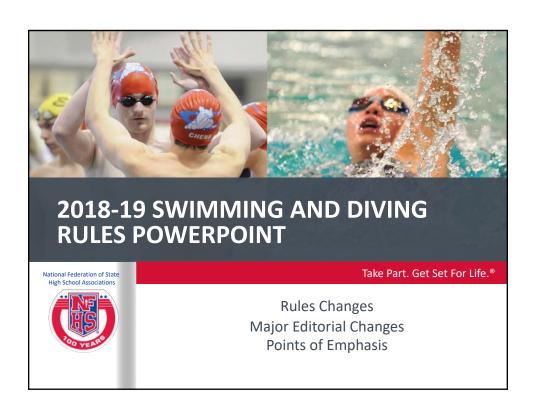
2018-19 Swimming and Diving



Brad Alford Director of Sports and Championships







DEFINITIONS RULE 1

- The NFHS Swimming and Diving Rules Committee addressed the organization of the Rule 1:
 - Terms referring to meets have been consolidated;
 - Section headings are reordered;
 - Definitions have been added.





DEFINITIONS RULE 1-4

- Seeding is the process of assigning competitors into heats, lanes, and/or dive order by time or score.
- A meet is a series of events.
- A meet announcement is the information provided to participating teams and officials regarding the meet type, format, course, events, schedule, procedures, etc.



www.nfhs.org

Rule Change



DEFINITIONS RULE 1-4-8, 3-1-2, 5-1-1 NOTES, 7-1-2, 7-1-3, 9-2-4

Types of Meets:

- Dual meet two teams;
- Double-dual meet three teams, scored as two separate meets;
- Triple-dual meet three teams, scored as three separate meets;
- Multi-team meet three or more teams, each competing for the same points:
 - A championship meet is a culminating meet, as determined by state association policy;
 - A non-championship meet is a scored meet which is not required to utilize championship rules.





DEFINITIONS RULE 1-4-9

Formats of Meets:

- Timed finals are meets that have events consisting of one or more heats in which final place winners in an event are determined by time;
- Preliminaries and finals meets have at least two rounds in each event before final place winners are determined;
- Mixed format meets have events which are competed as timed finals and other events which are competed as preliminaries and finals.



www.nfhs.org

Rule Change



DEFINITIONS RULE 1-4-9b

Preliminaries and Finals Meets:

- Preliminaries are competitions designed to advance qualifiers to another round of competition;
- Finals are a concluding competition designed to determine the place winners and points in an event;
- A swim-off is part of the preliminary process of qualifying a full complement of finalists;
- By state association adoption, an alternate qualifier is one of the next two fastest swimmers/relays after the finalists are designated.





POOL MARKINGS RULE 2-4-5

- Visible markings shall be provided which are located 16.4 yards/15 meters from each end wall, on both sides of the pool deck. The markings may also be placed on each lane marker.
- Deck markings take precedence.



www.nfhs.org

Rule Change

EQUIPMENT FOR SWIMMING EVENTS RULE 2-7-2b

 Backstroke starting ledges are not permitted in high school swimming.





EQUIPMENT FOR SWIMMING EVENTS RULE 2-7-2c

- If one or more starting platforms are not securely attached to the deck or end wall, the following options may be used provided the water depth rule is not violated:
 - all swimmers shall start in the water;
 - · all swimmers shall start on the deck;
 - any affected lane(s) may be excluded with prior mutual consent.

NOTE: When water depth and/or distance of starting platforms from the water surface do not meet rule specifications, the swimmers must start in the water or on the deck, provided water depth is not violated or the meet shall not be conducted.

www.nfhs.org

Rule Change



THE REFEREE RULE 4-2-1d

- The referee's authority begins as he/she is available on deck, which shall be at least 30 minutes before the start of the meet.
- The referee shall conduct a pre-meet conference with the starter, a captain and a coach from each team to review meet procedures, special instructions and any unusual pool conditions.





