North Carolina High School Athletic Association

HANDBOOK

2019-2020 EDITION

Changes & Additions for 2019-2020

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2019-2020 HANDBOOK

OF THE

NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION

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MESSAGE FROM THE PRESIDENT

Brad Craddock
Principal
Glenn High School

The 2019-2020 school year has arrived and it is my pleasure to serve as your president. I have spent the last six years serving on the NCHSAA Board of Directors. I have learned a lot about what our association does for all our member schools and athletes. I am a career educator and coach in this state, and I believe the last six years have been the best time of my career. While decisions are often hard to make, it is our goal to put the student-athlete first.

I have been fortunate during my life to be an athlete and a coach in this state, and during that time I have learned a great deal of lessons about life. Lessons that were first learned on a playing field help me daily when working in the community and especially with students. Patience, accountability, and teamwork are just a few of the values that sports have taught me. We, as members of the NCHSAA, need to always make sure our actions honor these values.

We, as a board and staff, have made a commitment to being the national model. The relationships between our staff, board members, along with our associate members makes our association work for the student athletes in this state. One of the greatest qualities of our board is the collaborative environment created by all. It is important to remember the NCHSAA staff handles all aspects of sports for the 419 member schools and has many educational programs to build sportsmanship and leadership with a small, dedicated staff. If your school does not participate in these activities, I challenge you to get involved.

We have many challenges in a changing landscape of both education and athletics. Your board and the staff have already tackled many difficult issues over the last few years to hopefully stay in front and remain a national model for education-based athletics.

One of my themes this year revolves around sportsmanship. The last few years we have seen an increase in student-athletes making bad decisions around sportsmanship. That is why I am asking that all of us involved in athletics remind our student-athletes to "Respect the Game." Schools represent communities, and everyone looks to us to be leaders. I challenge all administrators, athletic directors, coaches and student-athletes to get involved and make the NCHSAA even stronger.

Together We are the NCHSAA,

Brad Craddock

MESSAGE FROM THE COMMISSIONER

Que Tucker
Commissioner
NCHSAA

Ready or not, the NCHSAA handbook is here to help you through this 2019-2020 school year!

The primary purpose of the NCHSAA Handbook is to provide principals, athletic directors, coaches and other administrators with the various rules, regulations and policies that govern high school athletics. As you begin your journey through this handbook, I encourage you to do so with the understanding that it is a tool to help you provide athletic opportunities for your student athletes. Therefore, it is your responsibility to know the information in this handbook and to take advantage of it as a resource to guide you along the way.

The ultimate goal of the athletic program of each NCHSAA member school is to strive for excellence, not perfection. Consequently, we should not ask our student-athletes to be perfect, but we can ask them to strive to perform to the best of their ability. Winning and losing do matter, but the ultimate goals are the safety and academic/social development of every student athlete.

Let us be reminded of the mission of the NCHSAA: "to provide governance and leadership for interscholastic athletic programs in North Carolina that support and enrich the educational experience of students". Our leadership and governance must always reflect learning opportunities. We are uniquely positioned to extend the values and ideals developed in the classroom by weaving them throughout our athletic programs. We must also expect and require the highest level of conduct, both on and off the playing field, in and out of the playing arena.

Throughout this school year, I challenge each of us to:

- Foster a climate that promotes intellectual, social and emotional growth, which is a shared responsibility of students, faculty, administrators, support staff, parents and the community-at-large

- Practice self-discipline, exhibit respectful behavior, celebrate others' achievements and demonstrate a commitment to learning as a lifelong process

Happy reading!

Marilyn Que Tucker

Que Tucker

NCHSAA BOARD OF DIRECTORS

Brad Craddock, Glenn High School	President
Jerry Simmons, New Bern High School	Vice President
Sandy George, Mount Airy High School	Past President
Que Tucker, N.C. High School Athletic Association	Commissioner
Tim Foster, Southwest Onslow High School	June 30, 2020
Bobby Wilkins, Hendersonville High School	June 30, 2020
Neil Blankenship, Swain County High School	June 30, 2021
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Masanori Toguchi, Hough High School	June 30, 2021
Ronnie Beverly, Lexington High School	June 30, 2022
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Wendell Hall, N.C. State School Boards Association	Affiliate Member
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Pepper Hines

EXECUTIVE COMMITTEE

Brad Craddock
Ronnie Beverly
Chris Blanton
Neil Blankenship
Brian Edkins
Jerry Simmons
Que Tucker

Note: Executive Committee will serve as the Transfer Committee, plus Jeff Morris of Gray Stone Day, as non-district affiliated member.

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Brad Craddock
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Sandy George
Masanori Toguchi
Joy Warner
Bobby Wilkins
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Committee:	Neil Blakenship
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	David Brown
	Brian Edkins
	Joy Warner
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NOMINATING COMMITTEE

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Co-Chair	Marc Payne	Ashe County High School
1	Charles Simmons	Hertford High School
2	Tabari Wallace	West Craven High School
3	Angie Miller	Nash-Rocky Mount County Schools
4	Michael Baker	Fairmont High School
5	Charles Elmore	Davidson County Schools
6	Angela Chrismon	South Rowan High School
7	Chris Skabo	Wilkes County Schools
8	Laura Beatty	T. C. Roberson High School

Staff Advisor: Que Tucker
Committee Coordinator: Pepper Hines

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Carolyn Shannonhouse	Cheerleading Consultant
Randolph Cloud	Legislative Liaison
Reginald Holley	Legislative Liaison
Blackman and Sloop	Certified Public Accountants

NCHSAA Handbook - Introduction

This official Handbook of the North Carolina High School Athletic Association, Inc. contains the constitution, rules and regulations and general information of the Association.

The regulations and rules in this book are the result of many hours of thought and many years of experience of past and present members of the Board of Directors, and the rules have been established for one purpose only: to assure that high school athletics is and remains an integral part of the total education program.

The Board of Directors has adopted policies which seem to fit the needs of the majority of schools and of the students of North Carolina, and is constantly striving to keep regulations up-to-date and has no hesitation in making changes when the membership indicates changes are necessary.

It is vital that every school administrator becomes very familiar with the contents of this book. It is more important than ever that every coach involved with high school athletics utilizes the Handbook as well. Much of the information necessary for coaches to run their programs effectively and efficiently is contained in the Handbook, so it is vital that each coach have a copy of this publication, and also access the NCHSAA web site for certain updates.

A complete knowledge, understanding and conformity to minimum NCHSAA policies will assure every member school that the interscholastic program is being conducted in a fair and equitable manner, and insures that the athletic program is of educational and lasting value.

Each NCHSAA member institution has a responsibility to educate student-athletes, coaches, and other appropriate persons on state association legislation that could affect them. Furthermore, the member school should monitor its compliance with state association rules and regulations. All member schools, administrators, coaches, student-athletes and other representatives of member schools are deemed to know and understand all NCHSAA rules and regulations. Ignorance of any rule or regulation is not considered to be sufficient cause for setting aside the effect of any rule or regulation.

NCHSAA Office Hours

The NCHSAA office is usually open from 7:30 am to 4:30 pm when our member schools are in session. Staff members will usually stagger their schedules to attempt to cover the office at all times, with lunch hours scheduled for office personnel between noon and 2 pm.

NCHSAA Publications

The **HANDBOOK** includes the constitution, all rules and regulations of the Association and the officiating program, as well as a calendar of events for the academic year. The HANDBOOK is published annually and copies are provided to superintendents, principals and athletic directors of member schools. Additional copies are available at a cost of $10.00 per copy.

Also, the NCHSAA publishes a **DIRECTORY OF MEMBER SCHOOLS**, issued in October of each school year. Additional copies are available at a cost of $10.00 per copy.

The NORTH CAROLINA HIGH SCHOOL **RECORD BOOK** is available online at http://www.nchsaa.org/record-book and are updated regularly.

Check the NCHSAA Web site at www.nchsaa.org for a variety of important information, including many forms.

Commitment to Excellence

The NCHSAA and its member schools are committed to creating an environment in all Association programs which fosters respect for and appreciation of racial, gender, and ethnic differences and is disability aware.

In compliance with federal law, including the provisions of Title IX of the Education Amendments of 1972, N.C. Public Schools administers all state-operated educational programs, employment activities and admissions without discrimination because of race, religion, national or ethnic origin, color, age, military service, disability or gender, except where exemption is appropriate and allowed by law. Inquiries or complaints should be directed to:

Office of Curriculum and School Reform Services
6307 Mail Service Center, Raleigh, NC 27699-6307
Telephone (919) 807-3761; fax (919) 807-3767

Sports Brackets and Regulations

The NCHSAA Board of Directors reserves the right to adjust, amend or augment rules and regulations that are printed in this book and then disseminate the information as appropriate. Sometimes changes are made in regulations or policies after the book is published, and it is the responsibility of member schools to make sure they are aware of the most current information.

For the most up-to-date information on brackets in various sports, including conference playoff berths, seeding priorities and qualifiers, consult the NCHSAA web site at www.nchsaa.org, and use the Playoff Brackets link on the home page.

The mission of the NCHSAA is to provide governance and leadership for interscholastic athletic programs in North Carolina that support and enrich the educational experience of students.

NCHSAA CORE VALUES

Sportsmanship - following the rules of the game, respecting the judgment of referees and officials, treating opponents with respect, respect for one's opponent and graciousness in winning or losing. Integrity - consistency of actions, values, methods, measures, principles, expectations, and outcomes - the truthfulness or accuracy of one's actions

Fair Play - a shared interpretation of the rules, the equal treatment of all concerned, sticking to the agreed rules, not using unfair advantages

Honesty - uprightness and fairness, truthfulness, sincerity, or frankness, freedom from deceit or fraud. To consistently seek and speak the truth

Integrity - soundness of moral character. Adherence to moral and ethical principals.

Respect - a positive feeling of esteem for a person or other entity and specific actions and conduct representative of that esteem

Equity - fairness, just and right, equitable treatment of all, dealing fairly and equally with all concerned

Fair Competition - competitors within a competition should have similar performance potential and performance strength

Education & Development of student-athletes - participation in athletics should aid in the physiological and psychological development of the student-athlete.

Regional Meetings

NCHSAA Regional Meetings are designed to provide a better understanding of the interscholastic athletic program on the senior high school level.

These meetings can serve as an invaluable aid in directing, planning and administering the school's athletic program. Superintendents, principals, and one school staff member responsible for the athletic program are urged to attend the meeting in their region.

Regional meetings include sessions on key issues and possible changes in Association regulations, an opportunity to voice opinions and take straw votes on items, and chances to honor outstanding people on the regional level by voting for awards in a number of categories. In addition, regional award winners are honored at these meetings.

A social time is customarily held from 8:30 to 9:00 a.m., immediately followed by the meeting. The meeting concludes with lunch at approximately 12:00 noon.

