

Blood-Borne Infectious Diseases

Means of reducing the potential exposure to these agents include;

- 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.
- Athletic trainers or caregivers need to wear gloves and take other precautions to prevent blood-splash from contaminating themselves or others.
- Immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves with cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and evaluated by a medical provider immediately.

These procedures were obtained and revised by the NFHS (August 2005).

2.5.9

Catastrophic Insurance (Mandatory):

- (a) All schools are required to participate in the catastrophic insurance program.
- (b) The NCHSAA makes a payment on behalf of the schools, and the coverage is in effect beginning August 1 of each school year.
- (c) The schools are to send their premium payments to the NCHSAA office before October 1 of that year. Late renewals are subject to a \$100 fine and schools are not eligible for playoffs beginning with the fall sports season until all fees are paid. **(Revised: December 2013)**
- (d) The master policy will be on file with the NCHSAA.
- (e) The coverage offered under this policy is not meant to replace the basic football or student accident and athletic coverage, but rather is intended to provide benefits for student participants as well as protect member schools against the cost arising out of very serious injuries.
- (f) This policy is available to member schools at a cost of \$3.75 per athlete. The deductible amount will be the greater of (a) \$25,000 or (b) the benefits payable from other collectible group insurance.
- (g) Details on the program and additional materials describing the policy are sent to the membership at the beginning of each school year.

2.5.10

Student Accident Insurance and Athletic Coverage (Voluntary): The NCHSAA is committed to stimulating and sustaining support for a broadly based program, with a primary objective to provide the best student accident and athletic coverage available. Booklets are mailed to each school and representatives are available to discuss the student accident and athletic programs. Please call the NCHSAA office for details of the programs.

2.5.11

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 person to physical injury as part of an initiation or prerequisite for membership ... (House Bill 171). It is against North Carolina 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."

2.6

SPORTSMANSHIP

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

Students and spectators should:

- 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
- 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
- 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

- be modest in victory and gracious in defeat
 - respect the judgment and integrity of game officials
- Student-athletes are expected to sign the sportsmanship pledge, and coaches are expected to sign the code of conduct for coaches.

2.6.1 **Conduct at Games:** The NCHSAA Board of Directors has the power to penalize the school and its officials, the coach, and the individual players 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 that sport.
- (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 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, players, 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.

2.6.2 **Sportsmanship/Ejection Policy:** This policy applies to all persons involved in an athletic contest, including student-athletes, coaches, managers and game administrators. 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
 - (5) Leaving the bench area to participate in a fight (contact or no contact)
- (b) **Leaving the bench area**-- coming on to the playing area when there is not a fight
- (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 than 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**, directed toward an official or opponent
- (g) **Obscene gestures**, including gesturing in such a manner as to intimidate or instigate
- (h) **Disrespectfully address (physically contacting an official is subject to automatic expulsion and can result in ineligibility for remainder of career) an official**

2.6.3 Sportsmanship/Ejection Policy Penalties for an Ejection

- (a) Football – ejection from the contest, miss the next contest at that level and all contests in the interim (miss the next two contests for fighting).
- (b) All other sports – ejection from the contest, miss the next two contests at that level and all contests in the interim (miss the next four contests for fighting).
- (c) Individuals: Players receiving two ejections for unacceptable behavior as defined above will be suspended from all sports for the remainder of that sport season.
 - (1) Receiving a third ejection in a school year will result in suspension from athletics for one calendar year (365 days from the date of the third ejection).
- (d) Teams: Teams in the following situations will not be allowed to participate in the playoffs:
 - (1) A team whose players and coaches accumulate six or more individual ejections.
 - (2) A team whose players and coaches accumulate three or more individual ejections for fighting (note: if a situation occurs where three or more players on one team are ejected during one fighting incident, those three individual ejections will cause the team to lose its playoff privileges).
 - (3) If a team hits either threshold (total ejections or ejections for fighting) during the playoffs, it will be disqualified from further participation in the playoffs.
- (e) Penalties are cumulative from sport to sport and from sport season to sport season, but not academic year to academic year.
- (f) Ejections in the last game of the season carry over to the next sport in which the individual participates that year.
- (g) Ejected players may practice during their suspensions but may not play.
- (h) 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. If no member of the school's coaching staff is present to assume the ejected coach's duties, the contest is terminated by a forfeit.
- (i) Athletes who are disqualified or ejected during a contest will remain in the team area for supervision (Reference 1.1.12.a). **(Revised: May 2014)**
- (j) Anytime a student/coach is ejected from a game/meet, he/she does not participate/coach the remainder of that day. The student/coach is also suspended from the next two scheduled, rescheduled or contracted dates at that level of competition (one in football) and all games/meets in the interim at other levels of competition.
- (k) The coach is not permitted to be at the game site during his/her suspension, but the student is allowed at the game site.
- (l) 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. There is no fee for this program. Any coach who is ejected from a contest must take the NFHS "Teaching and Modeling Behavior" (\$20 fee) course before being eligible to return to competition. **(Revised: December 2013)**
- (m) If a team has players ejected due to fighting, the head coach must take the NFHS Learning Course "Teaching and Modeling Behavior" (\$20 fee). It must be completed before coaching in the next game (see Penalty Code 3.2.1.b).
- (n) **Clarification For Soccer Only:**
 - (1) Coaches and athletic directors will be responsible for tracking yellow cards accumulated by their players.
 - (2) Five yellow cards accumulated by the same player will result in a suspension (miss next contest at that level and all contests in the interim)

- (3) An additional five yellow cards accumulated by the same player (season total of 10) will result in an ejection. The player will be suspended from all sports for the remainder of that season on the 15th yellow card (or second ejection).
- (4) A red card disqualification that is not an ejection is the equivalent of two yellow cards.
- (5) 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.
- (6) Yellow cards are reset to zero once playoffs begin (all previous penalties must be served).
- (7) With three yellow cards in playoffs, player is suspended for next game. A total of five yellow cards and any player is out for remainder of playoffs and may carry over to other sports.
- (o) 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 two events or any other events, in any sport, at any level, in the interim.

2.6.4

Code of Conduct for Coaches:

- Coaches are now required to review the NCHSAA power point presentation on eligibility rules prior to the season in which they coach.
- The coach has tremendous influence upon student-athletes and shall never place winning above the value of instilling the highest desirable ideals of character.
- 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.
- The coach shall discipline athletes who display unacceptable behavior.
- 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.
- The coach shall promote and work in harmony with the entire interscholastic program of the school.
- The coach shall respect and support contest officials by avoiding conduct which will incite players or spectators against the officials.
- The coach shall actively promote good sportsmanship of spectators by working closely with administrators, cheerleaders, pep club sponsors, and booster clubs.
- 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.
- 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.

Inappropriate Behavior/Misconduct

- 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-athlete's best interest.
- 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 local LEA policies for more specifics.