TURN JUDGES RULE 4-5-3, 4-7

 At the discretion of the referee, the duties of stroke inspectors and turn/finish judges may be combined in assigning officiating responsibilities.





www.nfhs.org

Rule Change



ORDER AND LENGTH OF EVENTS RULE 5-1-2a

- In non-championship meets, by prior mutual consent of competing teams, the diving event may be held first, last or simultaneously with the swimming events.
- Regardless of when the diving event is conducted, there shall be a break of at least 15 minutes, with at least 10 minutes warmup in the water, prior to the 100-yard butterfly.





LANE AND HEAT ASSIGNMENTS RULE 5-3

- Rule 5-3 has been reorganized to clarify the assignment of lanes in meets ranging from dual meets up to multi-team meets.
- In dual meets, the visiting team shall have the choice of the odd or even numbered lanes. In pools with an odd number of lanes, a lane shall be voided and the lanes renumbered if necessary.



www.nfhs.org

Rule Change



LANE AND HEAT ASSIGNMENTS RULE 5-3

 In non-championship multi-team meets and double dual/triple dual meets, the lane assignments below shall be used.

TEAMS	LANES AVAILABLE	LANE ASSIGNMENT			
3	6	1-4; 2-5; 3-6 (By lot)			
3	8	1-4; 2-5; 3-6 (By lot) with 2 lanes open or seed			
3	9	-4-7; 2-5-8; 3-6-9 (By lot)			
3	10	1-4-7; 2-5-8; 3-6-9 (By lot) with 1 lane open or seed			
4	6	By seeding			
4	8	1-5; 2-6; 3-7; 4-8 (By lot)			
4	9	1-5; 2-6; 3-7; 4-8 (By lot) with 1 lane open or seed			
4	10	1-5; 2-6; 3-7; 4-8 (By lot) with 2 lanes open or seed			
5	6, 8 or 9	By seeding			
5	10	1-6; 2-7; 3-8; 4-9; 5-10 (By lot)			





LANE AND HEAT ASSIGNMENTS RULE 5-3

 In seeded timed finals meets, lane assignments shall be made in descending order of seeded positions of swimmers or relay teams according to lanes as follows:

Lane No.	1	2	3	4	5	6	7	8	9	10
5 Lane Pool	5	3	1	2	4					
6 Lane Pool	5	3	1	2	4	6				
7 Lane Pool	7	5	3	1	2	4	6			
8 Lane Pool	7	5	3	1	2	4	6	8		
9 Lane Pool	9	7	5	3	1	2	4	6	8	
10 Lane Pool	9	7	5	3	1	2	4	6	8	10



www.nfhs.org

Rule Change



LANE AND HEAT ASSIGNMENTS RULE 5-3

In timed finals events, fastest seeded swimmers or relay teams shall be placed as a group in the last heat, the next fastest seeded swimmers or relay teams as a group in the next to last heat, and so forth as in the following pattern:

HEAT	LANE NO.							
NO.	1	2	3	4	5	6		
1		32	30	31				
2	29	27	25	26	28			
3	23	21	19	20	22	24		
4	17	15	13	14	16	18		
5	11	9	7	8	10	12		
6	5	3	1	2	4	6		





LANE AND HEAT ASSIGNMENTS RULE 5-3

In preliminary races, the final three heats consist of the fastest seeded competitors, with the fastest in the last heat, the second fastest in the next to last heat, the third fastest in the second to last heat, the fourth fastest in the last heat, and so on. If more than three heats are necessary, the assignment in additional heats is determined as in timed final events. For example, the following plan shall operate when there are 32 swimmers in six lanes for preliminaries.

HEAT	LANE NO.							
NO.	1	2	3	4	5	6		
1		32	30	31				
2	29	27	25	26	28			
3	23	21	19	20	22	24		
4	15	9	3	6	12	18		
5	14	8	2	5	11	17		
6	13	7	1	4	10	16		



www.nfhs.org

Rule Change



QUALIFYING PROCEDURES RULE 5-4-2

• In preliminaries and finals meets, the fastest swimmers from the preliminaries of each event shall qualify for the finals and the next fastest swimmers shall qualify for consolation finals. If there are fewer competitors than the total number of scoring lanes, the finals heat shall be filled even if that leaves two or fewer competitors in the consolation finals heat.

