the regular season. It does not have to be a culminating event for the regular season unless specified by conference by-laws.
- Exceptions for postponed contests which have a bearing on conference standings (for awards, Wells Fargo points, etc.) or which are important money games for the schools involved may be requested through the NCHSAA.
- (b) The opening date for practice, the authorized date for the first game, and the number of regular season contests allowed for each sport are specified under individual sports headings.

- 2.2.12 **Split Squads** - A varsity team may not be divided or split for athletic purposes, with the exception of cross country, indoor track and field, track and field, and wrestling.
- (a) There may be JV teams, ninth-grade teams, etc.
 - (b) This regulation does not prevent a junior varsity player from playing with the varsity and vice versa, provided he or she does not exceed specified participation limitations.
- 2.2.13 **Unattached and Unaffiliated Athletes**
- (a) **Unattached** - An athlete is unattached if the athlete is not representing his/her high school team in that competition. In order to be unattached by the technical definition of the term, the athlete must be a member of a team, such as an outside club team, but for whatever reason is not representing his/her high school team in the specific competition. Unattached athletes must assume all liability and all expenses for themselves, including transportation, and cannot wear school uniforms in the competition. The NCHSAA does not regulate unattached student-athletes; it is up to the discretion of the meet director to decide whether to admit unattached student-athletes. Performances while competing unattached cannot be used to qualify for NCHSAA regional or state meets.
 - (b) **Unaffiliated** - A student-athlete is unaffiliated if he or she does not have a team or does not belong to a governing body. This means that no one is currently monitoring his or her eligibility. Home-schooled student-athletes who do not belong to an association of some kind (such as Forsyth Home Educators) are considered unaffiliated, and are not recognized by the NCHSAA.
- 2.2.14 **Sports Seasons** - The sports season for a school is defined as that period of time which begins with the opening date of practice (as called for by each individual school) and goes through the reporting deadline or a team's final playoff game in a particular sport.
- (a) By defining the length of each sport's season, an attempt has been made to provide balance to the athletic calendar so that students have an opportunity to compete in a variety of sports throughout the school year.
 - (b) Any competition with outside teams in an Off-Season Skill Development Session is prohibited during the academic school year calendar, inclusive of all weekends, holidays, work days, etc.
 - (c) On a given day, a student-athlete is limited to 1.5 hours of skills development or weight training/conditioning during the academic school year calendar, inclusive of all weekends, holidays, work days, etc. Skill development sessions are not to exceed 1.5 hours in duration including flex time (stretching), meetings, video review and breaks.
 - (d) Skill Development Sessions are allowed, but shall not be held during any tryout period of an in-season sport.
 - (1) **Dead Periods** - Sessions are not allowed during the following periods:
 - (i) August 1 - August 21, 2022
 - (ii) October 31 (October 24, Non-Football Schools) - November 20, 2022
 - (iii) Last five (5) student days of the First Semester
 - (iv) February 13 - March 5, 2023
 - (v) Last ten (10) student days of the Second Semester
 - (vi) July 3 - July 9, 2023
 - (vii) July 17 - July 23, 2023
 - (2) The weight room must also be closed during the last five student days of the first semester and the last ten student days of second semester.
 - (3) All skill development sessions must be voluntary and open to all students with a current and valid pre-participation physical examination (See 1.2.9).
 - (4) At no time may a coach require of any student off-season skill development sessions as a measure of continued participation on a team. Any coach who promotes the idea that taking part in off-season practice is required is blatantly out of compliance with the intent and purpose of this rule.
 - (5) Student accident insurance is strongly recommended for all those involved in athletics, in-season and out-of-season.
 - (6) Skill development sessions are not restricted in the number of participants on a daily basis.
 - (7) There is no restriction on the number of coaches who may work with the athletes.
 - (8) **Football Specific Requirements**
 - (i) Licensed athletic trainer or first responder must be present if any protective equipment (helmets and/or shoulder pads) is worn during the school year.
 - (ii) No body-to-body contact, live action, wrapping, or thudding is allowed [See 4.5.3(b)(4)].
 - (iii) A gameday administrator and a licensed athletic trainer or first responder must be present for any 7-on-7 competition.
 - (9) Skill development sessions are open only to students enrolled at that school.
 - (10) Eighth graders are not permitted to participate in skill development sessions on high school campuses [See 2.1.2(b)].

- (11) Facilities may be used for out-of-season athletic play on a strictly voluntary basis, open to all students and required of none.
- (12) For safety purposes, school administrators or other school personnel should be present as supervisors during any skill development session.
- (e) Any individual who coaches at an NCHSAA member high school, head or assistant, paid or non-paid, faculty or non-faculty, parent volunteer, etc., must abide by the skill development, out-of-season workout rules.
 - (1) If a high school coach, regardless of the sport he or she coaches at the high school, also coaches an outside team (non-school or club team) outside the sports season but during the school year, and has any students from the high school on that outside team, the coach is prohibited from working with any of those students during a dead period.
 - (2) Coaches coaching an outside team either during the sports season or outside the sports season, but during the school year, must still abide by the numbers restrictions below (one less than a team).
 - (3) **NUMBER OF ATHLETES FROM ONE SCHOOL, ON ANY OUTSIDE TEAM ON A GIVEN DAY**

Football	no more than 10	Golf	no more than 3
Basketball	no more than 4	Softball	no more than 8
Baseball	no more than 8	Wrestling	no more than 8
Volleyball	no more than 5	Track	no more than 6
Tennis	no more than 4	Cross Country	no more than 4
Soccer	no more than 10	Swimming	no more than 6
Lacrosse	no more than 9 (men)		
	no more than 11(women)		
 - (4) Students who have exhausted their eligibility in a particular sport will not count toward the numbers restrictions as listed above (one less than a team).
- (f) Note that the sports in season should always take precedence for facility use etc., over those not in season, in keeping with the philosophy of the sports season concept.
- (g) Principals, superintendents and athletic directors are responsible for ensuring the entire concept of the sports season is followed without exception [See 3.3.5 (d)(18)].

2.2.15 Summer Regulations - During the summer, coaches are free to work with individual or multiple players, from their school or their feeder schools, conduct practices, etc. Once practice for the fall sports season begins, skill development restrictions are in place.

- (a) In order to participate in summer work-outs, students must have a current and valid pre-participation physical examination.
- (b) At no time may a coach require of any student off-season skill development sessions as a measure of continued participation on a team. Any coach who promotes the idea that taking part in off-season practice is required is blatantly out of compliance with the intent and purpose of this rule.
- (c) During the "Summer Dead Periods" no NCHSAA member school-sponsored activities may be organized or conducted by any NCSHAA coach or school staff member (whether full-time, part-time, or volunteer) that involve students at NCHSAA member schools. School-sponsored activities include any of the following (i.e. these activities MAY NOT be done):
 - (1) Activities, other than Third-Party Outings and Bona Fide Competitions (both as defined below), conducted (1) at any NCHSAA member school; or (2) at any location if the activity is organized or controlled by an NCHSAA member school, coach or staff member (whether full-time, part-time or volunteer) (e.g., summer skills development or camps, open facilities, conditioning exercises, laps around the school track, etc.);
 - (2) Activities at any location where attendance by students is deemed mandatory, whether actual or perceived (e.g., coach organizes an event away from school property and states, suggests or implies in any way that any students not attending will suffer consequences of any kind ... whether this means making a team, enjoying playing time, becoming team captain, etc.);
- (d) Examples of activities that would be considered "non-school-sponsored activities" and MAY be done:
 - (1) Third-Party Outings: Coach or staff member takes students to a third-party camp at a non-NCHSAA member school (e.g., college-sponsored summer skills or team camp, etc.) where attendance by students is NOT deemed mandatory, whether actual or perceived (as described above);
 - (2) Bona Fide Competitions: An organized league is conducted through a bona fide third party organization where (1) the organization purchases appropriate liability insurance and pays for all game-related expenses (e.g., facilities, staffing, etc.); (2) students are not required to attend or participate; (3) student transportation is not provided by NCHSAA member school vehicles; and (4) students use their own equipment.

- 2.2.16 **Weight Training and Conditioning** - During the academic year, a program of weight training is permitted at any time, with the exception of the last five student days of the first semester and the last ten student days of the second semester.
- (a) Personnel knowledgeable in this area should be on hand at all times to observe the proper techniques are followed in the weight training and conditioning workouts.
 - (b) All weight training and conditioning should be open to all and required of none.
 - (c) Sports specific equipment cannot be used during weight training/conditioning sessions (See 2.2.14 and 2.2.15).
- 2.2.17 **Filming, Videotaping or Video Streaming** - Filming, videotaping or video streaming of a contest or scrimmage by nonparticipating schools, in any sport, is considered unsportsmanlike conduct, unless agreed upon by competing teams.
- NOTE:** Filming, videotaping or video streaming for baseball and softball may not be done beyond either first base or third base.
- 2.2.18 **Radio-TV Fees** - Member schools retain the broadcast rights to their regular season contests. Member schools are encouraged to make their own arrangements with media outlets for broadcasts of any kind during the regular season. The NCHSAA holds the broadcast rights to all postseason competition. The Association requires a Post Season Broadcast Request Form be submitted by the Outlet to be approved for broadcasting playoff contests.
- (a) For a live audio-only broadcast (radio or internet streaming) of any single playoff contest in football and basketball, the fee is set at \$100.00, AM, FM or internet audio stream. For all other sports the fee is \$50.00.
 - (1) Since the NCHSAA holds the rights to postseason play, no station can be denied the opportunity to broadcast a playoff contest by a member school without approval of the Association.
 - (2) Provided the outlet is in good standing with the NCHSAA and the Member School, meaning all required broadcast fees have been paid for any game broadcast and there have been no disciplinary actions outlined by the NCHSAA or member school for a broadcast outlet, a host athletic director may consider a station to be approved to conduct an audio-only/radio broadcast of a playoff contest even without written notice of approval from the NCHSAA.. This automatic approval does not include any outlet seeking a video broadcast.
 - (b) Any broadcast aired on multiple outlets, over the air or cable, is subject to the appropriate fee for each outlet or cable system airing the contest.
 - (c) All broadcast fees for post-season broadcasts are payable to the host institution or for contests hosted by the NCHSAA at neutral sites, to the NCHSAA prior to the beginning of the contest.
 - (d) A live telecast (over-the-air, cable or satellite) of a playoff game must be approved by the NCHSAA and the holder of television rights, if any, which the Association has granted.
 - (e) All telecasts, live or delayed, of any state championship game must be approved by the NCHSAA.
 - (f) NCHSAA Broadcast Rights Fee Chart can be found on page 123.
- 2.2.19 **Travel Checks** - Travel checks will be issued to participating schools in all sports after the conclusion of the NCHSAA fiscal year.

2.3 **HEALTH AND SAFETY**

2.3.1 **Health and Safety Personnel**

- (a) Licensed Athletic Trainers (LAT) - In North Carolina an LAT is an individual who is licensed under Article 34 of Chapter 90 of the General Statutes entitling them to perform the functions and duties of an athletic trainer.
The LAT must complete the ATHLETIC TRAINER COMPLIANCE FORM prior to working in an NCHSAA Member School. Also, it is required that the LAT update the ATHLETIC TRAINER COMPLIANCE FORM in conjunction with their annual license renewal.
 - (1) Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions. Athletic training is recognized by the American Medical Association (AMA), Health Resources Services Administration (HRSA) and the Department of Health and Human Services (HHS) as an allied health care profession.
 - (2) Athletic trainers are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Athletic trainers work under the direction of a physician as prescribed by state licensure statutes. In North Carolina, an athletic trainer is a person who, under a written protocol with a physician licensed under Article 1 of Chapter 90 of the General Statutes and filed with the North Carolina Medical Board, carries out the practice of care, prevention, and rehabilitation of injuries in-

curred by athletes, and who, in carrying out these functions, may use physical modalities, including heat, light, sound, cold, electricity, or mechanical devices related to rehabilitation and treatment.

(b) First Responders (FR) - The FR must complete the FR COMPLIANCE FORM prior to working in an NCHSAA Member School. Also, it is required that the FR update the FR COMPLIANCE FORM as CPR/AED, First Aid, Staff Development/Continuing Education credits are renewed.

(1) First Responder (FR) - A first responder must meet the following requirements set forth by the North Carolina SBOE Policy 16 NCAC 06E .0206.

(i) Must be CPR/AED certified prior to the first practice date of the school year by an organization such as the American Red Cross or the American Heart Association and maintain certification while serving in this role. CPR/AED courses that satisfy this requirement should include some hands-on, in-person skill presentation and evaluation, regardless if part of the course is online or entirely in-person.

NOTE: CPR/AED certification must not lapse while serving in the role as a FR.

(ii) Must be First Aid certified prior to the first practice date of the school year by an organization such as the American Red Cross or the American Heart Association and maintain certification while serving in this role.

NOTE: First Aid certification must not lapse while serving in the role as a FR.

(iii) Must annually take the NFHS "Concussion in Sports" course or an equivalent concussion curriculum prior to the first practice date of the school year.

NOTE: This course or an equivalent is valid for 365 days and must not lapse while serving in the role as a FR.

(iv) Must annually complete 10 hours of staff development/Continuing Education (CE) each school year specific to first aid, injury recognition and prevention. The 10 hours may include hours necessary for recertification/renewals.

NOTE: Original documentation of annually completed CE, including current and expired CPR/AED and First Aid cards, must be retained as proof of eligibility to serve as a FR.

(v) Must annually complete and continue to maintain CE in injury prevention and management. A first suggested option to satisfy the 10-hour CE requirement is attending the Athletic Injury Management Courses offered in conjunction with the North Carolina Coaches Association (NCCA) Summer Clinic. If a FR is unable to attend the NCCA Summer Clinic the NCHSAA recommends two additional options to satisfy this requirement.

(a) A second CE option is taking on-line courses offered by the NFHS:
*ACL Injury Prevention *Appearance and Performance Enhancing
Drugs and Substance *Heat Illness Prevention *Introduction to Pitch
Smart *Sports Nutrition *Student Mental Health and Suicide Preven-
tion *Sudden Cardiac Arrest *The Collapsed Athlete *Understanding
Vaping and E-Cigarettes.

(b) Courses offered by the Gatorade Sport Science Institute is a third CE option that is also on-line based.

NOTE: CE courses are valid for 365 days from date of completion, unless otherwise indicated, and must not lapse while serving in the role as a FR.

(2) The NCHSAA expectation is that the first responder should provide the same care that any "reasonable and prudent" individual would consistent with their training in the same situation. In all instances, the first responder should provide only the type of emergency care for which they are trained to apply.

(c) Athletic Event Medical Care Requirements

(1) The licensed athletic trainer or first responder may not have concurrent coaching responsibilities during the time in which the person is working as a licensed athletic trainer or first responder.

(2) The member school's licensed athletic trainer or first responder must physically attend all football practices and both home and away games, unless excused by the superintendent in writing due to an emergency.

(3) A licensed athletic trainer or a first responder must be physically present if any protective equipment (helmets and/or shoulder pads) is worn by student-athletes participating in football skill development during the school year.

- (4) A licensed athletic trainer or first responder must physically attend all summer football 7-on-7 events and must be physically present at all times in any competition area in which contests are being held.

NOTE: If a single field is divided for the purposes of holding multiple contests/scrimmages simultaneously, each of the divided sections must have a licensed athletic trainer or first responder responsible for that section of contest area.

- (5) A licensed athletic trainer or first responder must be in attendance at all wrestling matches.
(6) A licensed athletic trainer or a first responder must be physically present at all times in any competition area in which wrestling matches are being held.

Ex. - Wrestling in the Auxiliary Gym and Main Gym at the same time would require two licensed athletic trainers or first responders or a combination of one of each.

NOTE: Failure of a member school to meet an athletic event medical care requirement, as listed on previous page, is a punishable offense [See 3.3.5(d)(7)].

2.3.2 Fundamentals of Heat Illness Prevention and Management for All Sports

- (a) A Licensed Athletic Trainer or First Responder **MUST** be in attendance at all wrestling events, football practices and football games.
- (b) The vast majority of serious heat illness occurs during the first week of practice/training. Acclimatization should consist of gradually increasing the amount of time of environmental exposure (heat and humidity) while progressively increasing physical exertion and training activities. The key to appropriate acclimatization is to:
- (1) Begin with shorter, less intense practices and training activities, with longer recovery intervals between bouts of activity;
 - (2) Minimize protective gear during first several practices, and introduce additional uniform and protective gear progressively over successive days. (e.g. in football, helmets only, no shoulder pads); and,
 - (3) Emphasize instruction over conditioning during the first several practices.
- (c) Keep each athlete's individual level of conditioning and medical status in mind and adjust activity accordingly. These factors directly affect exertional heat illness risk. For example, there is an increased risk of heat injury if the athlete is obese, unfit, has been recently ill (particularly gastrointestinal illness), has a previous history of exertional heat illness, has Sick Cell Trait, or is using certain medications. Players at risk should be identified from their pre-participation examination.
- (d) High temperatures and high humidity are potentially dangerous for athletes. In these conditions, lower the intensity of practices and increase the frequency and duration of rest breaks, and consider reducing uniform and protective equipment. Also, be sure to monitor all players more closely as conditions are increasingly warm/humid, especially if there is a change in weather from the previous few days.
- (e) Athletes should begin practices and training activities adequately hydrated.
- (f) Recognize early signs of distress and developing exertional heat illness (weakness, nausea/vomiting, paleness, headache, lightheadedness). Promptly remove from activity, and treat appropriately. First aid should not be delayed.
- (g) Recognize more serious signs of exertional heat illness (clumsiness, confusion, stumbling, collapse, obvious behavioral changes and/or other central nervous system problems), immediately stop activity, begin rapid cooling, and activate the Emergency Medical System.
- (h) All schools should have a heat illness prevention and management policy for all sanctioned activities and this policy must be followed.
- (i) A venue-specific Emergency Action Plan (EAP) with clearly defined written and practiced procedures should be developed and in place ahead of time.
- (j) Prior to the season all coaches, athletic training personnel and first responders working with the team should review the signs and symptoms of heat illness and the emergency action plan for their school.
- (k) A Wet Bulb Globe Temperature (WBGT) chart should be available at practices and contests.
- (l) Supplies to assess WBGT (or alternatively, heat and humidity on site), to assess core temperature, and to provide for rapid cooling should be on-site for all practices and games as environmental conditions require.

2.3.3 Acclimatization (Football)

- (a) Days 1–5 are the first formal practices. No more than 1 practice occurs per day.
- (b) Total practice time should not exceed 3 hours in any 1 day.
- (c) 1-hour maximum walk-through is permitted on days 1–5, however there must be a minimum 3 hour break in a cool environment between practice and walk-through (or vice versa).
- (d) During days 1–2 of first formal practices, a helmet should be the only protective equipment permit-

ted (if applicable). During days 3–5, only helmets and shoulder pads should be worn (if applicable). Beginning on day 6, all protective equipment may be worn and full contact may begin.

(1) Football only - on days 3–5, contact with blocking sleds and tackling dummies may be initiated.

(2) Full-contact sports - 100% live action drills should begin no earlier than day 6.

- (e) Day 6–14, double-practice days must be followed by a single-practice day. On single-practice days, 1 walk-through is permitted, separated from the practice by at least 3 hours of continuous rest. When a double-practice day is followed by a rest day, another double practice day is permitted after the rest day.
- (f) On a double-practice day, neither practice should exceed 3 hours in duration, and no more than 5 total hours of practice in the day. During the 2 hour practice, there can be NO live action. Warm-up, stretching, cool-down, walk-through, conditioning and weight-room activities are included as part of the practice time. The 2 practices should be separated by at least 3 continuous hours in a cool environment.
- (g) Because the risk of exertional heat illnesses during the preseason heat-acclimatization period is high, we strongly recommend that an athletic trainer be on site before, during and after all practices. (Adapted from Korey Stringer Institute, 2015)

2.3.4 Prevention of Heat Illness

- (a) Wet Bulb Globe Temperature (WBGT) considers the combined effects of air temperature, humidity, and solar radiation on the human body. WBGT should be measured (using a scientifically approved device) for all sports when student-athletes may be at risk for exertional heat illness (EHI). WBGT should be accessed every hour beginning 30 minutes before the beginning of practice.
- (b) As WBGT increases, minimize clothing and equipment.
- (c) Provide unlimited drinking opportunities during hotter practices. NEVER withhold water from athletes.
- (d) Pre- and post-practice weigh-ins SHOULD be conducted. **NOTE:** an athlete who is not within 3% of the previous pre-practice weight should be withheld from practice. These athletes should be counseled on the importance of re-hydrating. Pre- and post-practice weigh-ins are recommended for all sports participating during periods of high heat and humidity.
- (e) If WBGT is at 90 or above suspend practice; contests may continue but must include mandatory breaks as directed by gameday administrator.

WBGT Index and Athletic Activity Chart

WBGT Index (F)	Athletic Activity Guidelines
Less than 80	Unlimited activity with primary cautions for new or unconditioned athletes or extreme exertion; schedule mandatory rest/water breaks (5 min water/rest break every 30 min)
80 - 84.9	Normal practice for athletes; closely monitor new or unconditioned athletes and all athletes during extreme exertion. Schedule mandatory rest /water breaks. (5 min water/rest break every 25 min)
85 - 87.9	New or unconditioned athletes should have reduced intensity practice and modifications in clothing. Well-conditioned athletes should have more frequent rest breaks and hydration as well as cautious monitoring for symptoms of heat illness. Schedule frequent mandatory rest/water breaks. (5 min water/rest break every 20 min) Have cold or ice immersion pool on site for practice.
88 - 89.9	All athletes must be under constant observation and supervision. Remove pads and equipment. Schedule frequent mandatory rest/water breaks. (5 min water/rest break every 15 min) Have cold or ice immersion pool on site for practice.
90 or above	Suspend all practices; Competition may continue with mandatory water breaks as designated by gameday administrator.

2.3.5 Recognition of Heat Illness

- (a) Heat Exhaustion
 - (1) The clinical criteria for heat exhaustion generally include the following:
 - (i) Athlete has obvious difficulty continuing with exercise
 - (ii) Body temperature is usually 101 to 104°F (38.3 to 40.0°C) at the time of collapse or need to drop out of activity.
 - (iii) No significant dysfunction of the central nervous system is present (e.g., seizure, al-

- tered consciousness, persistent delirium)
- (2) If any central nervous system dysfunction develops, such as mild confusion, it resolves quickly with rest and cooling.
- (3) Patients with heat exhaustion may also manifest:
 - (i) Tachycardia (very fast heart rate) and hypotension (low blood pressure)
 - (ii) Extreme weakness
 - (iii) Dehydration and electrolyte losses
 - (iv) Ataxia (loss of muscle control) and coordination problems, syncope (passing out), light-headedness
 - (v) Profuse sweating, pallor (paleness), “prickly heat” sensations
 - (vi) Headache
 - (vii) Abdominal cramps, nausea, vomiting, diarrhea
 - (viii) Persistent muscle cramps
- (b) Heat Stroke
 - (1) The two main criteria for diagnosing exertional heat stroke:
 - (i) Rectal temperature above 104°F (40°C), measured immediately following collapse during strenuous activity.
 - (ii) Central Nervous System dysfunction with possible symptoms and signs: disorientation, headache, irrational behavior, irritability, emotional instability, confusion, altered consciousness, coma, or seizure.
 - (2) Most patients are tachycardic and hypotensive.
 - (3) Patients with heat stroke may also exhibit:
 - (i) Hyperventilation
 - (ii) Dizziness
 - (iii) Nausea
 - (iv) Vomiting
 - (v) Diarrhea
 - (vi) Weakness
 - (vii) Profuse sweating
 - (viii) Dehydration
 - (ix) Dry mouth
 - (x) Thirst
 - (xi) Muscle cramps
 - (xii) Loss of muscle function
 - (xiii) Ataxia
 - (4) Absence of sweating with heat stroke is not typical and usually indicates additional medical issues.

2.3.6 Management of Heat Illness

- (a) A primary goal of management of heat illness is to reduce core body temperature as quickly as possible. When exertional heat stroke is suspected, immediately initiate cooling, and then activate emergency medical system. Remember “Cool First, Transport Second”.
- (b) Remove all equipment and excess clothing
- (c) If appropriate medical staff is present, assess athlete’s rectal temperature
- (d) Immerse the athlete in a tub of cold water (the colder the better). Water temperature should be between 35 to 60°F (2 to 15°C); ice water is ideal but even tepid water is helpful. Maintain an appropriately cool water temperature. Stir the water vigorously during cooling.
- (e) Monitor vital signs (rectal temperature, heart rate, respiratory rate, blood pressure) and mental status continually. Maintain patient safety.
- (f) Cease cooling when rectal temperature reaches 101 to 102°F (38.3 to 38.9°C)
- (g) If an immersion pool is unavailable or in cases of heat exhaustion, use these cooling methods:
 - (1) Place icepacks at head, neck, axillae and groin.
 - (2) Bathe face and trunk with iced or tepid water.
 - (3) Fan athlete to help the cooling process.
 - (4) Move athlete to a shaded or air conditioned area if available near the practice site.

2.3.7 **Gfeller-Waller Concussion Awareness Act** - The Gfeller-Waller Concussion Awareness Act was drafted and implemented to protect the safety of student-athletes in North Carolina and was signed into law on July 16, 2011. There are three major areas of focus in the law and these include: concussion education, postconcussion protocol implementation, and venue specific emergency action plan development and implementation. Each school should maintain documentation that it is in compliance with the law. The following is a guide to steps that will help you, the school administrator, comply with the Gfeller-Waller Law.

NOTE: Please also see "Gfeller-Waller/NCHSAA Concussion Management Principles" on page 122 for a listing of Health and Safety Personnel and Key Tenets of Concussion Management.

- (a) EDUCATE those involved with interscholastic athletic activities.

- (1) Student-athletes will be provided with the STUDENT CONCUSSION INFORMATION FORM.
 - (2) Student-athletes shall read, initial, sign, and return the STUDENT-ATHLETE CONCUSSION STATEMENT FORM.
 - (3) Parents, coaches, school nurses, athletic directors, first responders, and volunteers will be provided with the ADULT CONCUSSION INFORMATION FORM.
 - (4) All above adults shall read, initial and return the COACH/SCHOOL NURSE/PARENT/VOLUNTEER CONCUSSION STATEMENT FORM. (It is at the discretion of each educational institution to identify who will distribute, collect, and maintain the above forms.)
- (b) PLAN for what will happen when an injury occurs:
- (1) Concussion - If a student-athlete exhibits signs and symptoms consistent with a concussion (even if not formally diagnosed), the student-athlete is to be removed from play and is not allowed to return to play (game, practice, or conditioning) on that day.
 - (2) Student-athletes are encouraged to report their own symptoms, or to report if peers may have concussion symptoms. Coaches, parents, volunteers, first responders, school nurses, licensed athletic trainers (if available), are responsible for removing a student-athlete from play if they suspect a concussion.
 - (3) Following the injury, the student-athlete should be evaluated by a Licensed Health Care Provider. It is strongly recommended that each school seek qualified medical professionals in the surrounding community with training in concussion management to serve as resources in the area of concussion management. All NCHSAA member school student-athletes diagnosed with a concussion are strongly recommended to have a Physician's signature (MD/DO licensed under Article 1 of Chapter 90 of the General Statutes and has training in concussion management) which allows the student-athlete to resume full participation in athletics.
 - (4) Before a student-athlete resumes full participation in athletics, he/she is REQUIRED to have completed the NCHSAA Concussion Return to Play (RTP) Protocol. The student must have remained free of all clinical signs and symptom-free at rest and with both full cognitive and full exertional/physical stress through stage 5. In addition, the student-athlete must have a Return to Play Form signed by both a Licensed Health Care Provider and the parent/legal custodian.

NOTE: It is critical that the medical professional ultimately releasing a student-athlete to return to athletics after a concussion has appropriate training in concussion management. The NCHSAA, therefore, **HIGHLY RECOMMENDS** that in concussion cases, Licensed Athletic Trainers, Licensed Physician Assistants, Licensed Nurse Practitioners, and Licensed Neuropsychologists consult with their supervising physician before signing the **RETURN TO PLAY FORM** as per their respective state statutes.

- (c) Emergency Action Plan - Each school should have a venue specific Emergency Action Plan (EAP) that follows the specifications outlined in the EAP guidelines on the website.
 - (1) This plan should be:
 - (i) In writing
 - (ii) Reviewed by an athletic trainer licensed in North Carolina
 - (iii) Approved by the principal of the school
 - (iv) Distributed to all appropriate personnel
 - (v) Posted conspicuously at all venues, and
 - (vi) Reviewed and rehearsed annually by all licensed athletic trainers, first responders, coaches, school nurses, athletic directors, and volunteers for interscholastic athletic activities.
 - (2) The NCHSAA website (Health and Safety Section) has additional information on concussion education, post-concussion protocol implementation, and venue specific emergency action plan development and implementation.
- 2.3.8 **CrashCourse Concussion Video Viewing Requirement** - All coaches, athletes, and parents are required to view the "CrashCourse" Concussion Video prior to participation in each season.
- 2.3.9 **Cardiac Safety Program** - All NCHSAA member schools must have a Cardiac Safety Program to include the following components
- (a) An appropriate number of AEDs on campus relative to athletic facilities
 - (b) An AED maintenance program
- 2.3.10 **Guidelines on Handling Practices and Contests During Lightning or Thunder Disturbances:** These guidelines provide a default policy to those responsible for sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include the NCHSAA and the nearest office of the National Weather Service.

- (a) Assign staff to monitor local weather conditions before and during practices and contests.
- (b) Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area.
NOTE: A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
- (c) Develop criteria for suspension and resumption of play:
 - (1) When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
 - (2) 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
 - (3) Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
 - (4) When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning detection device.

*At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.
- (d) Review the lightning safety policy annually with all administrators, coaches, and game personnel and train all personnel.
- (e) Inform student-athletes and their parents of the lightning policy at the start of the season.
NOTE: For more detailed information, refer to the "Lightning Safety" section contained in the NFHS Sports Medicine Handbook.