2019 Schedule

Region	Date	Site	Chairperson	Contact Person
6	Sept. 16	Ovens Auditorium Charlotte	Masanori Toguchi Hough High School (980) 344-0514	Sue Doran Charlotte/Meck. Schools (980) 343-6980
8	Sept. 17	Asheville Event Center Asheville	Bobby Wilkins Hendersonville High School (828) 697-4802	Jan Webster WRESA (828) 774-5681
7	Sept. 18	Stone Performing Arts Bldg. Wilkesboro	Chris Blanton Watauga High School (828) 264-2407	Chris Skabo Wilkes Co. Schools (336) 667-1121
5	Sept. 19	Greensboro Coliseum Greensboro	Ronnie Beverly Lexington High School (336) 242-1574	Pepper Hines NCHSAA (919) 240-7364
4	Sept. 23	Ed. Resource Center Cumberland Co. Schools Fayetteville	Brian Edkins Scotland High School (910) 276-7370	Tina Bratcher Cumberland Co. Schools (910) 678-2300
2	Sept. 24	Duplin Commons Kenansville	Tim Foster SW Onslow High School (910) 455-4888	Ben Thigpen Duplin Co. Schools (252) 296-6652
1	Sept. 25	East Carolina University Heart Institute Greenville	John Luciano Manteo High School (252) 473-5841	Ron Butler Pitt Co. Schools (252) 830-4200
3	Sept. 26	Embassy Suites Cary	Michael Gainey Rocky Mount High School (252) 937-9053	Pepper Hines NCHSAA (919) 240-7364

Regional Meeting Coordinator: Pepper Hines (919) 240-7364

Special Deadline Dates

September 1	Submission of School Information Sheet	December 1	Payment of membership dues
September 7	Registration for Regional Meeting	February 1	Hall of Fame Nominations Due
October 1	Payment of catastrophic insurance premium	April 1	B.O.D. Agenda Items due (Spring Meeting)
November 1	B.O.D. Agenda Items due (Winter Meeting)		

ARTICLES OF INCORPORATION

The undersigned, being above the age of eighteen (18) years, does hereby make and acknowledge these Articles of Incorporation for the purpose of forming a nonprofit corporation under and by virtue of the laws of the State of North Carolina.

ARTICLE ONE

Name. The name of the association shall be NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION.

ARTICLE TWO

Duration. The period of duration of the corporation shall be perpetual.

ARTICLE THREE

Purposes. Whereas athletic activities play a recognized and valuable role in high school education in North Carolina, and whereas the coordination of these activities among the several high schools has been found to be of special benefit to high school education in North Carolina, the purposes for which this corporation are formed are educational in nature, and, though limited by the scope and meaning of Section 501 (c) (3) of the Internal Revenue code of 1954, the purposes include:

(a) To stimulate, control and direct high school athletics among its members or between its members and other teams in North Carolina.

(b) To maintain a high standard for high school games, contests, athletics and all other sports activities by and among its members in North Carolina.

(c) To give and grant to its members and to others, so far as empowered by law, the privilege to hold contests, competitions, and exhibitions under its auspices or otherwise, in accordance with its prescribed rules and regulations, and subject to conditions as it may lawfully impose.

(d) To enact and establish rules and regulations governing such contests, competitions, exhibitions and athletic participations, and to determine and define awards and prizes for such contests, and to determine and define breaches and infractions of its rules and regulations.

(e) To educate and train members and persons regarding all adopted rules and regulations governing athletic participation and competition by and among its members and regarding rules for particular sports and games.

(f) To exercise disciplinary authority so far as is lawful over all members and representatives of members engaged in contests, competitions, exhibitions and athletic activities, to the end that games, contests, sports and athletics of every kind may be subject to clean, sportsmanlike, dignified competition.

(g) To promote the physical and moral well-being of all athletes representing its members.

(h) To educate public opinion regarding high school athletics by and among its members.

(i) By all lawful means to elevate, improve and promote games, contests, physical exercises, athletics, exhibitions and all sports by and among its members.

(j) To acquire, hold title to, sell, exchange, lease, alien, build structures upon or otherwise to deal in real property for the purpose of maintaining premises where the hereinabove stated purposes can be pursued.

(k) To apply for, solicit, receive, hold and disburse grants, funds and other property to be used in furtherance of the purposes stated herein.

ARTICLE FOUR

Membership. Any North Carolina public or non-boarding parochial high school is eligible for membership provided it is accredited by the State Department of Public Instruction, and provided that the high school adopts and maintains the following code for participation in high school athletics:

"Competitive athletics cannot be justified as a part of the school program unless it contributes to a wholesome rounding out of the personality of the participants and the spectators. We shall therefore insist on hard but clean play resulting in honest victory without conceit or honest defeat without bitterness.

Realizing that eligibility rules are made to help relationships between schools, we agree to live up to the spirit as well as the letter of the regulations set by the association.

We shall see that the control of the policies and operations of high school athletics remains with the legally constituted governing body and is delegated by this body to the school officials.

If desirable, the superintendent can assign responsibility to the principal, and the principal to the athletic coach, who will be a full-fledged faculty member.

We shall always put first the best interest of the students and shall insist on careful, adequate protective equipment, and coaches who know training rules and practice, and will not permit students to play when the students' best interests indicate that they should not play."

The association shall have the power to fix by resolution of the Board of Directors such membership fees and charges as it deems appropriate from time to time for the support of the organization.

ARTICLE FIVE

Directors. The Board of Directors of the North Carolina High School Athletic Association, shall consist of twenty (20) members including the Immediate Past President, President, Vice-President and Commissioner of the association, plus ten (10) principals of member schools or superintendents of systems including member schools, plus six (6) athletic directors or coaches of member schools; the Directors shall be chosen as provided in the Bylaws of the association. Editor's Note: The names and addresses of the initial members of the Board of Directors are on file with the North Carolina Secretary of State.

The business and affairs of the North Carolina High School Athletic Association, Inc., shall be managed by the Board of Directors in accordance with the provisions of the Bylaws.

ARTICLE SIX

Powers. This association shall have those powers which are necessary and convenient to the execution of the purposes hereinabove provided.

Provided, however, that no part of the net earnings of the association shall inure to the benefit of any member, director, officer of the association or any private individual (except that reasonable compensation may be paid for services rendered to or for the association affecting one or more of its purposes), and no member, director, or officer of the association or any private individual shall be entitled to share in the distribution of any of the corporate assets on dissolution of the association. No substantial part of the activities of the association shall constitute the carrying on of propaganda or otherwise attempting to influence legislation or participating in or intervening in (including the publication or distribution of statements) any political campaign on behalf of any candidate for public office.

Notwithstanding any other provisions of these Articles, the association shall not conduct or carry on any activities not permitted to be conducted or carried on by an organization exempt under Section 501 (c) (3) of the Internal Revenue Code and its regulations as they now exist or as they may hereafter be amended.

ARTICLE SEVEN

Dissolution. Upon the dissolution of the association, the Directors shall pay or make provision for the payment of all of the liabilities of the association, and the balance of all money and other property remaining received by the association from any source shall be used or distributed exclusively for purposes within the intent of Section 501 (c) (3) of the Internal Revenue Code as the same now exists or as it may be amended from time to time, or the Board of Directors may distribute all the remaining assets to such organization or organizations formed and operated exclusively for charitable, educational or benevolent purposes as shall at that time qualify as an exempt organization under Section 501 (c) (3) of the Internal Revenue Code or the corresponding provisions of any future United States statute.

Or, the Board of Directors may elect, upon dissolution of the association, to sell the assets of the association and to distribute the proceeds from such sale as provided in the preceding paragraph.

ARTICLE EIGHT

The initial registered office of the association shall be located at the University of North Carolina at Chapel Hill, Orange County, North Carolina; the initial registered address of the association shall be Craige Mobile Park Offices, Manning Drive, Chapel Hill, Orange County, North Carolina 27514; and the name of the initial registered agent at such address shall be Simon F. Terrell. (Note: The present registered address of the association is Finley Golf Course Road, Chapel Hill, Orange County, North Carolina 27517; and the name of the present registered agent is Marilyn Q. Tucker.)

ARTICLE NINE

The name of the incorporator is Robert Epting, whose address is 214 West Rosemary Street, Chapel Hill, Orange County, North Carolina, 27517.

BYLAWS

Articles of Incorporation of the North Carolina High School Athletic Association, Inc., having been filed with the Secretary of State of North Carolina, now, therefore, BE IT RESOLVED, that the BYLAWS of the Association be and hereby are enacted as follows:

I. PURPOSES

The purposes for which this corporation is organized are:

(a) To stimulate, control and direct high school athletics among its members or between its members and other teams in North Carolina.

(b) To maintain a high standard for high school games, contests, athletics and all other sports activities by and among its members in North Carolina.

(c) To give and grant to its members and to others, so far as empowered by law, the privilege to hold contests, competitions, and exhibitions under its auspices or otherwise, in accordance with its prescribed rules and regulations, and subject to such conditions as it may lawfully impose.

(d) To enact and establish rules and regulations governing such contests, competitions, exhibitions and athletic participations, and to determine and define awards and prizes for such contests, and to determine and define breaches and infractions of its rules and regulations.

(e) To educate and train members and persons regarding all adopted rules and regulations governing athletic participation and competition by and among its members and regarding rules for particular sports and games.

(f) To exercise disciplinary authority so far as is lawful over all members and representatives of members engaged in contests, competitions, exhibitions and athletic activities, to the end that games, contests, sports and athletics of every kind may be subject to clean, sportsmanlike, dignified competition.

(g) To promote the physical and moral well-being of all athletes representing its members.

(h) To educate public opinion regarding high school athletics by and among its members.

(i) By all lawful means to elevate, improve and promote games, contests, physical exercises, athletics, exhibitions and all sports by and among its members.

(j) To acquire, hold title to, sell, exchange, lease, alien, build structures upon or otherwise to deal in real property for the purpose of maintaining premises where the hereinabove stated purposes can be pursued.

(k) To apply for, solicit, receive, hold and disburse grants, funds and other property to be used in furtherance of the purposes stated herein.

II. BOARD OF DIRECTORS

The Association shall be governed by a Board of Directors consisting of twenty (20) persons selected as follows:

1. *Selection of Directors.* The President and Vice-President, chosen at the annual meeting of the Association, the Commissioner and Immediate Past President of the Association shall be members of the Board of Directors by virtue of their election to those respective offices.

Ten members of the Board of Directors shall be chosen to replace the original Directors hereinafter designated, as their stated terms expire, from among the principals of member schools and/or the superintendents of systems including member schools.

Six members of the Board of Directors shall be chosen to replace the original members of the Board of Directors hereinafter designated, as their stated terms expire, from among the coaches of member schools or athletic directors of member schools or systems including member schools.