LANES AVAILABLE	Qualifiers for Finals Heat and Consolation Heat	Scoring (Rule 7)	
4	Up to 4	Up to 8 places	
6	Up to 6	Up to 12 places	
8	Up to 8	Up to 16 places	
9	Up to 9	Up to 18 places	
10	Up to 10	Up to 20 places	





CHOICE OF DIVES RULE 9-4-6 NOTE 2

NOTES:

- 1. For interstate competition, the voluntary dive group of the week shall follow the schedule of the host school's state unless state association policy determines otherwise.
- 2. With prior mutual consent of competing teams, eleven dives may be performed during dual or multi-team meets. The format shall adhere to Rule 9-4-1.





Editorial Change



DEFINITIONS RULE 1-2-3, 3-2-1

- Exhibition competitors are permitted, unless state association policy determines otherwise. An exhibition competitor:
 - has been designated by his or her coach to be a non-scoring contestant in a regularly scheduled and scored event;
 - must adhere to rules regarding event form, starting, judging, timing and conduct;
 - shall not be counted in the number of entries per event allowed each team; however, the event does count toward the number of events an individual competitor may enter;
 - may use his/her performance as a qualifying time/diving score.



www.nfhs.org

Editorial Change



WATER CONDITIONS RULE 2-6, 2-7-2 PENALTY

ART. 1... The water clarity shall be such that the bottom and end lane line markings can be clearly seen while standing at midpoint on either side of the pool deck. The physical condition of the water shall meet standards of chemical balance and treatment as prescribed by that school's local or state health code.

 $\operatorname{ART.2...}$ The level of the water shall be at the overflow rim of the pool.

PENALTY: When water conditions above do not meet rule specifications, the referee may declare that the meet will not be conducted.

ART. 3... It is recommended that the water temperature be no less than 78 degrees Fahrenheit (26 degrees Celsius) and no more than 82 degrees Fahrenheit (28 degrees Celsius).



PENALTY 2: When water conditions do not meet rule specifications, the referee may declare that the meet will not be conducted.

Editorial Change



EQUIPMENT FOR SWIMMING EVENTS RULE 2-7-9, 7-2-5

ART. 9... It is recommended <u>that a location where</u> the meet score <u>can</u> be posted throughout the meet <u>be provided</u>.

<u>7-2-5...</u> It is recommended the meet score be posted and/or announced throughout the meet.



www.nfhs.org

Editorial Change



AUTHORIZED OFFICIALS RULE 4-1-2

- In multi-team meets, a meet committee and a meet director shall assume responsibility for all aspects of meet management. The meet committee shall make decisions on matters not specifically covered by the rules or on the misapplication of a rule during a meet;
- Judgment calls of officials are not subject to review by this committee;
- The decisions of the meet committee are final.



Editorial Change



RELAY EVENTS RULE 8-3 NOTE

NOTE: In meets where other relay events are part of the schedule, they shall be swum in accordance with all rules governing the strokes involved. In the backstroke relay events, all takeoffs except the initial start shall be from a forward start, after which the swimmers are permitted one immediate arm pull in the prone position prior to turning over on their backs.







SUIT COVERAGE

- Student athletes must wear uniforms of decent appearance, including suit coverage. If individuals or teams are in violation of this rule, officials are encouraged to contact the head coach of the offending team, rather than the student, requesting that the student athletes be appropriately equipped with uniforms that meet specified standards.
- Swimmers and/or divers who are not meeting the rule shall not compete.



Points of Emphasis



GUIDELINES ON LIGHTNING OR THUNDER DISTURBANCES

- Revised by NFHS Sports Medicine Advisory Committee in March 2018.
- Activities should be suspended at first sound of thunder or sighting of lightning.
- Do not resume activities until 30 minutes after last thunder is heard or lightning is seen.





GUIDELINES ON LIGHTNING OR THUNDER DISTURBANCES

- Host management should have plan in place:
 - Assign staff member to monitor weather conditions;
 - Develop evacuation plan;
 - Develop criteria for suspension and resumption;
 - · Review policy annually.
- Both indoor and outdoor swimming pools should be included in this plan.