2.3.11 **Tobacco Products, Alcoholic Beverages and Controlled Substances** - The NCHSAA emphatically opposes the use of tobacco (including e-cigarettes/vapor cigarettes), alcohol and other drugs by student-athletes, coaches (including volunteer coaches) and officials.

- (a) Participants, coaches and other team representatives and officials, including chain crew, official scorers and timers, should not use any tobacco product, alcoholic beverage or controlled substance at a game site; violation of the policy will result in ejection from the contest.
- (b) Member schools are encouraged to make all school property, vehicles including charter buses used by participants, and particularly game sites, tobacco-free and alcohol-free zones. They are also encouraged to cooperate fully with police agencies in the enforcement of the criminal laws prohibiting the sale or use of tobacco products, alcoholic beverages, and controlled substances to minors.
- (c) In order to minimize health and safety risks to North Carolina's student-athletes, maintain ethical standards as well as reduce liability risks, school personnel and coaches should never knowingly supply, recommend or permit the use of any drug, medication or food supplement solely for performance enhancing purposes.

2.3.12 **Performance Enhancing Substances** - The Board supports and endorses the stance of the NFHS in terms of performance-enhancing substances: - "In order to minimize health and safety risks to student-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or permit the use of any drug, medication or food supplement solely for performance-enhancing purposes."

2.3.13 **Infectious Disease Policy:** The NCHSAA has adopted the National Federation Guidelines in an effort to minimize the possibility of transmission of any infectious disease during a high school athletic practice or contest. Each school is strongly encouraged to develop its own action plan for the prevention of the transmission of infectious diseases.

- (a) Communicable Disease and Skin Infection Procedures: While the risk for blood-borne infectious diseases, such as HIV/Hepatitis B, remains low in sports, proper precautions are needed to reduce the risk of spreading diseases. Along with these issues are skin infections that occur due to skin contact with competitors and equipment.
- (b) Universal Hygiene Protocol for All Sports
 - (1) Shower immediately after all competition and practice
 - (2) Wash all workout clothing after practice
 - (3) Wash personal gear, such as knee pads, periodically
 - (4) Don't share towels or personal hygiene products with others
 - (5) Refrain from (full body) cosmetic shaving

- (c) Infectious Skin Diseases - Means of reducing the potential exposure to these agents include:
 - (1) Notify guardian, athletic trainer and coach of any lesion before competition or practice. Athlete must have a health-care provider evaluate lesion before returning to competition.
 - (2) If an outbreak occurs on a team, especially in a contact sport, consider evaluating other team members or potential spread of the infectious agent.
 - (3) Follow NFHS or NCHSAA guidelines on "time until return to competition." Allowance of participation with a covered lesion can occur if approved by health-care provider and in accordance with NFHS or NCHSAA guidelines.
- (d) Blood-Borne Infectious Diseases - Means of reducing the potential exposure to these agents include:
 - (1) Bleeding must be stopped immediately and all wounds covered. All blood-soaked clothing must be removed before continuing competition or practice. Contaminated clothing must be cleaned before using again.
 - (2) Athletic trainers or caregivers need to wear gloves and take other precautions to prevent blood-splash from contaminating themselves or others.
 - (3) Immediately wash contaminated skin or mucous membranes with soap and water.
 - (4) Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves with cleaning.
 - (5) Any blood exposure or bites to the skin that break the surface must be reported and evaluated by a medical provider immediately.

2.3.14 **Catastrophic Insurance (Mandatory)**

- (a) All schools are required to participate in a catastrophic insurance program administered by the North Carolina Commissioner of Insurance.
- (b) Participating schools shall purchase catastrophic insurance for high school interscholastic athletic activities as provided in Part II of Article 31A of Chapter 58 of the General Statutes (SL 2021-184).
- (c) The NCHSAA shall provide information to member schools about the availability of such insurance through the Office of the Commissioner of Insurance.

2.3.15 **Hazing** - The NCHSAA encourages coaches and other school personnel to create and vigorously enforce rules against hazing and similar practices.

- (a) Hazing is defined as deliberately subjecting another student to physical injury as part of an initiation, or as a prerequisite for membership, into any organized school group, including any athletic team or other similar group; and is against State law. (G.S. 14-35).
- (b) Regardless of a student's willingness to participate, hazing and other humiliating activities expected of a student to belong to a team or group have many negative consequences. It obstructs the development of good citizens, escalates the risks of participation, negates positive contributions, and destroys respect for self, others and a "wholesome athletic environment."

2.3.16 **Pre-game Emergency Action Plan Review** - The NCHSAA strongly recommends that gameday administrators, officials and other pertinent school personnel meet prior to any contest to review the Emergency Action Plan (EAP). The NCHSAA has provided a Pre-game EAP Review Card that is a template to assist administrators and officials in identifying key personnel and topics of coverage for Pre-game EAP Review Meetings.

2.4 **GAMEDAY ADMINISTRATOR RESPONSIBILITIES**

A gameday administrator is required and shall be the host school's representative with oversight of all aspects of the athletic contest relative to facilities, health and safety, hospitality and emergency management coordination, etc.

2.4.1 **Gameday Administrator Designation** - A gameday administrator shall be the athletic director of the host school of an athletic event.

- (a) If the athletic director is unavailable, he/she should designate a staff member to be the gameday administrator.
- (b) If no additional personnel are available during the contest, the head coach of the home team shall be the gameday administrator.
- (c) A gameday administrator is required for all 7-on-7 events in football.

2.4.2 **Gameday Administrator Duties Relative to Health and Safety** - The gameday administrator is ultimately responsible for ensuring the health and safety of all individuals within the venue at an NCHSAA contest. The following are expectations for gameday administrators relative to their responsibility for oversight of the health and safety of individuals within the contest venue:

- (a) Convene and supervise the *Pre-game Emergency Action Plan (EAP) Review* prior to the event beginning. Persons who should attend include the following: gameday administrator, lead official, and any licensed athletic trainer (LAT)/first responder (FR) from competing schools (if required to be present at the event).
- (b) Establish what means of communication will be used during the event (e.g., cell phone, radio, voice,

hand signals).

- (c) Identify individual(s) responsible for monitoring environmental and facility/field conditions (e.g., thunder and lightning/WBGT, field/facility).
- (d) Identify individual(s) designated to notify lead official regarding unsafe environmental and/or field/facility conditions (e.g., thunder and lightning/WBGT, field/facility).
- (e) The gameday administrator is required to be on field/court at ALL TIMES during event. The gameday administrator must be available and able to communicate immediately, in "real time."

2.4.3 Gameday Administrator Pre-Contest Duties - The gameday administrator is recommended to develop a written operational plan for each home event. Additionally the gameday administrator should perform the following tasks prior to the contest:

- (a) Review of the venue-specific Emergency Action Plan (EAP).
- (b) Pre-event meeting with on-site medical professional covering the venue's Inclement Weather Policy, Heat and Humidity concerns, and catastrophic injury protocols.
- (c) Meet with the on-site administrator from the opposing team when the visiting team arrives. If there is no on-site administrator, meet with the opposing head coach.
- (d) Evaluate the type and use of pre-game music, making certain it is appropriate for all ages and is void of profane and/or inappropriate language.
- (e) Examine and secure ingress and egress points for both spectators and participating teams.
- (f) Arrange for on-site parking of visitor's automobiles and buses, providing continual supervision and security for visiting teams and administrators.
- (g) Evaluate location of spectator seating and team locker rooms. Teams should not enter or leave the floor in front of an opponent's seating area.
- (h) Review the venue-specific EAP with any law enforcement and/or security staff.
- (i) Provide for adequate security/law enforcement supervision:
 - (1) Should be located both inside and outside the venue.
 - (2) Security should be present in and around the spectator seating area(s).
 - (3) Give specific instructions to personnel regarding their responsibilities.
 - (4) Security should be readily identifiable by the public.
 - (5) Video security: Maintain copies of all contests in case it is needed.
- (j) Ensure a distinct separation of spectators in the stands. Seating for home and visiting spectators should be adequate and in accordance with NCHSAA guidelines. Spectators should remain on their side of the field or venue throughout the contest.
- (k) Ensure any spectator who is not exhibiting proper sporting behavior should be addressed or removed immediately.
- (l) Ensure the public address (PA) announcer has read and understood the NCHSAA Code of Conduct and Expectations for a PA Announcer. It is the expectation that poor sporting behavior is addressed immediately as it occurs.
NOTE: The public address (PA) announcer is crucial to the positive atmosphere of an athletic event. What is said and how it is presented can have great influence on crowd behavior, both positively and negatively.
- (m) Assign school personnel to meet the visiting team when they arrive and escort them to their locker room or sideline. Personnel should provide security measures to protect visitor's clothing and valuables during the contest.
- (n) Should provide reserved parking for medical personnel and game officials. Game officials should be escorted to and from their vehicles at all contests.
- (o) Conduct a pre-contest check of facilities including the condition of the field or court for hazardous issues and cleanliness while making certain field/court markings are compliant with NFHS rule code.
- (p) Physicians and/or licensed athletic trainers (LATs) should be available when possible. If no physician or LAT is available, a first responder should be on-site.
- (q) Conduct a pre-game meeting with game officials, on-site medical personnel, and head coaches of both teams to review policies and procedures, including:
 - (1) Inclement Weather Policy including NFHS/NCHSAA Lightning Policy.
 - (2) Heat and Humidity Guidelines
 - (3) Venue Specific Emergency Action Plan (EAP) including Catastrophic Injury Protocols and team egress from field to safety.

2.4.4 Gameday Administrator Duties During Contest - Gameday administrators should remain present at contests, staying constantly visible and aware of the activities within the venue. BE PREVENTIVE IN YOUR OBSERVATIONS AND ACTIONS!

- (a) Utilize radio communications with staff personnel assigned to the contest, keeping lines of communication open with the visiting school representative.

- (b) Periodically check with designated personnel on any issues observed.
- (c) Crowd Control: Gameday administrators have a critical role in ensuring proper crowd behavior throughout the contest. The gameday administrator is responsible for:
 - (i) Conflict resolution, including removing or having individuals removed from the venue, if necessary.
 - (ii) Communicating with student section group leader(s) about appropriate behavior and providing correction as needed.
 - (iii) Providing supervision during game breaks and halftime to keep spectators off the playing area and away from game officials and/or opposing team members.

2.4.5 Gameday Administrator Duties After a Contest - The gameday administrator should ensure that all aspects of security, safety and hospitality are completed following the contest. These duties include:

- (a) Ensure that post-game handshakes take place unless conditions exist that require the gameday administrator and coaches cancel this activity.
- (b) Use public address (PA) announcer to direct and guide spectators to exits and not access the playing area or locker rooms.
- (c) Ensure that security and/or law enforcement remain on-site and present until all spectators have left the facility.
- (d) Provide and escort for the officials to the locker room and to their vehicles after they have left the locker room.
- (e) Provide continuous security for locker room or post-game staging areas.
- (f) Secure access to team buses from spectators and opposing coaches. Team buses should leave the area immediately after the game.
- (g) Administrators from both schools should confer before leaving the venue to ensure all details have received adequate attention.

2.4.6 Guidelines for Police and Security - The following are recommendations for police and security officials at NCHSAA contests.

- (a) Police and security should arrive in sufficient time prior to the contest and report to the gameday administrator.

NOTE: Any police traveling with the visiting team shall notify the host school prior to the contest and identify themselves to the gameday administrator upon arrival.
- (b) Security should be requested to assist in controlling the following areas:
 - (1) Non-students seated in student sections.
 - (2) Fan/seating area observation
 - (3) Identification of fans who are contributing to negative behavior - verbal or physical.

2.5 SPORTSMANSHIP

THE QUALITY OF RESPONSIBLE BEHAVIOR CHARACTERIZED BY A SPIRIT OF GENEROSITY AND A GENUINE CONCERN FOR OPPONENTS, OFFICIALS AND TEAMMATES

- (a) Students and spectators should:
 - (1) Realize you represent the school as does a member of a team; therefore, you have an obligation to be a true sportsman, encouraging through this behavior the practice of good sportsmanship by others
 - (2) Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team
 - (3) Remember that the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social and emotional well-being of the players through the medium of contest
 - (4) Be modest in victory and gracious in defeat
 - (5) Respect the judgment and integrity of game officials
- (b) Student-athletes are expected to sign the sportsmanship pledge, and coaches are expected to sign the code of conduct for coaches.

2.5.1 Social Media Policy - The NCHSAA recognizes, encourages and supports its student-athletes', coaches' and officials' rights to freedom of speech, expression and association, including the use of social media. Social media applies, without limitation, to any web-based and mobile technologies, in use now or developed in the future, that enables individuals or entities to disseminate or receive information, communicate, or otherwise interact. The Association believes that student-athletes, coaches, and officials are role models, and their use of social media should conform to standards consistent with sportsmanlike conduct. Please remember that everything you post is public information, and derogatory, defamatory and otherwise inappropriate social media commentary may result in the imposition of penalties.

2.5.2 NCHSAA Sports Wagering Position Statement - The NCHSAA opposes all forms of legal and illegal sports wagering which has the potential to undermine the integrity of sports contests and jeopardizes the welfare

of student-athletes and education-based athletics.

2.5.3 **Conduct at Games** - The NCHSAA Board of Directors has the power to penalize the school and its officials, the coach, bench personnel, and the individual student-athletes in case sportsmanship is not observed. The penalty is to be decided according to the seriousness of the incidents involved.

- (a) Police protection - A law enforcement officer in uniform shall be present at all high school varsity football and basketball games and is recommended for soccer, lacrosse and baseball games, with member schools using their own best judgment as to when and if police are needed in those sports.
- (b) School management is required to provide escort for officials off the field when law enforcement is not there; and the NCHSAA has the authority to require schools to provide law enforcement officer in uniform at games where it deems necessary.
- (c) Code of sportsmanship
 - (1) It is recognized that public school interscholastic athletic events should be conducted in such a manner that good sportsmanship prevails at all times.
 - (2) It is therefore necessary that superintendents, principals and coaches be individually and collectively responsible for taking every possible step to provide the physical arrangements necessary to conduct such events and to promote good sportsmanship at every athletic event.
 - (3) These steps should include the provision of such things as safe and adequate facilities for participants, spectators, and officials; the best possible officials for the events; and adequate control of spectators, participants, and pre-game and post-game activities.
 - (4) Every effort should be made to promote a climate of wholesome competition.
- (d) When a situation develops which indicates negligence on the part of school personnel to provide conditions which meet minimum standards for the conduct of an athletic event, or when there is evidence of poor sportsmanship, the superintendent and principal of each school involved shall be expected to investigate and take necessary corrective action.
- (e) When the school or schools involved fail to take adequate action, the NCHSAA will investigate the situation and take the action it deems appropriate.

2.5.4 **Guidelines for Student-Athletes** - Education-based athletics is an extension of the classroom. It is difficult to learn the lessons expected through high school athletics in an environment that is lacking good behavior, sportsmanship, and respect for all. Participation in education-based athletics is a privilege and student-athletes should be aware that their behavior, both positive and/or negative, reflects not only on themselves but also on their school, their community, and their family. Therefore, the following are expectations coaches and administrators should ensure student-athletes abide by:

- (a) Student-athletes shall refrain from exhibiting surprise or irritation towards a call of an official. Verbal and/or physical responses are not acceptable behavior.
- (b) Student-athletes should not communicate with spectators within the contest venue, before, during or after the contest.
- (c) Unsportsmanlike gesturing or verbal comments should be properly penalized with the student-athlete being removed, disqualified, or ejected from the contest.
- (d) Substitutes on the bench should not be unsporting towards the student-athletes, opposing team, spectators, or game officials.

2.5.5 **Guidelines for Cheerleaders** - Cheerleaders play an important role in creating better relations between opposing supporters and make positive contributions to good spectator reaction at an athletic contest. Cheerleaders are to set the example for all spectators for how they should behave in support of their team. The following are expectations pertaining to cheerleaders at NCHSAA contests:

- (a) All cheers shall be positive, not antagonizing.
- (b) Cheerleaders should remain silent when the opponent's cheerleaders are performing and during free throws at basketball contests.
- (c) "Battling" between opposing cheerleading squads is prohibited.

2.5.6 **Guidelines for Coaches** - Coaches influence not only the conduct of student-athletes under their supervision, but also the behavior of many spectators. They also are a reflection on the school, community and administration. Therefore, the following are expectations for coaches during NCHSAA contests:

- (a) Coaches must be businesslike and professional at all times.
- (b) Coaches must ensure the post-game handshake is a positive end to any contest.
- (c) Coaches shall control all of their student-athletes - removing a participant who is creating trouble - both verbally and/or physically.
- (d) Head coaches are ultimately responsible for all personnel in the bench area.
- (e) At no time is it acceptable for a student-athlete or bench personnel to leave the bench area. Coaches

are responsible for enforcing this policy.

2.5.7 Code of Conduct for Coaches

- (a) The coach is required to review the NCHSAA power point presentation on eligibility rules prior to the season in which they coach.
- (b) The coach has tremendous influence upon student-athletes and shall never place winning above the value of instilling the highest desirable ideals of character.
- (c) The coach shall strive to set an example of the highest ethical and moral conduct with the student-athlete, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public.
- (d) The coach shall discipline student-athletes who display unacceptable behavior.
- (e) The coach shall know the game rules and be responsible for their interpretation to team members. Additionally, the coach shall not try to seek an advantage by circumvention of the spirit or letter of the rules.
- (f) The coach shall promote and work in harmony with the entire interscholastic program of the school.
- (g) The coach shall respect and support contest officials by avoiding conduct which will incite student-athletes or spectators against the officials.
- (h) The coach shall actively promote good sportsmanship of spectators by working closely with administrators, cheerleaders, pep club sponsors, and booster clubs.
- (i) The coach shall meet and exchange greetings with the opposing coach before and after contests to set and maintain a positive tone for the event.
- (j) The coach shall take an active role in the prevention of alcohol, tobacco and other drug abuse, while stressing the importance of a healthy lifestyle.

2.5.8 Inappropriate Behavior/Misconduct

- (a) One of the goals of the NCHSAA is to provide a positive experience and safe environment for student-athletes. Therefore, adults, coaches, officials, staffs, and volunteers should maintain professionalism and avoid any appearance of impropriety in their relationships with students. Coaches, in particular, should recognize the influence, power, and position of trust they have with students and should use this only in a student's best interest.
- (b) Any incident regarding misconduct should be reported promptly to the appropriate authorities. The NCHSAA encourages personnel to create and enforce guidelines against inappropriate behavior and misconduct. Please refer to membership entity policies for more specifics.

SECTION 3: STATE NCHSAA ADMINISTRATIVE RESPONSIBILITIES TO MEMBER SCHOOLS

3.1 STATE GAME AND SPORT ADMINISTRATION

3.1.1 **Executive Committee** (See Bylaw II.5)

- (a) The Executive Committee shall have the authority to rule on all situations which are not specifically covered in the regulations or are not deemed in the best interest of an individual school of the Association.
- (b) The Executive Committee shall have the power to consider all complaints and protests arising in connection with contests and to make such disposal of each as the conditions may appear to warrant.
- (c) The Executive Committee may not, however, entertain a complaint relating to an alleged error of judgment on the part of any official employed to officiate in any game.
- (d) No conference shall administer disciplinary action in excess of that provided by the regulations of the NCHSAA. All disciplinary action by conferences shall be subject to review by the Board of Directors.
- (e) Should the Commissioner become permanently disabled or die in office, the Executive Committee shall be empowered to conduct the affairs of the Association while naming a Search and Screening Committee to fill the vacancy.

3.1.2 **Conferences** - The Executive Committee shall have the authority to require a conference to accept a school into its membership where it is impractical for that school to belong to any other conference. (See Bylaw VI)

- (a) Conference changes will be considered during the winter meeting of the Board of Directors following the completion of the normal two-year football contract period.
 - (1) Non-conference football contracts shall not be made until the winter meeting of the Board of Directors the year contracts expire.
 - (2) When a conference change is desired or indicated, a school must submit a letter of intent to the Commissioner prior to that winter meeting of the Board of Directors. Copies of the letter must be sent to the president of the conference in which the school holds membership and to the president of the conference in which membership is desired.
 - (3) The requested change must receive the approval of the Board of Directors.
 - (4) A school requesting a change in conferences must meet the terms of any existing athletic contracts, unless the contract is terminated by mutual agreement.
- (b) A conference must have at least five members fielding a team in a sport in order to be guaranteed a position in the playoffs for that sport.
- (c) The Board of Directors is responsible for setting up the playoff program and for designating the number of participating teams from each conference.
- (d) Conference Membership for New NCHSAA Member Schools - Before any member school applying for initial membership into the NCHSAA may be placed into an existing conference, it must satisfy both of the following criteria (See (1) and (2) below).
 - (1) The member school must field an established minimum number of sports each year as follows: Six per school: three boys and three girls - including at least two in the fall; at least two in the winter, and at least two in the spring, with at least one male and female sport for each season. Junior varsity sports will count towards these minimums if a member school is unable to field varsity teams. AND
 - (2) Unless otherwise accepted for membership by an existing conference, the member school must play as an independent member of the NCHSAA until placement by the NCHSAA into an existing conference at the earlier of
 - (i) the beginning of the first year in a normal four-year alignment cycle; or
 - (ii) the beginning of the third year in a normal four-year alignment cycle.

NOTE: Independent NCHSAA member schools are eligible for individual sports post-season only, based on the sport.
 - (3) Any member school currently belonging to an existing conference prior to the beginning of the 2013-14 academic year will be grandfathered under this policy and will not need to satisfy the above criteria in order to remain in its existing conference or be placed into a new conference during future alignment cycles.
 - (4) The intent of this policy is to allow new member schools and existing conferences mutually to agree on membership at any time during the four-year normal alignment cycle. In order to minimize disruptions of existing conferences and their member schools during the normal two-year contract period, the Board will only place new member schools satisfying both of the above criteria into existing or new conferences every two years during each four-year alignment cycle.

3.1.3 **Athletic Passes** - Each member school will be issued four passes and each central office two, per NCHSAA Board policy. An additional pass is provided for the chairperson of the local Board of Education. These passes may be signed for and picked up at regional meetings.

- 3.1.4 **Admission to State Playoffs** - Superintendents, high school principals, assistant superintendents and assistant principals who are responsible for athletics will be issued special non-transferable passes by the NCHSAA for admission to state-sponsored playoffs. NCHSAA Officials (in that respective sport), NCCA passes will be recognized for coaches only; valid press passes are also honored.

3.2 CONDUCT AND UNSPORTING BEHAVIOR

- 3.2.1 It is the expectation of the Board of Directors that good sportsmanship is observed in all athletic contests by all parties who participate in or observe the activity. The NCHSAA may penalize a school, coach, student, or spectator for unsportsmanlike behavior. Please note the NCHSAA may penalize a school for unsportsmanlike conduct on the part of its spectators. Some specific penalties will be found below; however, the NCHSAA may take any action it deems justified in response to unsporting behavior.

- (a) Schools - A school found guilty of infractions inconsistent with a wholesome athletic program may be
- (1) reprimanded,
 - (2) placed on probation for a period not to exceed one year, with or without playoff privileges,
 - (3) have its home games taken away for a period of time not to exceed one year, or
 - (4) suspended from participation in a sport or sports for a period of one year.

NOTE: If any school should fail to comply with the rulings of the NCHSAA, including as modified by the Independent Appeals Board, the games played or scheduled by that school in that particular sport shall be canceled for that season and shall be eliminated in determining the winner of that conference affected. Furthermore, that school so affected will not be allowed to take part in the contests sponsored by the Association for a period of one year and shall be readmitted only by three-fourths vote at the annual meeting.

- (b) Coaches - A coach found guilty of conduct inconsistent with a wholesome athletic program may be:
- (1) reprimanded; or
 - (2) placed on probation for a period not to exceed one year, with or without playoff privileges; or
 - (3) suspended from directing a team for a period of time not to exceed one year.

NOTE: A Coach must apply for reinstatement if (3) occurs.

- (c) Students - A student found guilty of misconduct inconsistent with a wholesome athletic program may be:
- (1) reprimanded; or
 - (2) on probation for a period not to exceed one year; or
 - (3) suspended from participation in a sport or sports for a period up to one year.

- (d) Spectators - A spectator found guilty of misconduct inconsistent with a wholesome athletic program may:
- (1) be placed on spectator probation; or
 - (2) be banned from attending school contests for a period of time not to exceed one calendar year from the date of the offense; or
 - (3) cause the school to be penalized. In incidents involving criminal misconduct such as assaults, school officials in conjunction with the victims assaulted are instructed to press charges in a court of law. If charges are not filed, the school is still responsible for handling the misconduct.
 - (4) not approach or contact game officials in any way to question the judgment or decision of an official.

NOTE: Schools are responsible and may be disciplined for the conduct of their spectators. Any assault upon, or intimidation of, a game official by a spectator is per se unsportsmanlike conduct by the school and may be dealt with as such.

3.3 PENALTY CODE, PENALTIES, and RESTITUTION RULE

- 3.3.1 **Penalty Code** - The NCHSAA has the power to penalize the school, officials, the coach and the individual student-athletes if Association rules and regulations are not followed. Some specific penalties will be found below; however, the NCHSAA may take any action it deems justified as it relates to the infraction involved.

- 3.3.2 **Sanctions** - Any prescribed remedy for a violation of Association rules as defined below:

- (a) Remediation – any action(s) required with the intent of correcting individual behavior or athletic program deficiencies (e.g., NFHS coursework, trainings, etc.)
- (b) Reprimand – a formal, written warning outlining a finding of infraction(s) and detailing the prescribed sanctions for such incident. The number of accumulated reprimands for a school or individual will reset to zero on August 1.
- (c) Probation – a sanction placed by the Association in response to a violation or incident in which an individual, team, or school that has been found in violation of Association rules. The period of probation shall not exceed 365 days.

- (d) Forfeiture (Team) – an official action taken when the violation of a rule requires the offending team to receive automatic losses for all contests played during the period indicated.
- (e) Forfeiture (Individual) – an official action taken when the violation of a rule requires the offending individual(s) to lose any individual matches or points earned in all contests played during the period indicated.
- (f) Suspension – a sanction constituting a temporary withholding of the privilege of participation in interscholastic athletic activities (practices or games) and NCHSAA programs for a student-athlete, coach, administrator, official, or school. A suspension may carry over from one academic year to the next.

3.3.3 Unreconciled Payments and Sanctions

- (a) Payments - Schools that fail to reconcile outstanding balances to the NCHSAA or other member schools are not eligible to compete in the playoffs in succeeding sports seasons.

NOTE: Any unpaid balances not paid by the end of the fiscal year (June 30) will carry over to the following school year making all teams at said school ineligible for playoffs until all balances are paid in full.

- (b) Sanctions - Any school, team, or individual that fails to complete the requirements for a violation is ineligible to compete or coach until all requirements are completed.

3.3.4 **Maximum Sanction for Infraction Levels** - If a school, team, coach, or individual is a repeat offender, already on probation, or is found to have committed violations of a willful nature, the level of an infraction may be increased by the NCHSAA. The Commissioner shall notify the school and the involved parties in writing of the findings and of the level of violations that occurred. Any increase in the level of a violation deemed appropriate by the Commissioner must be noted in the violation notice along with the reasoning for an increase. If the membership entity appeals the final decision of the NCHSAA as set forth in Rule 1.4 the appeal may include a challenge to the level of a violation in cases where the Commissioner has deemed an increase necessary.

- (a) Level 1 – Reprimand
- (b) Level 2 – Probation
- (c) Level 3 – Forfeiture
- (d) Level 4 – Suspension

NOTE: Any infraction at a given level may include sanctions from the previous level(s).

3.3.5 **Penalty Code** - The following list is meant as a guide. It is not all-inclusive.

- (a) **Level 1 Infractions** - Reprimand (Three Level 1 Infractions result in automatic probation)

- (1) Late required document
- (2) Failure of school official to attend a required meeting
- (3) Failure to comply with reporting playoff advancement
- (4) Failure to wear legal uniforms
- (5) Use of illegal equipment or balls in a contest
- (6) Failure to provide required visitor's seating during playoffs
- (7) Failure of an individual designated as an athletic trainer/first responder to annually complete the NCHSAA Athletic Trainer/First Responder Compliance Form
- (8) School personnel criticizing officials via media

- (b) **Level 2 Infractions** - Probation (Two Level 2 offenses may result in forfeitures or suspensions)

- (1) Failure to comply with reporting schedules and results for any seeding process (could lead to playoff penalties)
- (2) Removal of or damage to required contest equipment (ex. goal posts, nets, bases, goals, etc.)
- (3) Use of non-registered or non-qualified officials or regional supervisors
- (4) Failure to provide an escort for the officials
- (5) Failure to provide uniformed law enforcement officer, if required
- (6) Failure to post a venue specific emergency action plan (EAP)
- (7) Failure to have an emergency action plan (EAP) for athletic programs

- (c) **Level 3 Infractions** - Forfeiture (Two Level 3 offenses may result in suspension of head coach)

- (1) Student-athlete does not have an up-to-date medical examination
- (2) Student-athlete does not meet the residence requirement
- (3) Student-athlete does not meet the local attendance requirement
- (4) Student-athlete does not meet the scholastic requirement, including local promotion standards
- (5) Student-athlete participates after the eighth semester
- (6) Student-athlete does not meet the age requirement
- (7) Student-athlete exceeds the maximum number of seasons
- (8) Student-athlete dresses for a contest while ineligible
- (9) Student-athlete exceeds the daily, weekly, or seasonal limitation of contests

- (10) Student-athlete participates in a contest after being ejected
- (11) Student-athlete participates after being convicted of a felony
- (12) Student-athlete does not satisfy 8-quarter eligibility criteria
- (13) Violation of the transfer policy
- (14) Practice or participation of a student-athlete not currently enrolled in the school
- (15) Failure to submit appropriate forms for 8-quarter rule in football
- (16) Failure to submit weigh-in form on Trackwrestling
- (17) Failure to meet the mandatory weigh-in procedure in wrestling
- (18) Wrestling below certified minimum weight or violation of weight loss guidelines
- (19) Failure to have documentation of a signed CONCUSSION INFORMATION FORM
- (20) Removing a team from the competition area prior to the completion of the contest
- (21) Participation in an unsanctioned out-of-state competition

(d) **Level 4 Infractions** - Suspension (Two Level 4 offenses within an athletic program or by a team may result in playoff sanctions; eg. suspension from playoffs, loss of home contests during playoffs, etc.)