Provided, however, that the Board of Directors shall at all times consist of not less than one nor more than two coaches and/or athletic directors from each of the four classifications of member schools, e.g. A, AA, AAA, and AAAA; and that of the sixteen Directors elected, four shall be chosen from member schools or systems with member schools in Class A, four shall be chosen from member schools or systems with member schools in Class AA, four shall be chosen from member schools or systems with member schools in Class AAA, and four shall be chosen from member schools or systems with member schools in Class AAAA.

Successor members of the Board of Directors shall be chosen in each annual meeting of the Association to replace the members hereinafter designated as their terms expire. The term of each new Director so elected shall be four years. When any Director shall fail to serve completely his term of office, the Board of Directors shall have the authority to name a successor to fill the office until the next annual meeting of the Association.

When a member of the NCHSAA Board of Directors is transferred to another position from one geographic region and/or to another position that results in two years or more service remaining in the term of office, that the position is declared vacant and the position is filled from the accepted procedure to elect a representative from the vacant position or region.

2. *Meetings of Directors.* Regular meetings of the Directors of the Association shall be held at times appointed by the President, provided that notice of such meetings is given each Director not less than three days prior to each meeting.

Special meetings of the Board of Directors may be called by or at the request of not less than four members of the Board of Directors. Notice of such meetings shall be given to each Director at least three days prior to the meeting by the Commissioner or the President of the Association.

Agenda items for Board meetings or appeals should be in to the NCHSAA no later than November 1 for the winter meeting and April 1 for the spring meeting.

3. *Quorum*. A quorum shall consist of eleven (11) members of the Board of Directors at all meetings of the Board, and action may be taken by a majority of the quorum. (Approved December 2017, 329-8)

4. *Powers*. The Board of Directors shall be empowered to make, subject to the Articles of Incorporation and Bylaws of this Association, the rules and regulations which shall govern the various athletic activities and contests sanctioned or carried out under the auspices of this Association, which rules and regulations shall be prepared and distributed to member schools and systems as early as practicable annually.

The Board of Directors shall exercise, through such persons or committees as it sees fit, which persons or committees shall include in any event the President and Commissioner of the Association, supervisory powers over the various athletic activities and contests sanctioned or carried out under the auspices of this Association to insure proper compliance with the rules and regulations of the Association.

The Board of Directors shall have the power to create such new offices and committees as it finds convenient or necessary from time to time.

The Board of Directors, through the Commissioner, shall call conferences of faculty managers to arrange schedules for the various athletic activities and contests sanctioned or carried on under the auspices of the Association, and the Board of Directors shall have final authority to determine schedules between teams which cannot agree to game schedules in any season.

The Board of Directors shall have the authority to review the interpretations of the Commissioner and the Executive Committee regarding the Articles of Incorporation and Bylaws of the Association, and any rules and regulations of the Association, and its decision in these matters shall be final.

The initial Board of Directors and the dates for expiration of their terms are on file with the North Carolina Secretary of State.

5. *The Executive Committee*

Composition. The Executive Committee shall be composed of the President, Vice-President, Commissioner and four other members of the Board of Directors. The four Director members of the Executive Committee shall be chosen by the President from Directors nominated by all the Directors from each classification of schools; provided, however, that one such Director member of the Executive Committee shall be chosen from each classification of schools, and further provided, that two of the Director members of the Executive Committee shall be school administrators and two shall be coaches or athletic directors.

Powers. The Executive Committee shall have the power to review and approve or disapprove the Commissioner's interpretation of the Articles of Incorporation, the Bylaws or any rules or regulations of this Association. Or, the Executive Committee may refer any question of interpretation or appeal to the full Board of Directors for final disposition without making any interpretation on its own stead when it deems expedient to do so.

The Executive Committee shall have the power to rule on any controversies not specified, defined or controlled by the Articles of Incorporation, Bylaws or rules and regulations of this Association, subject to the right of the parties on controversy to appeal its decision to the full Board of Directors, whose decision shall be deemed final in the interests of high school athletics.

In any matter or controversy brought before the Executive Committee, and where the controverting parties are all from one classification of schools, all members of the Board of Directors from the classification may, upon their own motion, sit as additional members of the Executive Committee to hear and rule on the controversy.

III. OFFICERS

The officers of the North Carolina High School Athletic Association, Inc., shall consist of a President, a Vice-President and a Commissioner.

1. *Election of Officers.* The President and Vice-President shall be elected annually at the annual meeting. Only superintendents of school systems or principals of member schools shall be eligible to serve as President or Vice-President.

The Commissioner shall be elected and his or her annual salary set by the Board of Directors. The term of his or her office shall be four years.

2. *President*. The President shall preside at all meetings of the Association, all meetings of the Board of Directors and all meetings of the Executive Committee, at all meetings of committees in charge of various contests, and shall discharge all other duties of the presiding officer. It shall be the duty of the President to call meetings of the Board of Directors and the Executive Committee from time to time as the business of the Association requires their attention.

In the event that the office of President is vacated during the term of the President, the office of President shall be filled by the Vice-President for the remainder of the unexpired term.

3. *Vice-President*. The Vice-President shall preside and perform all the duties of the President in the absence of the President, and shall undertake such other duties as the President or Board of Directors may prescribe. In the event that the office of Vice-President is vacated during the term of the Vice-President, the Board of Directors shall have the power to name one of its members as Vice-President for the remainder of the unexpired term.

4. *Commissioner.* The Commissioner shall be a full-time employee of the Association, and shall serve as the managing business agent of the Association. In addition, the Commissioner shall be charged with initially receiving and processing all applications for membership in this Association, all inquiries, requests or correspondence regarding contests.

The Commissioner shall have the initial responsibility to receive inquiries or appeals regarding interpretations of the Articles of Incorporation, the Bylaws and the rules and regulations of the Association, and the Commissioner shall rule on such inquiries or appeals as set forth in Section VIII of these bylaws. The ruling of the Commissioner shall be subject to review by the Executive Committee and thereafter the Board of Directors. Any member requesting the review of a decision by the Commissioner shall pay the sum of the actual cost for an appeal to the Executive Committee or to the Board of Directors, provided the sum paid by the appealing member may be refunded by the appropriate reviewing body if the appealing member's position is sustained on appeal.

The Commissioner shall call conferences for the preparation of various contest schedules, and he or she shall preside over these conferences. The Commissioner shall keep the official records of all meetings of the Association and the Board of Directors and he or she shall have charge of all funds of the Association for which he or she shall render an annual accounting to the Association at its annual meeting.

The Commissioner shall be bonded in a sum not less than $10,000.

IV. ANNUAL MEETING

The annual meeting of the Association shall be held at a time designated by the Board of Directors. The annual meeting shall receive the reports of the Commissioner, hold elections for members of the Board of Directors and for officers, and transact such other business as may come before the meeting.

The principal shall be regarded as the constituted authority of each member school. The principal may appoint any member of the school's faculty to represent him or her at the annual meeting of the Association. The principal's authority in this respect shall be subject only to the authority of the superintendent of the principal's administrative unit.

Each member school represented at the annual meeting shall have one vote on Association business. Those present at the annual meeting shall constitute a quorum.

V. FINANCE

The Board of Directors shall have the power to determine membership fees and other charges for Association members.

The net receipts of all state championship contests shall be paid over to the Association for its support. The Board of Directors may determine what percentage, if any, of the net receipts of such district contests shall be paid to the Association for its support.

The Board of Directors may direct that as much as forty (40) percent of the net receipts of the final state championship contests, or finals in state championship tournaments, be paid to schools represented by competing teams.

Should the Association disband, its remaining funds and assets shall first be used to satisfy outstanding obligations including employment and purchase contracts, and any remaining funds shall be disbursed to member schools on an equitable basis as determined by the Board of Directors, provided that no distribution inconsistent with the Articles of Incorporation may be made. If insufficient funds exist for the satisfaction of Association obligations, members of the Association may be assessed by the Board of Directors in a total amount sufficient to satisfy the said obligations.

VI. CLASSIFICATIONS

For purposes of athletic competition, four classifications are identified—AAAA, AAA, AA and A. When at least 25 percent of the total number of member schools, or at least half the schools in a classification participate in a sport sanctioned by the NCHSAA that sport shall culminate in a state championship for that classification. When less than half participate, those schools shall be grouped with schools from all other classifications not having fifty percent participation in unclassified state playoffs. If only one classification has less than fifty percent participation, the schools of that classification shall be placed in the state playoffs of the next highest classification.

Classification is to be guided but not bound by the ADM figures averaging the daily membership in grades 9, 10, 11 and 12 for the first month as submitted to the State Department of Public Instruction. ADM figures used as a general guide in determining the four classifications may be established by the Board and may be subsequently changed by a two-thirds vote of the membership at the Annual Meeting.

The initial classification and alignment plan will be effective with the 1985-86 school year for a minimum four-year period. In the second year of the alignment period, schools having special hardship conditions with regard to classification may appeal to the Board of Directors for relief. Final action on appeals would take place at the winter meeting of the Board of Directors following completion of the normal two-year football contract period.

Using ADM and other factors which may apply, the Board of Directors is given the authority to transfer schools to another classification. If by a two-thirds vote the annual meeting shall instruct the Board of Directors to reverse any transfer decision, that vote of the annual meeting shall at once supersede the former decision of the Board of Directors.

VII. AMENDMENTS

Proposed amendments to the Articles of Incorporation or these Bylaws shall be submitted to the Commissioner's office no later than the November 1 prior to the annual meeting. In order to be considered, the proposed change must have been submitted and endorsed by the superintendents or principals of at least six member schools or systems with member schools.

If the proposed change is properly submitted to the Commissioner, the Commissioner shall distribute a copy of the proposed change with explanations as appropriate and a ballot to each member school, and the Commissioner shall set a reasonable deadline for the return of the ballots prior to the annual meeting.

An affirmative vote of not less than three-fourths of the total ballot distributed shall be necessary for a change in the Articles of Incorporation or Bylaws. The Commissioner shall report the results of the vote at the annual meeting, and shall cause such additional documents to be prepared as to formally notice the amendment or amendments.

1. The Board of Directors may update the Registered Agent in the Articles of Incorporation and Bylaws should the Registered Agent or managing business agent's position, often the Commissioner, become incapacitated or leave office. (Approved December 2017, 335-2)

VIII. PENALTIES

The Board of Directors, upon the relation of the Commissioner or any of the members of the Association, shall have the duty and final authority to authorize the investigation of and to punish member schools or their representatives for any violations of the rules and regulations of the Association. The Board shall take care that due notice of alleged violations and an opportunity to appear and respond to the allegations is afforded each member or representative of a member accused of violations of Association rules or regulations prior to its determination upon the allegations.

1. *Process.* Any inquiry about, or report concerning a suspected violation of, the Articles of Incorporation, the Bylaws or Rules and Regulations of the Association shall be first directed to the Commissioner or in his or her absence, his or her designee (which could include the Deputy Commissioner, Associate Commissioner or Assistant Commissioner). The Commissioner, or his or her designee, shall first provide his or her ruling on any issue raised orally and, as soon as is reasonably possible thereafter, this ruling, and the basis for the decision, shall be reduced to writing and immediately provided to the interested parties. Any member of the Association who is adversely affected by this decision may first appeal to the Executive Committee, in writing (which may be faxed or emailed) within 2 working days of notification of the decision, and thereafter, to the Board of Directors of the Association by written notice (which may be faxed or emailed) within 24 hours of the Executive Committee's announced decision. Decisions of the Board of Directors shall be final and binding.

