

## COMPLIANCE CORNER

A quick look at North Carolina High School Athletic Association rules and regulations

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**Q:** I am ineligible during the fall semester, but I want stay in shape and participate in the baseball off-season skill development workouts we are having now since I plan to play baseball. Is that legal?

**A:** The answer is no. Rule 2.3.14 in the current edition of the NCHSAA Handbook speaks to the sports season concept, off-season skill development and related issues. Rule 2.3.14.i.1 describes this situation specifically: “ineligible players are NOT allowed to participate in off-season skill development sessions, but could participate in summer workouts with an up-to-date physical.” So a student-athlete in this situation could not participate in off-season skill development sessions held during the academic year, but could participate in summer workouts if there were an up-to-date physical.