- (1) Unpaid invoices or balances
- (2) Failure of head coach to complete required rules clinic
- (3) Failure of coaches to complete educational requirements prior to first practice date
- (4) Failure of coaches to complete educational requirements prior to coaching in a contest
- (5) Failure of a team to participate in the playoffs once brackets have been finalized
- (6) Failure to properly enter all students on the certified minimum weight form
- (7) Failure of a member school to meet athletic event medical requirements for football and wrestling [See 2.3.1 (c)]
- (8) Participation in a scrimmage before taking part in the required number of practice days in football
- (9) Violation of the pitch count requirements (automatic forfeiture of contest)
- (10) Violation of the football conditioning policy
- (11) Returning a student-athlete diagnosed with a concussion to practice or play without a completed RETURN TO PLAY form
- (12) A coach who participates or is present at a contest after being ejected
- (13) Individuals leaving the bench area and coming on to the playing area when there is not a fight
- (14) Individual involved in a fight before or after a contest
- (15) Individuals leaving the bench area and coming on to the playing area illegally during a fight
- (16) A team conducting an illegal practice
- (17) A team conducting an illegal assembly
- (18) A team that violates the sports season concept
- (19) A team participating in an illegal contest (automatic forfeiture of contest)
- (20) A team that exceeds the daily, weekly, or seasonal limitation of games/contests (automatic forfeiture of any contest played once the limit has been reached)

3.3.6 **Sportsmanship/Ejection Policy** - This policy applies to all persons involved in an athletic contest, including student-athletes, coaches, managers and game administrators. The NCHSAA may review video, when available, to invoke ejections or sanctions not reported by game officials. Video clips must be presented to the NCHSAA office for committee review within two (2) business days of the contest. The following examples include behavior or conduct which will result in an ejection from a contest:

- (a) Fighting, which includes, but is not limited to, combative acts such as:
 - (1) An altercation between 2 or more parties that includes swinging, hitting, punching and/or kicking;
 - (2) An attempt to strike an opponent with a fist, hands, arms, legs, feet, or equipment;
 - (3) An attempt to punch or kick an opponent, regardless of whether or not contact is made;
 - (4) An attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate;
- (b) Leaving the bench area -- coming on to the playing area illegally;
- (c) Flagrant contact, which includes, but is not limited to, combative acts such as:
 - (1) Maliciously running over the catcher/fielder without attempt to avoid contact
 - (2) Excessive contact out-of-bounds or away from playing action that is unwarranted and extreme in nature
 - (3) Tackling/taking down a player dangerously in a malicious manner
 - (4) Illegally hitting or cross-checking an opponent in an excessive manner with the stick in lacrosse;
- (d) Biting observed or determined by an official;
- (e) Taunting, baiting or spitting toward an opponent or official;

- (f) Profanity, inappropriate language, racial/ethnic slurs, sexist, or homophobic language;
- (g) Obscene gestures, including gesturing in such a manner as to intimidate or instigate;
- (h) Disrespectfully addressing an official (physically contacting an official is subject to automatic expulsion and can result in ineligibility for remainder of career); or,
- (i) Use of tobacco products, alcoholic beverages, or other controlled substances.

3.3.7 Penalties for an Ejection

- (a) Ejections during scrimmages
 - (1) Coach or student-athlete is suspended from the remainder of the scrimmage - this is inclusive of multiple scrimmage events on the same day (jamboree).
 - (2) Student-athlete must complete the NFHS "Sportsmanship" course before being eligible to compete in next scrimmage or contest.
 - (3) Coach must complete the NFHS "Teaching and Modeling Behavior" course for any student-athlete or coach ejection during the scrimmage.
- (b) Ejection Penalty - A membership entity shall impose at least the following penalties on a student, coach, or school official who is ejected from an interscholastic athletic contest:
 - (1) For the first offense, the person shall be reprimanded and suspended from participating in the next game at that level of play (varsity or junior varsity);
 - (2) For a second offense, the person shall be placed on probation and suspended for the next two games at that level of play (varsity or junior varsity);
 - (3) For a third offense, the person shall be suspended for one calendar year; and
 - (4) A coach who is suspended shall not coach any team for any grade level during the period of suspension.
 - (5) Penalties are cumulative from sport to sport and from sport season to sport season. If a member of the school's coaching staff is not present to assume an ejected coach's duties, the contest shall be terminated by a forfeit.
- (c) Penalties are not cumulative academic year to academic year.
- (d) Ejected student-athletes may practice during their suspensions but may not play.
- (e) Ejected coaches may not be on the premises for a contest. The coach must leave the premises (press box, bleachers, adjacent field, etc.) and must not have any type of contact with the team.
- (f) Student-athletes who are disqualified or ejected during a contest will remain in the team area for supervision [See 1.2.13 (a)(1)].
- (g) Anytime a student-athlete or coach is ejected from a contest, he or she does not participate or coach the remainder of that day.
- (h) The coach is not permitted to be at the game site during his or her suspension, but the student-athlete is allowed at the game site.
- (i) Any student-athlete or administrator who is ejected or disqualified from a contest is required to complete the NFHS "Sportsmanship" course before being eligible to return to competition. Any coach who is ejected from a contest must take the NFHS "Teaching and Modeling Behavior" course before being eligible to return to competition.
- (j) If a team has student-athletes ejected due to fighting, the head coach must take the NFHS Learning Course "Teaching and Modeling Behavior". It must be completed before coaching in the next game [See 3.2.1(b)] for additional information on non-compliance with this regulation).
- (k) Clarification For Soccer Only
 - (1) Coaches and athletic directors will be responsible for tracking yellow cards accumulated by their student-athletes.
 - (2) Accumulated yellow cards by an individual student-athlete will result in the following:
 - (i) Five (5) yellow cards: post-game ejection.
 - (ii) An additional five (5) yellow cards - second post-game ejection.
 - (iii) An additional five (5) yellow cards - third post-game ejection.
 - (3) A red card disqualification that is not an ejection is the equivalent of two yellow cards.
 - (4) Penalties are enforced at the conclusion of the game, and an ejection report must also be filed at the appropriate time for accumulation of yellow cards.
 - (5) Yellow cards are reset to zero once playoffs begin (all previous penalties must be served).
 - (6) If a student-athlete accumulates three (3) yellow cards in playoffs, that student-athlete is suspended for next game. If also during the playoffs a student-athlete accumulates a total of five (5) yellow cards, the student-athlete is suspended for an additional game.
- (l) For Wrestling, Track, Tennis, Golf, Cross Country and Swimming
 - (1) Any individual ejected from an individual event or individual tournament may not participate for the remainder of the event (entire day(s) of competition or tournament) from which he or she was ejected. Additionally, the individual may not participate in the next scheduled event

at that level.

3.3.8 **Ineligible Student-Athlete Procedure**

- (a) Any high school where an ineligible student-athlete participates in an athletic contest shall forfeit all contests in which the student participated.
 - (1) In addition, the student-athlete will be dropped from the team until their eligibility has been restored.
 - (2) The team may participate in playoffs if, despite the inclusion of the forfeited contests as a loss in its season record, it would otherwise qualify.
 - (3) The team shall not participate in playoffs if, after the brackets have been finalized, forfeited contests cause an adjustment in its record and/or seed.
- (b) A school which knowingly uses an ineligible student-athlete shall drop the player from the team, forfeit all games in which the student-athlete participated, and will be ineligible for the playoffs in that sport. The school may also be debarred from taking part in the contests of the NCHSAA for one year.
- (c) A team which participates in the playoffs while using an ineligible student-athlete must return its awards to the NCHSAA. The revenue from said playoff games must also be returned to the NCHSAA for distribution to the impacted schools during the playoffs. Its finish in the playoffs shall be vacated, even if the playoffs have concluded.
 - (1) Once the seeding process is completed and the brackets have been finalized, if a team or individual is disqualified, no other team or individual will be substituted in or added to the playoff brackets, even if there is an incorrect or an adjusted record.
 - (2) If a winning team is disqualified at the conclusion of the first round and prior to the second round, the losing team will advance. Otherwise, if a disqualification occurs after the second round or after the playoffs have concluded, that place or position remains vacant.
- (d) If documented proof of a student-athlete's eligibility is found to have been falsified by the student-athlete and/or his or her parents or legal custodian, and this could not be determined by reasonable scrutiny of the school, then the student-athlete shall be dropped from the team for the remainder of the season but the team's record and playoff privileges will not be affected.
 - (1) In cases of conflicting, blemished, altered or illegible records, the onus rests with school officials to determine the correct information. Documents which should be checked by school officials would include, but not be limited to, all permanent records on file in the school office such as cumulative records, transcripts, and teacher's grading records, but do not include report cards or other non-controlled records. If there are conflicts or discrepancies found, they must be examined and resolved by school officials. Negligence, or failure to make a good faith effort to determine the accuracy of a student-athlete's records on the part of school officials would require all contests in which the ineligible student-athlete participated to be forfeited.
 - (2) The student-athlete will be ineligible for 365 days from the date of notification to the NCHSAA. This would also include summer workouts or team camps in the summer.
- (e) A student-athlete found to be on a free list or loan list loses their remaining athletic eligibility and will forfeit his/her individual matches. If the school is unaware of the violation, there is no penalty on the school.

3.3.9 **Restitution Rule** - A member school shall be assessed the full cost including, but not limited to, court costs, counsel fees and actual expenses, of any litigation instituted by, or on behalf of, the school, its staff, coach(es), team(s), or participant(s), that unsuccessfully challenges a rule, by-law or article of incorporation of the Association or any decision of the Commissioner or Board of Directors.

- (a) A member school shall likewise be assessed such costs resulting from any unsuccessful litigation brought against the Association when the school is made a necessary co-defendant or a third-party defendant in the litigation.
- (b) Any member school that does not make full payment of such costs within sixty days of the assessment shall be prohibited from playoff participation in all sports. The restriction shall continue until the full amount plus interest at the statutory rate is paid.

3.3.10 **Penalties that May be Imposed by the State Department of Public Instruction**

- (a) **Participation Ban** — Violations of the state regulations, negligence or poor sportsmanship may forfeit the right of the school to participate in interscholastic athletics for a given period of time to be determined by the State Superintendent of Public Instruction.
- (b) **Suspension of Accreditation** — If any school engages in athletic activities in violation of the rules and regulations and in such manner as to interfere with the required instructional services adopted by the State Board of Education for use in the public schools, the State Superintendent of Public Instruction shall notify such school to desist from further violation of these rules and regulations; and upon failure of such school to desist therefrom within such time as the State Superintendent may require,

he may suspend the accreditation of said school until such time as the same may have been corrected.

3.3.11 **Statute of Limitations** - September 1 of the following year is the deadline for all incidents, violations, etc., to be reported to the NCHSAA.

3.4 OFFICIATING

3.4.1 Sport by Sport Officials Information and Fees

(a) **Officials** - Each school must use only NCHSAA-registered officials in all competition, and must work through an approved regional supervisor.

- (1) Baseball - Two-person crew is mandatory for junior varsity and varsity contests.
- (2) Basketball - Three-person crew is mandatory for varsity play.
- (3) Diving - To serve on a diving judges' panel, a high school coach must pass the NCHSAA diving judge test; a USA diving official must be registered as a NCHSAA Official; and all other persons must be registered as a NCHSAA swimming official and pass the NCHSAA diving judge test.
- (4) Football - Five-person officiating crews are used in all regular-season contests; post-season varsity football contests will be determined by the NCHSAA. It is recommended that junior varsity games have a five-man crew.
- (5) Lacrosse - A two-person crew is mandatory for all varsity contests. A three-person crew is to be used in all playoff games. Three-person crews can be used during the regular season.
- (6) Soccer - A three-person crew is mandatory for all varsity contests.
- (7) Softball - Two-person crew is mandatory for junior-varsity and varsity contests.
Swimming - A referee and two (2) stroke and turn judges are required for meets involving using six (6) or less lanes. A referee and three (3) stroke and turn judges are required for meets using more than six (6) lanes. Meets must have the proper number of officials in order for times to be used for regional entry. If a meet is using manual timing, and only one timer per lane is used, the meet may be conducted, but the times cannot be used for regional entry. Schools are responsible for helping recruit their own officials to register with the NCHSAA.
- (8) Track - Track officials may register with the North Carolina High School Athletic Association, 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 NCTCCCA January clinic, or the NCHSAA clinic in July. In order to host a regional, a school must have at least one NFHS/NCHSAA certified official on staff.
- (9) Volleyball - Two officials must be used for all varsity competition, and schools are required to have an individual capable of serving as a line judge. Line judges may be used in playoffs if both schools mutually agree. If line judges are used, the competing schools must pay them (full fee).

(b) **Assigning Fees** - School assigning fee to Regional Supervisor/local officials association is \$150.00 per assignment and \$100.00 for each additional assignment.

- (1) For regular season and invitational tournaments: 5-12 games, \$75.00; 13-25 games, \$100.00; 26-50 games, \$150.00; over 50 games, \$200.00.

(c) **Game Fees** - Officiating game fees shall increase by 5% every four (4) years beginning with 2020-2021.

(1) **Baseball**

Regular season	Varsity	Jr. Varsity and 9th Grade
Per Game	\$82.00	\$71.00
Tournaments (In-Season & Conference)	\$88.00	
Playoffs		
Rounds 1-2	\$88.00	
Rounds 3-5	\$99.00	
State Finals	\$104.00	

NOTE: When baseball and softball contests are postponed and replayed under the suspended game rule, officials who work the continuation of the suspended contest are entitled to a half-game fee when completed in conjunction with a second game. Umpires are entitled to full game fee when suspended game is only one being played.

(2) **Basketball**

Varsity	Varsity	Non-Varsity
Per Game	\$77.00	2-Person \$71.00 3-Person \$65.00
Tournaments (In-Season & Conference)	\$88.00	
Playoffs		
Rounds 1-2	\$88.00	
Rounds 3-5	\$104.00	
State Finals	\$110.00	

(3) **Football**

Varsity	Varsity	Non-Varsity
Per Game	\$104.00	4-Person \$82.00 5-Person \$77.00
Playoffs		
Rounds 1-2	\$104.00	
Rounds 3-5	\$116.00	
State Finals	\$121.00	

NOTE: If clock operator is requested through regional supervisor for regular season varsity game, and in the playoffs the game game fee is \$88.00.

(4) **Lacrosse**

Varsity	Varsity	Non-Varsity
Per Game	2-Person \$82.00 3-Person \$71.00	\$65.00
Playoffs		
Rounds 1-2	\$88.00	
Rounds 3-5	\$99.00	
State Finals	\$104.00	

(5) **Soccer**

Varsity	Varsity	Non-Varsity
Per Game	\$71.00	2-Person \$65.00 3-Person \$59.00
Playoffs		
Rounds 1-2	\$88.00	
Rounds 3-5	\$99.00	
State Finals	\$104.00	

(6) **Softball**

Regular season	Varsity	Jr. Varsity and 9th Grade
Per Game	\$79.00	\$68.00
Tournaments (In-Season & Conference)	\$88.00	
Playoffs		
Rounds 1-2	\$88.00	
Rounds 3-5	\$99.00	
State Finals	\$104.00	

NOTE: When baseball and softball contests are postponed and replayed under the suspended game rule, officials who work the continuation of the suspended contest are entitled to a half-game fee when completed in conjunction with a second game. Officials are entitled to full game fee when suspended game is only one being played.

(7) **Swimming**

Referee	\$59.00
Stroke and Turn Judge, Starter	\$31.00
Diving Judge	\$31.00

For required number of swim officials at meets, see 3.3.1(a)(5).

(8) **Volleyball**

Regular Season	Varsity	Non-Varsity
Per Match	Best of 3 \$59.00	Best of 3 \$48.00
	Best of 5 \$65.00	Best of 5 \$54.00
Tournaments (In-Season & Conference)	\$82.00	
Playoffs		
Rounds 1-2	\$88.00	
Rounds 3-5	\$99.00	
State Finals	\$104.00	
Line Judges (All-Rounds if assigned by Regional Supervisor)	\$82.00	

(9) **Wrestling**

Regular Season	Varsity	Non-Varsity
Per Match	\$77.00	\$65.00

NOTE: Preliminary matches consist of one two-minute and two one-minute periods. Fee is \$2.00 per match. Seven or more matches constitutes a full contest fee. There is a \$25.00 fee per hour (or any fraction of an hour) for officials per mat for scrimmages.

Wrestling Tournament Fees

One Day	\$68.00 fee per participating team, plus \$20.00 per official
Two Day	\$79.00 fee per participating team, plus \$20.00 per official
Dual Team Tournaments*	\$57.00 fee per dual match wrestled, plus \$20.00 per official

*(also includes Triangular, Quadrangular, and Round Robin)

Dual Team Post Season Tournaments

Rounds 1-2	\$88.00 per match
Rounds 3-4	\$100.00 per match
State Finals	\$112.00

State Individual Tournament

Regional Tournament	\$145.00 per day flat fee plus \$25.00 per diem (both days)
State Tournament	\$174.00 per day flat fee plus \$25.00 per diem (both days)
	\$88.00 flat fee for Thursday round

- (d) **Scrimmage Fees** - There is a \$28.00 fee per hour (or any fraction of an hour) for officials per field/court/mat for scrimmages.

3.4.2 Officiating Regulations

(a) **Fees**

- (1) Officials are to be paid on local fiscal policy as soon as possible by the member schools. Schools are responsible for paying officials. Regional supervisors cannot act as the fiduciary agent for schools in terms of paying officials.
- (2) Game fees will be paid as approved by the NCHSAA.
- (3) Postponed Games
 - (i) For games postponed after officials leave home, including contacting of officials via mobile phone while en route to school and officials do not travel all the way to the school or after officials arrive at game site: One-half game fee for the game is to be paid to each official.
 - (ii) Postponed game and neither regional supervisor nor officials are notified: Full game fee will be paid to each official.
 - (iii) A \$50.00 surcharge may be assessed per schedule change after officiating assignments have been posted. Exceptions will be made on a case-by-case basis caused by weather, death, etc, or an optional \$100.00 upfront fee may be paid to cover any change during the course of the season.
- (4) School assigning fees to officials associations is \$150.00 per assignment for varsity and \$100.00 each junior varsity and ninth grade sport. Assigning fees are to be paid within 30 days upon receipt of invoice.

(b) **Suspended Games**

- (1) Suspended games rescheduled and played from point of interruption: Officials receive the full game fee.
- (2) Baseball and softball games postponed and replayed under the suspended game rule: Officials who work the continuation of the suspended game are entitled to a full game fee. If the suspended game is played in conjunction with a second game: Officials shall be paid one-half game fee for the suspended game and a full game fee for the second game.

- (c) **Doubleheader** - The NCHSAA considers a doubleheader to consist of two back-to-back contests between the same teams with only a reasonable amount of time in between for a warm-up. If a situation meets the above criteria, the official's fee is a doubleheader fee. If there is more than a reasonable time lapse (usually 30 minutes) between the two games, it is considered two separate games and the official's fee is two regular season game fees.

- (1) If a varsity game is postponed, 1/2 game fee
- (2) If game is delayed less than one (1) hour and played, regular fee
- (3) If game is delayed more than one (1) hour and postponed, full game fee

(d) **Coaches**

- (1) Coaches shall not approach the officials for complaints before, at halftime, or after the game.
- (2) Coaches entering an official's dressing room for the purpose of complaints are in violation of

- state regulations.
- (3) Officiating complaints are to be filed first with the regional supervisor making the assignment.
 - (4) Coaches, principals and school officials are also prohibited from making public statements in any media criticizing the officials [See 3.3.5 (a) (8)].
 - (5) Coaches in violation of the alcohol, tobacco or other drugs policy will be ejected from the contest
- (e) **Schools**
- (1) Must use NCHSAA-registered officials working through an approved NCHSAA officials association for varsity, junior varsity and ninth grade football, soccer, baseball, softball, volleyball, basketball, wrestling, swimming and lacrosse at events hosted by or contested at member schools.
 - (2) Must provide a place to park for the officials.
 - (3) Should greet the officials upon arrival.
 - (4) Designate a game administrator for the contest. The game administrator must participate in pre-game coordination with the game officials. If no game administrator is available or identified, the head coach will be designated and recorded as the game administrator (see 2.4.1).
 - (5) Escort the officials to their dressing room.
 - (6) Work toward improving dressing facilities for officials, especially in the area of privacy.
 - (7) Provide the officials with an escort off the field and court (required in football, basketball and soccer). Schools should have a plan in place to ensure a safe and respectful exit for the game officials to a secure area.
 - (8) Must have a plan to create alcohol/tobacco/other drug free zones around athletic events.
 - (9) Must submit schedules to regional supervisors by approved deadlines.
- (f) **Officials**
- (1) NCHSAA officials and regional supervisors will adhere to the Code of Ethics policy (on NCHSAA website - Officiating).
 - (2) Varsity football, soccer, volleyball, basketball, wrestling, baseball, softball, swimming, and lacrosse officials must be registered with the NCHSAA. It is highly recommended that officials under the age of 18 or still in high school only be used in non-member contests.
 - (3) Are required to be dressed and on the field a minimum of 30 minutes prior to game time in football and on the court when the teams take the floor for warm-ups in basketball.
 - (4) When an official is reported as being late for a contest and is at fault, he or she shall be sanctioned by the NCHSAA.
 - (5) Game officials are required to obtain and record the name of the game administrator in charge of the event. If no game administrator is available or identified, the head coach will be designated and recorded as the game administrator.
 - (6) The referee is responsible for giving the visiting and the home coaches cards with the first and last names along with the position of each official working a varsity football game. In basketball, the officials are responsible for signing both scorebooks (home and visitor) in all men's and women's varsity contests.
 - (7) Officials must electronically file required ejection/disqualification report(s) to the NCHSAA within 24 hours of the contest's completion. The NCHSAA will electronically send copies to the principal, athletic director and regional supervisor. In addition, officials should also report any unusual occurrences in a contest (teams leaving bench area, etc.) to the NCHSAA and the regional supervisor.
 - (8) Officials using alcohol, tobacco or other drugs in and around an athletic event will be suspended.
 - (9) Penalties/sanctions of officials
 - (i) Review and sanctioning may be conducted by the NCHSAA Supervisor of Officials
 - (ii) Appeals may be submitted to the Commissioner
 - (10) Grievance/Appeal Process
 - (i) Follow the grievance policies and procedures in accordance with the Constitution and Bylaws of the local officials association.
 - (ii) Written appeal to the NCHSAA Supervisor of Officials
 - (iii) Written appeal to the Officiating and Review Committee of the NCHSAA Board of Directors
 - (iv) Written appeal to the NCHSAA Executive Committee
 - (v) Written appeal to full Board of Directors of the NCHSAA
 - (11) All officials must adhere to standards of professionalism, including but not limited to any code of ethics that may be promulgated from time to time by the NCHSAA. The NCHSAA may determine an official is ineligible to serve as an NCHSAA official on a temporary or permanent basis if the NCHSAA reasonably determines that initial or continued service as an NCHSAA official would be contrary to the letter or spirit of the NCHSAA's mission or purposes.

(g) **Regional Supervisors**

- (1) A game assignment is to be received by each school prior to a regularly scheduled contest and before each rescheduled contest, time permitting.
- (2) Shall supply schools with a composite list of officials, including addresses and telephone numbers (both home and business).
- (3) For playoffs, tournaments, and all-star game assignments per sport: Each official during the current season should attend the NCHSAA state rules clinic and score an 80 or better on the annually-related sport exam administered by the NCHSAA.
NOTE: NCHSAA Supervisor of Officials will assign officials to regional and state championships games in the following sports: football, volleyball, soccer, basketball, wrestling, swimming, baseball, softball and lacrosse. Neutral crews are to be used when possible in these sports in postseason play.
- (4) Once the season begins, assignments are to be made by the regional supervisor based on the qualifications and merit of the officials.
- (5) Preferential lists are not to be used.
- (6) Each association is to have a local Board of Directors composed of officials and school personnel with at least one school administrator.
- (7) Shall report any unusual occurrences in a contest, as reported by officials to the NCHSAA.
- (8) Must use only NCHSAA-registered officials [See 3.3.5 (b)(3)].
- (9) Regional supervisors may charge a maximum association fee no greater than the game fee per sport.
- (10) Regional supervisors shall not officiate NCHSAA athletic contests in the sport they are assigning, except under emergency conditions. Approval to work emergency games must be given in writing by the NCHSAA Supervisor of Officials prior to the game assignment.

3.4.3 Sport by Sport Regional Supervisors

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3.5 SPECIAL PROGRAMS

- 3.5.1 **Cheerleading** - Cheerleading is an activity that comes under the jurisdiction of the North Carolina High School Athletic Association in two areas – eligibility and health and safety guidelines (including Return to Play form, etc.). Head Cheerleading coaches are required to attend the annual rules meeting.
- (a) All information pertaining to cheerleading should be found in this section of the Handbook and/or online.
 - (b) All NCHSAA member schools that sponsor cheerleading are required to follow NFHS Spirit Rules.
 - (c) NFHS Spirit rulebooks are sent to athletic directors.
 - (d) The head cheerleading coach is required to maintain safety certification through the NFHS and USA Cheer's "Cheer and Dance Safety Certification" course once every four years. Fundamentals of Coaching is not required.
 - (e) Cheerleaders, both junior varsity and varsity, must have their eligibility certified in the same manner as other interscholastic student-athletes.
 - (f) The Head Coach must attend one of the NCHSAA clinics [See 3.3.5(d)(2)].
 - (g) It is strongly recommended that, before a cheerleading squad uses NFHS spirit rules, that the coach or advisor for the cheerleaders consider their application with the training, experience and athletic ability of the student-athletes under supervision.
 - (h) Please be aware that the membership entities may have more restrictive guidelines and regulations.
 - (i) Student-athletes who want to participate in cheerleading are not subject to the Transfer Policy, however, all current eligibility requirements remain applicable. If a student-athlete desires to participate in another sport, NCHSAA Transfer Rules may apply.

NCHSAA Cheerleading Invitational: Saturday, December 3, 2022 Raleigh Convention Center, Raleigh

- 3.5.2 **Philosophy of Cheerleading** - Cheerleaders serve as a support group for the different interscholastic athletic teams within their schools.
- (a) Cheerleaders should always strive to improve student morale, boost team spirit, and help a school achieve the most worthwhile objectives in its interscholastic program.
 - (b) Positive crowd and student body involvement, directed by the cheerleading squad in support of the school team, should be a major goal.
- 3.5.3 **Scholar-Athlete (Team)** - Definition - A group of persons sanctioned by and participating in an NCHSAA sponsored athletic activity that is composed of at least five (5) or more individual student-athletes. A team is composed of the student-athletes in grades 9, 10, 11, and 12 noted on the NCHSAA Master Eligibility List and certified for game/meet/match participation. The student-athletes must participate on the team at the high school Varsity level. The student-athlete must remain a member of the athletic team for the full/total designated sport season.
- (a) Any varsity team with an UNWEIGHTED 3.100 or higher composite grade average for the designated semester would be eligible to receive a team academic award.
 - (b) A team certificate will be awarded to each eligible school (for each of its eligible teams) and a team recognition certificate will be awarded to each member of an eligible team.
 - (c) In each sport approved by the NCHSAA, a team plaque will be awarded to the team (from those applications that are turned into the NCHSAA) in the state which has the highest team grade point average for the designated semester.
 - (d) Cheerleading, although not officially recognized as a "sport," is eligible for this program since eligibility must be certified and other requirements met. Cheerleaders will be part of the FALL semester and submitted for grades earned during that semester.
 - (e) For each team (men's and women's are considered separate teams) nomination, a separate team application form must be filled out. If four different teams from a school are nominated, then four different forms must be filled out. (The team GPA must be listed on the application.)
 - (f) All members of the team must be listed and their grade point average indicated, carried to three places, to be considered. Numerical grades (95.177, for example may not be used.)
 - (g) Please note the deadlines: Fall/Winter- March 15 and Spring- July 15. Applications for team awards which come in after the deadline will not be considered.
 - (h) Fall and winter sports awards will be based on grades earned for the first semester of the school year. Spring sports awards will be based on grades earned for the second semester of the school year. *Examples:* fall and winter include football, volleyball, and women's tennis, women's golf, cross country, men's soccer, basketball, indoor track, swimming, wrestling, and cheerleading. Spring includes baseball, softball, women's soccer, men's golf, men's and women's track, and men's tennis.

- 3.5.4 **Scholar-Athlete (Individual)** - Definition - A student-athlete, participating as an individual representing their school.
- (a) Individuals who are members of athletic teams and who obtain a 3.500 or higher grade point average for the designated semester may receive an individual scholar athlete certificate regardless of the grade point average of his/her team. Managers and trainers are considered eligible for this Scholar-Athlete designation. Weighted grades may be used for calculating individual GPA only.
 - (b) Awards will be based on grades earned for the designated semester using the same format as for team awards (fall and winter sports—first semester grades; spring sports—second semester grades).
 - (c) Student-athletes may be eligible to receive an individual award for each sport in which they participate on a varsity level.
- 3.5.5 **Scholar-Athlete Team and Individual Grade Point Average** - The combined average of the grades based on the Four Point Scale (Do not use Weighted Values for Calculating Averages For Team GPA's; Weighted Scale Grades may be used only for Individual Award purposes).