Points of Emphasis



GUIDELINES ON LIGHTNING OR THUNDER DISTURBANCES

- Many indoor facilities are grounded for electricity;
- However, lightning can enter building through plumbing, lighting, and heating;
- Avoid the riskiest locations in a lightning or thunder disturbance;
- Large bodies of water, including swimming pools, are not lightning safe.





SCRATCHES/DECLARED FALSE STARTS/FAILING TO COMPETE

Championship Meet:

- Scratch withdrawal from remainder of events.
- Declared False Start withdrawal from an event:
 - must be done by designated time and place;
 - is counted as an entry and competitor may participate in other events.
- Failure to Compete does not report for event:
 - · disqualified from further competition;
 - exception unless due to medical reason.



Points of Emphasis



SCRATCHES/DECLARED FALSE STARTS/FAILING TO COMPETE

Non-Championship Meet:

- Scratch withdrawal from remainder of events
- Declared False Start withdrawal from an event:
 - must be done by designated time and place;
 - is counted as an entry, and competitor may participate in other events.
- Failure to Compete does not report for event:
 - · disqualified from that event only.





OFFICIALS RECRUITMENT

- High school officials are needed in this sport;
- Administrators, coaches, and officials can help by reaching out to recruit:
 - Graduating seniors
 - Area college students
 - Retired coaches
 - Officials in other sports











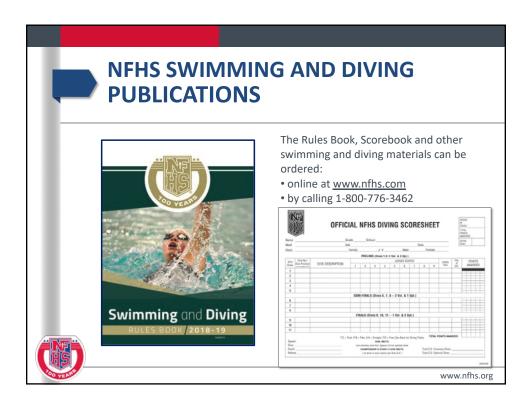


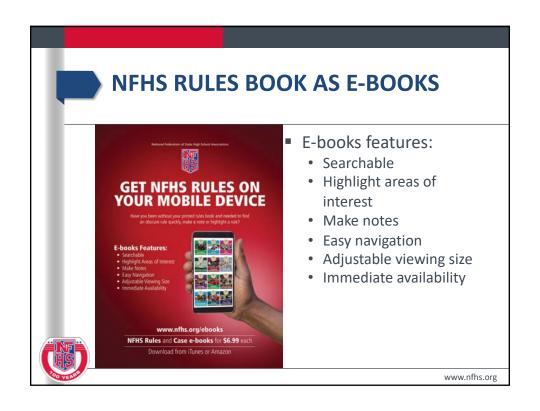


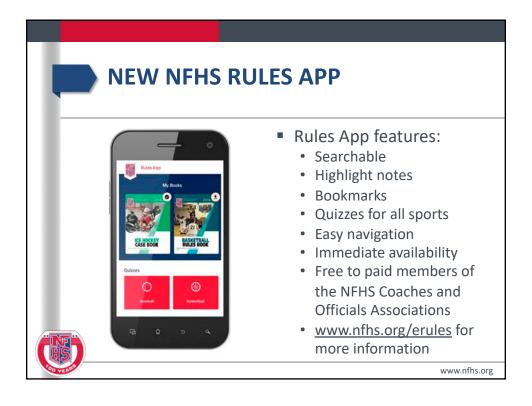












Swimming Specific Changes General Changes Important Information Eligibility and Compliance

Swimming Specific Changes

Swimming and Diving

- Diving Judge Fee
 - \$26 for all regular season, regional and state meets.
- Swimming and Diving Regional Entry Data Management System
 - All classifications will use NC Prep Swimming to upload and manage results for the official regional entry process (4A utilized in 17-18).

Inspiring individuals, encouraging excellence through education based athletics

North Carolina High School Athletic Association

Swimming Specific Changes

Calendar

Start: Wednesday, October 31

1st Contest: Wednesday, November 14

Regional Entry Deadline: Saturday, January 26

8:00 p.m.

