

- (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.
- 2.2.13 **Split Squads:** A varsity team may not be divided or split for athletic purposes, with the exception of cross country, indoor track and field, and track and field.
- (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.
- 2.2.14 **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 North Carolina High School Athletic Association (NCHSAA) does not regulate unattached athletes; it is up to the discretion of the meet director to decide whether to admit unattached athletes. Performances while competing unattached cannot be used to qualify for NCHSAA regional or state meets.
- (b) **Unaffiliated:** An athlete is unaffiliated if the athlete does not have a team or does not belong to a governing body. This means that no one is currently monitoring his/her eligibility. Home-schooled 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.
- 2.2.15 **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 last regular season or 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, an 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 (Exception, football, see 4.5.1.r).
- (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 - September 15, 2016
 - (ii) October 31 (October 17, Non-Football Schools) - December 15, 2016
 - (iii) Last five (5) days of the First Semester
 - (iv) February 13 - April 1, 2017
 - (v) May 8 - Last Day of the 2017 Academic School Year
 - (vi) July 3 - July 9, 2017
 - (vii) July 17 - July 23, 2017
- (2) The weight room must also be closed during the last five student days of each semester.
- (3) All skill development sessions must be voluntary and open to all students with a current and valid pre-participation physical examination in compliance with regulation 1.2.8.
- (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 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) For football skill development guidelines see 4.5.1.r.
- (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 (also reference 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 (basketball, soccer, etc.) he or she coaches at the high school, also coaches an “outside” or “club team outside the sports season but during the school year, whether head or assistant, and has any students from the high school on that outside team, he or she cannot work with any of them 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 (basketball, soccer, etc.), 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	(see Rule 4.5.1.r)	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)	Field hockey	no more than 10

(f) 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.

(1) In order to participate in summer work-outs, students must have a current and valid pre-participation physical examination.

(g) 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.

(h) Principals, superintendents and athletic directors are responsible for seeing that this entire concept of the sports season is followed without exception. (See Penalty Code for violations 3.2.2.d.20).

2.2.16 **Weight Training and Conditioning:** A program of weight training is permitted at any time, with the exception of the last five student days of each 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. Note: See 2.2.15 for permitted daily off-season work.

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, subject to a \$400 fine, unless agreed upon by competing teams.

(a) 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, with the exception of the NCHSAA's Official Television Partner's Game of the Week in football and basketball. Member schools are encouraged to make their own arrangements with media outlets. The NCHSAA retains all broadcast rights to the NCHSAA Game of the Week. The NCHSAA also holds the broadcast rights to all postseason competition it conducts whether broadcast over the air, TV, cable TV or the internet.

(a) For a live audio-only broadcast (radio or internet streaming) of any single playoff contest, the fee is set at \$50, AM, FM or internet audio stream.

(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.

(b) The minimum fees for the rights to air a delayed telecast of NCHSAA playoff games are as follows:

(1) \$300 for a football telecast “over the air” or a combination of over the air and cable television;
(2) \$150 for a football telecast available only on cable (community access channel, etc.); or video streaming;

(3) \$100 for other playoff sports for a telecast “over the air” or a combination of over the air and cable television; or available only on cable; or video streaming.

(c) A telecast aired on multiple outlets, over the air or cable, is subject to the appropriate fee for each outlet or cable system airing the contest.

- (d) All broadcast or telecast fees are payable to the host institution or, at the state championships, to the NCHSAA prior to the beginning of the contest.
 - (e) The delayed telecast may not begin any earlier than completion of the contest.
 - (1) With written application to the Association, a non-commercial telecast may have the rights fees waived under certain conditions.
 - (f) NCHSAA Game of the Week: The NCHSAA Game of the Week will be conducted during the Fall and Winter sports seasons for the sports of football and basketball in conjunction with the Official Television Partner of the NCHSAA. During the Fall Sports Season the NCHSAA Game of the Week will be held on Thursday, and on Monday or Thursday during the Winter sports season.
 - (1) If forces beyond the NCHSAA's and Member Schools' control make broadcast of the NCHSAA Game of the Week impracticable, the NCHSAA and its Official Television Partner may select alternate sports to be broadcast during the aforementioned time slots, or an alternate date to broadcast the NCHSAA Game of the Week.
 - (2) Live internet video streaming of the NCHSAA Game of the Week is expressly prohibited absent prior written approval by the NCHSAA.
 - (g) Live regular season telecasts of football and basketball games by NCHSAA member schools are prohibited. However, member-schools outside of the Official Television Partner's system footprint, may upon prior written approval from the NCHSAA and its Official Television Partner, make their own arrangements with media outlets for live telecasts during the aforementioned time slots.
 - (h) Live internet video streaming of regular season contests is permitted, with the exception of the NCHSAA Game of the Week, which requires prior written NCHSAA approval.
 - (i) A live telecast of a playoff game must be approved by the NCHSAA and the holder of television rights, if any, which the Association has granted.
 - (1) The minimum fee is \$1000 for a single station and \$2000 when the signal is fed to multiple stations or cable systems.
 - (j) All telecasts, live or delayed, of any state championship game must be approved by the NCHSAA.
- 2.2.19 **Travel Checks:** Travel checks will be issued to participating schools in all sports with the exception of volleyball, football, soccer, basketball, baseball and softball. These checks are to be issued at the conclusion of the spring sports season, by July 31.

2.3 HEALTH AND SAFETY

2.3.1 **Fundamentals of Heat Illness Prevention and Management:**

- (a) A Certified Athletic Trainer or First Responder MUST be in attendance at all football practices and games.
- (b) The vast majority of serious heat illness occurs during the first week of practice/training. The key to appropriate acclimatization should consist of gradually increasing the amount of time of environmental exposure (heat and humidity) while progressively increasing physical exertion and training activities is the key to appropriate acclimatization.
 - (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).
 - (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.