GRADE POINT	VALUE
A	4
B	3
C	2
D	1

- (a) Compute or calculate the grade point average to three (3) decimal places (i.e. 3.326). Again, do not submit an average of more than 4.000 since that would reflect weighted courses on your team nominations.
 - (b) Nominations for fall and winter sports awards must be submitted by March 15. Nominations for spring awards must be submitted by July 15.
- 3.5.6 **Scholar-Athlete Procedures**
- (a) Copies may be made, if necessary, to list additional athletes. This becomes your official list as a copy will not be mailed back with the certificates.
 - (b) All GPA's should be listed to three decimal places (i.e. 3.678). Do not list a GPA higher than 4.000, since that would reflect weighted courses, on averages used to complete an overall team average; an average higher than 4.000 could be used in the individual.
 - (c) This is a varsity award. Junior varsity athletes and teams are not eligible.
 - (d) The principal should sign the form and then any coach who has a scholar-athlete included on the list should also check the form and sign it.
 - (e) Please send ALL applications from one school under the same cover to facilitate awarding of certificates. Scholar-Athlete applications should be submitted by the official online form for consideration.
- 3.5.7 **Hall of Fame** - The North Carolina High School Athletic Association Hall of Fame is dedicated to preserving the colorful tradition of high school athletics in North Carolina. The Hall of Fame seeks to highlight the past in order to insure a promising future for the North Carolina High School Athletic Association. The recognition of past personalities and their significant contributions to our statewide organization will serve to provide models for future generations to emulate.
- (a) Candidates are judged on their long-term contributions to high school interscholastic athletics governed in the State of North Carolina by the North Carolina High School Athletic Association or the parent organizations, which gave rise to the North Carolina High School Athletic Association.
 - (b) Hall of Fame nomination forms outlining the nomination procedure may be obtained from the NCHSAA office. Those selected to enter the Hall are honored at NCHSAA Day in the fall and are inducted at the spring Hall of Fame ceremonies.
 - (c) Completed nomination forms must be in by April 1. The Selection Committee customarily meets in June each year.

All members of the NCHSAA Hall of Fame are listed by class on page 124.

3.6 **STUDENT SERVICES - Workshops, Conferences and Special Programs**

- 3.6.1 **Coaches Workshops** - Upon request, topical workshops can be provided for coaches and other athletic personnel at the local level or at central sites; usually requested by schools or the membership entity.
- 3.6.2 **Coach/Captain Retreat** - Designed to support the concept of "teamwork." Topics such as leadership development, making appropriate decisions, community service, drug abuse and violence prevention strategies and mental health awareness are addressed.

- 3.6.3 **Student Athlete Summer Institute (SASI)** - If held, would be during the summer in sites throughout the state. Objectives of the Student-Athlete Summer Institute:
- (a) Develop leadership skills
 - (b) Develop teams of student-athletes to serve as role models in the areas of alcohol and substance abuse, violence prevention, and sportsmanship
- 3.6.4 **Special Recognition Programs**
- (a) **Homer Thompson Eight Who Make a Difference Award** - Recognizes coaches who exemplify sportsmanship and serve as positive role models for students. Each member school is invited to nominate one male and/or female coach who provides the kind of coaching leadership and demeanor of which we can all be proud. This award is given to eight coaches in memory of the long-time Winston-Salem Parkland coach, Homer Thompson.
 - (b) **Heart of a Champion** - Recognizes student-athletes who have participated in at least one varsity sport and remained ejection-free during the school year. They are recognized for overcoming adversity, demonstrating outstanding character, and going above and beyond what is expected to succeed. These students also exemplify outstanding citizenship and sportsmanship.
 - (c) **Ejection-Free School Program** - Recognizes schools who were ejection-free throughout the school year.
- 3.6.5 **Student Athlete Advisory Council** - Comprised of a select group of student-athletes who represent each NCHSAA region. Selected SAAC members must meet the following minimum criteria:
- (a) Meet all eligibility standards as outlined in the NCHSAA Handbook
 - (b) Possess leadership characteristics
 - (c) Be a positive role model
 - (d) Collaborate with students from a variety of social groups
 - (e) Exemplify the tenets of Sportsmanship (Character, Integrity, Citizenship and Respect)
- 3.6.6 **Student Leadership Conference** - The NCHSAA invites each of our member schools to attend the annual Student Leadership Conference (SLC) that is typically held in the spring semester. The goals of this conference are to assure that student-athletes will:
- (a) Develop an understanding of positive leadership while gaining the knowledge and skills to effectively lead their peers;
 - (b) Acquire a general understanding of the importance of community service, positive values, sportsmanship, healthy lifestyles and self-evaluation; and
 - (c) Serve as advocates for their school, community and state.

SECTION 4: INTERSCHOLASTIC ATHLETIC ACTIVITIES

4.1 COMPETITION - *This section is applicable to interscholastic athletic activities included in 4.2 – 4.14.*

4.1.1 **Mailings** - Rule books will be mailed to athletic directors prior to the beginning of regular season practice except for the sports of golf and tennis. All other information can be found in the athletic activities section of the Handbook or on the NCHSAA website.

4.1.2 **Classifications** - A, AA, AAA, AAAA for all sports except:

(a) Women's Golf, Swimming, and Indoor Track classes are A/AA, AAA, and AAAA.

(b) Lacrosse A/AA/AAA and AAAA.

4.1.3 **Organizational Meeting** - An organizational meeting for the purpose of discussing policies, academics, distributing physical forms and the like, or equipment issue prior to the opening date of practice is allowed, but no sports instruction would be permitted in that setting.

4.1.4 **Preseason Certification (ELIGIBILITY SUMMARY FORM)** - Each member school must submit its preseason certification information (ELIGIBILITY SUMMARY FORM) on the NCHSAA website. Dates for submission to NCHSAA are September 1 (fall), December 1 (winter), and March 15 (spring).

(a) Certifies that all pre-season meetings have been conducted.

(b) Certifies that student-athletes and their parents have signed the sportsmanship pledge, and also certifies that their student-athletes are eligible in all respects.

(c) Certifies coaches have signed the "Code of Conduct for Coaches" and viewed the Eligibility Video.

(d) Certifies that each school has an updated Emergency Action Plan.

(e) Certifies all coaches, student-athletes, and parents have viewed the "CrashCourse" Concussion Video prior to participation.

4.1.5 **Preseason Scrimmages** - All sports at the high school are permitted two preseason varsity scrimmages, with the exception of football, and this competition can be between two schools or with multiple schools.

(a) Cross country, golf, swimming and tennis. No officials are required.

(b) Football – Five (5) hours of preseason scrimmage time is allowed. Live kicking situations are allowable only when officials are present. These scrimmages cannot occur until at least 8 separate days of practice have been completed [See 4.5.3(b)(5)]. NCHSAA-registered officials must be used for at least two hours of the allotted total of five and is recommended for use for all five hours. Scrimmages may be conducted between two (2) or multiple schools.

NOTE: Student-athletes must be given a minimum of 48 hours between scrimmages and 72 hours are recommended.

(c) Two scrimmages may be held in the same preseason week, and the preseason scrimmages must be conducted as events open to the public (no closed scrimmages allowed).

(d) Junior varsity scrimmages are allowed in conjunction with varsity scrimmages, at the same time and site.

(e) Scrimmages must be played prior to the first regular season contest and are subject to the regular weekly limitations in terms of numbers of contests (exception - football).

(f) For the sports of football, volleyball, soccer, basketball, wrestling, lacrosse, baseball and softball, officials must be used in at least one of the school's scrimmages so that there will be common exposure to rules situations.

(g) Officials are to be assigned to work a maximum of two hours per scrimmage.

(h) Admission may be charged.

(i) Only eligible student-athletes may participate

(j) Non-school participants may assist the coaching staff in an instructional or demonstrational manner. But any scrimmage-type competition or activity between non-school participants and high school team members is regarded as a game, which is then subject to games-per-week, season limitations, and use of NCHSAA-registered officials.

(k) Any kind of practice game or scrimmage with outside competition during the regular season must be counted as a regular contest and must not exceed daily, weekly or seasonal limits.

NOTE: Schools that have individuals qualifying to the regional and/or state individual playoffs, after the regular season is over for the team (for the sport of wrestling, once individual regional seeding is completed) may work out or scrimmage one-on-one against students-athletes from another school where competition is not available at their own school. The number is limited to one partner for each qualifier advancing, whether from their own school or another school.

4.1.6 **Eligibility Sheets** - Eligibility sheets should be kept on file at the local school; must be made available to the NCHSAA upon request and are required to be shared among conference members.

4.1.7 **Ejection/Disqualification Reports** - Officials must electronically file the required ejection/disqualification reports to the NCHSAA within 24 hours of the contest's completion. The NCHSAA will electronically send copies of the ejection/disqualification report to the principal, athletic director and regional supervisor. Athletic directors are required to submit a confirmation email upon receipt of the ejection/disqualification report.

The confirmation must be submitted within 24 hours of receiving the ejection/disqualification report. If the wrong student-athlete is identified, a correction can be made through the regional supervisors and the NCHSAA. For more on the Sportsmanship/Ejection Policy and Penalties, see 3.3.6 and 3.3.7.

- (a) For soccer, reference Yellow Card Tracking and Ejections in the Soccer section 3.3.7(k) or 4.8.1(j).
- (b) For wrestling, in addition to the above, during a two day tournament, if a wrestler is ejected on Friday, this wrestler must miss Saturday of that tournament AND the next contest for a first ejection and the next two contests for a second ejection.

4.1.8 **Team Championships** - In sports where applicable, a team must have multiple entries in the event to achieve a team championship.

- (a) An individual may not earn a team title.
- (b) For reclassification purposes, a school must have a bona fide team to be counted toward the total of schools fielding teams in a classification.
- (c) A "team" is defined as "two or more student-athletes practicing and competing in a regularly scheduled school season."

4.1.9 **Interstate Competition** - (see Sanctioning Chart Page 116)

(a) **One-On-One Out of State Opponents** - All contests between two (2) teams during the sports season, whether home or away including scrimmage and regular season involving a non-North Carolina school (not applying to foreign country teams), are approved, provided there is no loss of school time (unless the membership entity approves such a contest). No sanction required.

(b) **Interstate Competition Requiring National Federation Sanction** - Interstate competition that meets at least one of the following requirements:

- (1) Any interstate (including bordering states) or international event involving two (2) or more schools which is co-sponsored by or titled in the name of an organization outside the school community (e.g., a college/university, a theme park, an athletic shoe/apparel company, etc.).
- (2) Event that involves non-bordering state(s) if more than five (5) states are involved.
- (3) Event that involves non-bordering state(s) if more than eight (8) schools are involved.
- (4) Any event involving two (2) or more schools that involves a team from a foreign country. The host school should complete the NFHS Sanction Application. Those would include any event(s) that involves international traveling teams that play multiple games in multiple states. (The exception to this rule are Canada and Mexico, which are considered "bordering states").
- (5) For online registration, go to www.NFHS.org and click on Sanctioning.

(c) **Border/Interstate Competition Requiring State Sanction Only** - Interstate competition when an event does not meet any of the National Federation Sanctioning requirements but involves at least one of the following:

- (1) Event only involves state(s) that border North Carolina (GA, SC, TN and VA)
- (2) Five (5) or fewer states participating when there is a non-bordering state involved.
- (3) Eight (8) or fewer schools participating when there is a non-bordering state involved.
- (4) See Border/Interstate Sanctioning Form on the NCHSAA website. State for the above competitions must be made through the NCHSAA office a minimum of 30 days in advance of the proposed contest.

4.1.10 **Games with Non-Conference Opponents** - A game which has been scheduled with a non-conference opponent shall not be allowed to interfere with the breaking of a tie between, or among, conference teams or with a conference tournament or playoff game. If such non-conference game shall conflict with the game, or games, necessary to break a conference deadlock, the school concerned shall at once:

- (a) Cancel its nonconference game; or
- (b) Submit to the drawing, notwithstanding its non-conference scheduled game; or
- (c) Accept the ruling of the Executive Committee that its former percentage has been canceled.

4.1.11 **Tiebreaking Procedure** - All parts of this procedure are mandatory. The steps should be followed in the order as they appear in the procedure.

(a) **Determining Conference Standings** - These rules apply for determining the final regular season standings in any sport in which a conference awards its conference championship on the basis of regular season competition.

- (1) The conference standings shall be determined on the basis of the percentage of conference games won by each team at the end of the regular season, based on conference regulations and subject to the tiebreaking procedure which follows. The team finishing in first place shall be recognized as the conference champion; if a tie exists for first place, then conference co-champions, tri-champions, etc., shall be declared.
- (2) If two or more teams have equal conference percentages at the end of the season, the team that has the edge in head-to-head competition will get the higher place in the standings. All conference games played against each other would count in the head-to-head competition. The intent is to break the tie by using the tied teams.

Ex. 1 - If there is a four-way tie for first and Team A and Team B are 2-1 while Team C and Team D are 1-2, in games among the four of them, A and B would be tied for first by virtue of their 2-1, with C and D tied for third. Then look at head-to-head between the two (A and B) to break that tie, and then between the other two (C and D) to break that remaining tie.

Ex. 2 - Teams A, B and C are tied for fourth in the conference standings with identical records. In games among the three, A was 3-1, B was 2-2 and C was 1-3. The tie is broken; A is fourth, B is fifth and C sixth.

(3) Any time throughout the whole procedure that a multiple tie is reduced to two teams, no matter what criteria is being used, use head-to-head conference competition between those remaining if possible.

(b) **Determining Conference Tournament Seeding** - The following rules are used to seed conference tournaments on the basis of regular season standings. Use this section only to seed for conference tournaments and only after 4.1.11(a) is completed; if no conference tournament, See 4.1.11(c).

(1) Seed the tournament on the basis of final regular season standings; See 4.1.11(a).

(2) If two or more teams are tied, and the teams played any non-conference games against each other, the team with the better record in all head-to-head games get the higher conference seed. (If there is a multiple tie of three or more teams, one team must have beaten all the other teams for these non-conference games to be used). Note that use of these non-conference or tournament meetings prior to the conference tournament is ONLY for seeding in the conference tournament [See 4.1.11(c)(5)].

Ex. - Team A and B split in regular season, but played one another in a non-conference game and A won. A would get the higher seed in the conference tournament. Say A and B were tied for fourth in an eight-team league and this occurred; A would get the higher seed in the tournament. However, the meeting in the conference tournament between A and B would be the tiebreaker between the two for determining NCHSAA playoff representatives [See 4.1.11(c)(2)].

(3) If there is still a tie for a tournament seed, it will be resolved by comparing how the tied teams fared against the rest of the conference until the tie is broken.

Ex. 1 - A and B finished with equal conference records and split during the regular season, thereby tying for third place in the standings. They did not play each other in a non-conference game. Go to the number one position in the conference and compare how A and B did against that team. Say the tie cannot be resolved there (both teams split with the number-one team), so go to the number two team. Team A lost twice to the number two but B split with the number-two team. Therefore B would be seeded third and A fourth (even though they finished tied for third in the final standings).

Ex. 2 - There is a four-way tie for first among A, B, C and D. Team A and B are each 2-1 while C and D are each 1-2 in games among the four. A and B are tied for the first seed, while C and D are tied for third seed. Now look at head to head competition between A and B to break that tie, and head to head between C and D to break the other remaining tie.

(4) If the tie still exists, a draw will be held by the tied teams for the seeds available. All tied teams for a position will draw with the numbers of the spots for which they are tied in a hat.

Ex. - A and B are tied for third and the tie is not resolved after going through the procedure in 4.1.11(b)(3) above. The numbers three and four are put in a hat, and the schools will draw and assume the seed of the number drawn. The drawing will be done in alphabetical order as the schools are listed in the NCHSAA Directory.

(c) **Determining NCHSAA Playoff Representatives** - The following rules are used to determine which teams earn available berths into the NCHSAA playoffs, awarded on the basis of regular season standings. These are used AFTER completion of the conference tournament, or BEFORE NCHSAA PLAYOFFS if there is no tournament.

(1) Award berths based on final regular season standings [See 4.1.11(a)]. Note that if a tie is broken using head to head competition, the tie is broken from that point on and there is no need to use other criteria.

(2) If two are tied in the final standings after being eliminated from the conference tournament (or before NCHSAA Playoffs if there is no tournament), a special playoff game will be played unless the tied teams mutually agree to break the tie by other means. The playoff game may not violate the weekly limitations, and it could be a preliminary game to the state playoffs or a game in the conference tournament. No playoff game shall be played prior to a conference tournament. A meeting between the tied teams which occurs in any round in the conference tournament would count as the playoff game.

NOTE: Split Conference Application Only - If teams represent different classifications, berths will be awarded by separating teams into their respective classifications. Then head-to-head competition among the teams in the respective classifications must be considered if necessary.

(3) If both teams are eliminated from the conference tournament but can still play the playoff game and not violate the weekly limitations, it shall be played. **Exception:** - If a team advances to the conference tournament finals, even if a playoff game would not violate the weekly limitations, the game will not be played, and the team that advances to the finals gets the higher seed.

(4) If three or more teams are tied, the team which advanced the furthest in the conference tournament will get the higher berth in the playoffs.

NOTE: Split Conference Application Only - If two or more teams are still tied, and the teams represent different classifications, berths will be awarded by separating teams into their respective classifications. Then head-to-head competition among the teams in the respective classifications must be considered if necessary.

(5) If the tie is not broken after (4), all previous head-to-head competition is used to break the tie (cannot be used with multiple ties).

(6) If there is still a tie, it will be resolved by comparing how the tied team fared against the rest of the conference, starting with the number one team and moving down, if necessary, throughout the conference until the tie is broken.

Ex. - A and B finished with equal conference records and split during the regular season, thereby tying for third place in the standings. A playoff game could not be played and they did not play each other in a non-conference game. Go to the number one position in the conference and compare how A and B did against that team in conference games. Say the tie cannot be resolved there (both teams split with the number-one team), so go to the number two team. Team A lost twice to the number two but B split with the number-two team. Therefore, B would be seeded third and A fourth (even though they finished tied for third in the final standings).

(7) If the tie is still not broken after step 6, it will be broken using the NCHSAA RPI Rating.

(8) If the tie still exists, a draw will be held by the tied teams for the seeds available. All tied teams for a position will draw with the numbers of the spots for which they are tied in a hat.

Ex. - A and B are tied for third and the tie is not resolved after going through the procedure through 4.1.11(b)(3) above. The numbers three and four are put in a hat, and the schools will draw and assume the seed of the number drawn. The drawing will be done in alphabetical order as the schools are listed in the NCHSAA Directory.

4.1.12 **Playoff Declaration** - A school has the option to “opt out” of the playoffs, provided it fills out the Playoff Declaration Form on the website, and submits it and it is in the NCHSAA offices prior to the reporting deadline for that specific sport. Proper submission means the school will not be considered for either an automatic berth or a wild card position. If the form is not submitted, then the school will be considered and may qualify for a playoff berth. This provision does not apply to the sports of cross country, golf, swimming, and track and field.

4.1.13 **Reporting Playoff Qualifiers** - Schools must submit their completed and accurate schedule and results into the designated reporting platform to be considered for playoff qualification for the sports of Baseball, Basketball, Football, Lacrosse, Soccer, Softball, Dual Team Tennis, Volleyball. Conference administrators must use this information to submit the final order of finish to the NCHSAA.

(a) For reporting potential qualifiers to state playoffs, conference administrators are required to submit the appropriate information online immediately upon conclusion of the regular season.

(b) Failure to comply with the reporting procedure may result in a penalty.

(c) Upon conclusion of the regular season and prior to the reporting deadline, the conference administrator will immediately submit the final conference standings of all teams. The records that are listed on the brackets when playoff qualifiers are posted by the NCHSAA will represent the overall record of each team.

NOTE: If a team qualifies for a playoff berth but is ineligible for further competition for any reason its position is vacated.

(d) Check the NCHSAA website for additional information.

4.1.14 **Submission of Incorrect Record** - Once the seeding process is completed and the brackets have been finalized, if a team has submitted an incorrect record a penalty may be assessed to the team or head coach.

4.1.15 **Playoff Ranking Formula** - A Ratings Percentage Index (RPI) formula will be used for qualification and seeding determinations in all team bracketed playoffs with the exception of dual team wrestling.

(a) $RPI = (0.3 \times WP) + (0.4 \times OWP) + (0.3 \times OOWP)$

- (1) Winning Percentage (WP) - Divide the number of wins in qualifying games by the number of total qualifying contest played. A tie equals half of a win. If a win in an individual contest gives that contest a winning percentage of 1.00, a tie would give that individual contest a winning percentage of .500 for both teams.
- (2) Opponents' Winning Percentage (OWP) - Average the winning percentages of a team's qualifying opponents. All contests involving the team whose RPI is being calculated are ignored in this process.
NOTE: This is not calculated via the combined record of the opponents, but rather by averaging each winning percentage of the qualifying opponents.
- (3) Opponents' Opponents' Winning Percentage (OOWP) - The same process as described in 4.1.15(a)(2) is used to calculate this percentage for the opponents of a team's opponents.
NOTE: There is an exception for out-of-state teams and non-NCHSAA members in North Carolina addressed in 4.1.15(b).
- (b) Out-of-State and In-State Non-NCHSAA Member Opponents - Out-of-State opponents from states that border North Carolina will be counted the same as in-state opponents provided they have a verified MaxPreps account and schedule.
 - (1) It is the responsibility of the NCHSAA member school to ensure that the data from their out-of-state opponent or non-NCHSAA member opponent is correctly listed on MaxPreps.
 - (2) Any out-of-state opponent from a state that does not directly border North Carolina will be calculated in the following manner:
 - (i) Opponent's direct winning percentage (i.e. .750) will count toward the formula, but each of their opponents will have a .500 winning percentage assigned.
 - (ii) The .500 figure was selected because it is the average value of opponents' opponents' winning percentages across all sports in data gathered from the states using RPI, such as Colorado, Utah and Washington.

4.1.16 Bracket Sizes

- (a) Baseball, Basketball, Football, Soccer, Softball, and Volleyball - 64-team brackets
- (b) Lacrosse - TBD
- (c) Tennis, Wrestling - 32-team brackets

4.1.17 Playoff Berths/Qualification

- (a) Each conference will be allotted automatic playoff berths based on the number of schools fielding a team in a particular sport in a given classification.
 - (1) 1-5 teams = 1 Berth (Conference Champion)
 - (2) 6+ teams = 2 Berths (Conference Champion and Second Place or Conference Tournament Champion)
- (b) The highest finishing team from a given classification in a split conference will automatically qualify, regardless of overall conference finish, provided there are at least two schools from each classification in that split conference.
- (c) Any remaining, non-automatic qualifying teams in each region (East/West) will fill the remaining berths based upon their RPI rating. A team cannot qualify for a berth before all teams in their conference that finished ahead of them in the conference standings have qualified (Leap Frog Provision).

4.1.18 Seeding

- (a) The pre-determined East and West Regions will be seeded independently of one another.
- (b) The teams in each region will be seeded as follows:
 - (1) Seed all 1st place automatic berths by RPI rating (or other NCHSAA selected ranking system).
NOTE: The highest finishing team in its half of a split conference must finish in 1st, 2nd, or 3rd place overall and/or have an overall winning percentage of .500 or higher in order to be seeded as a #1. Otherwise, the team will be seeded with all other at-large teams.
 - (2) Seed all 2nd place automatic berths or conference tournament champions and at-large berths by RPI rating (or other NCHSAA selected ranking system).
- (c) Once seeding is complete:
 - (1) Existing byes will be awarded to the highest seeds possible.
 - (2) The higher seed is the home team unless otherwise determined by the NCHSAA.

4.1.19 Reporting Playoff Advancement

- (a) After schools have qualified for the playoffs, it is their responsibility to report advancement by the appropriate method and deadline as designated by the NCHSAA.
- (b) Failure to report a playoff advancement may result in a penalty. Teams must report advancement no later than 6:00 a.m. the day following each win.
- (c) Postponements should also be reported.

- 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)
NOTE: 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)
NOTE: 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) Hazing (See 2.3.15)
- 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 silk screen or other permanent certification mark.

- (iii) No BBCOR label, sticker, or decal will be accepted on any non-wood bat. The certification mark shall be rectangular, a minimum of one inch on each side and located on the barrel of the bat in any contrasting color. To read: "BBCOR .50".
- (3) Coaches must wear a skull cap style helmet or NOCSAE certified helmet when coaching in the Coaches Box during games.
- (j) Ten-Run Rule - The ten run rule has been adopted by the NCHSAA for baseball; if a team is ahead by 10 runs after five complete innings, the game is terminated.
- (k) Pitching Regulation
 - (1) A player is allowed 105 pitches per day provided he or she has met the required days of rest. Pitch count applies only to pitches thrown during an at bat.
 - (2) A pitcher can finish an at bat if he or she reaches 105 pitches during an at bat.
 - (3) The required rest periods are based on the following pitch windows:
 - (i) If a pitcher throws 76 or more pitches in a day, four (4) calendar days rest are required before pitching again.
 - (ii) If a pitcher throws 61-75 pitches in a day, three (3) calendar days of rest are required before pitching again.
 - (iii) If a pitcher throws 46-60 pitches in a day, two (2) calendar days of rest are required before pitching again.
 - (iv) If a pitcher throws 31-45 pitches in a day, one (1) calendar day of rest is required before pitching again.
 - (v) If a pitcher throws 1-30 pitches in a day, zero (0) calendar days of rest are required before pitching again.
 - (vi) Any pitcher appearing two (2) consecutive days, regardless of the number of pitches thrown, must rest one (1) calendar day.
 - (4) **State Championship Series Exception** - Pitchers may throw a maximum of 120 pitches during the State Championship Series. No rest periods apply to the State Championship Best-of-Three Series.
 - (5) Pitch count applies only to pitches during an at bat.
 - (6) Game Day Tracking Forms must be signed by opposing coaches, or designee, and kept on file. Counts must be updated on the team's MaxPreps page before 11:00 a.m. on the day following the contest.
 - (i) Head Coaches, or their designee, must communicate pitch counts between each inning. Failure to communicate between innings could result in a penalty for unsporting behavior if discrepancies arise.
 - (ii) In cases where there is a discrepancy between the home and visiting teams, the home team book will be used for official tracking. Intentional discrepancies in pitch records will be deemed unsporting, evaluated on a per instance basis, and could result in penalties.
 - (7) Pitch count rule is in effect for all players (JV and Varsity).
 - (8) First Round Playoffs through Regionals: Pitch Count window and days of rest are required, including during the best-of-three series scheduled for Tuesday, Thursday and Saturday.
- (l) Doubleheaders - Permitted when mutually agreed upon by teams involved.
 - (1) Doubleheaders are two back-to-back games, at the same level, with a reasonable (30 minutes) time between contests.
 - (2) Split doubleheaders are also permissible (two separate opponents).
 - (3) By mutual agreement, two member schools may agree to play two five (5) inning games in a doubleheader.
- (m) Suspended Games - North Carolina has adopted the suspended game rule, mandatory in all regular season and state playoff games. A game called for any reason, where a winner cannot be determined will be treated as a suspended game.
 - (1) If the game is to be completed it will be continued from the point of interruption, with the lineup and batting order of each team the same as the lineup and batting order at the point of interruption, subject to the rules of the game.
 - (2) If more than 4 1/2 innings have been played and a winner can be determined, the game is over (including playoff games).
 - (3) After 5 innings, if the visiting team scores a tying or go ahead run in their top half of the inning and the home team does not have an opportunity to bat or complete its time at bat, the game is treated as a suspended game.
 - (4) If a game is called prior to the completion of a full inning after the fifth inning, the game becomes a suspended game in the following situation: the visiting team has scored one or more 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 2.2.17.

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 regular season, four games may be played, provided the fourth game is on a non-school day.
 - (1) Total, 22 games. A student-athlete is limited to one game a day. Junior varsity tournament

- games are part of the 22-game limit.
- (2) Varsity conference tournament games are considered part of the state playoffs.
 - (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) Special Note for non-football playing schools - Six additional basketball games may be played, for a total of 28. These games must be completed prior to the first playing date for football-playing schools. Those six games will count for seeding purposes.
- (f) Tournaments - Tournaments are governed by daily, weekly and seasonal game limitations.
 - (g) Five Quarter Participation Pilot Program - Freshmen and sophomores only will be allowed to participate in five (5) quarters of basketball on the same day. Participation in up to five quarters of basketball on a single day will be considered a participation in single game toward the daily, weekly, and seasonal limitations for a student-athlete. A student-athlete is not allowed to participate in more than five (5) quarters in one day and is not allowed to exceed the seasonal limitation of games. The five (5) quarter rule does not apply to conference tournaments and state playoff games. Participation for any length of time in a quarter will constitute the student-athlete having played a full quarter. Overtime periods will be considered an extension of the previous quarter.
 - (1) The intent of the rule is to give coaches some alternatives for ninth and tenth graders to continue to gain valuable game experience at the junior varsity level and still be available as a backup in the varsity game.
 - (2) The following conditions must be met
 - (i) The NCHSAA Basketball Five Quarter Reporting Form must be accurately completed prior to the start of the varsity contest;
 - (ii) Head coaches of both teams must verify the form with a signature; and,
 - (iii) The reporting form will be kept on file with the school's athletic director.
 - (h) 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.
 - (i) Required Equipment
 - (1) Red lights behind the backboard synchronized with the time clock buzzer are required.
 - (2) Balls must have the authenticating NFHS ball mark.
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.
 - (3) If Precision Time System is available, it can be used.
 - (j) Pep Bands - Organized music by a pep band at a basketball game is permissible only under the direct supervision of a school music director or other school personnel. The band may play only during dead-ball situations.
 - (k) Cheerleaders - Cheerleaders must remain seated while the ball is in play, which includes after the free throw shooter is handed the ball. Cheerleaders may not come onto the floor during 30-second timeouts. The use of signage is allowed during timeouts. Cheerleaders may not battle.
 - (1) If on floor level (floor or first row of bleachers), cheerleaders must remain seated while the ball is in play, which includes after the free throw shooter is handed the ball.
 - (2) If on the second row of bleachers or higher, cheerleaders may stand to cheer while the ball is in play.
 - (l) Net Removal - Nets may not be cut down or removed following a game at any time. [See 3.3.5(b)(2)].
 - (m) Postponed Games - Must be rescheduled on the next possible date (excluding Sunday). Both schools and the NCHSAA must be involved in the decision to postpone any playoff contest.
 - (n) Suspended Games - The NCHSAA plays by the suspended game rule in all sports [See 2.2.7(c)].
 - (o) Mercy Rule - Once the score reaches a 40 point differential at halftime or thereafter, the game will resort to a running clock, including the administration of free throws or all other dead ball situations, except for timeouts called by a coach or official; the game can be terminated by mutual agreement.
 - (p) Schedules - Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by September 30.
 - (q) Uniformed Police Officer - See 2.5.3(a)
 - (r) Filming, Videotaping or Video Streaming - See 2.2.17.