Late Entry Deadline: Monday, January 28

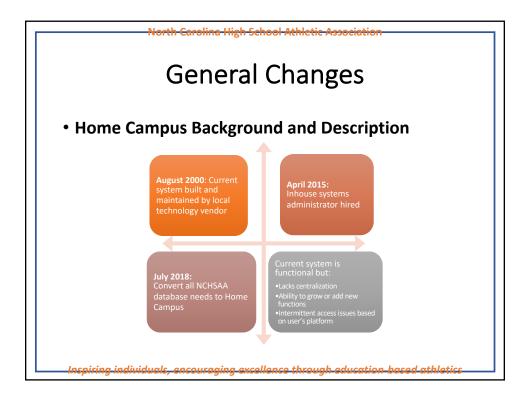
3:00 p.m.

Regionals: Friday, February 1 and/or

Saturday, February 2

States: 4A Thursday, February 7, 2019

3A Friday, February 8, 20191A/2A Saturday, February 9, 2019



General Changes

• Home Campus Scope

- The following are 2017-2022 NCHSAA Strategic plans items that will be accomplished by this conversion:
 - 1.1.3 Update the current systems for reporting violations and infractions.
 - 1.2.3.3 Create an interactive tool on the NCHSAA website to help students and parents determine athletic eligibility
 - 2.2.3 Evaluate stakeholder information delivery systems.
 - 2.3.1 Monitor trends in the digital media space, including live video/streaming and social media, and find ways to benefit schools through new technologies.

General Changes

Home Campus Phase 1 – Existing

- The new system will include the following current database functions:
 - Membership data information (coaches, school information, etc.)
 - LEA data information
 - · Regional Supervisors data information and clinic scheduling
 - · Sport clinic attendance for coaches
 - Eligibility summary data entry for each sport season
 - · Endowment games
 - Transfers
 - Violations
 - Sanctions
 - Ejections/Disqualifications
 - Seeding for baseball, basketball, golf (regionals), football, lacrosse, tennis (dual team and regionals), volleyball, softball, and wrestling (dual team)

Inspiring individuals, encouraging excellence through education based athletics

North Carolina High School Athletic Association

General Changes

Home Campus Phase 1 – New

- The new system will also add the following:
 - Ability for system athletic directors to search the membership directory as well as monitor the schools in their LEA for compliance.
 - Ability to have games, rosters and records entered in MaxPreps to be auto-populated in the school's database.
 - Ability to have NFHS Learn coach education auto-populated in the school's database.
 - Ability to digitize all financial forms such as playoff and endowment game forms.
 - Ability to export search results to an Excel document for offline use.
 - Home Campus also offers many additional features that will be rolled out following stakeholder needs assessments.

General Changes

Ticket Prices

- Increased ticket prices for state championship finals only, for 2018 winter and spring sports
- Increased playoff and fall state championship ticket prices across all sports effective July 1, 2018.

Inspiring individuals, encouraging excellence through education hased athletics

North Carolina High School Athletic Association

General Changes

Sport	1 st Round	2 nd Round	3 rd Round	4 th Round	Regional	State
FALL		0.0				
Cheerleading						\$10.00
Cross Country	300					\$6.00 + 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
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)	\$10.00	\$15.00
Indoor Track						\$10.00
Swimming & Diving					\$6.00	\$7.00/session \$10.00/all day
Wrestling, Dual	\$6.00	\$6.00	\$6.00	/	\$6.00	\$8.00
Wrestling, Ind.					\$8.00 Friday \$10.00 Saturday \$15.00 Full-Tournament \$6.00 Champs only	\$5.00 Thursday \$15.00 Friday or Saturd \$25.00 Friday & Saturd \$7.00 Champs only
SPRING						
Baseball	\$7.00	\$7.00	\$7.00	\$7.00	\$7.00/game	\$8.00 G1 or G3 only \$12.00 G2 & G3
Softball	\$7.00	\$7.00	\$7.00	\$7.00	\$7.00/game	\$8.00 G1 or G3 only \$12.00 G2 & G3
Lacrosse	\$7.00 (1 game) \$8.00 (2 games)	\$10.00				
Track & Field					\$7.00	\$10.00
Women's Soccer	\$7.00	\$7.00	\$7.00	\$7.00	\$8.00	\$10.00

General Changes

Transfer Policy

- Added language to the Transfer Policy allowing Staff to review all Transfer Certification requests.
 - "Absent mutual agreement, and in consideration of the above, exceptions for immediate athletic eligibility for transfers from one LEA to a different LEA will first be considered by the NCHSAA Staff, then by the NCHSAA Transfer Committee, if necessary."