2. *Ineligible Players*. Any school using an ineligible player in any contest sanctioned by the Association may be barred from taking part in the contests involving the same sport of the Association for up to one year. The Board of Directors shall prescribe the manner for protesting ineligible players and its decision in

all eligibility questions shall be final. If in the Board of Directors' opinion, (1) the use of an ineligible player was inadvertent and (2) the school makes a showing of good cause under all of the circumstances to warrant a lesser penalty by the Board, a penalty of less than suspension of the school from taking part in the same sport for up to one year may be enforced.

3. *Failure to Comply*. If any member school shall willfully fail to comply with the decisions of the Board of Directors of the Association, all contests scheduled or already played in the particular sport wherein the controversy arose shall be forfeited and canceled for that season, and the school shall be eliminated in determining the winner of the district affected.

And, the school shall not be allowed to take part in contests sponsored by the Association for a period of one year unless the school makes a showing of good cause under all the circumstances to warrant a lesser penalty by the Board. Any penalty imposed by the Board under this section must include the school being prohibited from taking part in any contests sponsored by the Association until it pays to the Association a cost fine of $1000 if it is a Class AAAA school, $800 if it is a Class AAA school, $600 if it is a Class AA school and $400 if it is a Class A school.

IX. EFFECTIVE DATE

These Bylaws shall become effective upon their ratification by at least three-fourths of the members present at the annual meeting of the Association.

Or, these Bylaws shall become effective upon ratification by affirmative vote of three-fourths of those responding to a special ballot to be prepared and mailed by the Commissioner of the North Carolina High School Athletic Association, Inc.

By a special ballot vote of all members in December 2017 (332-5), the date and voting method for amendments to the Articles and Bylaws will be noted next to the amended provision.

APPROVED

by vote of 258-1 in special balloting all members of the Association on October 11, 1976.

National Federation of State High School Associations

The National Federation of State High School Associations (NFHS), of which the NCHSAA is a member, had its beginnings in 1920 and now consists of the 50 individual state high school athletic and/or activities associations and the association of the District of Columbia. Also affiliated are eight interscholastic organizations from Canadian provinces.

The activities of the Federation are based on the belief that strong state and national high school athletic organizations are necessary to protect the activity and athletic interests of the high schools, to promote an ever increasing growth of a type of interscholastic athletics which is educational in both objective and method and which can be justified as an integral part of the high school curriculum, and to protect high school students from exploitation for purposes having no educational implications.

The National Federation is both a service and regulatory organization and offers a number of services. The Federation is involved in rules-writing activity, developing playing rules in various high school sports to the point that the circulation of Federation rules publications now exceeds three million. In addition, the Federation provides aids for rules-training programs for officials, maintains national interscholastic records and publishes a record book, supervises the National High School Sports Hall of Fame, and has initiated a chemical health program, among its many services.

Federation offices are located in Indianapolis, Indiana, with a mailing address of PO Box 690, Indianapolis, IN 46206, and the phone number is (317) 972-6900.

SECTION 1: STUDENT REQUIREMENTS FOR INTERSCHOLASTIC ATHLETIC PARTICIPATION

1.1 COMBINED RULES AND REGULATIONS

Included in these rules and regulations for the North Carolina High School Athletic Association, Inc. (NCHSAA), are the Regulations Governing Athletes in the Public Schools of North Carolina adopted by the State Board of Education. The rules and regulations listed herein are the minimum state standards for eligibility to participate in a number of areas, including but not limited to scholastic requirements, medical examinations, the felony policy, etc.

1.1.1 A local education agency (LEA), non-boarding parochial or charter school may have policies in any of these areas or others that are more restrictive than the state requirement, but the LEA may not have a policy for eligibility that is less restrictive.

1.1.2 It is mandatory that all member schools which participate in athletics conform to the regulations contained herein. Authority is delegated to the State Superintendent of Public Instruction to see that all schools, if they participate in any interscholastic sports program, conform to the regulations adopted by the State Board of Education as a minimum of requirements.

(a) The North Carolina High School Athletic Association, Inc. (NCHSAA) is not an agent of the State Board of Education. However, there is a close working relationship, as the organization serves in a supervisory capacity in the realm of athletics. Member schools are required to comply with all NCHSAA rules and regulations, as well as those established by the State Board of Education. Any question regarding an NCHSAA member school shall be reviewed and acted upon by the conference or Association before the matter shall be referred to the North Carolina State Department of Public Instruction (NCDPI).

1.1.3 Schools may sponsor teams in other sports not listed in the Handbook (e.g., gymnastics, weightlifting, women's field hockey, men's volleyball, etc.); however, all students, regardless of the sport, must be certified as eligible prior to dressing or participating in any interscholastic contest.

(a) Even though such sports are not sanctioned by the NCHSAA, member schools should work, wherever possible, to adhere to the ideals and guidelines established by the NCHSAA for their member schools in sports, which they sanction. The need to promote sportsmanship, to protect instructional time, or the physiological needs of maturing teens should not disappear simply because it is not a sport sanctioned by the NCHSAA.

1.1.4 For reclassification to additional championships, the number of schools offering teams in a sport must meet the constitutional requirement (Bylaw VI.) for two years before a championship will be implemented.

1.2 ELIGIBILITY

1.2.1 **Initial Entry**: A student may participate in athletics at any member school upon initial entry into ninth grade provided they meet applicable NCHSAA and eligibility requirements. Initial entry is defined as the first day of classes that a student is in attendance and counted present or, if sooner, the first day a student practices or otherwise takes part as a member or potential member of a member school's athletic team prior to the start of the academic year (e.g., if a student participates in preseason football workouts prior to the beginning of the ninth grade academic year, this will be deemed the student's initial entry at this member school).

(a) Upon initial entry into ninth grade, transfer and boundary criteria shall apply as follows:

(1) The student must live within the member school's boundary as established by the local board of education (LEA); or

(2) If the student's member school does not have a boundary established by an LEA (e.g.,charter school, non-boarding parochial school, etc.), after initial entry, the boundary for the member school shall be considered to be:

(i) The entire county in which the member school is located; and

(ii) Any addresses within a 25-mile radius of the member school as measured by an NCHSAA designated computer program; or

(3) There will be no boundary limitation if the student is a member of a parochial church affiliated with a non-boarding parochial member school and submits an authorized pastor verification form.

(b) Home school students

(1) Documentation from the Division of Non-Public Education must be presented upon initial dual enrollment-attendance, immunization, transcript, school number, etc.

(2) Home school students must communicate athletic intent at a member school in which they are domiciled and follow the enrollment and assignment procedures/policies established by the local board of education.

(i) Notice to principal must take place at least ten (10) days prior to the first practice date of each sports season.

1.2.2 **Master Eligibility Sheets**: All students must be eligible prior to dressing or participating in any interscholastic contest, whether or not the NCHSAA sponsors a championship in that sport.

(a) Only those students listed on the Master Eligibility Sheet(s) are covered by catastrophic insurance.

(b) No student shall be listed on the sheet unless and until documents substantiating eligibility are on file with the school. Such documents shall be available for inspection until the student's eligibility has ended.

(c) The Master Eligibility Sheet should be used for each sport and shall list all players, varsity and junior varsity, participating in that sport. A copy should be on file at the school prior to the first regular season contest including Endowment games.

(d) Eligibility sheets are not required to be filed with the NCHSAA but must be made available upon request. It is required that eligibility sheets be shared among conference schools in each sport.

(e) Ineligible players are NOT allowed to participate in practice, but this does not apply to summer workouts or skill development.

(f) When completing Master Eligibility Sheets, if a student's parent(s) or legal custodian(s) does not live within the LEA, please make all required entries and enter one of the following eligibility criteria on the second page:

(1) Any student proposed for a contest is eligible at the school to which the local board of education assigns them within the unit of residence of a parent or legal custodian within this state, subject to the Transfer Policy. (see 1.2.11).

(2) When two boards of education within North Carolina by mutual agreement assign a student to a different school, and the NCHSAA has authorized eligibility pursuant to the Transfer Policy. (see 1.2.11)

(3) Absent a transfer referenced above, a student is eligible at his or her assigned school if he or she has attended school within that administrative unit the previous two semesters, provided it meets LEA policy.

(4) Legal documents signed by a judge (ward of court) or social service (orphanage/foster home) are required to be submitted along with eligibility forms pertaining to students in these circumstances.

(5) Foreign exchange students (see 1.2.10.i).

(6) The NCHSAA has approved a Transfer Waiver Request and/or a Hardship Request to waive the residency requirement on the student's behalf.

(g) It shall be the responsibility of the principal, and/or his or her designee, to see that no ineligible player participates. Schools should use the eligibility checklist developed by the NCHSAA and it is recommended that the eligibility power point presentation be made available for athletes, guidance counselors, other administrators and parents, especially at the preseason meeting.

1.2.3 **Age of Player**: No student may be approved for any athletic contest if his or her 19th birthday comes on or before August 31, 2019; (i.e., the student's date of birth was on or before August 31, 2000).

(a) The principal shall have on file evidence of the legal birth date of each athlete.

(b) Evidence of legal birth date must be established by a copy of the birth certificate or from one of the following: a record from the State Bureau of Vital Statistics, Raleigh; a record from the county register of deeds office; an infant baptismal record; a recording from the attending doctor's registry or cash book if specific; a news item at the time of birth from the local newspaper; or an official register sheet from the first grade.

(c) A birth date as shown on a passport is acceptable verification of a foreign student's age.

(d) An eighth grade student who is overage for middle school competition shall be eligible for high school participation.

1.2.4 **Gender of Player**: The NCHSAA allows participation in interscholastic athletics for all students, regardless of gender or gender identification. It is the intent that all students are able to compete on a level playing field in a safe, competitive and friendly environment, free of discrimination. The following rules and regulations are intended to provide every student athlete with equal opportunities to participate in athletics.

a) A student may participate based on the gender noted on the student's certificate of birth.

(1) Women shall not participate on a men's interscholastic athletic team where the school has a women's team in the same sport or where a school sends an entry to the women's state playoffs in the same sport.

a) In cases where women are permitted on a men's team, the school forfeits all participation in the women's playoffs in the same sport.

b) Men's rules will be used where women play on men's teams.

c) Men shall not participate on a women's interscholastic athletic team in any sport.

b) When a student's gender identity differs from the gender listed on the student's certificate of birth, the Gender Identity Request Form must be submitted by the member school to the NCHSAA prior to any participation by the student under circumstances that would constitute ineligibility. The Request should be based on the gender identification of that student in current school records and daily life activities in the school and community.