- (s) Required Tournament Information - Fact sheet, roster forms for tournament play, requests for photo and other information forms can be found on the NCHSAA website. Note deadlines for submission of material. This is mandatory for playoff qualifiers. Check NCHSAA website.

4.3.2 Playoffs

- (a) Conference Tournaments - Do not report berths to the NCHSAA. Tournaments, if played, should end on the Friday night prior to the seeding date.
- (b) Representatives and Ties in Standings - If two or more of the conference's teams are tied at the end of the regular season, (1) the team that won from the other(s) during the season gets the higher seeding, or (2) if the teams split during the regular season, the approved tiebreaking system shall be used (See 4.1.11).
- (c) Qualifiers - See 4.1.17 (Playoff Berths/Qualification) for selection criteria.
- (d) Seeding - See 4.1.18
- (e) Brackets and Schedule
 - (1) In all classifications, playoff games are played on the home court of the higher seed or at mutually agreed upon neutral sites.
 - (2) Game times are 7:00 p.m. for single games or 6:30 p.m. and 8:00 p.m. for doubleheaders at a site. By mutual agreement a doubleheader may be played at 6:00 p.m. and 7:30 p.m. If travel is greater than 100 miles one-way, game times shall be 6:00 p.m. and 7:30 p.m. with the game involving the visiting team with the greatest travel distance being played at 6:00 p.m.
 - (3) By mutual agreement a game time of 6:00 p.m. is permissible.
 - (4) All games will be scheduled on Tuesday, Thursday, and Saturday.
 - (5) Saturday: Teams may play at any time if mutually agreed upon. If teams cannot mutually agree, the higher seeded team may choose a starting time between 1:00 p.m. and 7:00 p.m. If the visiting team is over 100 miles one-way, start time must be between 1:00 p.m. and 6:00 p.m.
- (f) Playoff Brackets - Will be posted on NCHSAA Website after seeding is complete.
- (g) Schedule - Deadline for reporting qualifiers is February 17 (11:59 p.m.). Seeding is February 18.

First round	February 21	Fourth Round	February 28
Second round	February 23	Regional	March 4
Third round	February 25	State	March 11
- (h) Uniform Color - The home team will wear white uniforms.
- (i) **Game Ball** - The Wilson Evo NXT Basketball (WTB0900 for men and WTB0901 for women) is the official ball for the playoffs and championships.
- (j) Officials - For the first two rounds of the state playoffs, officials are to be assigned by the local regional supervisor of the higher seed. After the first two rounds, officials will be assigned by the NCHSAA Assistant Commissioner for Officiating.
- (k) Banners - Banners, placards, and signs are prohibited during playoffs (permissible by cheerleaders during timeouts).
- (l) Financial Arrangements - For any first round through third round games, 15% of the net revenue goes to the NCHSAA; for any 4th round game, 20% of the net revenue goes to the NCHSAA, with the remainder being shared equally after game expenses. The principal of the host school or appointed game manager must forward the financial report and ticket accountability forms to the NCHSAA within 10 days after the contest.
- (m) Ticket Accountability and Financial Forms - All forms can be found on the designated reporting platform.
- (n) Admission - See Ticket Pricing Chart (page 115)
- (o) Team Expenses - The NCHSAA receives 15% of the net gate from first, second, third round games and 20% from fourth round games. In all rounds prior to the regional 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 officials 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 officials 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.

4.3.3 Regional Championship - Winners of the fourth round games will participate in the Eastern or Western Championship game.

- (a) Officials - Assignments will be made by the NCHSAA Assistant Commissioner for Officiating.

- (b) Uniform Colors - Higher seeded teams wear white jerseys.
 - (c) Team Expenses - Travel will be computed by the NCHSAA, based on 75 cents per mile round-trip. Each 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 - See Ticket Pricing Chart (page 115)
 - (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 7, 2023.
- (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 penalty and possible forfeiture of complimentary tickets/VIP passes for the event, according to NCHSAA Board policy.
 - (d) The championships will be held on March 11, 2023. Classifications and sites TBD.
 - (e) Game times will be 12:00 p.m., 2:30 p.m., 5:00 p.m. and 7:30 p.m.
 - (f) Complimentary Tickets - A school will receive 10 complimentary tickets at the information session/press conference.
 - (g) Officials - Will be assigned by the NCHSAA Assistant Commissioner for Officiating.
 - (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 - See Ticket Pricing Chart (page 115)
 - (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, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).
- (b) Date of First Practice - August 1
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Contest - August 15
- (e) Number of Regular Season Contests - No more than three may be scheduled per week. An student-athlete 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 student-athlete and team.
- (f) 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.
- (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). 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 29, 2022.
- (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 p.m., October 21.
 - (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 student-athletes per school.
 - (3) Late entries may be submitted to the NCHSAA and must be in by 3:00 p.m. the Monday prior to the regional. No entries after this deadline will be accepted.
NOTE: Use the form on the NCHSAA website.
- (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. 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.
 - (4) 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.
 - (5) 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.
NOTE: 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 5, 2022, at Ivey M. Redmon Park in Kernersville.
- (b) Coaches Meeting - 8:15 a.m. (2A/4A); 1:15 p.m. (1A/3A).
- (c) Team Scores - Same format as regional [See 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 - See Ticket Pricing Chart (page 115)
- (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.

4.5 FOOTBALL

4.5.1 General

- (a) Football Calendar
- | | | | |
|-----------------|-------------------|--------------------|---------------|
| 1st Practice | August 1 | 2nd Round | November 11 |
| 1st Scrimmage | August 10 | 3rd Round | November 18 |
| 1st Play Date | Week of August 19 | 4th Round | November 25 |
| Playoff Seeding | October 29 | Regional Round | December 2 |
| 1st Round | November 4 | State Championship | December 9-10 |
- (b) 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).
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Contest - Week of August 19.
- (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 or Regular Season Contests - No more than one may be scheduled per week. Total, 10 games. An individual is limited to only one game per day, per week (exception: "eight-quarter" rule).
- (g) Schedules - Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by May 15.
- (h) Suspended Game Rule - The NCHSAA plays by the suspended game rule [See 2.2.7(c) (1)].
- (i) Mercy Rule - Once the score reaches a 42 point differential, or more, at halftime or any point thereafter, the game will resort to a running clock or will be terminated by mutual agreement.
- (j) Junior Varsity Tiebreaker - Junior varsity football teams may break ties in games if both coaches mutually agree prior to the game.
- (k) Filming, Videotaping or Video Streaming - See 2.2.17.
- (l) Required Equipment - Schools must provide yardage clip for down and distance chains. Balls must have the authenticating NFHS ball mark.
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.
- (m) Uniformed Police Officer - See 2.5.3(a).
- (n) Restraining Barriers - At all football games there should be restraining barriers on both sides of the field.
- (1) These barriers shall run the entire length of the field and shall be at least five yards (preferably more) from the sidelines.
 - (2) The restraining barrier may be a fence, cable or strong rope.
 - (3) No one is permitted within these barriers except coaches, student-athletes and persons officially connected with a team.
 - (4) It is highly recommended that all schools completely surround their football field with a substantial four-foot restraining fence, constructed a minimum of five yards from any sidelines or end line.
- (o) Eight Quarter Participation - In emergency or "lack of depth" situations, freshman and/or sophomore (9th and 10th graders only in 3A and 4A; 1A and 2A schools may use 9th, 10th or 11th graders) junior varsity football student-athletes will be allowed a maximum of 8 quarters per season of "on the field" play as a varsity football student-athlete.
NOTE: Anytime a student-athlete participates in 8 quarters of Varsity competition, that student-athlete is no longer eligible to be an 8-quarter player. If the 8 quarter limit is reached during a contest, that student-athlete is immediately ineligible for further participation in that contest.
- (1) This is an allowable exemption from the rule counting dressing for a game as participation in a varsity contest and will enable a junior varsity student-athlete (9th/10th graders only) to be available for emergency or lack of depth participation in the varsity contest.
 - (2) The intent of the rule is to give coaches some alternatives for junior varsity student-athlete (9th/10th graders only) to continue to gain value game experience at the junior varsity level and still be available as a backup student-athlete in the varsity game. The following conditions must be met:
 - (i) A maximum of ten (10) student-athletes may be 8-quartered during the regular season
 - (ii) Such student-athletes must be pre-determined prior to dressing for participation — completion of the 8 Quarter Pre-Approval Form containing signatures of a licensed athletic trainer or medical doctor, principal, athletic director, and parent/legal custodian. [If a designated student-athlete or student-athletes participated in the junior

varsity contest, medical information shall include evidence that player(s) is(are) adequately hydrated and void of injury that would render player(s) unfit to play.] The form must be filed at the school and with the conference president on the day of the scheduled game.

- (iii) Following the game, a status report on the designated student-athletes must be completed which shall include the names of all junior varsity football student-athletes designated and dressed as emergency players and report the number of quarter(s) in which each student-athlete actually played. Any portion of a quarter equals a quarter played. If a student-athlete dresses out but does not play, record as "0" quarters played. Form must be signed by coach, athletic director and principal and submitted on line to the NCHSAA by the first school day after the varsity contest.
 - (iv) Anytime a JV student-athlete (9th/10th graders only) must be used as a starter on the varsity team, that player is not eligible to be used as an eight-quarter player in the following week.
 - (v) Failure to submit follow-up form to NCHSAA may result in a penalty.
 - (vi) If your school's JV Football game is:
 - (1) Cancelled - you may not use the 8-quarter rule for Friday's varsity football game. If a JV student-athlete participates in the varsity game, it will count towards the maximum allowed 10 games per for an individual; therefore no 8-quarter paperwork would need to be filed.
 - (2) Postponed - you may use the 8-quarter rule for the Friday varsity football game. Submit 8-quarter paperwork as usual.
 - (vii) No student-athlete may dress to participate in more than two football contests in a calendar week (Monday - Saturday)
- (3) Upon submission of sufficient documentation, teams may regain an Eight-Quarter position due to season-ending injury, catastrophic event, or transfer. Requires NCHSAA approval.

4.5.2 Skill Development Guidelines

- (a) Sports Season Note - See 2.2.14 and 2.2.15 for details on sports season concept. Football helmets and shoulder pads are permitted during skill development.
NOTE: During the entire time period between the end of football season and up through the first five days of practice for the next season, absolutely no live action contact and/or thudding is allowed. A limited amount of time is provide for "bump" workouts as detailed in 4.5.3(b)(4).
- (b) During the spring skill development period for football, between April 15th and the last ten (10) student days of second semester, "Bump" may be used for a maximum of 60 minutes total (Limitations of up to 15 minutes per day).
NOTE: Outside the period outlined in 4.5.2(b), absolutely no "body-to-body contact", live action, wrapping, or thudding is allowed [See 4.5.3(b)(4)].
- (c) A licensed athletic trainer or first responder must be physically present if any protective equipment (helmets and/or shoulder pads) is worn by student-athletes participating in football skill development during the school year.
- (d) A licensed athletic trainer or first responder must physically attend all summer football 7-on-7 events and must be physically present at all times in any competition area in which contests are being held.
NOTE: If a single field is divided for the purposes of holding multiple contests/scrimmages simultaneously, each of the divided sections must have a licensed athletic trainer or first responder responsible for that section of contest area.

4.5.3 Practice and Conditioning

- (a) State Medical Requirements - The member school's licensed athletic trainer or first responder must physically attend all football practices and both home and away games, unless excused by the superintendent in writing due to an emergency.
- (b) Definitions
 - (1) Practice - That period of time a student-athlete engages in a coach-supervised, school-approved, sport or conditioning-related physical activity; each practice should last no more than 3 hours. Warm-up, stretching, conditioning/weight room activities are included as part of the 3-hour practice time. Practices are timed from the time the student-athletes report to the field until they leave the field.
 - (2) Required Practice - A student-athlete must participate in at least eight (8) separate days of team football practice (not military training, summer track, etc.) before participating in a football contest or scrimmage with outside competition (exception: student-athletes from other sports who play only as kickers). Three of these practices must be in full pads and in-

clude body to body contact.

- (i) If a student-athlete misses five (5) or more consecutive days of practice due to injury or illness, he/she must participate in at least three (3) separate days of practice before returning to competition.
 - (ii) Student-athletes absent for other reasons (e.g., funeral, quarantine, school suspension, etc.) are not subject to this rule.
- (3) Contact Practice - The time when student-athletes may “hit” or have body to body contact; these drills may begin the day following the five (5) days used for acclimatization and physical conditioning; the use of all football protective equipment is required.
- (4) Football Drill Categories
- (i) Non-live Action (Allowed at any time outside of established dead periods and Sundays)
 - (1) Level 0 (Air) - Student-athletes run a drill unopposed without contact
 - (2) Level 1 (Bags) - Student-athletes run a drill against a hand-held bag or another soft-contact surface.
 - (3) Level 2 (Control) - Student-athletes run a drill at coach-assigned speed with one student-athlete the predetermined "winner" by the coach and contact remains above the waist with student-athletes staying on their feet.
 - (ii) Restricted Non-Live Action (Limitations in place for off-season skill development)
 - (1) Level 3 (Bump) - Student-athletes run a drill at competitive speed with no wrapping up of a ball carrier. There is no predetermined "winner" and contact remains above the waist with student-athletes staying on their feet and a quick whistle ending the drill.
 - (2) Allowed during the spring skill development period for football (between April 15th and the last ten (10) student days of second semester. May be used for a maximum of 60 minutes total during this period and a limit of 15 minutes per day.
 - (3) Allowed during in-season practices once acclimatization mandates are met with no daily or weekly time limitations.
 - (iii) Live Action (Allowed during in-season practices once acclimatization mandates are met). Level 4 (Full Live Action Contact) - Drill is run in game-like conditions and is the only time that student-athletes are allowed to be taken to the ground.
- (5) Scrimmage - Informal sports contest or practice match engaged in for practice purposes; may occur on Day 9 of the pre-season period. During this time, student-athletes may engage in hitting.
- (6) Walk-Through - A teaching opportunity with the student-athlete not wearing protective equipment (e.g. helmets, shoulder pads, catcher’s gear, shin guards) or using other sport-related equipment. The walk-through is not part of the 3 hour practice period, can last no more than 1 hour per day, and does not include conditioning or weight room activities. In football, a one (1) hour maximum walk-through is permitted during the 1st twelve (12) days of pre-season practice.
- (7) Cool Down Period - The three (3) hour time period between the end of (1) one practice or walk-through and the beginning of the next practice or walk-through. During this time, athletes should rest in a cool environment—helmets off, not in direct sunlight—with no sport or conditioning related activity permitted (e.g. speed or agility drills, strength training, conditioning, or walk-through). Treatment with the athletic trainer is permissible.
- (c) Conditioning Requirements - The first five (5) days of practice are required to be used for physical conditioning according to the following provisions - The NCHSAA emphasizes the importance of these regulations for safety.
- (1) On the first two (2) days, headgear, non-padded shorts and football shoes constitute acceptable dress. On days three (3), four (4) and five (5), shoulder pads may be added, but absolutely no body-to-body contact is permitted [See 3.3.5(d)(10)]. Practice during the first five-day period shall be limited to three (3) hours, including flex time (stretching) and breaks. On day six (6), full uniforms may be worn, and body-to-body contact is allowed.
 - (2) This conditioning period may include calisthenics, kicking, throwing, running and similar exercises. Arm shields, tackling or blocking dummies, charging sleds or similar devices may also be used during these five days. Squad meetings, skull sessions, film study and the like are allowed during the five-day period.
 - (3) All football players, with the exception of soccer players who play only as kickers must follow the preceding conditioning requirements. Any student-athlete, who is late coming out for the

team, must still undergo five (5) days of physical conditioning as outlined prior to beginning regular practice and workouts.

- (d) Practice Options - There are set practice options that can be utilized during the football preseason period:
 - (1) Option A - One, three hour practice (which includes "flex time").
 - (2) Option B - One, three hour practice, followed by a mandatory three hour cool down period, followed by a one hour walk-through.
 - (3) Option C (Double Practice) - One three-hour, or two-hour practice, followed by a mandatory three-hour cool down period, followed by a two-hour, or three-hour practice (Maximum of five hours of practice time per 24-hour period).
 - (i) Option C days must be followed by Option A, Option B, or off-day
 - (ii) Under no circumstances may you have back-to-back Option C days
 - (iii) Under no circumstances can the two-hour session of Option C contain any body-to-body contact (Live Action, Thud, or Bump).
 - (4) The mandatory cool-down period must be held in an air-conditioned environment.
- (e) Practice Schedule - Listed are the various options available for each preseason practice day:
 - (1) August 1 - August 5 (excluding Sunday) - Option A or Option B
 - (2) August 6 (1st Day of Contact) - August 13 (or first day of school, whichever comes first): Option A, Option B, or Option C (refer to practice options for stipulations)
NOTE: After the preseason conditioning requirements are met, a student-athlete is limited to 15 minutes of live action contact per day.
 - (3) August 15 - End of Season: Option A ONLY (One 3 hour practice, which includes flex time)
NOTE: Once the regular season begins, student-athletes are limited to a maximum of 15 minutes of live action contact-per week.

4.5.4 Playoffs (Brackets, Reporting, Seeding, Other Playoff Information)

- (a) Playoff Brackets - Will be posted on NCHSAA Website after seeding is complete. (See 4.1.17 - 4.1.19)
- (b) Ties in Standings
 - (1) The team leading in conference standings at the end of the season will be declared conference champion.
 - (2) In the event two or more teams tie for a playoff position, the approved tiebreaking procedure shall be used (See 4.1.11).
 - (3) Any conference ties for football playoff berths must be broken and results reported to the NCHSAA by 6:00 a.m. on Saturday after the last regular season games.
- (c) Reporting Playoff Qualifiers - Every effort should be made to play the final regular season game as scheduled.
 - (1) Postponements should also be reported to the NCHSAA.
 - (2) Saturday is the makeup day in the event of inclement weather on Friday (game time no later than 1 p.m.).
 - (3) There will be no other exceptions because of the importance of the seeding process. The conference president must report the berths, conference standings and overall records as required by the NCHSAA by 11:30 p.m. on the 11th playing date.
 - (4) Preliminary brackets will be posted as soon as they are completed. Any corrections should be reported to the NCHSAA within one hour after posting.
 - (5) Final brackets will be posted thereafter.
 - (6) Failure to comply with the initial reporting procedure will result in a penalty to the conference.
 - (7) Check NCHSAA website for additional information.
- (d) Qualifiers - See 4.1.17 (Playoff Berths/Qualification)
- (e) Competing Schools - It is the duty of the competing schools to confer with respect to the wishes of their school. The principal of the host school should contact by telephone the principal of the other school within 24 hours after knowledge of the playoff. Arrangements must be made for designated school representatives to meet to discuss arrangements and fix responsibility for various details. All financial arrangements must be made prior to the contest.
- (f) Rescheduling Other Sports - Games in other sports may be rescheduled when participation in the football playoffs would affect those games (e.g., early-season men's basketball games if the football team is involved in playoffs).
- (g) Required Playoff Information - Fact sheet, roster forms, two-deep depth chart forms and other required information for football playoff qualifiers may be found on the NCHSAA website. Note deadlines for submission of material. This is mandatory for playoff qualifiers.

4.5.5 Playoffs (General Requirements, Officials, Press Conference, Sites)

- (a) Minimum Seating Requirements are as Follows - Class 1A — host 1000, visitors 500; Class 2A – host 1450, visitors 750; Class 3A – host 2000, visitors 1000; Class 4A — host 2500, visitors 1500.
 - (1) The Executive Committee has authority to move a playoff game when the circumstances are

- (2) perceived to warrant such action even if the host school meets the minimum seating requirements. If additional seating is required to meet the above standards, the expense shall be that of the host school.
- (3) If the visiting team has a complaint regarding the playing facility, it shall be registered by noon on the Monday preceding the game. In the event of such a complaint, the President of the Board of Directors shall have the authority to appoint a committee of three members of the Board to investigate the facilities. This committee shall be vested with the full authority to set the site for the game.
- (4) If a neutral site is selected, the representatives of the two playing schools shall meet with a representative of the school furnishing the neutral field to agree on game management.
- (b) Game time is set for 7:30 p.m.
- (c) Game ball - The Wilson GST Football (WTF1003B) or GST Prime Football (WTF1103) are the official footballs of the NCHSAA championship and playoffs (with NFHS authenticating ball mark).
- (d) Selection of Officials
 - (1) For the first two rounds of the state playoffs, officials are to be assigned by the regional supervisor of the higher seeded team.
 - (2) The NCHSAA Assistant Commissioner for Officiating will assign a regional supervisor to assign crews to games in the quarterfinals and NCHSAA regionals.
 - (3) Clock operators may be assigned starting with the second round, but this is strictly optional for schools. Clock Operators are the responsibility of the host school for playoffs; however, use of a Clock Operator is not an allowable game expense.
 - (4) The NCHSAA Assistant Commissioner for Officiating will assign crews to all state championship games. A seven-man crew will be used in the championship games.
- (e) Championship Press Conference - A press conference and information session preceding the football championships will be held on Monday, December 5, 2022.
 - (1) All regional champions who qualify for the state finals are asked to bring their superintendent, principal, athletic director, head football coach and members of the media who cover their team.
 - (2) This information session/press conference is mandatory; at least one of the aforementioned personnel from the school must be in attendance.
 - (3) Failure to comply will include a penalty and possible forfeiture of complimentary tickets/VIP passes for the event.
- (f) State Championships - The state championships are scheduled for December 9-10, 2022, and sites and times will be announced on the NCHSAA Website. The Eastern teams will be designated as home.

4.5.6 Financial Arrangements

- (a) Rate of expense reimbursement for visiting team: first round, second round, and third round
 - (1) 0-75 miles one-way school receives meal reimbursement (\$6 x 45 people=\$270)
 - (2) 76-149 miles one-way school receives meal reimbursement (\$6 x 45 people=\$270), plus mileage (.75/mile, round trip)
 - (3) 150 plus miles one-way school receives meal reimbursement (\$6 x 45 people=\$270), plus mileage (.75/mile, round trip), plus motel (\$8x45=\$360)
NOTE: Schools must provide motel receipts to the home team to receive allowance.
 - (4) If over 300 miles one way, contact NCHSAA for approval of allowable expenses.
- (b) First, Second and Third Round Games
 - (1) Game report - The principal of the host school, or appointed game manager, will forward a copy of the financial report and ticket accountability form to the North Carolina High School Athletic Association within 10 days after the contest. Forms are available in the designated reporting platform.
 - (2) Division of receipts - the Association is to receive 15% of the net gate. The competing teams are to divide the remainder equally.
 - (3) The host school retains concession and program rights. No charge is to be made by the host school for field use, lights, lining off the field, etc., if the field is school-owned or is owned by the board of education. Any use of a neutral facility must be approved by the NCHSAA.
 - (4) Admission - See Ticket Pricing Chart (page 115)
- (c) Fourth Round Games
 - (1) Game report-The principal of the host school, or appointed game manager, will forward a copy of the financial report and ticket accountability form to the North Carolina High School Athletic Association within 10 days after the contest. Forms are available in the designated reporting platform.
 - (2) Division of receipts - the Association is to receive 20% of the net gate. The competing teams are to divide the remainder equally.

- (3) The host school retains concession and program rights. No charge is to be made by the host school for field use, lights, lining off the field, etc., if the field is school-owned or is owned by the board of education. Any use of a neutral facility must be approved by the NCHSAA.
- (4) Admission - See Ticket Pricing Chart (page 115)
- (d) Regional Games
 - (1) Game report - The principal of the host school, or appointed game manager, will forward a copy of the financial report and ticket accountability form to the North Carolina High School Athletic Association, within 10 days after the contest. Forms are in the designated reporting platform.
 - (2) Division of receipts - In the regional games, the Association is to receive 25 percent of the net gate. The competing teams are to divide the remainder equally.
 - (3) In the regional games, the host-school retains concession and program rights. No charge is to be made by the host school for field use, lights, lining off the field, etc., if the field is school-owned or is owned by the board of education. Any use of a neutral facility must be approved by the NCHSAA.
 - (4) Rate of expense reimbursement - See 4.5.6(a).
 - (5) Admission - See Ticket Pricing Chart (page 115)
 - (6) Regional awards - Team plaques will be presented to the regional champion and regional runner-up.
- (e) 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 - See Ticket Pricing Chart (page 115)
 - (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, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).
- (b) Date of First Practice - August 1 (women); February 13 (men).
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Match - August 15 (women); February 27 (men).
- (e) Number of Regular Season Contests - No more than three matches may be scheduled per week. Student-athletes 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 student-athlete 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 (See 4.1.20) and Health and Safety Guidelines (See 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 coaches 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 student-athlete. 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 student-athletes the remainder of the event during the round/rounds.
 - (4) Prior to any stroke, the coach must step back from the student-athlete.
 - (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 student-athletes 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 student-athletes.
 - (ii) A student-athlete may obtain distance information by using a device that measures distance only.
 - (iii) If, during a round, a student-athlete 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 student-athlete 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) Student-athletes 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 student-athletes participating in playoff competition must be supervised. If not, they will be eliminated from competition. If anyone besides school personnel accompanies student-athletes, 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 - See 2.2.17.
 - (n) Double-Par Rule - No student-athlete 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 student-athlete has reached this threshold, the student-athlete 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 17 or 18. Men's regional tournaments will be May 8 or 9.
- (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 student-athletes, and entries are to be submitted by 9:00 p.m. October 12 (women) and by 9:00 p.m. May 3 (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.
 - (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. Student-athletes cannot be substituted.
- (d) Women's Regional Qualifying Standards
 - (1) Teams - Conference champions will receive an automatic berth.
 - (i) Top 3 student-athletes on the team
 - (ii) Student-athletes 4 and 5 may qualify through the Individual Qualifying Standard.
 - (2) Individuals
 - (i) 1A/2A and 3A - Golfers must average a 55.0 or better for 9 holes during regular season high school matches.
 - (ii) 4A - Golfers must average a 50.0 or better for 9 holes during regular season high school matches.
 - (iii) The average score will be calculated using the best five (5) 9-hole scores from throughout the season. Double-par rule will apply.
Ex. 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.

Ex. 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.

Ex. 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) student-athletes 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 tiebreaking 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 student-athletes each automatically qualify with the best 4 scores.
 - (2) Top 9 individual student-athletes not on a qualifying team.
 - (3) If a school does not finish in the top 3, but qualifies at least 4 individual student-athletes, 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 24-25. The men's state tournament will be May 15-16. Sites TBA.
- (b) Pairings and Starting Times - The pairings will be made in the NCHSAA office. Tee times will not be available until Wednesday after 3:00 p.m. 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 - 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.

4.7 LACROSSE

4.7.1 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 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) A student-athlete 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 p.m. 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 - See 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 - See 2.2.17.

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 9. Schools should also notify the NCHSAA if they plan to drop programs by this date. The 2023 Lacrosse conferences can be found on the NCHSAA website.
- (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 4.1.11.)
- (c) Reporting Playoff Qualifiers - For reporting potential qualifiers to state playoffs, conference presidents are required to submit the appropriate information on the NCHSAA designated platform 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 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 may result in a penalty to the conference.
- (d) Qualifiers - Number of qualifiers per classification TBD. For selection criteria, see 4.1.17 (Playoff Berths/Qualification)
- (e) Playoff Brackets - Will be posted on the NCHSAA Website once complete.
- (f) Schedule - Deadline for reporting: April 27 (11:59 p.m.). Seeding: April 28
- | | | | | |
|---------|--------------|-------|----------------|-----------|
| Dates - | First round | May 2 | Fourth round | May 12 |
| | Second round | May 5 | Regional round | May 16 |
| | Third round | May 9 | State | May 19-20 |

NOTE: Deadlines are set for completion of each round, but competing schools may play on an earlier date by mutual consent.

- (g) Competing Schools - Competing teams should contact each other to work out details for their contest.
- (h) Officials
- (1) For the first two rounds of state playoffs, officials are to be assigned by the local officials association of the higher seeded team.
- (2) After the first two rounds, officials must come from a neutral officials association or from an association mutually agreed upon.
- (3) Assignments for regional and state championship games will be made by the NCHSAA office.
- (i) Game Times - Game time will be 7:00 p.m. unless mutually agreed upon to play at 6:00 p.m.
- (1) Where the distance is more than 100 miles for the visiting team, game time will be 6:00 p.m.
- (2) 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) Team Expenses and Financial Arrangements
- (1) The NCHSAA receives 0% of the net gate for men's and women's lacrosse in first round games.
- (2) The NCHSAA receives 15% of the net gate from second and third round games.
- (3) The NCHSAA receives 20% of the net gate from fourth round games.
- (4) The NCHSAA receives 25% of the net gate from regional games.
- (5) In all rounds prior to the state championship, participating schools will divide the remainder equally after applying the following expense formula:
- (i) 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 officials are to be paid from gate receipts.
- (ii) Where the distance is more than 100 miles, the same plan should be followed except that the officials are paid by the host school rather than from gate receipts.
- (iii) All concession rights belong to the host schools.
- (iv) Participating schools are responsible for dividing any deficit or net 50-50.
- (v) The principal of the host school or appointed game manager will forward a copy of the financial report and ticket accountability form to the NCHSAA within 10 days after the contest.

(l) Ticket Accountability and Financial Forms - All forms can be found in the designated reporting platform.

(m) Regional Awards - Team plaques will be presented to champion and runner-up.

4.7.3 **State Championship**

(a) Dates and Sites - The dates for the championship (men's and women's) are set for May 19-20, 2023. Site for the championship is TBA.

(b) Admission - See Ticket Pricing Chart (page 115)

(c) Officials - Will be assigned by the NCHSAA Assistant Commissioner for Officiating.

(d) Radio and TV Fee - See 2.2.18.

(e) Gate Receipts - The net balance will be divided as follows: 20% to each of the competing teams and 60% to the NCHSAA.

(f) Team Expenses - Travel and expenses for 20 student-athletes, plus a coach and manager, shall be allowed at the rate designated by the NCHSAA [See 4.3.3(c)].