Inspiring individuals, encouraging excellence through education-based athletics

North Carolina High School Athletic Association

General Changes

Amateur Rule

 Acceptance of money or a forbidden award will cause an athlete to lose athletic eligibility in all sports for 365 days.

General Changes

Sportsmanship/Ejection Policy

- Added language to 2.4.2 (f)
 - "The NCHSAA will have zero tolerance within the confines of an NCHSAA event for the following: profanity of any kind, inappropriate language, racial or ethnic slurs, sexist or homophobic language".

Inspiring individuals, encouraging excellence through education based athletics

North Carolina High School Athletic Association

General Changes

Sportsmanship/Ejection Policy Penalties

- Added "coaches" to 2.4.3 (c)
 - "Players or <u>coaches</u> receiving two ejections for unacceptable behavior as defined above will be suspended from all sports for the remainder of that sport season."

General Changes

Scrimmages/Ejections Report

- Ejections in pre-season scrimmages now requires:
 - Coach/player suspended from the remainder of the scrimmage

 inclusive of multiple scrimmage events on same day
 (jamboree)
 - Player must complete the NFHS "Sportsmanship" course before being eligible to compete in next scrimmage/contest
 - Head Coach must complete the NFHS "Teaching and Modeling Behavior" course before being eligible to compete in next scrimmage/contest

Inspiring individuals, encouraging excellence through education-based athletics

North Carolina High School Athletic Association

General Changes

Video Review for Ejections

- When available, NCHSAA staff may utilize video to invoke ejections/sanctions not reported by game officials.
- Video clips to be presented for committee review within two (2) business days of the contest.

General Changes

Officiating Regulations

- Added language to 3.3.2(e)(1)
 - "Schools are to us only NCHSAA-registered officials working through an approved NCHSAA officials association for varsity, junior varsity and ninth grade football, soccer, baseball, volleyball, basketball, wrestling, swimming and lacrosse at events hosted by or contested at the member school."

Inspiring individuals, encouraging excellence through education-based athletics

North Carolina High School Athletic Association

General Changes

Return To Play Form

• If a student participating in an interscholastic athletic activity exhibits signs or symptoms consistent with concussion, the student shall be removed from the activity at that time and shall not be allowed to return to play or practice that day. The student shall not return to play or practice on a subsequent day until the student is evaluated by and receives written clearance for such participation from (i) a **physician** licensed under Article 1 of Chapter 90 of the General Statutes with training in concussion management, (ii) a **neuropsychologist** licensed under Article 18A of Chapter 90 of the General Statutes with training in concussion management and working in consultation with a physician licensed under Article 1 of Chapter 90 of the General Statutes, (iii) an **athletic trainer** licensed under Article 34 of Chapter 90 of the General Statutes, (iv) a **physician assistant**, consistent with the limitations of G.S. 90-18.1, or (v) a **nurse practitioner**, consistent with the limitations of G.S. 90-18.2.

General Changes

Return To Play Form

• NCHSAA recommends a medical physician!

Inspiring individuals, encouraging excellence through education-based athletics

North Carolina High School Athletic Association

Important Information

Number of Contests

- No more than three per week.
- Individuals are limited to one contest a day.