(1) The following information should be submitted with the Request:
a) Documentation from individuals such as, but not limited to, parents/legal guardians appointed by a court of competent jurisdiction, friends, and/or teachers, which affirm that the actions, attitudes, and manner demonstrate the student's consistent gender identification.
b) A complete list of all the student's prescribed, non-prescribed, or over the counter treatments or medications relative to gender identity.
c) A complete list of interventions that have happened related to the gender identity of the student.
d) Written verification from an appropriate healthcare professional (e.g. physician, psychiatrist, psychologist, school nurse, etc.) of the student's consistent gender identification. Include any other social/emotional information from health-care professionals that would help the Committee make a decision about the student. This information must be submitted on office letterhead of the healthcare professional who provides verification with contact information and professional title of the individual.
e) Any other pertinent documentation or information which the student or parent(s)/legal guardian(s) appointed by a court of competent jurisdiction believe relevant and appropriate.

c) The NCHSAA will refer the Gender Identity Request to the NCHSAA Gender Identity Committee for consideration. The Committee will approve the Request if it finds that the student genuinely identifies as the gender indicated in the Request.
(1) The NCHSAA Gender Identity Committee will consist of the following:
a) Current member of the Board of Directors;
b) LEA or school administrator;
c) Physician with experience in gender identity health care and/or World Professional Association of Transgender Health (WPATH) Standards of Care;
d) Psychiatrist, psychologist, or licensed mental health professional familiar with the WPATH.
(2) The Committee will require that the member school has verified that the student is eligible in all other aspects.
(3) The Committee will respect and promote the student's privacy and confidentiality rights under HIPPA and FERPA in the process of considering a Gender Identity Request. Information provided to the Committee will be shared only to the extent necessary to decide the Gender Identity Request; provided that, if a Gender Identity Request is approved, the student's school may share the student's gender identity with other schools as necessary to ensure appropriate accommodations when competing at another school.

d) In cases where a Gender Identity Request has been approved:
(1) The student will be declared eligible to participate based on the student's gender identity.
a) 1.2.4.a is not in effect.
(2) It shall be the responsibility of the school to comply with all state and federal mandates/laws.

1.2.5 **Attendance**: A student-athlete must meet the LEA attendance policy during the previous semester at an approved high school.
(a) A student must, at the time of any practice and/or game in which he or she participates, be a regularly enrolled member of the school's student body, according to local policy. If there is no local policy, "regularly enrolled" is defined as enrolled for at least one half of the "minimum load."
(b) It is <u>recommended</u> that the student be in school the day of the contest.
(c) At the end of each semester, any participant who has failed to meet the LEA attendance policy of that semester is immediately ineligible.
(d) Home school students:
(1) Must have been enrolled in a registered home school for 365 days prior to being eligible in a member school.
(2) Once deemed eligible at a member school, the student must maintain continuous dual enrollment.
(a) Unenrollment would render the student ineligible for 365 days.
(3) Must participate in a class schedule that is at least one-half of the school's instructional day.
(a) At least one class must be on campus each semester or meet LEA requirements.

1.2.6 **Scholastic Requirements**: A student must have passed a minimum load of work during the preceding semester to be eligible at any time during the present semester. The semester is normally considered half of the academic year. All students must also meet local promotion standards, set by the LEA and/or the local school. Home school students must be on grade level according to a nationally standardized achievement test(s) indicating grade level.

(a) A minimum load is defined as five courses in the traditional school schedule and three courses for schools on the "block" format. If the school is on an A/B form of block scheduling, a student must pass six of eight courses during what would traditionally be defined as a semester. Any student, including seniors, must pass that minimum load, even if they need fewer for graduation. Home school students must pass all courses in which he/she is enrolled in the member school.
  (1) Traditional: pass five (minimum load)
  (2) Block: pass three (minimum load, 90-minute classes)
  (3) A/B: pass six
  (4) Hybrid Formats:
    (i) 3 block, 2 traditional – ("skinnies" is the parlance many systems use), most common hybrids use four block as the basis (two skinnies equal a block); must pass equivalent of three blocks. Could fail both "skinnies" but passing three blocks would meet minimum requirements.
    (ii) 2 block, 3 traditional – use seven traditional as the basis (block equals two); must pass equivalent of five traditional classes. Could fail one block only and be eligible (minimum requirement) but not more.
    (iii) 2 blocks and 4 traditional ("skinnies") – Use eight as the basis like an A/B format; (block equals two); must pass equivalent of six A/B classes. Could fail one block only and be eligible (minimum requirement) but not more.
    (iv) 1 block, 5 traditional – use seven as the basis (block equals two); must pass equivalent of five traditional classes. Could fail one block only and be eligible (minimum requirement but not more.)
  (5) Local units may be more restrictive, but not less restrictive.
  (6) Office assistance, teacher assistance or laboratory assistance may not be used toward academic eligibility
  (7) Audited courses may not be used toward academic eligibility.
  (8) No work previously passed by a student may be submitted as part of a minimum load.
  (9) Summer school work used to make up part of the minimum load must be applied to the most recent semester. Credit for summer work is a determination of the local unit.

(b) A student, upon first entering grade nine, is academically eligible for competition on high school teams.

(c) A student not academically eligible at the beginning of the semester is not eligible at any time during the semester.
  (1) Exception: a student who receives an incomplete which causes him or her to fail to meet minimum scholastic requirements or is awaiting a final grade due to any state-mandated testing is ineligible until the course is satisfactorily completed, and eligibility is restored immediately.

(d) A student academically eligible at the beginning of a semester remains academically eligible throughout the semester.

(e) Alternative or extended day school students who meet all other eligibility requirements may participate in athletics for the school to which they would normally be assigned if local policy allows it, provided the alternative/extended day school has no athletic program.
  (1) The alternative schools referenced here are those operated by the school system itself.
  (2) The principal of the school at which the students play shall be responsible for certifying their eligibility and shall have on file all records, including current attendance data, necessary to verify eligibility.
  (3) Each such student shall be identified on the eligibility list, which shall be accompanied by a letter from the principal stating that these designated students meet all eligibility requirements.
  (4) The principal and coach shall have the same authority in player selection and application of team rules and regulations with alternative school students as with those enrolled in the regular school program.

(f) At the end of the first semester, a superintendent or principal has eight days (excluding Saturday and Sunday) to check grades of students, removing such player immediately upon knowledge of ineligibility and no later than the completion of the eight-day period and restore eligibility to any debarred player after he or she has qualified at the end of a semester.
  (1) Any student who has his or her eligibility restored may participate the day following the completion of the semester of the ineligibility.
  (2) The purpose of the eight-day period is to allow schools ample time to check grades. A player should be removed before the eight-day period is up if the school has knowledge and has verified that the student is ineligible.

1.2.7 **Eight Semester Rule**: No student may be eligible to participate at the high school level for a period lasting longer than eight consecutive semesters, beginning with the student's first entry into ninth grade or an over-aged seventh or eighth grade student's participation on a high school team, whichever occurs first.

(a) For students who skip the ninth grade and advance directly to the 10th from the eighth, the year prior to entering the 10th grade is considered the year of first entry into ninth grade for athletics.

(b) Playing as a member of a private or other non-member school team shall be deemed the same as playing as a member of an NCHSAA member school team. Enforcement of this rule is to begin with entry into the 9th grade.

(c) The principal shall have evidence of the date of each player's entry into the ninth grade. The North Carolina cumulative record is sufficient.

1.2.8 **Maximum Number of Seasons**: No student may be approved for a high school contest if he or she has taken part in contests during four separate seasons in that sport.

(a) Students may only participate in one season per year, per sport, whether the sport is played in North Carolina or not.

(b) Playing as a member of a private or other non-member school team shall be deemed the same as playing as a member of an NCHSAA member school team. Enforcement of this rule is to begin with entry into ninth grade.

(c) A student shall not participate in school athletic contests after graduation from high school; however, this does not apply to spring sports playoffs.

1.2.9 **Medical Examination**: In order to be eligible for participation in practice or in interscholastic athletic contests, a student must complete both phases of the NCHSAA Sport Preparticipation Examination (PPE) Form and submit the completed form to the school. The current NCHSAA Sport Preparticipation Examination Form can be found on the NCHSAA Website.

(a) The student-athlete must submit a student-athlete/family medical history which is completed and signed by the parent or legal custodian. This should be done by completing Part I of the NCHSAA Sport Preparticipation Examination Form prior to a physical examination (See 1.2.9 (b)).

(b) The student must also receive a physical examination once every 395 days by a physician licensed to practice medicine, nurse practitioner or physician assistant and be cleared to play. The licensed medical professional, upon review of the information in Part I and completion of their examination, will complete and sign Part II of the NCHSAA Sport Preparticipation Examination Form.

(c) To participate in out-of-season and/or summer workouts, a student must have an up-to-date physical on file.

(d) To participate in out of season and /or summer workouts, the NCHSAA strongly recommends that a student has a signed Gfeller-Waller Concussion Statement on file.

(e) Students absent from athletic practice for five (5) or more days due to illness or injury shall receive a medical release by either a physician licensed to practice medicine or his/her designee (nurse practitioner, physician's assistant or licensed athletic trainer) before readmittance to practice or contests.

(1) Students with potential head injuries must receive a medical release by a licensed health care provider before readmittance to practice or contests (see 2.3.7).

(f) It is recommended that players be covered by adequate medical and accident insurance, and that medical aid be immediately available at all times.

(g) Schools should have medical release forms on site at athletic events in the event medical treatment is required.

1.2.10 **Residence**: A student is eligible to participate at the school to which he or she is assigned by the local board of education, within the administrative unit of residence. "Residence" as used for athletic eligibility purposes is defined as the equivalent of the term "domicile" as applied by the courts of North Carolina.

(a) It is the obligation of the school to know the residence status of each athlete and to require compliance with these requirements.

(b) Except as otherwise provided, the residence of any student shall be deemed to be:

(1) That of his or her parents (if he/she lives with both parents).

(2) That of the sole parent (if he/she lives with only one parent).

(3) That of the parent with whom he/she begins the school year's first semester (if he/she has two parents who do not live together).

(4) That of the legal custodian if his/her custody has been awarded to a non-parent by a court of competent jurisdiction.

(c) In the event the parents are separated or divorced, the residence of the student shall be that of the parent or other adult to whom primary physical custody has been awarded by a court of competent jurisdiction.

(d) If no custody order has been entered, the residence shall be deemed to be that of the parent with whom the student begins the school year's first semester.

(e) Any change in residence must be bona fide, which means made, done, or presented in good faith; without deception or fraud. Determination of what constitutes a bona fide or authentic and true change of residence depends upon the facts of each case. In order for a change of residence to be considered bona fide at least the following facts must exist:
  (1) The original residence must be abandoned as a residence; that is sold, rented or disposed of as a residence, and must not be used as residence by any member of the family.
  (2) The entire family must make the change and take with them the household goods and furniture appropriate to the circumstances.
  (3) The change must be made with the intent that it is permanent.
  (4) The change must not be made for athletics purposes.