(g) Awards - Plaques will be presented to the championship and runner-up teams. Members of the championship and runner-up teams will receive individual awards (40 per each men's team, 30 per each women's team).

4.8 **SOCCER**

4.8.1 **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) Conferences - Any school not currently fielding a team but wishing to participate should contact the NCHSAA office no later than March 1 in men's soccer and September 15 in women's soccer. Schools should also notify the NCHSAA if they plan to drop programs by these same dates. All soccer conferences can be found on the NCHSAA website.

(c) Date of First Practice - August 1 (men) and February 13 (women).

(d) Preseason Scrimmages - See 4.1.5

(e) Date of First Game - August 15 (men); February 27 (women).

(f) 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.

(g) Number of Regular Season Contests - No more than three per week may be scheduled.

(1) Teams are limited to 22 games.

(2) A student-athlete 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 22 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 22-game limit.

(5) Varsity conference tournament games are considered part of state playoffs.

(h) Starting Time - A time no earlier than 5:30 p.m. is recommended, unless facilities dictate otherwise.

(i) Tournaments - Tournaments are governed by daily, weekly and seasonal limitations.

(j) Yellow Card Tracking and Ejections - Coaches and athletic directors will be responsible for tracking yellow cards accumulated by their student-athletes and all team personnel (including coaches). Coaches are required to enter all yellow and red cards received by student-athletes and/or coaches into MaxPreps within 24 hours following the conclusion of the contest.

(1) Five yellow cards accumulated by the same individual will result in a suspension (miss next contest at that level and all contests in the interim). No report should be submitted to the NCHSAA.

(2) An additional five yellow cards accumulated by the same individual (season total of 10) will result in an ejection.

(3) The individual will be suspended from all sports for the remainder of that sports season on the 15th yellow card (or second ejection). This should be reported to the NCHSAA both after 10 and after 15.

(4) A red card disqualification that is not an ejection is the equivalent of two yellow cards.

(5) Yellow cards are reset to zero once state playoffs begin (after conference tournament); however, all previous penalties must be served.

(6) With three yellow cards in playoffs, the individual is suspended for next game.

(7) A total of five yellow cards means the individual is out for remainder of playoffs and may carry over to other sports.

(8) Penalties are enforced at the conclusion of the game, and an ejection report must also be filed

at the appropriate time for accumulation of yellow cards.

- (k) Nine-Goal Rule - If a goal differential of nine is reached by halftime or at any time in the second half, the game shall be terminated.
- (l) Suspended Game - If a game is suspended due to bad weather, light failure, etc.:
 - (1) If suspended in the first half, even if one team is ahead, the 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. If the score is tied when the game is suspended, then the game ends in a tie. If one team is ahead when the game is suspended, then it is the winner.
- (m) Tie Games - If a tie score exists at the end of regulation play during each conference varsity game, there will be two complete 10-minute periods (not sudden victory). If the score is still tied at the conclusion of the two 10-minute overtime periods, the game will result in a tie.
 - (1) All regular season, non-conference games that are tied at the end of regulation will result in a tie.
 - (2) In non-conference tournament play and NCHSAA Playoffs, tied games must be resolved by the NFHS Tiebreaking Procedure, and those decisions count in a team's won-loss record. One goal is added to the winning team's score, and an asterisk may be placed by the team advancing to indicate advancement was the result of the progression format.
 - (3) Junior varsity teams do not play overtime periods
- (n) Junior Varsity Game Format - Two 35-minute halves with no overtime period.
- (o) Uniformed Police Officer - See 2.5.3(a).
- (p) Schedules - Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by May 15 (men) and January 15 (women).
- (q) Uniform Changing - Not allowed in area of competition. Must use locker room facilities; disqualification may occur.
- (r) Equipment - The alternating dark and light color horizontal stripe socks ("bumblebee") are not legal (NFHS rule). Balls must have the authenticating NFHS ball mark.
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.
- (s) Filming, Videotaping or Video Streaming - See 2.2.17.

4.8.2 Playoffs

- (a) Representatives and Ties in Standings - See 4.1.11.
 - (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 4.1.11.)
- (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 the 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 may result in a penalty to the conference.
 - (4) Check the NCHSAA website for additional information.
- (c) Qualifiers - See 4.1.17 (Playoff Berths/Qualification) for selection criteria.
- (d) Seeding - See 4.1.18.
- (e) Brackets and Schedule - In all classifications, games are played on the home field of the higher seed.
- (f) Playoff Brackets - Will be posted on the NCHSAA Website once seeding is complete.
- (g) Schedule:

	Men	Women
Reporting deadline	October 27, 11:59 p.m.	May 11, 11:59 p.m.
Seeding	October 28	May 12
First round	October 31	May 15
Second round	November 3	May 18
Third round	November 7	May 22
Fourth round	November 10	May 25
Regional	November 15	May 30
State Championship	November 18-19	June 2-3
- (h) Competing Schools - Competing teams should contact each other to work out details for their con-

test.

- (i) Officials
 - (1) For the first two rounds of the state playoffs, officials will be assigned by the local officials association of the higher-seeded team.
 - (2) After the first two rounds, officials will be assigned by the NCHSAA Assistant Commissioner for Officiating.
 - (3) Regional officiating assignments will be determined by the NCHSAA and host schools shall follow up with the assigned regional supervisor.
 - (j) Game Times - Game time will be 7:00 p.m., unless mutually agreed upon to play at 6 p.m.
 - (1) Where the distance is more than 100 miles for the visiting team, game time will be 6:00 p.m. Any other exceptions must be approved by the NCHSAA.
 - (2) 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.
 - (3) Games may be played earlier than the assigned date above if mutually agreed upon.
 - (k) Game Ball - NCHSAA adopted balls are required for all playoff events to ensure consistent and fair play. The Wilson Forte II (WTE 9905), the Wilson Veza and the Wilson Vivido are approved for playoff events.
 - (l) Postponed Games - Postponed games must be played the next day, including Saturday.
 - (m) Admission - See Ticket Pricing Chart (page 115)
 - (n) Team Expenses and Financial Arrangements
 - (1) The NCHSAA receives 0% of the net gate for men's and women's soccer in first round games.
 - (2) The NCHSAA receives 15% of the net gate from second and third round games.
 - (3) The NCHSAA receives 20% of the net gate from fourth round games
 - (4) The NCHSAA receives 25% of the net gate from regional games.
 - (5) In all rounds prior to the state championship, participating schools will divide the remainder equally after applying the following expense formula:
 - (i) 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 officials are to be paid from gate receipts.
 - (ii) Where the distance is more than 100 miles, the same plan should be followed except the officials are paid by the host school rather than from gate receipts.
 - (6) All concession rights are retained by the host schools.
 - (7) Participating schools are responsible for dividing any deficit or net 50-50.
 - (8) The principal of the host school or appointed game manager will forward a copy of the financial report and ticket accountability form to the NCHSAA within 10 days after the contest.
 - (o) Ticket Accountability and Financial Forms - All forms can be found on the NCHSAA designated platform.
 - (p) Regional Awards - Team plaques will be presented to champion and runner-up.
- 4.8.3 **State Championship**
- (a) Dates and Sites - Dates for the championships are set for November 18-19 (men); June 2-3 (women).
 - (b) Admission - See Ticket Pricing Chart (page 115). Each team will receive 8 complimentary tickets/passes (5 VIP and 3 School Administrator).
 - (c) Officials - Will be assigned by the Supervisor of Officials.
 - (d) Radio and TV Fee - See 2.2.18.
 - (e) Gate Receipts - The net balance will be divided as follows: 20% to each of the competing teams and 60% to the NCHSAA.
 - (f) Team Expenses - Travel and expenses for eighteen (18) players, one (1) coach and one (1) manager, shall be allowed at the rate designated by the NCHSAA [See 4.3.3(c)].
 - (g) Awards - Plaques will be presented to the championship and runner-up teams in all classes. Members of the championship and runner-up teams will receive individual awards (25 medals for women, 30 medals for men).
 - (h) Game Ball - The Wilson Vivido is the official adopted ball of the state soccer championship.

4.9 **SOFTBALL**

4.9.1 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 the 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) Teams and student-athletes are limited to two games on a school day. The limitation extends to four games, if on a non-school 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. Teams shall use a 12-inch softball with a Co-efficient of Restitution not exceeding .47. Conferences are encouraged to adopt the same kind of softball for use throughout their league play.
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) Bats must meet ASA or USA Softball bat performance standards and have a certifying stamp on each bat.
NOTE: Some bats which may have passed initial ASA or USA Softball performance standards, could now be considered illegal. Please check the following website for an up-to-date listing of non-approved bats: <https://usa.asasoftball.com/e/BB1P2000.asp>. It is recommended member schools perform bat checks throughout the season.
 - (3) Coaches must wear a skull cap style helmet or NOCSAE certified helmet when coaching in the Coaches Box during games.
- (j) Ten-Run Rule - The ten-run rule has been adopted by the NCHSAA for softball; if a team is ahead by 10 runs after five complete innings, the game is terminated.
- (k) Doubleheaders - Permitted when mutually agreed upon by teams involved.
 - (1) Doubleheaders are two back-to-back games, at the same level, with a reasonable (30 minutes) time between contests.
 - (2) Split doubleheaders are also permissible (two separate opponents).
 - (3) By mutual agreement, two member schools may agree to play two five (5) inning games in a doubleheader.
- (l) Suspended Games - North Carolina has adopted the suspended game rule, mandatory in all regular season and state playoff games. A game called for any reason, where a winner cannot be determined will be treated as a suspended game.
 - (1) If the game is to be completed it will be continued from the point of suspension, with the lineup and batting order of each team the same as the lineup and batting order at the moment of suspension, subject to the rules of the game.
 - (2) If more than 4 1/2 innings have been played and a winner can be determined, the game is over (including playoff games).
 - (3) After 5 innings, if the visiting team scores a tying or go ahead run in their top half of the inning

and the home team does not have an opportunity to bat or complete its time at bat, the game is treated as a suspended game.

- (4) If a game is called prior to the completion of a full inning after the fifth inning, the game becomes a suspended game in the following situation: the visiting team has scored one or more runs to tie the score or to take the lead, and the home team has not tied the score or retaken the lead.

NOTE: PLAY - 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.

RULING - 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.
- (m) Rained-Out Games - If any rained-out softball 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.
- (n) Postponed Games - Postponed games must be made up in the 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.
- (o) Protest - Each conference is to establish a softball protest committee. The committee's decision on any properly protested conference softball game will be final.
- (p) Schedules - Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by January 15.
- (q) Filming, Videotaping or Video Streaming - See 2.2.17.

4.9.2 Playoffs

- (a) 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 4.1.11).
- (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 may result in a penalty to the conference.
- (c) Qualifiers - See 4.1.17 (Playoff Berths/Qualification)
- (d) Seeding - See 4.1.18.
- (e) Playoff Brackets - Will be posted on the NCHSAA Website once seeding is complete.
- (f) Schedule - Deadline for reporting qualifiers: May 6 (11:59 p.m.)

Seeding	May 8	Fourth Round	May 19
First Round	May 9	Regional	May 23-27
Second Round	May 12	State	June 2-3
Third Round	May 16		

- (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(s).
- (3) Deadlines are set for completion of each round, but competing schools may play on an earlier date by mutual consent.
- (g) 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 an association mutually agreed upon.

- (3) Three (3) umpires will be used in all Regional Series games.
- (4) Assignments for regional and state championship games will be made by the NCHSAA office.
- (h) 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. If teams cannot mutually agree, the higher seeded team may choose a starting time between 1:00 p.m. and 7:00 p.m.
NOTE: Time should be between 1:00 p.m. and 6:00 p.m. if the visiting team is over 100 miles one-way.
- (i) Admission - See Ticket Pricing Chart (page 115)
- (j) 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 permitted to serve on this committee.
- (k) 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.
- (l) 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 are retained by 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.
- (m) Ticket Accountability and Financial Forms - All forms can be found on the designated reporting platform.
- (n) Game Ball - The Wilson A9011 B-NCHS (WTA9011BSST) with .47 COR for fast-pitch, with the NFHS authenticating ball mark, is the official softball for the state championship series.
- (o) Regional Awards - Team plaques will be presented to the regional champion and regional runner-up.

4.9.3 **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 NCHSAA 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 4.9.2(j)
- (f) Officials - Will be assigned by the NCHSAA Assistant Commissioner for Officiating.
- (g) Bats - Some bats which may have passed initial ASA or USA Softball performance standards, could be deemed illegal during bat checks prior to the state championships.
- (h) Radio and TV Fee - See 2.2.18
- (i) Gate Receipts - The net balance will be divided as follows: 20% to each of the competing teams and 60% to the NCHSAA.
- (j) 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)].
- (k) 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).

4.10 **SWIMMING AND DIVING**

4.10.1 **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
- (c) Preseason Scrimmages - See 4.1.5.
- (d) Date of First Meet - November 14.
- (e) Schools are required to register with NCPrepSwimming by November 15; the cost is \$20.00 per year.
- (f) Number of Regular Season Contests - No more than three may be scheduled per week. A student-athlete is limited to one contest a day.
- (g) Participation Clarification - See 4.10.2(c)(1)(i)
- (h) Outside Participation - Swimmers and divers may not choose to participate in outside competition and then join the school's regular season team for participation in the state playoffs.
 - (1) Once a school calls for practice and competition begins, the swimmer/diver must join and participate with the school team.
 - (2) A student-athlete may not swim in an outside competition and then join the school team at a later date (if the school has a regular season team).
- (i) 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.
- (j) Filming, Videotaping or Video Streaming - See 2.2.17.
- (k) Diving Judges Panel - To serve on a diving judges panel:
 - (1) A high school coach must pass the NCHSAA diving judge test;
 - (2) A USA diving official must be registered as an NCHSAA Official;
 - (3) All other persons must be registered as an NCHSAA swimming official and pass the NCHSAA diving judge test.
- (l) Relay Meet - The following format has been adopted by the NCHSAA in accordance with the NFHS Order of Events. Qualifying times for events 1, 2, 3, 4, 5, 6, 19 and 20 are eligible for regional entry.
 - (1) (1,2) 50 Freestyle
 - (2) (3,4) 200 Medley Relay
 - (3) (5,6) 200 Freestyle Relay
 - (4) (7,8) 4x100 Individual Medley Relay
 - (5) (9,10) 200 Butterfly Relay
 - (6) (11,12) 400 Freestyle Relay (8x50)
 - (7) (13,14) 500 Freestyle Relay
 - (i) 50-100-200-100-50; or;
 - (ii) 200-150-100-50
 - (8) (15,16) 200 Backstroke Relay
 - (9) (17,18) 200 Breaststroke Relay
 - (10) (19,20) 400 Freestyle Relay (4x100)
- (m) Pentathlon meet - The following format has been adopted by the NCHSAA in accordance with NFHS Order of Events with unlimited entries. Qualifying times are eligible for regional entry.
 - (1) (1,2) 100 Backstroke
 - (2) (3,4) 100 Breaststroke
 - (3) (5,6) 100 Butterfly
 - (4) (7,8) 100 Freestyle
 - (5) (9,10) 200 Individual Medley

4.10.2 Regional Information

- (a) Dates - February 2 - 4, 2023.
 - (1) Diving competition is held the day before swimming, unless facilities allow otherwise or there are special circumstances.
 - (2) Regional assignments, along with the most current information about regional sites, dates and times, are posted on the NCHSAA website.
- (b) Qualifying Requirements
 - (1) Swimming and Diving - Individuals representing their school, where no team is fielded, may also qualify by competing during the regular season and times must be achieved in high school competition.
 - (2) Swimming
 - (i) If an individual (or relay team) has not recorded the minimum standard found on the NCHSAA website, the swimmer is not eligible for regional competition.
 - (ii) Relay teams may not use aggregate or split times.
 - (iii) Qualifying times shall be achieved in competition on or after the earliest date of the

times, can be found on the NCHSAA website. Qualifiers include:

- (i) Top six (6) fastest times from each regional plus the top six (6) times from any region not already qualified for advancement.
- (ii) In order to qualify for and advance to State Championships each swimmer or relay team must have achieved the Regional Qualifying standard (automatic or consideration).
- (iii) Individuals or relay teams qualifying but not intending to participate in an event of the State Championship must notify the State Meet Director by 3:00 p.m. on Monday prior to the State Meet. Remaining alternates will not advance to State Championships after that time.

NOTE: If the student-athlete scratching is one of the top six (6) qualifiers from a regional competition, then the next student-athlete in line from that regional competition will be offered the opportunity to fill the position. If the student-athlete is one of the at-large qualifiers, then the next fastest qualifier across all regions will be offered the opportunity to fill the position.

- (iv) Substitutions for relay participants who qualify to the state meet are allowed, irrespective of the number of events swum in the regional competition, but no substitutions in individual events may be made.
- (9) Swimming
NOTE: Relay Team Entries - All regionals and state championships will use same method for relay cards. See 4.10.3.
- (10) 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.
 - (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) Divers are disqualified if they do 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: REESE-HARPER HIGH SCHOOL

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

- (d) Admission - See Ticket Pricing Chart (page 115). Team members will be admitted upon identification by coach.
 - (1) 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 - 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 ex-

penses) 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. 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)(8)].

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 and a director for the upcoming season. This is a mandatory meeting that will be conducted by the current regional director. The current director will then notify the NCHSAA office within ten (10) days after the completion of the tournament of the host school and director for the next season.
- (c) Individual Participation - A student-athlete may participate in a maximum of four events.
- (d) Regional Assignments - Regional assignments for outdoor track, along with the most current infor-

mation about regional sites, dates and times, are posted on the NCHSAA website. Any school planning to field a track team and is not listed in the regional assignments should contact the NCHSAA.

- (e) Qualifying Requirements - A list of the minimum times and distances that a student-athlete must have met in order to be eligible to enter a regional is listed on the NCHSAA website. If a student-athlete has not recorded the minimum time or distance, coaches will be allowed to submit the best performance of non-qualifiers, who may be used to fill events.
- (f) Starting Heights-Pole Vault and High Jump - In regional and state meets (indoor and outdoor), the starting heights for competition for women's and men's pole vault as well as women's and men's high jump will be determined by the meet director.
- (g) Pole Vault - In regional and state meets, vaulters will be weighed to verify pole standards.
- (h) Qualifiers - In all events the regional director will take all qualifiers, or a maximum of 12 for 6-lane tracks, and 16 for 8-lane tracks using non-qualifiers.
- (i) Regional Entries - All regional entries in outdoor track are to be made on nc.milesplit.com by Saturday at 6:00 p.m. the week prior to the regional meet.
 - (1) Late entries may be submitted to the NCHSAA and must be in by 3:00 p.m. the Monday prior to the regional. Use the form on the NCHSAA designated platform. No entries after this will be accepted.
 - (2) In indoor and outdoor track, only entries submitted through nc.milesplit.com will be accepted.
 - (3) Each school may enter a maximum of three competitors in each individual event and one team per relay event. Only one alternate may be entered per relay team.
 - (4) Disqualification: A regional entry who scratches after the meet begins or a student-athlete who qualifies through a regional and then scratches in a specific event in the state meet, is disqualified for the remainder of the meet.
- (j) Protest - Each regional meet has a Games Committee which will hear properly registered protests, or appoint a Jury of Appeals to hear such protests. The decision of the committee or jury, if appointed, in these matters is final.
- (k) Supervision - All student-athletes participating in state playoff competition at any level must be properly supervised. If not, they will be eliminated from competition.
 - (1) Coaches are responsible for seeing that their team members remain at the track site and do not interfere with normal school operations.
 - (2) If anyone besides school personnel accompanies student-athletes, a letter from the principal must be sent to the NCHSAA authorizing this and a copy of the letter must be on hand at the meet.
- (l) Team Championship - A team must have multiple entries (more than one entry) in order to win a team championship.
- (m) Uniform - Each team member shall wear a uniform (jersey and trunks) that complies with NFHS regulations.
- (n) Awards - Plaques will be presented to the regional championship team and regional runner-up team, and individual awards will be given to the top three finishers in each event.
- (o) Admission - See Ticket Pricing Chart (page 115)
- (p) Expenses - Each school will bear its own expenses to regional competition.
- (q) Outdoor Track Qualifiers to State Meet - The top four finishers in each event (including relays) will qualify from the regionals to the state meet.
 - (1) Substitutes for qualifiers are not permitted, except for relays.
 - (2) All ties at regional level must be broken for advancement to state meet.
 - (3) Only student-athletes qualifying through regional meets may compete.

4.12.3 State Championships

- (a) Dates and Sites
 - (1) Indoor Track - February 10-11, 2023 at JDL Fast Track indoor facility in Winston-Salem.
 - (2) Outdoor Track - 1A/3A - May 19; 2A/4A - May 20 at North Carolina A&T State University in Greensboro.
- (b) Admission - See Ticket Pricing Chart (page 115). The number of qualifiers will determine the number of coaches to be admitted.
- (c) Awards - A plaque will be presented to the winning and runner-up teams. Members of the winning team (10 individual medals for indoor track) and the top four individual finishers in each event will receive awards.
- (d) 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.
- (e) Protests - The state meet director will form a Games Committee to hear properly registered protests, or appoint a Jury of Appeals to hear such protests. The decision of the committee or jury, if appointed, in these matters is final.

- (f) Relay Cards - Each school competing in a relay at the state meet must submit a card at the beginning of the event listing all four names (first and last) of the competitors and the name of that event. These should be presented when reporting to the clerk of course and will be used to help determine numbers from each school for reimbursement purposes.
- (g) Order of Events and Scoring - Will be the same as published in the 2022 NFHS Track and Field Rules Book.
- (h) Indoor Track Minimum Times - Indoor track minimum times for state entry will be posted on the NCHSAA website.
 - (1) Qualifying requirements must be met at official indoor meets or at indoor meets run on outdoor facilities.
 - (2) To host an indoor meet at an outdoor facility, a minimum of five teams is required. Any meet with less than five must be approved by the NCHSAA using the appropriate request form.
- (i) Indoor Track Entries
 - (1) All indoor entries must be submitted online on nc.milesplit.com.
 - (2) All entries must be received by Saturday at 9:00 p.m., the week prior to the state indoor championships.
 - (3) No one may use times from the previous spring outdoor season to qualify to the state meet.
 - (4) Individuals and relay teams must meet minimum qualifying times and distances to be eligible to enter the state meet.
 - (5) Late entries may be submitted to the NCHSAA and must be in by 3:00 p.m. the Monday prior to the championship. Use the form on the NCHSAA designated platform. No entries after this will be accepted.
 - (6) Scratches may be made prior to the start of the indoor championship. An entry who is scratched after the meet begins is disqualified for the remainder of the meet. Coaches who plan to arrive after the start of the meet must have someone else make their scratches.

4.13 VOLLEYBALL

4.13.1 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.
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Match - August 15.
- (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 - Total 22 matches
 - (1) No more than 4 matches per week. If all four matches are on four separate days the fourth must be on a non-school day. Schools may play 4 matches in 3 or fewer days.
 - (2) Volleyball is limited to 4 matches a day.
 - (3) Teams are limited to a maximum of two (2) tournaments per year. Each tournament will count as one (1) contest on the schedule and is subject to the weekly limit allowance (see chart below).
 - (4) Teams cannot exceed three (3) three-out-of-five matches in a tournament and each three-out-of-five match will count towards the seeding record/RPI.
NOTE: At no time can a team participate in more than 24 total three out of five matches.
 - (5) In regular season play, only matches decided by the best three out of five sets will count toward record.
 - (6) Rally scoring will be used in all volleyball dual matches, regular season and playoffs (NFHS rules). The rally scoring format is 25-point sets (no cap) and 15-point deciding (no cap). This format also includes the let serve.
 - (7) It is permissible for a student-athlete to participate in a junior varsity and a varsity match in the same day; however, those student-athletes are still subject to the weekly and seasonal limitations.

- (8) The following chart indicates the weekly limit allowance for tournament play during the regular season:

Regular Matches (3 out of 5)	Tournament allowed that week
0	1
1	1
2	1
3	0
4	0

- (i) Multi-team tournament with pool play and a best 3 out of 5 format = (one) 1 match
(ii) If a team plays a Tri-Match (3 teams) during a week, each contest will count as one (1) match. Matches played in a tri-match will count toward the weekly and season limit.
Ex. 1 - A vs. B = 1 match
Ex. 2 - A vs. C = 1 match
- (9) Junior varsity matches will be two out of three sets, rally scoring (25-point games with no cap for all sets). A conference can choose to cap the third game of a JV Volleyball match at 15 points.
- (10) Junior varsity conference tournament games must count toward the 22-game limit.
- (g) Starting Time - A time no earlier than 5:00 p.m. is recommended, unless facilities dictate otherwise.
- (h) Schedules - Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by May 15.
- (i) Filming, Videotaping and Video Streaming - See 2.2.17.
- (j) Equipment - 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.

4.13.2 Playoffs

- (a) 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 4.1.11).
- (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 (only 3-out-of-5 matches count) and winning percentage for all conference schools. This must be submitted prior to the 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.
- (c) Qualifiers - See 4.1.17 (Playoff Berths/Qualification).
- (d) Format - All conference tournament and playoff matches will be the best three out of five sets, rally scoring.
- (e) Seeding - See 4.1.18.
- (f) Playoff Brackets - Will be posted on the NCHSAA Website once seeding is complete.
- (g) Schedule - Deadline for Reporting October 19, 11:59 p.m. Seeding October 20
First Round October 22 Fourth Round October 29
Second Round October 25 Regional November 1
Third Round October 27 State November 5
- (1) Teams should contact each other to work out details for their playoff contest.
(2) Saturday matches may be played earlier if mutually agreed upon.
(3) Matches may be played earlier than the assigned date by mutual agreement.
- (h) Match Times - Match time will be 7:00 p.m., unless mutually agreed to play at 6:00 p.m. Where the distance is more than 100 miles for the visiting team, game time will be 6:00 p.m.
(1) Any other exceptions must be approved by the NCHSAA.
(2) 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.
- (i) Postponed Games - Postponed games must be played the next day, including Saturday.
- (j) Officials - For the first two rounds of the playoffs, officials are to be assigned by the local regional supervisor of the higher-seeded team.
 - (1) After the first two rounds, officials must come from a neutral regional supervisor or an officials association mutually agreed upon.
 - (2) Officiating assignments for regionals will be determined by the NCHSAA Assistant Commissioner for Officiating and host schools must follow up with regional supervisors.
- (k) Admission - See Ticket Pricing Chart (page 115). Admission must be charged until completion of the contest.
- (l) Team Expenses - Gate receipts and individual game expenses in the first round, second round, third round, fourth, and regional round are the responsibility of the competing teams.

NOTE: Participating schools are responsible for dividing any deficit or net.

 - (1) The NCHSAA receives 0% of the net gate for first round games.
 - (2) The NCHSAA receives 15% of the net gate from second and third round games.
 - (3) The NCHSAA receives 20% of the net gate from fourth round games.
 - (4) The NCHSAA receives 25% of the net gate from regional playoff games.

NOTE: Participating schools are responsible for dividing any deficit or net.

 - (5) So the overall expenses of conducting the contest may be evenly shared, the following expense formula must be used in all rounds prior to the state championship:
 - (i) Where the distance between competing teams is 100 miles or less, the visiting school will pay its own transportation and meals. The host school will provide the playing facility, ticket takers, security and balls at no charge. Officials are to be paid from gate receipts.
 - (ii) Where the distance is more than 100 miles, the same plan should be followed, except the officials are paid by the host school, rather than from the gate receipts.
 - (iii) All concession rights are retained by the host school.
- (m) Pep Bands, Banners, Placards, and Signs - Pep bands of participating schools are not permitted for playoffs. Note that banners, placards and signs are prohibited.
- (n) Regional Awards - Team plaques will be presented to the regional champion and regional runner-up.
- (o) Official Ball - The Wilson K1 Gold (WTH1895A1XB) is the official ball of the volleyball playoffs and championships. The Wilson K1 Silver may also be used in the playoffs.

4.13.3 **State Championship**

- (a) Date, Site, Format, and Home Team - State championships in all four classes will be held on November 5. Competition is best three-out-of-five sets. The Eastern champion is the home team.
- (b) Admission - See Ticket Pricing Chart (page 115).
- (c) Officials - Will be assigned by the NCHSAA Assistant Commissioner for Officiating.
- (d) Awards - A plaque will be presented to the championship and runner-up teams. Members of the championship and runner-up teams will receive individual awards (a total of 20).
- (e) Gate Receipts - The net balance will be divided as follows, 20% to each of the competing teams and 60% to the NCHSAA.
- (f) Team Expenses - Travel and meal expenses will be allowed for 13 student-athletes plus a coach and a manager. See 4.3.3(c).

4.14 **WRESTLING**

4.14.1 **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.
 - (1) Practice cannot be held until the student-athletes attending practice have their minimum weights established.
 - (2) Hydration testing and skinfold measuring may begin no earlier than Monday, October 17.
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Match - November 14.
- (e) Requirements
 - (1) A skinfold measurer/hydration tester must be certified and validated prior to the start of the wrestling season.
 - (2) Hydration and skinfold measurements: Data must be entered at the completion of measuring. An NCHSAA approved assessor MUST enter this information – not a coach.