Important Information

Dead Periods

Summer 2018	July 2 - 8 and July 16 - 22				
Fall 2018	July 30 through August 19 & Last 5 student days of the 1 st semester				
Winter 2018	N/A				
Spring 2019	February 13 through March 5 & Last 10 student days of the 2 nd semester				
Summer 2019	July 1 - 7 and July 15 - 21				

Inspiring individuals, encouraging excellence through education-based athletics

North Carolina High School Athletic Association

Important Information

Sportsmanship

- The quality of responsible behavior characterized by a spirit of generosity and a genuine concern for opponents, officials and teammates.
 - Wholesome athletic environment
 - Good Sportsmanship > Victory
 - Modest in victory, gracious in defeat
 - Respecting judgment and integrity of game officials
 - Role modeling good behavior

Important Information

Ejection Policy

- Fighting
- · Leaving the bench area
- Flagrant contact
- Biting
- Taunting, baiting or spitting toward an opponent or official
- Profanity
- · Obscene gestures
- · Disrespectfully addressing an official

Inspiring individuals, encouraging excellence through education-based athletics

North Carolina High School Athletic Association

Important Information

Ejection Follow-Up

- NFHS Teaching & Modeling Behavior Course
 - Required for any coach ejected during a contest
 - Required for any coach who has player (s) ejected for fighting
- NFHS Sportsmanship Course
 - Required for any ejected/disqualified player

Eligibility and Compliance

Eligibility Video

- Required viewing for all coaches
- Should be done with the athletic director
- Includes opportunities to discuss concussions/sudden cardiac arrests/sickle cell, etc.

Inspiring individuals, encouraging excellence through education-based athletics

North Carolina High School Athletic Association

Eligibility and Compliance

Preseason Meeting

- Required attendance by all parents
- Time to share rules, regulations, expectations, philosophy etc.
- Time to get all required signatures--pledges, Gfeller-Waller information, etc.
- · Eligibility and Authorization

Eligibility and Compliance

Coaches Education

- NFHS Fundamentals of Coaching Course
 - <u>All</u> coaches must have satisfied the requirement prior to first contest.
 - Complete prior to first contest; subject to a \$500 fine; continuing to coach without completion = another \$500.

Inspiring individuals, encouraging excellence through education-based athletics

North Carolina High School Athletic Association

Eligibility and Compliance

Coaches Education

- Concussion Management Certification
 - The **NFHS** <u>Concussion in Sports</u> <u>Course</u> (free on-line course) or an equivalent course must be completed annually (*after June 1, 2018 and before the first date of practice*) by all coaches.
 - Prior to the first date of practice for that sport; subsequently, the certificate of completion must be on file at the individual school; subject to \$500 fine.

Eligibility and Compliance

Coaches' Education

- CPR/AED Certification
 - All head and paid coaches must be CPR/AED certified
- NFHS Sudden Cardiac Arrest Course
 - All non-paid coaches are required to complete the NFHS <u>Sudden</u> <u>Cardiac Arrest</u> Course annually (after June 1, 2018 and before the first date of practice).

Inspiring individuals, encouraging excellence through education-based athletics

North Carolina High School Athletic Association

Eligibility and Compliance

Gfeller-Waller Concussion Law

- Requirements
 - · Concussion signs and symptoms
 - Given prior to participation
 - Parents/athletes sign indicating "receipt of" Return to Play (RTP) form signed by a physician licensed to practice medicine
 - An up-to-date Emergency Action Plan (EAP)
 - Must be on-file, posted and updated annually
 - · "When in doubt, sit them out"

Eligibility and Compliance

Coaches Education

- Accredited Interscholastic Coach (AIC) (6th Nationally)
 - Requires completion of 4 courses:
 - Fundamentals of Coaching
 - 1st Aid, Health & Safety for Coaches
 - Sport Specific Course or Teaching Sports Skills
 - Concussion in Sports (Free)

Inspiring individuals, encouraging excellence through education-based athletics

North Carolina High School Athletic Association

Eligibility and Compliance

Coaches Education

- Certified Interscholastic Coach (CIC) (3rd Nationally)
 - Completion of AIC requirements PLUS:
 - · Teaching & Modeling Behavior
 - Engaging Effectively with Parents
 - Sportsmanship
 - Creating a Safe and Respectful Environment
 - Strength & Conditioning
 - 2 additional courses (User Choice)

Thank You!

- Get involved with student services
- Visit the NCHSAA website often
- Good luck this season!