(f) Non-parental guardianship will not be recognized where a student has a living parent unless:
  (1) There has been a determination by a court of competent jurisdiction of abandonment of the student by such parent(s) or a determination that the student is a dependent juvenile as defined in G.S. 7B-101(9).
  (2) The student has been judicially declared a ward of the court, has been identified as an orphan or placed in a foster home by the Division of Social Services (or a comparable agency if out of state) and custody (not guardianship) has been determined by the court or social service agency.
  (3) A student whose custody has been established by court order or social services agency decision is eligible for participation at the school to which he or she is assigned by the Board of Education of the local unit where his or her custodian resides.

(g) The residence of a student who is emancipated shall continue to be his or her residence as of the time of emancipation, unless an exception is granted under the procedures established by the Hardship Rule.
  (1) Emancipation for athletics purposes is when a student-athlete by legal determination or otherwise is freed from control by his or her parent(s) or guardian(s), and the parent(s), guardian(s), or other individual(s) are free from any and all responsibility for the student-athlete.

(h) A student who resides out of state but attends a member high school could be eligible if:
  (1) The student attends a member non-boarding parochial school or is a member of a parochial church and submits an authorized pastor verification form.
  (2) The out-of-state student is attending a member school as an employee benefit because a parent is working at the school, the school must request a hardship waiver of the residence rule with appropriate documentation as a result of the employee status.

(i) The residence of a student who is in an organized and recognized foreign exchange program (CSIET) shall be considered to be the place to which he or she is assigned by that program, and is eligible to participate at the school to which he or she is assigned by the LEA.
  (1) Foreign students who are not part of an organized and recognized foreign exchange program must present extenuating circumstances through the procedure established in the Hardship Rule.
  (2) Foreign exchange students are eligible to continue participation in the subsequent semester following their first year of enrollment based on the Two-Semester Rule (See 1.2.2 (f) (3)).
  (3) With the exception of this residence rule, foreign exchange students are subject to all other eligibility requirements, including but not limited to, the prohibition on participation after graduation or eligibility for graduation from high school.

(j) In no case will any exception be made to the following principles:
  (1) No student may participate at a second school in the same sport during the same sport season, except in the event of a bona fide change in residence of the parent(s) or legal custodian.
  (2) Change of schools must be contemporaneous with the change in residence.
  (3) Documents purporting to establish guardianship or custody issued by a notary public, an attorney, a clerk of court, or any entity other than a court of record with competent jurisdiction will not be accepted. Note: The acceptance of a document from a court of competent jurisdiction does not automatically render a student eligible.

1.2.11 **Transfer Policy:** After initial entry into the ninth grade, and absent a bona fide move as provided in the Residence section of this Handbook (See 1.2.10):

(a) A student transferring from one member school to another member school within the same LEA must sit out 365 days for athletic participation. The LEA can create criteria for immediate athletic eligibility for transfers (assignments) within the LEA.

(b) A student transferring from one member school in one LEA to another member school in a different LEA must sit out two consecutive semesters, or 365 days, whichever is less, for athletic participation. NOTE: A student's participation in cheerleading is not subject to the NCHSAA Transfer Policy.

(1) Upon authorization of the Transfer Certification Form by the NCHSAA, students are not subject to 1.2.10(b).
(i) Transfer from LEA to LEA is the student's first transfer.
(ii) By mutual agreement, the transfer is not for athletic purposes.
a) If deemed ineligible due to athletic purposes, the student will only be ineligible in that sport(s).
(2) The two-consecutive semester application occurs when a student is enrolled for at least 50% of the semester in which the student initially enrolled and all of the following semester.
(3) A student may not participate in practices or contests until the student's transfer has been validated by the NCHSAA.
(4) Appeal of a NCHSAA decision will be heard by the NCHSAA Transfer Committee.
(i) The Transfer Committee will be composed of the NCHSAA Executive Committee and at least one (1) non-district affiliated member school representative.

(c) Students transferring to the same member school where the student's coach has relocated within a calendar year will be deemed ineligible in any sport in which the coach is involved.

(d) If a member school is not part of a defined LEA (e.g., charter school, non-boarding parochial school, etc.), then the member school itself will be considered its own LEA for purposes of this policy (i.e., exceptions involving these member schools will fall under subsection (b) above).

(e) If a student transfers from a NCHSAA member school to a non-member school (including a transfer to a DPI-approved home school) and then attempts to transfer to any NCHSAA member school within a 365-day period, such initial transfer will be disregarded for purposes of this transfer rule and the subsequent transfer will be treated as if it were an NCHSAA member school to NCHSAA member school transfer and evaluated by the NCHSAA as provided in section (b) above.

(f) Students transferring into the North Carolina School of Science & Math are exempt from the Transfer Policy upon their initial entry into the school.

1.2.12 **Felony Policy**: Any student who is subject to the NCHSAA eight semester rule who (1) is convicted of a crime classified as a felony under North Carolina or federal law; or (2) is adjudicated delinquent for an offense that would be a felony if committed by an adult, is not eligible to participate in the North Carolina High School Athletic Association sports program.

(a) Such ineligibility shall be immediate and shall prohibit participation in the NCHSAA sports program from the date of conviction or adjudication of delinquency through the end of the student's high school career.

(b) Appellate or other post-conviction review of the conviction or adjudication of delinquency does not affect the student's immediate ineligibility.

(c) "Convicted" and "conviction," for the purpose of this policy, includes the entry of:
(1) A plea of guilty; or
(2) A plea of no contest, nolo contendere, or the equivalent; or
(3) A verdict or finding of guilty by a jury, judge, magistrate, or other duly constituted, established, and recognized adjudicating body, tribunal, or official, either civilian or military.
(4) A person is "convicted" or "adjudicated delinquent" for the purposes of this policy, in North Carolina state courts, the courts of the United States, another state, the armed services of the United States, or another country.

1.2.13 **Dressing for Game or Practicing**: A player shall not dress for a game or scrimmage when he or she is not eligible to participate in the game.

(a) Dressing and being in the designated team area shall be interpreted as participating in the game.
(1) Exception: Football, Eight Quarter Rule. Athletes who are disqualified or ejected during a contest will remain in the team area for supervision. (Reference 2.5.7.i).

(b) Ineligible players are not allowed to participate in practice, but this does not apply to summer workouts or skill development. (See also 1.2.8 (a)).

1.2.14 **Uniforms and Equipment**: School uniforms and/or equipment (including transportation) may not be used for any outside organization competition or by athletes performing "unattached" during the academic school year, inclusive of weekends, holidays, workdays, etc. except:

(a) During the summer, outside the dead periods, school uniforms may be worn for school-related activities.

(b) Students may be allowed to wear school uniforms, including protective equipment, in outside organization competition, so long as the student has exhausted athletic eligibility in that sport and received permission from the member school. Approval from the LEA is strongly recommended.

1.2.15 **Amateur Rule**: Enforcement of this rule by the NCHSAA begins with a student's entry in the ninth grade.

(a) Under no circumstance may an individual or team:
(i) Accept money.

(ii) Accept items by virtue of being on a "free list" or "loan list."
(iii) Compete under a false name

(b) As a result of athletic ability/performance, an individual may accept a gift, merchandise, trophy, etc. provided it meets the following conditions:
(i) Does not exceed $250.00 value per sports season.
(a) The item must be totally consumable and nontransferable (e.g., meals, trips, etc.) or labeled in a permanent manner (i.e., monogrammed, engraved, etc.)
(ii) Approved by the local principal and superintendent

(c) A team or camp group may accept a gift, merchandise, trophy, etc. provided it meets the following conditions:
(i) Available to every member of the team.
(ii) Totally consumable and nontransferrable (e.g., meals, trips, etc.).

(d) A student is entitled to receive "essential expenses" for any particular game or games, in which he or she participates as a player, which includes meals, lodging and transportation for each particular game. Any remuneration beyond these essential expenses shall debar a student from future contests.

(e) Accepting a nominal, standard fee or salaray for instructing, supervising, or officiating in an organized youth sports program or recreation, playground, or camp activities shall not jeopardize amateur status. An "organized youth sports program" includes both school and non-school programs.

(f) A member school which has any connection with the presentation of a forbidden award, including but not limited to assisting in the selection of the person to receive the award, permitting the award to be given at a school function, or holding the award for a student until he or she has graduated, shall be subject to penalty.

1.2.16 **All-Star, Bowl and Benefit Games**: (See also Uniform Rule 1.2.14)

(a) No student shall be permitted to participate in an all-star or bowl game unless he or she has completed high school eligibility in that sport.
(i) Participation in activities or events sanctioned by a national governing body is permissible at any time. See NCHSAA website for list of national governing bodies.

(b) An all-star/bowl game is defined as any contest where admission is charged, either directly or indirectly, and one or both teams is composed of players selected from two or more regularly constituted teams.

(c) Other information regarding this topic may be found on the NCHSAA website.

(d) Teams authorized to participate in benefit/fund-raisers (student/faculty game, alumni game, etc.) must be composed exclusively of players from the same high school. Outside the sports season, an existing team may not play an outside team in a benefit game and may not be coached by their coaching staff. A benefit game played during the sports season must count as an official contest.

(e) Any student who fails to comply with the preceding requirements loses athletic eligibility for a period of time to be determined by the Board of Directors.

1.2.17 **Professionals/Colleges**: No student who has signed a professional contract will be eligible for high school competition in that sport.

(a) No student who has played on a college team is eligible to play on a high school team.

(b) A regularly enrolled high school student who is taking courses for advance credit (e.g. community college course, college courses) will be eligible for high school competition.

1.3 RECRUITING/UNDUE INFLUENCE

1.3.1 No student shall be subjected to undue influence by an individual or group of individuals to induce or cause him to transfer from one school to another for athletic purposes.

1.3.2 If allegations of recruiting are made against a school, the burden of proof in substantiated form must be borne by the accusing party.

1.3.3 Allegations of recruiting that are substantiated will be processed as infractions under the penalty code.

1.3.4 For the purposes of this rule, “undue influence” consists of actions taken for the purpose and intent of soliciting or encouraging the enrollment of a student-athlete in a school, including but not limited to the following:

(a) Initiating or arranging communication or contact of any sort (letters, email, phone, etc.) with a prospective student-athlete or member of his or her family

(b) Visiting or entertaining a prospective student-athlete or member of his or her family

(c) Providing transportation or arranging for same for a prospective student-athlete or member of his or her family to visit a school or meet with anyone associated with a school

(d) Providing verbal or written material, slide, film or tape presentations to a prospective student-athlete or member of his or her family which states or implies that a school’s athletic program is superior to that or any other school with the purpose or intent of soliciting or encouraging the enrollment of the

student in that school, or that it would be advantageous for any prospective student-athlete to participate in athletics at that member school as opposed to any other school

(e) To use non-school athletic teams as a vehicle to solicit or encourage a prospective student-athlete or a member of his or her family to enroll the student-athlete at a different school.