- (3) Match weigh-ins: Must be entered within 24 hours of match/tournament completion.
- (4) Match weight form: Coaches are required to exchange this form at ALL matches and tournaments. This sheet will show the lowest weight at which each student-athlete may weigh-in at the next match and will also show the lowest weight class at which he/she may compete. All coaches should receive a copy of this sheet for matches.
- (5) Schedule and match/tournament results: Schools are required to enter all match results within 24 hours of participating in a match or tournament.
- (6) Random checks of all required information will be done by the NCHSAA. Failure to comply will result penalties.
- (f) 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.
 - (1) A licensed athletic trainer (LAT) or a first responder must be physically present at all times in any competition area in which wrestling matches are being held.
Example: Wrestling in the Auxiliary Gym and Main Gym at the same time would require two licensed athletic trainers or first responders or a combination of one of each.
 - (2) Skin checks must be performed by a licensed athletic trainer. If no licensed athletic trainer is present, the skin checks must be performed by a first responder and referee.
- (g) Number of Regular Season Matches
 - (1) Student-athletes are limited to 55 matches in a season (prior to Saturday before the week of the dual team tournament) and, by NFHS rules, may participate in a maximum of five matches per day.
 - (2) The following options are legal during any week (Monday-Saturday) of regular season competition providing there is no loss of school time.
 - 1. One Dual 4. One Quad
 - 2. Two Duals 5. One Tournament (see i and ii below)
 - 3. One Tri 6. One Dual, Tri, or Quad + One Multi-Team Event (see iii below)
 - (i) Tournaments may be either an Individual, or Dual Team format, lasting no more than two days.
 - (ii) Teams are allowed only 1 dual team tournament per season in which the team gets more than 5 matches.
 - (iii) A Multi-Team Event is defined as a Tri, Quad, Quint, or Tournament.
 - (3) Teams that do not qualify as a representative into the NCHSAA State Dual Team Championships may schedule two dual meets, or one tri-meet, the week of the dual team tournament.
 - (4) Teams that do not participate in the Dual Team Playoffs may compete in one (1) multi-team event on the Friday or Saturday immediately following playoff bracketing.
 - (5) During the week of the individual regional and state tournament, dual team matches are NOT allowed.
 - (6) If a team qualifies into the state dual team tournament and wrestles two matches, that team may not wrestle in any more matches that week.
NOTE: These match results will not count towards regional seeding records.
 - (7) Teams may allow varsity student-athletes from the same team to participate in two different tournaments on a given day.
 - (i) May not exceed other established weekly limitations.
 - (ii) Tournaments must be conducted on the same day.
 - (iii) Applies to Varsity only
 - (iv) Teams may use this provision a maximum of three (3) times per season.
 - (v) Teams must submit a request to the NCHSAA, which will be posted to the NCHSAA website
 - (vi) Teams may not participate in two dual team tournaments on the same day.
- (h) Inclement Weather and Postponements - Any postponed event may be rescheduled during any week of regular season competition provided that the given week does not exceed any of the 6 combinations above, plus 1 dual match. This only applies to postponed events. No additional exceptions are allowed.
- (i) NFHS Order of Competition - A random draw must be conducted immediately following the conclusion of weigh-ins to determine the first weight class that will be competed in dual matches.
 - (1) This begins with the regular season and continues through the individual state championships.
 - (2) The draw will take place immediately preceding the weigh-ins.
 - (3) The referee or other authorized personnel shall supervise the draw.
- (j) Schedules - Both varsity and junior varsity schedules are due to the appropriate regional supervisor by September 30.
- (k) Weight Classes - Weight classes are 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, and 285.

- (l) NFHS Weigh-in Regulations
 - (1) Student-athletes of the same gender shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of one hour before the time of a dual meet, or a team's first competition in multiple dual meet event is scheduled to begin.
 - (2) Student-athletes in an individual tournament shall weigh in at the tournament site a maximum of two hours before the first session of the day.
 - (3) When a preliminary meet is followed by a varsity meet, weigh-ins may, by mutual consent, precede the preliminary meet.
 - (4) For any event, all student-athletes shall be present in and remain in the designated weigh-in area at the time established by the meet administration.
 - (5) Student-athletes shall not leave the designated weigh-in area for any reason unless permission is granted by the meet administration.
 - (6) The weigh-in shall proceed through the weight classes beginning with the lowest weight class and end immediately upon the completion of the highest weight class.
 - (7) A student-athlete shall weigh in for only one weight class during the weigh-in period.
 - (8) If only one scale is available, a student-athlete may step on and off that scale two times to allow for mechanical inconsistencies in the scale.
 - (9) If multiple scales are available, a student-athlete may step on and off the first scale two times to allow for mechanical inconsistencies in the scale. If the contestant fails to make weight on the first scale, the student-athlete shall immediately step on each available scale one time in an attempt to make weight.
 - (10) During time off the scale(s), activities that promote dehydration are prohibited. The referee or the official, of the same gender, shall supervise the weigh-ins.

(m) Rules Regarding Practice

- (1) If a high school coach agrees to also coach a middle school team, he has to set up a separate practice.
- (2) Any individual who coaches at an NCHSAA member high school, head or assistant, paid or non-paid, faculty or non-faculty, parent volunteer, etc., must abide by the skill development, out-of-season workout rules.
- (3) If a high school coach also coaches a "freestyle" or "club" team, whether head or assistant, and has any students from his high school team on that outside team, he cannot work with any of those students during a dead period, and is limited to no more than 8 of them per day in an out-of-season workout.
- (4) Regional/State Championship Practice - See 4.1.5(k).

(n) Sanitary and Safety Measures

- (1) All mats must be disinfected with a 10 percent bleach solution or isopropyl alcohol solution prior to the first match and each time blood gets on the mat.
- (2) A bucket or squeeze bottle with a 10 percent bleach or isopropyl alcohol solution and rubber gloves should be placed at each mat for cleaning purposes. This same solution should be used to wipe any blood off an opponent's skin.
- (3) It is important that any time there is blood present, even on uniforms, that it is treated with care regarding its ability to transmit infectious diseases.
- (4) If the bleeding problem is severe enough, the student-athlete should not be permitted to continue, not only from the standpoint of possible disease transmission but also for the health and safety of the injured student-athlete.
- (5) During the match each coach will be responsible for cleaning his own wrestler, and the home team is responsible for cleaning the mat. (Refer to NFHS Rule Book).
- (6) A form related to communicable skin disease is also available on the NCHSAA website.

(o) Filming, Videotaping or Video Streaming - See 2.2.17.

4.14.2 **Establishing Mandatory Certified Minimum Weight**

(a) Part I – Register with the NWCA/TrackWrestling

- (1) Schools are required to register with the NWCA/TrackWrestling by October 1, 2022; the cost is \$30.00 per year. Registration information can be found on the NCHSAA webpage under the wrestling section.
- (2) All schools are required to enter hydration test results, skinfold measurements, official weigh-ins, season schedule, and match results into this system. Failure to do any of the listed may result in a penalty.
- (3) Weigh-ins and match results must be entered within 24 hours.

(b) Part II – Hydration Testing

- (1) Hydration testing may begin no earlier than October 17.

- (2) Practice cannot be held until the student-athletes attending that practice have passed a hydration test and had their certified minimum weights established.
Ex. - If a school is not able to conduct testing until November 2, that school could not hold “mat” practice until that process has been completed.
- (3) Student-athletes who are not eligible 1st semester when measuring is done, should not be measured until they gain their eligibility.
- (4) A NCHSAA Certified Measurer must perform the official measurement of Urine Specific Gravity (USG) using chemical dipsticks or refractometer. Coaches are encouraged to monitor the student-athlete’s hydration status throughout the season (refractometer or urine color chart).
- (5) Test of USG must be passed prior to Skinfold measurement:
- (i) Trial 1
USG of ≤ 1.025 ; skinfold measurement may be done.
USG > 1.025 ; re-test no earlier than 24 hours, but no later than 72 hours
 - (ii) Trial 2
USG of ≤ 1.025 ; skinfold measurement may be done.
USG > 1.025 ; re-test no earlier than 24 hours, but no later than 72 hours
 - (iii) Trial 3
USG of ≤ 1.025 ; skinfold measurement may be done.
USG between 1.025 – 1.030; skinfold measurement to be done and student-athlete MUST move up one weight class from minimum weight
USG > 1.030 student-athlete is ineligible for the season
- (c) Part III - Skinfold Measurements to Determine Body Fat
- (1) No student-athlete may practice until a certified minimum weight has been determined and no student-athlete may ever wrestle below their certified minimum weight.
- (2) Certified minimum weight information must be entered into the NWCA website at the completion of measuring.
- (i) Skinfold measurement must be done by the NCHSAA approved measurer. Lange or Baseline Calipers or BodPod must be used. The measurer cannot be a wrestling coach. Medical personnel, even if trained in skinfold measuring, do not automatically qualify. They should contact the NCHSAA to obtain information on becoming an approved measurer. Once a person is trained or approved by the NCHSAA, he or she does not have to attend a clinic on a yearly basis.
NOTE: A clinic is offered each summer during the NCCA clinic in Greensboro.
 - (ii) Areas of measurements for males will be triceps, subscapular and abdominal. For females, triceps and subscapular. (See Appeals section for information on requesting a 2nd skinfold measurement.)
 - (iii) The Lohman/Brozek Equations, which were developed specifically for high school wrestlers, will be used to determine body fat, as well as the certified minimum weight class in which a wrestler will be allowed to participate.
 - (iv) Certified minimum weight with three percent error allowance will be used. This is the student-athlete’s lowest wrestling weight without filing an appeal. The NWCA system automatically applies this 3%.
 - (v) To be eligible to participate, a wrestler’s body fat cannot be below 7% for men, 12% for females. If initial testing indicates a wrestler’s body fat is below the minimum percent allowed, the student-athlete will not be able to participate without written clearance from a licensed physician, physician’s assistant or nurse practitioner, indicating that the athlete is naturally at this Sub-7%/12% level).
- (3) These written clearances must be approved by the NCHSAA prior to the student-athlete competing. Form is available on the NCHSAA designated reporting platform.
- (d) Growth Allowance - On December 25, the two-pound growth allowance will be in effect for all wrestlers.
- (e) Weight Class Certification - Wrestlers have until Friday, February 10, 2023, to certify the lowest weight class at which they would like to participate during the individual regional and state tournaments.
- (1) Certification occurs when the wrestler has a certified weigh in at a competition. The weigh in does not have to meet scratch weight, but must be below the weight class including the two-pound allowance, if applicable at the time of weigh in.
 - (2) Wrestlers must be eligible to compete before their coach allows them to weigh-in for any weigh-in. Wrestlers weighing in and not eligible to compete will not be allowed to count the weigh-in, and the coach could be subject to further sanctions by the school and the NCHSAA.
 - (3) Even though a wrestler has certified their weight class for post-season competition, they must still abide by the weight loss guidelines and remain cognizant that their weight plan will allow them to descend back down to their certified weight class.

- (4) After the weight class certification, the weight loss descent plan will remain in effect until the individual regionals.
- (5) A wrestler cannot use the allowance to descend to a weight class lower than the established MWC on his weight loss plan.
NOTE: If a wrestler's minimum wrestling weight is 107.5 for the year and his MWC for the year is 113, he/she cannot use the two pound allowance to descend down to 106/108 because that wrestler was never eligible for that weight class based upon their initial assessment.
- (f) Monitoring Weight Loss and Certified Minimum Weight - Daily and Match weigh-ins are mandatory.
 - (1) Daily weigh-ins - Should be conducted by the coach. This information should be kept on scratch sheets and be available if requested by the NCHSAA.
 - (2) Match weigh-ins - Must be conducted and observed by all participating coaches in the match and/or tournament. Weigh-in data **MUST** be entered within 24 hours of match/tournament completion.
 - (3) All daily and match weigh-in sheets must be available for NCHSAA review.

4.14.3 Weight Loss Guidelines

- (a) All wrestlers losing weight are limited to an average weight loss of 1.5% per week throughout the season, beginning the Monday of the week their body composition is assessed.
NOTE: Weight loss as a result of fluid loss is normal for strenuous exercise, BUT a 97% rehydration should take place within a 24-hour period.
- (b) Failure to Meet Weight Guidelines
 - (1) If a wrestler's weight falls below allowed daily weight plan, he/she must compete at the weight class the daily weight plan certifies him/her, or the next highest weight class, even if the weight is substantially below the daily minimum wrestling weight.
 - (2) If a wrestler's weight falls below his/her established certified minimum weight, he/she is not eligible to practice or compete until he/she reaches his/her certified minimum weight.
 - (3) The penalty for wrestling below the established certified minimum weight is possible forfeitures, suspension and additional sanctions.
- (c) Appeals - Forms can be found on the NCHSAA website and must be completed by the school and submitted for approval to the NCHSAA within 14 days of wrestler's original measurements and prior to competing. After 14 days have passed or the wrestler competes, he/she is no longer eligible to appeal. There are two areas of appeals:
 - (1) Appeal to wrestle with body fat % below minimum established - If a wrestler's body fat is below the minimum established, 7% for males and 12% percent for females, permission can be granted for the wrestler to participate if approved by a physician and parents/custodians.
 - (2) Appeal of minimum weight - must be approved by NCHSAA but does not require written approval of physician or parents/custodians. In accordance with NCHSAA weight loss guidelines, a wrestler may appeal his/her initial skinfold measurements. This appeal process is not in place to give the wrestler an opportunity to lose additional weight and be re-measured in order to achieve a lower certified minimum weight. It is available if there is any question on the accuracy of the initial measurements. Some appeals may require an appeals committee approval.
NOTE: The following is a list of available options:
Option 1 - Request school personnel re-compute initial calculations. If 2nd calculation is not accepted, the wrestler can request to be re-measured by the same skinfold measurer. The original weight will be used in the re-calculation. Only the skinfold measurement will be retaken. Wrestler then chooses which measurement to accept.
Option 2- Wrestler does not ask for calculations to be re-computed, or for skinfold measurements to be retaken, but opts to be measured by means approved by the NCHSAA Sports Medicine Advisory Committee (List found on NCHSAA website).

4.14.4 Regionals (Individual)

- (a) Dates - Double elimination regional meets in all classifications will be held February 10-11, 2023.
- (b) Regional Entry Form - Information will be submitted through the NCHSAA approved system.
- (c) Regional Entries and Seeding: - Entries are due to the regional director by 3:00 pm, Thursday, January 26, 2023.
 - (1) A school may enter only one student-athlete in each weight class.
 - (2) Any student-athlete listed on the regional entry form can compete at any weight class for which their certified minimum weight qualifies them.
 - (3) Late entries may be submitted to the NCHSAA and must be in by 9:00 a.m. Wednesday the week of the dual team tournament. Use the form on the NCHSAA website. No entries after this will be accepted.
 - (4) The director will determine the percentage standing of each entry, based on the student-athlete's won-loss record for all varsity matches in which they participated.

- (5) All regular-season varsity matches, including tournaments, wrestled prior to January 26, shall be used in determining the won-loss record.
- (6) In cases where the student-athlete has participated in less than 15 matches, the number short of 15 shall count as losses for seeding percentages.
- (7) Reporting a student-athlete's record incorrectly may disqualify that participant.
- (8) Forfeits are counted toward the won-loss record, while byes are not.
- (9) Regional seeding requirements and guidelines will be posted on the NCHSAA Wrestling page of the website.
- (10) A tie for last place will be broken by:
 - (i) Previous head-to-head competition between those student-athletes, or if they did not meet during the season,
 - (ii) Whichever student-athlete wrestled more matches, or if there is no difference,
 - (iii) A preliminary match between the tied student-athletes.
- (11) Once the tournament is seeded, no changes will be made.
- (d) Team Points - All bouts prior to filling the 16-line bracket shall be considered preliminary competition and will not receive advancement points.
- (e) Regional Assignments - Assignments, along with the most current information about regional sites and dates, are posted on the NCHSAA website.
- (f) Regional Site Determination - At the regional tournament, 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.
- (g) Qualifiers to State Tournament - The top four wrestlers in each weight class will qualify from each regional to the state.
- (h) Admission - See Ticket Pricing Chart (page 115)
- (i) Officials - Will be assigned by the NCHSAA Assistant Commissioner for Officiating.
- (j) Expenses - Each school will bear its own expenses to the regionals.
- (k) Awards - Team plaques will be awarded to each regional champion and runner-up. Awards for individual champions, runner-up and third place in each weight class will be provided.

4.14.5 State Tournament Championships (Individual)

- (a) Dates and Sites - February 16-18, 2023. Site: Greensboro Coliseum.
- (b) Admission - See Ticket Pricing Chart (page 115)
- (c) Awards - The championship and runner-up teams will receive plaques; individual awards will be presented to the top four finishers in each weight class.
- (d) 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.
- (e) Officials - Officials will be assigned by the NCHSAA Assistant Commissioner for Officiating

4.14.6 Dual Team Wrestling Championships

- (a) 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 conference tournament. All information must be reported to the NCHSAA office by 11:59 p.m. on January 25, 2023.
 - (1) The information includes overall won-loss record and winning percentage for all conference schools.
 - (2) If a conference tournament is not played, this information should be submitted upon conclusion of the conference's regular season.
 - (3) The overall winning percentage and finish in conference standings will be used when determining which schools qualify for wild-card berths in playoffs.
 - (4) Check website for additional information.
- (b) Qualifiers - Pre-determined brackets with the 32 qualifiers in each classification.
- (c) Once qualifiers have been determined or the seeding process is completed, and teams have been placed in the brackets, at no time will another team be substituted in or added to the playoff brackets for a disqualified team. If a disqualification occurs after the playoffs have concluded, that place or position remains vacant.
- (d) Dates and Sites - Sites for all classes will be determined by the NCHSAA after all qualifiers are reported.
 - (1) The first round/second round will be conducted on January 28, 2023
 - (i) Default Match Time(s):
 - (a) 3:00 p.m. and 4:30 p.m.
 - (b) Participating schools may mutually agree to adjust with NCHSAA approval.

- (ii) Rounds will be hosted at the site of the team with the highest berth (#1, #2, etc.)
- (iii) Ties for hosting will be decided in the following order:
 - (a) Head to head record
 - (b) Best overall winning percentage
 - (c) Draw amongst the tied teams.
- (2) The third round and regional finals will be conducted on Wednesday, February 1, 2023.
 - (i) Default Match Time(s):
 - (a) 6:00 p.m. and 7:30 p.m.
 - (b) Participating schools may mutually agree to submit a request to the NCHSAA for an earlier start time due to extenuating circumstances.
 - (ii) Rounds will be hosted by the team that creates the least amount of travel (total mileage) amongst the three (3) other schools participating in that region. In the event a team cannot host, the team with the second least amount of travel (total mileage) will host, and so on.
- (3) The State Championship will be conducted on Saturday, February 4, 2023 and hosted by the NCHSAA at a neutral facility (T.B.D.).
- (e) Admission - See Ticket Pricing Chart (page 115)
- (f) Expenses - Schools will bear their own travel expenses to the dual team tournament through the regional round. The host school will deduct allowable expenses (see financial form for allowable expense).
- (g) Gate Receipts - The NCHSAA will receive 0% of the gate for the first and second round matches. The NCHSAA will receive 25% of the net gate for third round through regionals. The remaining net (after host expenses) will be divided among the participating schools on a per match basis. For the State Championships, tickets will be sold by classification and participating schools will share 40% of the net gate revenue based upon tickets sold per classification with the NCHSAA receiving the remaining 60%.
- (h) Match Weigh-ins - Must be conducted by official, unless mutually agreed to do otherwise.
- (i) Officials - For the first four rounds of the state playoffs, the local regional supervisor of the host school will assign officials. Officials for the Dual Team State Championships will be assigned by the NCHSAA Assistant Commissioner for Officiating.
- (j) NFHS Order of Competition - A random draw must be conducted immediately following the conclusion of weigh-ins by the official or other authorized person to determine the first weight class that will be competed in dual matches. This begins with the regular season and continues through the individual state championship.
- (k) Awards - Team plaques will be given to the winner and runner-up teams at both the championship and regional levels. Members of the winning and runner-up teams will receive individual awards (maximum 30).
- (l) Dual Meet Tiebreaking Procedure (Regular Season and Playoffs) - The tiebreaker in the National Federation rule book must be used in the event a tie score exists in any conference dual meet or conference tournament, or in any dual team playoff match.

V. Resources

Playoff Ticket Prices (Subject to Additional Digital Ticketing/Facility Convenience or Service Charge)

Sport	1st Round	2nd Round	3rd Round	4th Round	Regional	State
FALL						
Cheerleading						\$10.00
Cross Country						\$8.00 + parking
Football	\$8.00	\$8.00	\$8.00		\$10.00	\$15.00
Men's Soccer	\$7.00	\$7.00	\$7.00	\$7.00	\$8.00	\$10.00
Tennis (Dual Team)						\$5.00
Volleyball	\$7.00	\$7.00	\$7.00	\$7.00	\$8.00	\$10.00
WINTER						
Basketball	\$7.00 1 Game \$8.00 2 Games	\$7.00 1 Game \$8.00 2 Games	\$7.00 1 Game \$8.00 2 Games	\$8.00 1 Game \$9.00 2 Games	TBD per session	\$15.00
Indoor Track						\$10.00
Swimming and Diving					\$6.00	\$7.00 Session, \$10.00 All Day
Wrestling-Dual Team	\$8.00	\$8.00	\$8.00		\$8.00	\$10.00
Wrestling-Individual					\$8.00 Friday \$10.00 Saturday \$15.00 Full \$6.00 Champ Only	\$5.00 Thursday \$15.00 Fri. or Sat. \$25.00 Full \$7.00 Champ Only
SPRING						
Baseball	\$7.00	\$7.00	\$7.00	\$7.00	\$7.00/Game	\$8.00 G1 or G3 Only \$12.00 G2 and G3 \$20.00 All Games
Lacrosse	\$7.00 1 Game \$8.00 2 Games	\$7.00 1 Game \$8.00 2 Games	\$7.00 1 Game \$8.00 2 Games	\$7.00 1 Game \$8.00 2 Games	\$7.00 1 Game \$8.00 2 Games	\$10.00
Softball	\$7.00	\$7.00	\$7.00	\$7.00	\$7.00/Game	\$8.00 G1 or G3 Only \$12.00 G2 and G3 \$20.00 All Games
Tennis (Dual Team)						\$5.00
Track and Field					\$7.00	\$10.00
Women's Soccer	\$7.00	\$7.00	\$7.00	\$7.00	\$8.00	\$10.00

NCHSAA/Member School Revenue Shares for Playoffs and Championships

Sport	1st Round	2nd Round	3rd Round	4th Round	Regional	State
FALL						
Football	Schools: 85% NCHSAA: 15%	Schools: 85% NCHSAA: 15%	Schools: 85% NCHSAA: 15%	Schools: 80% NCHSAA: 20%	Schools: 75% NCHSAA: 25%	Schools: 40% NCHSAA: 60%
Men's Soccer	Schools: 100% NCHSAA: 0%	Schools: 85% NCHSAA: 15%	Schools: 85% NCHSAA: 15%	Schools: 80% NCHSAA: 20%	Schools: 75% NCHSAA: 25%	Schools: 40% NCHSAA: 60%
Volleyball	Schools: 100% NCHSAA: 0%	Schools: 85% NCHSAA: 15%	Schools: 85% NCHSAA: 15%	Schools: 80% NCHSAA: 20%	Schools: 75% NCHSAA: 25%	Schools: 40% NCHSAA: 60%
WINTER						
Basketball	Schools: 85% NCHSAA: 15%	Schools: 85% NCHSAA: 15%	Schools: 85% NCHSAA: 15%	Schools: 80% NCHSAA: 20%	Schools: 40% NCHSAA: 60%	Schools: 40% NCHSAA: 60%
Wrestling-Dual Team	Schools: 100% NCHSAA: 0%	Schools: 100% NCHSAA: 0%	Schools: 75% NCHSAA: 25%		Schools: 75% NCHSAA: 25%	Schools: 40% NCHSAA: 60%
SPRING						
Baseball	Schools: 100% NCHSAA: 0%	Schools: 85% NCHSAA: 15%	Schools: 85% NCHSAA: 15%	Schools: 80% NCHSAA: 20%	Schools: 75% NCHSAA: 25%	Schools: 40% NCHSAA: 60%
Lacrosse	Schools: 100% NCHSAA: 0%	Schools: 85% NCHSAA: 15%	Schools: 85% NCHSAA: 15%	Schools: 80% NCHSAA: 20%	Schools: 75% NCHSAA: 25%	Schools: 40% NCHSAA: 60%
Softball	Schools: 100% NCHSAA: 0%	Schools: 85% NCHSAA: 15%	Schools: 85% NCHSAA: 15%	Schools: 80% NCHSAA: 20%	Schools: 75% NCHSAA: 25%	Schools: 40% NCHSAA: 60%
Women's Soccer	Schools: 100% NCHSAA: 0%	Schools: 85% NCHSAA: 15%	Schools: 85% NCHSAA: 15%	Schools: 80% NCHSAA: 20%	Schools: 75% NCHSAA: 25%	Schools: 40% NCHSAA: 60%

INDIVIDUAL SPORTS

In individual sports (cross-country, indoor track, track and field, swimming/diving, golf, individual wrestling, and tennis) each team bears its own expenses to regionals. In state finals for individual sports, EITHER 1) teams will split a share of net ticket revenue (gross ticket revenue less event expenses) OR 2) travel will be reimbursed up to \$0.05 per mile per qualifier, including coach, up to a maximum of \$0.35, whichever revenue share method is higher for the member schools.

Does My Event Need Sanctioning?

- Step 1: Determine participants (number of schools and/or states). LEFT SIDE (Can only be 1 box)
 Step 2: Once participants have been determined, determine event type. TOP ROW
 Step 3: Choose all applicable boxes for your event. (Could be multiple boxes)
 Step 4: If at anytime the event matches to a grey, the event must be NFHS sanctioned.
 Step 5: If the event matches a vertical stripe and no grey, the event must be NCHSAA Interstate sanctioned.
 Step 6: If the event matches only white, the event does not need sanctioning.

	Only NC schools involved	Event only involves state(s) that border NC (GA, SC, TN and VA)	Event has at least 1 non-bordering state involved	International team or school involved	Event co-sponsored or titled in name of organization outside of school community (college/university, theme park, apparel company)
Only NC schools involved					
1 vs. 1					
6 or more states involved AND 9 or more schools involved					
6 or more states involved AND 8 or less schools involved					
5 or less states involved AND 9 or more schools involved					
5 or less states involved AND 8 or less schools involved					

	NFHS Sanctioning Required http://www.nfhs.org/sanctioning/
	NCHSAA Interstate Sanctioning Required
	No Sanctioning Required (Other state(s) may require sanctioning)
	Not Applicable

Scrimmages must be sanctioned if they meet the above criteria

112 Schools

EASTERN REGION (54 Schools)

Atlantic 5 1A

Bear Grass Charter
Cape Hatteras
Columbia
Mattamuskeet
Ocracoke

Four Rivers 1A

Bertie
Gates County
North East Carolina Prep
Perquimans
Riverside-Martin
South Creek
Tarboro
Washington County

Coastal Plains 1A/2A

Jones Senior
Lejeune
Northside-Pinetown
Pamlico County
Southside
East Carteret (2A)

Waccamaw 1A/2A

East Columbus
Pender
West Columbus
South Columbus (2A)
Heide Trask (2A)
Whiteville (2A)

Tar Roanoke 1A

KIPP Pride
North Edgecombe
Northampton County
Northwest Halifax
Rocky Mount Prep
Southeast Halifax
Warren County
Weldon
Wilson Prep

Carolina 1A

Hobpton
Lakewood
Neuse Charter
North Duplin
Rosewood
Union

Triangle North 1A

Eno River
Excelsior Classical
Henderson Collegiate
Oxford Prep
Roxboro Community
Vance Charter
Voyager Academy

Super Six 1A/2A

East Wake Academy
Falls Lake Academy
Franklin Academy (2A)
NCSSM (2A)
Raleigh Charter (2A)
Research Triangle (2A)

Central Tar Heel 1A

Chatham Charter
Clover Garden
River Mill
Southern Wake Academy
Triangle Math and Science
Woods Charter

Mid-Carolina 1A/2A

Chatham Central
North Moore
Bartlett Yancey (2A)
Cummings (2A)
Graham (2A)
Jordan-Matthews (2A)
Seaforth (2A)

Independent

Ascend Leadership Academy

WESTERN REGION (58 Schools)

Piedmont Athletic 1A/2A

Eastern Randolph
Uwharrie Charter
Providence Grove (2A)
Randleman (2A)
Southwestern Randolph (2A)
Trinity (2A)
Wheatmore (2A)

Northwest Piedmont 1A

Bethany Community
Bishop McGuinness
Carver
Cornerstone Charter
Millenium Charter
NC Leadership Academy
Winston-Salem Prep

Central Carolina 1A/2A

North Rowan
South Davidson
Thomasville
East Davidson (2A)
Lexington (2A)
Salisbury (2A)
West Davidson (2A)

Yadkin Valley 1A/2A

Albemarle
Gray Stone Day
South Stanly
Union Academy
Jay M. Robinson (2A)
Mount Pleasant (2A)
North Stanly (2A)

Northwest 1A

Alleghany
East Wilkes
Elkin
Mount Airy
North Stokes
South Stokes
Starmount

Metro 8 1A

Apprentice Academy
Cabarrus Charter
Carolina International
Corvian Community
Piedmont Community
Queens Grant
Sugar Creek

Catawba Shores Athletic 1A/2A

Bradford Prep
Christ the King
Langtree Charter
Mountain Island Charter
C.S. of Davidson (2A)
Lincoln Charter (2A)
Pine Lake Prep (2A)

Southern Piedmont 1A/2A

Bessemer City
Cherryville
Highland Tech
Thomas Jefferson
Burns (2A)
East Gaston (2A)
Shelby (2A)

Western Highlands 1A/2A

Avery
Draughn
Mitchell
Mountain Heritage
Rosman
Madison (2A)
Owen, Charles D. (2A)

Smoky Mountain 1A

Andrews
Blue Ridge
Cherokee
Hayesville
Highlands
Hiwassee Dam
Murphy
Nantahala
Robbinsville
Swain County
Tri-County Early College

Independent

College Prep and Leadership Academy
NC School for the Deaf
NCSSM - Morganton
Triad Math and Science

Football Only A 1A/2A

Bishop McGuinness
Carver
Christ the King
Mountain Island Charter
Winston-Salem Prep
Comm. School of Davidson (2A)
Pine Lake Prep (2A)

106 Schools

EASTERN REGION (53 Schools)

Northeastern Coastal 2A/3A

Camden County
Hertford County
Holmes, John A.
Manteo
Northeastern
Pasquotank
Currituck County (3A)
First Flight (3A)

Coastal Plains 1A/2A

East Carteret
Jones Senior (1A)
Lejeune (1A)
Northside-Pinetown (1A)
Pamlico County (1A)
Southside (1A)

