

- 2.2.12 **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 last regularly scheduled game, completion of the conference tournament or when defeated in the state playoffs.
    - (1) 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.
- 2.2.13 **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.
  - (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) July 30 - August 18, 2018
      - (ii) October 31 (October 17, Non-Football Schools) - November 17, 2018
      - (iii) Last five (5) days of the First Semester
      - (iv) February 13 - March 4, 2019
      - (v) Last ten (10) days of the Second Semester
      - (vi) July 1 - July 7, 2019
      - (vii) July 15 - July 21, 2019
    - (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 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) Football Specific Requirements
  - (i.) Licensed athletic trainer or first responder must be present if any protective equipment (helmets and/or shoulder pads) is worn.
  - (ii.) No "body-to-body contact, live action, wrapping, or thudding is allowed (see 4.5.2.b.4).
- (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	no more than 21	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)	Field hockey	no more than 10
	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) 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:** 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. 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 Game of the Week in football and basketball. Member schools are encouraged to make their own arrangements with media outlets for radio, audio-only internet broadcasts, tape-delayed television broadcasts and live video internet streaming of contests. The NCHSAA must approve all live, over-the-air tele-