1.3.5 The above applies to any individual who coaches at an NCHSAA member school, head or assistant, paid or non-paid, faculty or non-faculty, parent volunteer, etc., as well as any other person formally or informally associated with a school's athletic program.

1.4 HARDSHIP RULES

1.4.1 The following addition to the athletic code has been approved by the State Board of Education: except for the eligibility rule in regard to age, the Board of Directors shall have the authority to set aside the effect of any eligibility rule, when in the opinion of the Board, the rule fails to accomplish the purpose for which it is intended and when the rule works an undue hardship upon the student.

1.4.2 The purpose of the hardship rule is to provide due process, and the Board of Directors has established the following procedure for filing requests for exemption.

(a) Requests for exemption must be made prior to any participation by the student under circumstances that would constitute ineligibility. Requests will go initially to the Commissioner for action by the staff. The appropriate form is on the NCHSAA website and must be filled out in its entirety for consideration. The school, as the NCHSAA member, must apply for any hardship.

(b) A school wishing to appeal the decision may appeal to the Hardship Committee. Requests to the Hardship Committee are acted upon twice during each school year. The first meeting for the consideration of exceptions is during the winter meeting of the Board of Directors and the second meeting is during the Board of Director's spring meeting. The school is assessed the actual cost of the appeal. If a school wishes to appeal a previous decision at one of the two regular Hardship Committee meetings, it should notify the Commissioner no later than ten (10) days prior to those meeting dates.

(c) If a school wishes to appeal the decision made but does not wish to wait until a regular meeting of the Hardship Committee, it may submit the appeal information to the Committee for decision by:

(1) Mail ballot; or

(2) Conference telephone call, with the school paying for the actual cost of the conference call. In both (1) and (2), the school waives its right to further appeal. The decision of the Hardship Committee will be final, and the school will be assessed the actual cost of the appeal.

(d) Each application for consideration must be made in writing by the school principal, with the approval of the superintendent, and should contain all of the facts pertaining to the case, including sufficient data to make it possible to reach a decision without further investigation. All correspondence and documents pertinent to the case must be submitted for review, including a copy of the student's cumulative folder, which shows all scholastic and attendance data since first entry in the ninth grade. In cases involving medical questions, the request for exception must be accompanied by the statement(s) of one or more qualified medical expert(s) explaining the medical aspect of the case.

(e) A personal appearance of the principal and/or superintendent may be requested.

(f) Ignorance of the rule on the part of school personnel, the student and/or his parents shall not be considered sufficient cause for setting aside the effects of a rule.

(g) It is to be understood that ordinary cases of ineligibility shall not be considered under the hardship category and that the conditions which cause the student to fail to meet the eligibility requirement must have been beyond the control of the school, the student and/or their parents. Injury, illness, or accident which cause the student to fail to meet one of the basic requirements is a possible cause for hardship consideration. The appropriate time for hardship application is when the hardship situation is discovered, not after he or she has completed eight consecutive semesters.

(h) Inability to participate due to illness, injury or other medical causes shall not be considered a hardship. Requests for exception may be considered in those cases where the ineligibility exists because the student was unable to attend, or was prohibited from attending, school due to medical treatment.

(i) Procedures governing exception requests:

(1) The Hardship Committee, after hearing the case, will, if requested, advise the school of the recommendation it plans to make to the full Board of Directors in regard to the Hardship request;

(2) The school shall have the right to appear before the full Board to appeal the Hardship Committee's ruling. The hearing shall be de novo with members of the Hardship Committee ineligible to vote; and

(3) It is the responsibility of the school submitting the Hardship request to have translated any documents that might be in a language other than English, and to forward both the original document and the translation for hardship consideration.

SECTION 2: SCHOOL ADMINISTRATION OF INTERSCHOLASTIC ATHLETIC PROGRAM

2.1 GENERAL REQUIREMENTS

2.1.1 **Organization of School**: For athletic purposes in determining eligibility, local boards of education, or the equivalent, may set their own semester dates prior to the opening of school, and a copy of the calendar indicating these dates must be sent to the NCHSAA along with the filing of the school's first eligibility list.

2.1.2 **High School Definition**: A high school is composed of grades 9-12 inclusive.

(a) No student can be approved for practice or an athletic contest unless he or she is a regularly enrolled member of those grades at the school submitting his or her eligibility.

(1) Exceptions: An eighth grade student who is over-age or specialty school students under certain conditions, as indicated elsewhere in these regulations.

(b) Students on teams below the ninth grade shall not play or practice against interscholastic athletic teams, which have members in or above the ninth grade. This includes skill development during the academic school year calendar, inclusive of all weekends, holidays, work days, etc. (see 2.2.15.d.10).

(c) No LEA of this state may use students of two or more of its regularly constituted high schools, which offer an athletic program, to form a "composite team." An LEA, by local policy, may choose to assign its specialty school students, who meet all other eligibility requirements, to participate in athletics at a regularly constituted high school provided the specialty school does not have an athletic program. Specialty schools in an LEA could include schools with special courses of study, early or middle colleges, STEM/STEAM schools, magnet schools, virtual schools, etc. and these schools may or may not be housed on campus. **Note**: The enrollment of that specialty school must be counted for realignment and classification purposes when other students are assigned to regularly constituted high schools.

(1) **Example**: Member school A's Average Daily Membership (ADM) is 500. The ADM for the Middle College is 200. Member school A has 5 students participating in athletics who are actually enrolled in the LEA governed Middle College. LEA policy allows any student enrolled in the Middle College to participate in athletics at the base school; therefore, for realignment and football sub-dividing purposes, Member School A, which is the base school for the middle college, must add 200 students to its own ADM count, making the ADM 700. If students at the middle college are assigned to more than one school, the ADM number—200—of the middle college is divided between/among those member schools, based on those assignments.

(d) If any school district or unit shall have been officially enlarged (e.g., a city unit), students residing in the newly added territory shall be eligible for approval just as though the new territory had previously been a part of the district or unit.

(e) A single gender student body shall have its enrollment doubled for classification purposes;

2.1.3 **Non-Boarding Parochial Schools**: Non-boarding parochial schools, in addition to subscribing to the rules of the NCHSAA, must also agree to adhere to the following regulations:

(a) Athletes shall not be given scholarship aid or other financial consideration with the exception of need-based aid as determined by an independent agency. All non-boarding parochial schools shall provide full disclosure of financial aid data upon request, within guidelines of privacy laws.

2.1.4 **Enrollment Date**: Any school that desires to renew membership in the NCHSAA must register and pay the fees before December 1. Late renewals are subject to a $100 fine and schools are not eligible for playoffs beginning with the winter sports season until all fees are paid.

(a) To join the NCHSAA, an eligible school must pay a $1000 application fee and fill out the appropriate application form.

(b) The Board of Directors may send a delegation to make a site visit after the application is received.

(c) New members may be approved at either the winter or spring Board meetings; deadlines are November 1 to be considered at the winter Board meeting or April 1 to be considered at the spring Board meeting.

(d) Membership will take effect July 1. All schools which join the NCHSAA are required to attend a mandatory orientation.

(e) All schools shall have enrollment policies and procedures available to the NCHSAA upon request.

2.1.5 **Fees**: A check in the amount of $1.00 per pupil for all students enrolled at the high school should accompany the renewal form.

(a) Enrollment shall be determined by total enrollment of students at the end of the first school month of the present school year. The NCHSAA will publish these numbers prior to seeding for football. Each school should use this number in calculating its payment.

(b) Each member school shall also pay an annual school fee of $100. This entitles the school to one rule book in all sports which the National Federation of State High School Associations (NFHS) publishes rules and the NCHSAA offers a championship, as well as other materials, for example the handbook.

(c) Deadline for payment is December 1.

2.1.6 **Coaching**: In most cases, the head coach of an interscholastic athletic team should be a bona fide member of the faculty and as such shall be responsible for the supervision of athletic teams during all practices, games, and trips.

(a) Local superintendents may employ non-faculty persons as head coaches for varsity or junior varsity teams, with the concurrence of the local board of education.

(b) Individuals authorized to coach in this manner are required to know and follow the rules of the NCHSAA and NCDPI, including the sports season regulation.

(c) In extenuating circumstances and upon the written request of a school's principal, the NCHSAA may authorize parents to accompany individual participants in lieu of the coach at state-sponsored playoffs.

(d) Unsupervised athletes may not participate in state playoff events.

2.1.7 **Coaching Requirements**: Any annually required course must be current and completed before the first date of practice.

(a) All coaches, paid and volunteer, are required to take the "Fundamentals of Coaching" certification course prior to the first play date of the sport he or she coaches in order to coach an NCHSAA team. The course can be accessed online at nfhslearn.com. A $500.00 fine will be assessed for non-compliance. The NCHSAA has the authority to suspend the coach for the same number of contests they coached while being non-compliant.

(b) All coaches, paid and volunteer, must annually take the NFHS "Concussions in Sports" course or an equivalent concussion curriculum prior to the first date of practice in their sport. A $500.00 fine will be assessed for non-compliance. The NCHSAA has the authority to suspend the coach for the same number of contests they coached while being non-compliant.

(c) The pole vault head coach is required to take the NFHS "Coaching Pole Vault" course prior to the first date of practice in their sport.

(d) The head cheerleading coach is required to maintain safety certification through the American Association of Cheerleading Coaches & Administrators. The NFHS provides the "American Association of Cheerleading Coaches Spirit Safety Certification" course. Fundamentals of Coaching is not required.

(e) All head and paid coaches must be CPR/AED certified prior to first practice date. CPR/AED courses that satisfy this requirement should include some hands-on, in-person skill presentation and evaluation, regardless if part of the course is online or entirely in-person. It is recommended that all coaches of each sport/activity staff take and pass the NFHS First Aid for Coaches course, be CPR/AED certified, and be present at all contests and practices. Head coach coaching in a contest prior to satisfying the rules clinic attendance requirement is a $500 fine.

(f) All non-paid coaches are required to complete the NFHS "Sudden Cardiac Arrest" Course annually prior to the first practice.

(g) The head coach must attend one of the NCHSAA state rules clinics in baseball, basketball, cheerleading, football, golf, lacrosse, softball, soccer, swimming & diving, tennis, track & field, volleyball and wrestling (attendance at the rules sessions of the NCCA, participation in an NCHSAA web-based rules clinic or attendance at an NCHSAA Regional Officials State Rules Clinic in these sports for coaching credit is acceptable). For failure to comply, see Penalty Codes 3.2.2.d.12 and 3.2.2.f.5.

(1) If the requirement for attending clinic is not met prior to the first play date in the sport, the coach will not be allowed to coach in contests until he or she is compliant, absent showing cause as currently occurs. This does not replace the $400 fine.