Eastern Plains 2A

Ayden-Grifton
Farmville Central
Greene Central
North Pitt
SouthWest Edgecombe
Washington
West Craven

Waccamaw 1A/2A

South Columbus
Heide Trask
Whiteville
East Columbus (1A)
Pender (1A)
West Columbus (1A)

East Central 2A

East Duplin
James Kenan
Kinston
North Lenoir
South Lenoir
Southwest Onslow
Wallace-Rose Hill

Southeastern Athletic 2A

Clinton
East Bladen
Fairmont
Midway
Red Springs
St. Pauls
West Bladen

Neuse 6 2A

Beddingfield
Eastern Wayne
Goldsboro
North Johnston
Princeton
Spring Creek

Super Six 1A/2A

Franklin Academy
NCSSM
Raleigh Charter
Research Triangle
East Wake Academy (1A)
Falls Lake Academy (1A)

The Big East 2A/3A

Bunn
Louisburg
Nash Central
Roanoke Rapids
Franklinton (3A)
Northern Nash (3A)
Rocky Mount (3A)
Southern Nash (3A)

Northern Lakes Athletic 2A/3A

Granville Central
South Granville
J.F. Webb
Carrboro (3A)
Durham School of Arts (3A)
Southern Durham (3A)
Vance County (3A)

Mid-Carolina 1A/2A

Bartlett Yancey
Cummings
Graham
Jordan-Matthews
Seaforth
Chatham Central (1A)
North Moore (1A)

WESTERN REGION (53 Schools)

Piedmont Athletic 1A/2A

Providence Grove
Randleman
Southwestern Randolph
Trinity
Wheatmore
Eastern Randolph (1A)
Uwharrie Charter (1A)

Mid-State 2A

Andrews, T.W.
McMichael
Morehead
North Forsyth
Reidsville
Walkertown
West Stokes

Rocky River 2A/3A

Anson
Forest Hills
Monroe
West Stanly
Central Academy (3A)
Parkwood (3A)

Central Carolina 1A/2A

East Davidson
Lexington
Salisbury
West Davidson
North Rowan (1A)
South Davidson (1A)
Thomasville (1A)

Yadkin Valley 1A/2A

Mount Pleasant
North Stanly
Robinson, J.M.
Albemarle (1A)
Gray Stone Day (1A)
South Stanly (1A)
Union Academy (1A)

Foothills 2A

East Surry
Forbush
North Surry
North Wilkes
Surry Central
West Wilkes
Wilkes Central

Catawba Shores Athletic 1A/2A

Community School of Davidson
Lincoln Charter
Pine Lake Prep
Bradford Prep (1A)
Christ the King (1A)
Langtree Charter (1A)
Mountain Island Charter (1A)

Southern Piedmont 1A/2A

Burns
East Gaston
Shelby
Bessemer City (1A)
Cherryville (1A)
Highland Tech (1A)
Thomas Jefferson (1A)

Mountain Foothills 7 2A

Brevard
Chase
East Rutherford
Hendersonville
Patton
Polk County
R-S Central

Western Highlands 1A/2A

Madison
Owen, Charles D.
Avery (1A)
Draughn (1A)
Mitchell (1A)
Mountain Heritage (1A)
Rosman (1A)

Catawba Valley Athletic 2A

Bandys
Bunker Hill
East Burke
Lincolnton
Maiden
Newton-Conover
West Caldwell
West Lincoln

Football Only A 1A/2A

Community School of Davidson
Pine Lake Prep
Bishop McGuinness (1A)
Carver (1A)
Christ the King (1A)
Mountain Island Charter (1A)
Winston-Salem Prep (1A)

107 Schools

EASTERN REGION (52 Schools)

Northeastern Coastal 2A/3A

Currituck County
 First Flight
Camden County (2A)
Hertford County (2A)
Holmes, John A. (2A)
Manteo (2A)
Northeastern (2A)
Pasquotank (2A)

Midwestern 3A/4A

North Brunswick
 South Brunswick
 West Brunswick
Ashley (4A)
Hoggard (4A)
Laney (4A)
New Hanover (4A)
Topsail (4A)

United 8 3A/4A

Byrd, Douglas
 Cape Fear
 Seventy-First
 Britt, Jack (4A)
 Gray's Creek (4A)
 Lumberton (4A)
 South View (4A)
 Swett, Purnell (4A)

The Big East 2A/3A

Franklinton
 Northern Nash
 Rocky Mount
 Southern Nash
Bunn (2A)
Louisburg (2A)
Nash Central (2A)
Roanoke Rapids (2A)

Coastal 3A

Croatan
 Dixon
 Richlands
 Swansboro
 West Carteret
 White Oak

Quad County 3A

Aycock, C.B.
 East Wake
 Fike
 Hunt
 Smithfield-Selma
 South Johnston
 Southern Wayne
 West Johnston

All American 3A/4A

Harnett Central
 Sanford, Terry
 Smith, E.E.
 Triton
 Western Harnett
 Westover
Overhills (4A)
Pine Forest (4A)

**Northern Lakes Athletic
2A/3A**

Carrboro
 Durham School of Arts
 Southern Durham
 Vance County
Granville Central (2A)
South Granville (2A)
Webb, J.F. (2A)

Big Carolina 3A/4A

Havelock
 Jacksonville
 Northside-Jacksonville
 Rose, J.H.
 South Central
Conley, D.H. (4A)
New Bern (4A)

Sandhills 3A/4A

Lee County
 Scotland
 Southern Lee
 Union Pines
Hoke County (4A)
Pinecrest (4A)
Richmond (4A)

Central 3A

Cedar Ridge
 Eastern Alamance
 Northwood
 Orange
 Person
 Western Alamance
 Williams, Walter M.

WESTERN REGION (55 Schools)

Rocky River 2A/3A

Central Academy
 Parkwood
Anson (2A)
Forest Hills (2A)
Monroe (2A)
West Stanly (2A)

Mid-State 3A

Atkins
 Dudley
 Eastern Guilford
 High Point Central
 Northeast Guilford
 Rockingham County
 Smith, Ben L.
 Southern Guilford

Big South 3A

Ashbrook
 Cramer, Stuart
 Crest
 Forestview
 Huss, Hunter
 Kings Mountain
 North Gaston
 South Point

The Mountain 3A/4A

Enka
 Erwin, Clyde A.
 North Buncombe
Asheville (4A)
McDowell (4A)
Reynolds, A.C. (4A)
Roberson, T.C. (4A)

Mid Piedmont 3A

Asheboro
 Central Davidson
 Ledford
 Montgomery Central
 North Davidson
 Oak Grove

Queen City 3A/4A

West Charlotte
 West Mecklenburg
Chambers, Julius L. (4A)
Hopewell (4A)
Hough (4A)
Mallard Creek (4A)
North Mecklenburg (4A)

Western Foothills 3A

East Lincoln
 Foard, Fred T.
 Hickory
 North Iredell
 North Lincoln
 St. Stephens
 Statesville
 West Iredell

Mountain 7 3A

East Henderson
 Franklin
 North Henderson
 Pisgah
 Smoky Mountain
 Tuscola
 West Henderson

South Piedmont 3A

Carson, Jesse
 Central Cabarrus
 Concord
 East Rowan
 Lake Norman Charter
 Northwest Cabarrus
 South Rowan
 West Rowan

Northwestern 3A/4A

Ashe County
 Freedom
 Hibriten
Alexander Central (4A)
South Caldwell (4A)
Watauga (4A)

107 Schools

EASTERN REGION (52 Schools)

Big Carolina 3A/4A

Conley, D.H.
New Bern
Havelock (3A)
Jacksonville (3A)
Northside-Jacksonville (3A)
Rose, J.H. (3A)
South Central (3A)

Northern Athletic 4A

Heritage
Knightdale
Millbrook
Rolesville
Wake Forest
Wakefield

DAC-VII 4A

Chapel Hill
East Chapel Hill
Hillside
Jordan, C.E.
Northern Durham
Riverside-Durham
Southern Alamance

All American 3A/4A

Overhills
Pine Forest
Harnett Central (3A)
Sanford, Terry (3A)
Smith, E.E. (3A)
Triton (3A)
Western Harnett (3A)
Westover (3A)

Midwestern 3A/4A

Ashley
Hoggard
Laney
New Hanover
Topsail
North Brunswick (3A)
South Brunswick (3A)
West Brunswick (3A)

CAP 6 4A

Athens Drive
Broughton
Cardinal Gibbons
Enloe
Leesville Road
Sanderson

United 8 3A/4A

Britt, Jack
Gray's Creek
Lumberton
South View
Swett, Purnell
Byrd, Douglas (3A)
Cape Fear (3A)
Seventy-First (3A)

Sandhills 3A/4A

Hoke County
Pinecrest
Richmond
Lee County (3A)
Scotland (3A)
Southern Lee (3A)
Union Pines (3A)

Greater Neuse River 4A

Corinth Holders
Clayton
Cleveland
Fuquay-Varina
Garner
South Garner
Southeast Raleigh
Willow Spring

Southwest Wake 4A

Apex
Apex Friendship
Cary
Green Hope
Green Level
Holly Springs
Middle Creek
Panther Creek

WESTERN REGION (55 Schools)

Metro 4A

Grimsley
Northern Guilford
Northwest Guilford
Page
Ragsdale
Southeast Guilford
Southwest Guilford
Western Guilford

Greater Metro 4A

Brown, A.L.
Cox Mill
Hickory Ridge
Lake Norman
 Mooresville
South Iredell
West Cabarrus

So Meck 4A

Ardrey Kell
Berry Academy
Harding University
Myers Park
Olympic
Palisades
South Mecklenburg

Northwestern 3A/4A

Alexander Central
South Caldwell
Watauga
Ashe County (3A)
Freedom (3A)
Hibriten (3A)

Central Piedmont 4A

Davie
East Forsyth
Glenn
Mount Tabor
Parkland
Reagan
Reynolds, R.J.
West Forsyth

Southern Carolina 4A

Cuthbertson
Marvin Ridge
Piedmont
Porter Ridge
Sun Valley
Weddington

Queen City 3A/4A

Chambers, Julius L.
Hopewell
Hough
Mallard Creek
North Mecklenburg
West Charlotte (3A)
West Mecklenburg (3A)

The Mountain 3A/4A

Asheville
McDowell
Reynolds, A.C.
Roberson, T.C.
Enka (3A)
Erwin, Clyde A. (3A)
North Buncombe (3A)

Southwestern 4A

Butler
Charlotte Catholic
East Mecklenburg
Garinger
Independence
Providence
Rocky River

2022-2023 NCHSAA Sports Dates and Deadlines

BASEBALL

1st Practice:	Feb. 13
1st Contest:	Feb. 27
Seeding:	May 8
First Round:	May 9
Second Round:	May 12
Third Round:	May 16
Fourth Round:	May 19
Regionals:	May 23-27
State:	June 2-3

BASKETBALL

Non-Football Schools

1st Practice:	Oct. 24
1st Contest:	Nov. 7

Football Schools

1st Practice:	Oct. 31
1st Contest:	Nov. 18
Conference:	Feb. 13-17
Seeding:	Feb. 18
First Round:	Feb. 21
Second Round:	Feb. 23
Third Round:	Feb. 25
Fourth Round:	Feb. 28
Regional:	Mar. 4
State:	Mar. 11

CHEERLEADING

<i>Invitational:</i>	Dec. 3
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CROSS-COUNTRY

1st Practice:	Aug. 1
1st Contest:	Aug. 15
Reporting Deadline:	Oct. 21; 9 pm
Regional:	Oct. 29
State:	Nov. 5

FOOTBALL

1st Practice:	Aug. 1
1st Scrimmage:	Aug. 10
1st Contest:	Aug. 19
Seeding:	Oct. 29
First Round:	Nov. 4
Second Round:	Nov. 11
Third Round:	Nov. 18
Fourth Round:	Nov. 25
Regional:	Dec. 2
State:	Dec. 9-10

INDOOR TRACK

1st Practice:	Oct. 31
1st Contest:	Nov. 14
Reporting Deadline:	Feb. 4; 9 pm
State:	Feb. 10-11

LACROSSE

1st Practice:	Feb. 13
1st Contest:	Feb. 27
Bracketing:	Apr. 28
First Round:	May 2
Second Round:	May 5
Third Round:	May 9
Fourth Round:	May 12
Regional:	May 16
State:	May 19-20

MEN'S GOLF

1st Practice:	Feb. 13
1st Contest:	Feb. 27
Reporting Deadline:	May 3; 9 pm
Regionals:	May 8 or 9
State:	May 15-16

MEN'S SOCCER

1st Practice:	Aug. 1
1st Contest:	Aug. 15
Seeding:	Oct. 28
First Round:	Oct. 31
Second Round:	Nov. 3
Third Round:	Nov. 7
Fourth Round:	Nov. 10
Regional:	Nov. 15
State:	Nov. 18-19

MEN'S TENNIS

1st Practice:	Feb. 13
1st Contest:	Feb. 27

Individual

Reporting Deadline:	May 1; 3 pm
Regional:	May 5-6
State:	May 12-13

Dual Team

Seeding:	May 1
First Round:	May 3
Second Round:	May 9
Third Round:	May 15
Regional:	May 17
State:	May 20

SOFTBALL

1st Practice:	Feb. 13
1st Contest:	Feb. 27
Seeding Date:	May 8
First Round:	May 9
Second Round:	May 12
Third Round:	May 16
Fourth Round:	May 19
Regionals:	May 23-27
State:	June 2-3

SWIMMING and DIVING

1st Practice:	Oct. 31
1st Contest:	Nov. 14
Reporting Deadline:	Jan. 28; 11:59 pm
Regional:	Feb. 2-4
State:	Feb. 8-11

TRACK and FIELD

1st Practice:	Feb. 13
1st Contest:	Feb. 27
Reporting Deadline:	May 6; 9 pm
Regionals:	May 12-13
State:	May 19-20

VOLLEYBALL

1st Practice:	Aug. 1
1st Contest:	Aug. 15
Seeding:	Oct. 20
First Round:	Oct. 22
Second Round:	Oct. 25
Third Round:	Oct. 27
Fourth Round:	Oct. 29
Regional:	Nov. 1
State:	Nov. 5

WOMEN'S GOLF

1st Practice:	Aug. 1
1st Contest:	Aug. 15
Reporting Deadline:	Oct. 12; 9 pm
Regional:	Oct. 17 or 18
State:	Oct. 24-25

WOMEN'S SOCCER

1st Practice:	Feb. 13
1st Contest:	Feb. 27
Seeding:	May 12
First Round:	May 15
Second Round:	May 18
Third Round:	May 22
Fourth Round:	May 25
Regional:	May 30
State:	June 2-3

WOMEN'S TENNIS

1st Practice:	Aug. 1
1st Contest:	Aug. 15

Individual

Reporting Deadline:	Oct. 17; 3 pm
Regional:	Oct. 21-22
State:	Oct. 28-29

Dual Team

Bracketing:	Oct. 17
First Round:	Oct. 19
Second Round:	Oct. 25
Third Round:	Oct. 31
Regional:	Nov. 2
State:	Nov. 5

WRESTLING

1st Practice:	Oct. 31
1st Contest:	Nov. 14

Dual Team

Bracketing:	Jan. 26
First and Second Round:	Jan. 28
Third and Regional:	Feb. 1
State:	Feb. 4

Individual

Women's Invitational:	Feb. 4
Reporting Deadline:	Jan. 26; 3 pm
Regional:	Feb. 10-11
State:	Feb. 16-18

SUMMER DEAD PERIODS July 4 - 17, 2022
IN-SESSION DEAD PERIODS FALL DEAD PERIOD: Aug. 1 - 21, 2022
WINTER DEAD PERIOD: Oct. 31 - Nov. 20, 2022
Last 5 student days of first semester
SPRING DEAD PERIOD: Feb. 13- Mar. 5, 2023
Last 10 student days of second semester
SUMMER DEAD PERIODS July 3 - 9, 2023 July 17 - 23, 2023

Gfeller-Waller/NCHSAA Concussion Management Principles Health and Safety Personnel

The NCHSAA **STRONGLY RECOMMENDS** that each individual listed below has both expertise and training in concussion management and that LATs, PAs, and NPs consult with their supervising physician before signing the Return to Play Form, as per their respective state statues.

Licensed Physician**- An individual who has training in concussion management licensed to practice medicine (MD or DO) under Article 1 of Chapter 90 of the General Statutes.

Licensed Athletic Trainer (LAT)** - An individual who is licensed under Article 34 of Chapter 90 of the General Statutes entitling them to perform the functions and duties of an athletic trainer.

Licensed Physician Assistant (PA)** - An individual who is licensed under the provisions of G.S. 90-9.3 to perform medical acts, tasks, and functions as an assistant to a physician.

Licensed Nurse Practitioner (NP)** - Any nurse who and is licensed under the provisions of G.S. 90-18(14) to perform medical acts, tasks or functions.

Licensed Neuropsychologist**- An individual who has training in concussion management licensed under Article 18A of Chapter 90 of the General Statutes and working in consultation with a physician licensed under Article 1 of Chapter 90 of the General Statutes.

First Responder (FR) - An individual who meets the requirements set forth by the North Carolina State Board of Education Policy ATHL-000.

**** Licensed Health Care Provider as defined by the Gfeller-Waller Concussion Awareness Act.**

Key Tenets of Concussion Management

1. No student-athlete with a suspected concussion is allowed to return to practice or play the same day that his or her head injury occurred.
2. It is not feasible for a Licensed Health Care Provider to both diagnose an acute concussion and provide clearance on the same day.
3. Student-athletes should never return to play or practice if they still have ANY symptoms.
4. More than one evaluation is typically necessary for medical clearance for concussion. Due to the need to monitor concussions for recurrence of signs and symptoms with cognitive or physical stress, Emergency Room and Urgent Care physicians typically should not make clearance decisions at the time of first visit.
5. A concussion is a traumatic brain injury that can present in several ways and with a variety of signs, symptoms, and neurologic deficits that can present immediately or evolve over time.
6. Both academic and cognitive considerations should be addressed when managing a student-athlete with a concussion. The NC Dept. of Public Instruction now requires a "Return to Learn" plan for students with suspected head injury. Also, consider guidance on proper sleep, hygiene, nutrition, and hydration.
7. The NCHSAA STRONGLY RECOMMENDS that all member school student-athletes have a Licensed Physician's (MD/DO) signature on the Return to Play Form and/or the Licensed Health Care Provider Concussion Evaluation Recommendations Form. Remember that the Licensed Physician (MD/DO) signing the RETURN TO PLAY FORM and/or the Licensed Health Care Provider Concussion Evaluation Medical Recommendation Form is required to be licensed under Article 1 of Chapter 90 of the General Statutes and have had training in concussion management.
8. In order to be cleared to resume full participation in athletics, a student-athlete must be completely symptom-free both at rest AND with cognitive stress, then with full physical exertion. (The NCHSAA Concussion Return to Play Protocol has been designed with this in mind).
9. A step-by-step progression of physical and cognitive exertion is widely accepted as the appropriate approach to ensure a concussion has resolved, and that a student-athlete can return to athletics safely. The NCHSAA Concussion Return to Play Protocol, therefore, has been designed using a step-by-step progression and is REQUIRED to be completed in its entirety for any concussed student-athlete before they are released to full participation in athletics.

NCHSAA Playoff Broadcast Rights Fee Chart

Based on the Association's partnership with the NFHS Network and Sinclair Broadcasting Group (SBG), the NCHSAA is pleased to offer broadcasters the opportunity to broadcast NCHSAA Playoff Contests. The Association requires all broadcasters to complete the NCHSAA's Post-Season Broadcast Request form to gain approval to broadcast playoff contests. Once the online form has been submitted, stations will receive notification of approval or denial. The station or outlet should pay the appropriate fee for the broadcast, as shown below. An athletic director may allow an audio-only/radio broadcast without prior NCHSAA Approval provided the outlet is in good standing with the school.

AUDIO-ONLY/RADIO (PLAYOFF RIGHTS FEES)

Football and Basketball	\$100.00 per game
All Other Sports	\$50.00 per game

Any NCHSAA Playoff event declined by the NFHS Network or the NCHSAA's Television Partner, SBG, is eligible for third-party video production and distribution at the rates listed below. Schools may elect to produce declined events for streaming on the NFHS Network and fees for those productions will be waived provided the event is EXCLUSIVELY distributed either live or on-demand through the NFHS Network's streaming and technology infrastructure.

Network streaming software and access to the Network will be made available to Schools at no cost provided that the School utilizes both the consumer subscription and video player provided by NFHS Network.

FOOTBALL (VIDEO)

Internet Stream or Cable Community Access Channel	School or Neutral Site	Championship Site
Live	\$500.00 per game	\$1,000.00 per game
Delayed/On-Demand	\$250.00 per game	\$500.00 per game
Over-the-air Television Broadcast	School or Neutral Site	Championship Site
Live	\$1,500.00 per game	\$3,000.00 per game
Delayed/Video-on-Demand	\$750.00 per game	\$1,500.00 per game

BASKETBALL (VIDEO)

Internet Stream or Cable Community Access Channel	School or Neutral Site	Championship Site
Live	\$250.00 per game	\$750.00 per game
Delayed/On-Demand	\$150.00 per game	\$250.00 per game
Over-the-air Television Broadcast	School or Neutral Site	Championship Site
Live	\$1,000.00 per game	\$2,000.00 per game
Delayed/Video-on-Demand	\$500.00 per game	\$1,000.00 per game

ALL OTHER SPORTS (VIDEO)

Internet Stream or Cable Community Access Channel	School or Neutral Site	Championship Site
Live	\$150.00 per game	\$300.00 per game
Delayed/On-Demand	\$75.00 per game	\$150.00 per game
Over-the-air Television Broadcast	School or Neutral Site	Championship Site
Live	\$500.00 per game	\$1,500.00 per game
Delayed/Video-on-Demand	\$250.00 per game	\$750.00 per game

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NCHSAA Presidents

<u>YEAR</u>	<u>PRESIDENT</u>	<u>SCHOOL/UNIT</u>	<u>YEAR</u>	<u>PRESIDENT</u>	<u>SCHOOL/UNIT</u>
1946-47	C.R. Joyner	Winston-Salem	1999-2000	Theresa Banks	Madison
1947-48	T.T. Hamilton	Wilmington	2000-01	Martha Land	Mount Tabor
1948-49	T.T. Hamilton	Wilmington	2001-02	Charles Long	D.H. Conley
1949-50	H.M. Kyzer	Hamlet	2002-03	William Harrison	Cumberland Co.
1950-51	H.M. Kyzer	Hamlet	2003-04	Ed Sadler	Gaston County
1951-52	F.L. Ashley	Gastonia	2004-05	Ralph Holloway	East Carteret
1952-53	F.L. Ashley	Gastonia	2005-06	Gene Moore	Cleveland County
1953-54	C. Reid Ross	Fayetteville	2006-07	Vann Pennell	South Brunswick
1954-55	H.J. Beeker	Snow Hill	2007-08	Diane Frost	Asheboro
1955-56	George Wingfield	Reidsville	2008-09	William Harrison	Cumberland Co.
1956-57	A.P. Routh	Greensboro	2009-11	Allison Sholar	Pender County
1957-58	L.S. Weaver	Durham	2011-12	Brooks Matthews	Triton
1958-59	Frank Mock, Jr.	Kinston	2012-13	Stewart Hobbs	Yadkin County
1959-60	Philip J. Weaver	Greensboro	2013-15	Bill Miller	Polk County
1960-61	C.E. Cooke	Durham	2015	Maurice "Mo" Green	Guilford County
1961-62	Fred C. Hobson	Yadkin County	2016-17	Rodney Shotwell	Rockingham Co.
1962-63	C. Reid Ross	Fayetteville	2017-18	Joe Poletti	East Carteret
1963-64	Hugh Tomberlin	Enka	2018-19	Sandy B. George	Mount Airy
1964-65	Edward Sanders	Garinger	2019-20	Brad Craddock	Glenn
1965-66	E.C. Sipe	Clinton	2020-21	Jerry Simmons	New Bern
1966-67	John Nettles	Salisbury	2021-22	Bobby Wilkins	Hendersonville
1967-68	Gerald D. James	Wayne County	2022-23	Rob Jackson	Carteret County
1968-69	C. Wayne Bradburn	Wilkesboro			
1969-70	R.E. Lee	Moore County			
1970-71	J.M. Robinson	Cabarrus County			
1971-72	J.M. Harrington	Burlington			
1972-73	H.M. Arndt	Catawba County			
1973-74	R. Paul Buchanan	Jackson County			
1974-75	William H. Brown	Gaston County			
1975-76	J.M. Robinson	Cabarrus County			
1976-77	J.M. Robinson	Cabarrus County			
1977-78	Robert D. Deaton	R.J. Reynolds			
1978-79	J.J. Ray	Eastman			
1979-80	Arthur "Ott" Alford	Pitt County			
1980-81	Modeal Walsh	Graham County			
1981-82	Everett Waters	Onslow County			
1982-83	Jack L. Wallace	Bath			
1983-84	Jerry D. Paschal	Whiteville			
1984-85	Donald Bonner	Robeson County			
1985-86	Glenn Marlow	Henderson County			
1986-87	Robert Edwards	Madison County			
1987-88	Richard Murphy	Sanderson			
1988	Patrick Best	Goldsboro			
1988-90	J. Patrick Harrell	Dare County			
1990-91	Larry Ivey	Montgomery Co.			
1991-92	W.K. Morgan	Albemarle			
1992-94	Bennie Higgins	Greensboro			
1994-95	Richard Hicks	Hillside			
1995-97	William Steed	Davie County			
1997-98	Robert McRae	Kings Mountain			
1998-99	Travis Twiford	Nash-Rocky Mount			

History of the NCHSAA

- 1912 - Idea for a state high school athletic association was born
- 1913 - NCHSAA founded and first state playoffs conducted
- 1924 - First Annual Meeting Governing body expanded to include high school superintendents and principals. Membership recorded at 137 schools
- 1947 - New constitution adopted (forerunner of present organization)
- 1952 - State Board of Education recognizes important role played by NCHSAA and patterns its athletic rules after those of the Association
- 1959 - North Carolina Athletic Officials Association jointly sponsored by NCHSAA State Department of Public Instruction and the Western North Carolina High School Activities Association, is created. First Supervisor of Officials/Assistant Executive Secretary hired
- 1967 - Member schools of the North Carolina High School Athletic Conference (the organization for predominantly black schools) join NCHSAA
- 1968 - Girls' Advisory Committee appointed to be responsible for girl's athletic program
- 1971 - Statewide catastrophic insurance policy instituted
- 1973 - Association accepted responsibility for conference alignment
- 1976 - Plans begun for new NCHSAA office building. Association becomes incorporated as a 501 (c) 3 public charity
- 1977 - Western North Carolina High School Activities Association schools join NCHSAA
- 1978 - NCHSAA Headquarters completed and occupied
- 1979 - Simon F. Terrell Building officially dedicated
- 1985-86 - Start of the first NCHSAA drafted four-year alignment period
- 1988 - NCHSAA celebrates 75th anniversary
- 1990 - Concept of NCHSAA Endowment is approved
- 1991 - Student services program begins - NCHSAA Endowment Fund initiated
- 1994 - Wing is added to Simon F. Terrell Building
- 2005 - NCHSAA initiates student scholarship program through NCHSAA Endowed Funds
- 2010 - NCHSAA becomes unaffiliated with UNC, continuing its 501 (c) 3 status
- 2011 - NCHSAA disburses first annual distribution of funds to member schools from Endowed Funds
- 2013 - NCHSAA celebrates 100th anniversary
- 2015 - NCHSAA completes renovation of the Simon F. Terrell Building and selects Marilyn Que Tucker as first female commissioner of the organization
- 2019 - NCHSAA Initiates Education-Based Grant Program for member schools
- 2021 - \$5.7 million distributed to member schools from NCHSAA Endowed Funds, including \$4 million for COVID relief
- 2022 - NCHSAA signs first four-year Memorandum of Understanding with SBOE after passage of HB 91

The North Carolina High School Athletic Association, Inc., was founded early in the 20th century. And even though the NCHSAA has witnessed dramatic growth in the scope of its programs and has had to deal with the changing face of education, one thing has remained constant: the Association's commitment to providing a wholesome athletic environment.

The Association is a voluntary, non-profit corporation which administers the state's interscholastic athletic program. Any North Carolina public or non-boarding parochial high school is eligible for membership, provided it is accredited by the State Department of Public Instruction and that the school adopts and maintains a prescribed code to guarantee fair competition.

University of North Carolina professor Dr. Louis Round Wilson spearheaded the founding of the NCHSAA. In 1912, he approached University president Dr. Francis P. Venable about starting a University Extension Division. After a year of heated debate, a total of \$600 was approved for this project, with one-third of that amount earmarked for the beginning of a high school athletic association which would help standardize regulations and ensure fairness. A university committee was to control the association's operation, which was part of the Extension Division.

State Championships were held in football and track in 1913 and several other sports were added to the program soon thereafter. As school administrators of the state desired more direct control of their organization, there was a move to change the way the Association operated. In 1947, a new constitution was adopted, by which the University was relieved from most financial obligations with the NCHSAA but continued to house the Association offices. The new constitution also provided for a Board of Directors as it is presently operating. In June of 2010, the NCHSAA became an independent organization no longer affiliated with the University.

The Association now has 432 member schools and certifies the eligibility of well over 200,000 athletes annually. Other organizations which have contributed greatly to high school athletics in the state have merged with the NCHSAA. Member schools of the North Carolina High School Athletic Conference, the organization for black high schools, joined the Association in 1967. The Western North Carolina High School Activities Association (WNCHSAA) joined the Association in 1977, leaving one primary body working with high school athletics in North Carolina.

Seven leaders have served the Association since its inception. Those officers, including their years as executive director include: E.R. Rankin (1924-1942); C.E. McIntosh (1943-1947); L.J. "Hap" Perry (1948-1966); Simon F. Terrell (1967-1984); Charles H. Adams (1984-2010); followed by commissioners Davis Whitfield (2010-2015) and Marilyn Que Tucker (2015-present).

NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION



WE ARE THE NCHSAA!