(2) Head coach coaching in a contest prior to satisfying the rules clinic attendance requirement is a $500 fine. If coach in question coaches in subsequent games without satisfying requirement, NCHSAA has authority to suspend the coach for the same number of contests they coached while being non-compliant.

(h) Any person paid or employed, as a principal shall not coach interscholastic athletic teams.

2.1.8 The host school of an event with three or more participating teams is encouraged to have a licensed athletic trainer or certified first responder on site at all times during the event.

2.1.9 **Middle School Rules and Regulations**: All questions relative to middle school rules and regulations must be directed to the NCDPI.

2.2 GAME AND SPORT ADMINISTRATION - SCHOOL REQUIREMENTS

2.2.1 **Game Rules**: All high schools participating in interscholastic athletics shall use the game rules as set forth by the NFHS.

(a) Golf and tennis shall use USGA and USTA rules respectively, except where local modifications apply.

2.2.2 **Athletic Contracts**: A standard contract is recommended for use in all sports for non-conference competition (with two-year terms for football and basketball). The standard contract template may be found on the NCHSAA website.

(a) All provisions of the contract must be fulfilled by both parties unless canceled by mutual agreement.

(b) The NCHSAA has no responsibility for enforcing oral contracts.

2.2.3 **Facilities**:

(a) **Court and Field Diagrams**: The NCHSAA has adopted the playing rules of the National Federation of State High School Associations for most sponsored sports.

(1) Diagrams for the court or field for each sport are contained in the respective rulebooks.

(2) The National Federation also publishes a Court and Field Diagram Guide covering all sports.

(3) A copy of rule books for individual sports or of the comprehensive guide may be obtained directly from the National Federation.

(b) **Lighting Standards**: The Board of Directors has adopted standards for the lighting of events sponsored by the NCHSAA or any member school.

(1) These standards incorporate the most current data available regarding the lighting, electrical and structural issues that apply to the installation and maintenance of safe, effective lighting systems.

(2) These standards were developed by a Standards Advisory Committee made up of experienced engineers, architects, electrical contractors, attorneys and insurance underwriters.

(3) They are divided into recommended minimums and desirable features. The minimums establish criteria which are important to the safe conduct of sponsored activities. The desirable features are intended to provide guidelines for lighting systems that give added values of durability, energy-efficiency, environmental sensitivity and cost effectiveness.

(4) NCHSAA playoff events are intended to be held at sites that meet the minimum standards.

(5) A copy of the revised lighting standards may be viewed on the NCHSAA website.

(c) **Drones Policy**: The use of drones will be prohibited within the confines of stadiums, fields and arenas during NCHSAA contests. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium, field, arena and/or structure.

(d) **NCHSAA Hosting of Playoffs and Championships**: In order to host NCHSAA Playoffs (Recommended for regular season) in any sport, member schools' facilities must:

(1) Have measures in place that ensure the safety and protection of the well-being of all participants and spectators;

(2) Maintain seating for participants and spectators, with one-third (1/3) of the available seating reserved for the visiting team's spectators. These specifications are recommended for regular season games in all sports, with the exception of football, which provides its own minimum seating regulations.;

(3) Comply with requirements mandated by the Americans with Disabilities Act (ADA);

(4) Have restroom facilities available for both spectators and participants;

(5) Provide areas for teams and game officials to dress for competition;

(6) Be conducive to the charging of admission; and

(7) Be able to show, upon request, that facility lighting meets minimum NCHSAA lighting standards. (see Rule 2.2.3.b) and the NCHSAA website for lighting standards).

(8) During the playoffs, the NCHSAA has the right to require host teams to find an adequate facility based on expected attendance or quality of venue.

2.2.4 **Starting Time:**

(a) Regular Season Contest: The starting time for all regular season games in all sports shall be determined by the home team, within certain limits.

(1) A contest may not usually begin until after the last regularly scheduled instructional period.

(2) Recommended starting time in regular season is no earlier than 5:00 pm for baseball, lacrosse, softball, volleyball and soccer.

(3) Unless otherwise noted, if an event is held on campus or on school property, the host team is considered the "home" team.

(4) Unless otherwise noted, if an event is held off campus (golf course, etc.), the host team is designated the home team.

(i) The contest may begin before the last regularly scheduled period if a "host" team is involved, but schools are still urged to minimize loss of school time.

(ii) This rule is designed to be used only if the operator of the facility dictates an early starting time to the host school.

(b) Playoff Contest: Playoff games are under the auspices of the NCHSAA.

(1) Monday-Friday: Contest are set for 7:00 p.m. with the exception of football, which is 7:30 p.m.

(i) Teams may play at 6:00 p.m. if mutually agreed upon.

(ii) Game time will be 6:00 p.m. if the visiting team is over 100 miles one-way

(iii) Any deviation from this must be approved by the NCHSAA.

(2) Saturday: Teams may play at any time if mutually agreed upon.
(i) If teams cannot mutually agree, the higher seeded team may choose a starting time between 1:00 p.m. and 7:00 p.m.
(a) Between 1:00 p.m. and 6:00 p.m. if the visiting team is over 100 miles one-way.
(3) Schools may play earlier than the playoff date designated on the bracket by mutual agreement.

2.2.5 **Practice Time**: There shall be no athletic practice during the regular school day. This means no individual or team practice may begin until after the last regularly scheduled instructional period.
(a) No authorized practice, contest, or workouts may occur during the work day for teachers during the ten-month teaching calendar, and coaches may not use their vacation or leave time to hold a practice during the teacher work day.
(1) **Exception**: if a superintendent gives permission for schools in his/her unit to practice prior to the end of a work day due to inclement weather only.
(b) On the day following the end of the academic school year calendar, non-mandatory teacher workdays are governed by local policy. This rule also applies to non-faculty coaches.
(c) Team practice in any sport is prohibited after the sports season ends until the first day following the final student day of the school year.

2.2.6 **Sunday Participation**: No participation under the auspices of the NCHSAA may be staged on Sunday, except for certain cases approved by the NCHSAA Board of Directors in playoffs and championships.
(a) There shall be no Sunday practice, conditioning or skill development in any sport. This includes the assembling of athletic squads (full teams or selected individuals) for purposes of viewing films, chalk talks, or other materials pertaining to the coaching of the team.

2.2.7 **Endowment Games**: Endowment games, where allowed, are referenced in the individual sports rule sections in this Handbook, reference 4.1.6. In general, each school may play one endowment game per sport, and only one such game may be played in addition to the applicable season game limitation.
(a) The NCHSAA may approve additional endowment game requests to assist member schools with scheduling issues; however, under no circumstances may any additional endowment game be played that would otherwise result in any member school exceeding the regular-season game limitation for that sport.
(b) Once an Endowment Game is played it will remain as an Endowment Game and can not be changed to a regular season game due to issues with the schedule.

2.2.8 **Postponed and Suspended Games**: Any single contest postponed because of emergency reasons (bad weather, epidemics, heating system failure, mid-term exams, or unavoidable mishaps) may be rescheduled and played.
(a) No more than three contests may be played in a single week even with postponements and rescheduling (see weekly limits below and exceptions for volleyball, baseball, tennis, basketball and softball).
(b) Postponed games will be made up in the order of postponement on the next possible date; Saturday will not be used as a makeup day unless mutually agreed upon by the two schools involved, with the exception of the 12th playing date in football (see Football section on seeding).
(1) No postponed game may be played after the reporting deadline for playoffs.
(2) Any deviation from this must be approved by the NCHSAA.
(3) When a playoff game is postponed and then rescheduled, the principals of both schools, along with the NCHSAA, should be involved with the decision.
(4) Saturdays must be used as makeup days for playoffs.
(c) NCHSAA uses the suspended game rule in all sports where appropriate.
(1) If a contest is suspended at any point, it is resumed from the point of interruption unless the teams mutually agree to terminate the game with the existing score (see Baseball 4.2.1.n, Lacrosse 4.7.1.n, Soccer 4.8.1.m and Softball 4.9.1.m for specific applications in those sports).
(2) A suspended game may be continued in another week and not count against the weekly limitations.

2.2.9 **Tie Games**: All tie games shall count one-half game won and one-half game lost whenever a conference champion is determined by percentage standings.

2.2.10 **Unplayed Games and Forfeited Games**: If a conference school plays a part of its schedule, and then withdraws from competition leaving unplayed games, the NCHSAA Board of Directors shall have power, at its discretion, to declare official forfeitures of all unplayed games.

2.2.11 **Weekly/Player Limits**: Student-athletes must always stay within the daily, weekly and seasonal limitations of their prescribed sports. With the exception of volleyball, softball, baseball, tennis and basketball (refer to those sports sections), no team shall play more than three games in one sport per week, under any circumstances.
(a) Both teams and individual players are subject to the daily, weekly and seasonal limitations for each sport.
(b) See Football section for specific regulations and limits on football games and participation.

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, track and field, and wrestling.

(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) August 1 - August 21, 2019

(ii) October 30 (October 16, Non-Football Schools) - November 19, 2019

(iii) Last five (5) student days of the First Semester

(iv) February 12 - March 3, 2020

(v) Last ten (10) student days of the Second Semester

(vi) June 29 – July 5, 2020

(vii) July 20 – July 26, 2020

(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 1.2.9.

(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 a "non-school" 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 10	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

(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) 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.

(g) 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 **Summer Regulations:** 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.

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

(b) During the "Summer Dead Periods" no NCHSAA member school-sponsored activities may be organized or conducted by any NCSHAA coach or school staff member (whether full-time, part-time, or volunteer) that involve students at NCHSAA member schools. School-sponsored activities include any of the following (i.e. these activities MAY NOT be done):
(i) Activities, other than Third-Party Outings and Bona Fide Competitions (both as defined below), conducted (1) at any NCHSAA member school; or (2) at any location if the activity is organized or controlled by an NCHSAA member school, coach or staff member (whether full-time, part-time or volunteer) (e.g., summer skills development or camps, open facilities, conditioning exercises, laps around the school track, etc.);
(ii) Activities at any location where attendance by students is deemed mandatory, whether actual or perceived (e.g., coach organizes an event away from school property and states, suggests or implies in any way that any students not attending will suffer consequences of any kind … whether this means making a team, enjoying playing time, becoming team captain, etc.);

(c) Examples of activities that would be considered "non-school-sponsored activities" and MAY be done:
(i) Third-Party Outings: Coach or staff member takes students to a third-party camp at a non-NCHSAA member school (e.g., college-sponsored summer skills or team camp, etc.) where attendance by students is NOT deemed mandatory, whether actual or perceived (as described above);

(ii) Bona Fide Competitions: An organized league is conducted through a bona fide third party organization where (1) the organization purchases appropriate liability insurance and pays for all game-related expenses (e.g., facilities, staffing, etc.); (2) students are not required to attend or participate; (3) student transportation is not provided by NCHSAA member school vehicles; and (4) students use their own equipment.

2.2.17 **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 and 2.216 for permitted daily off-season work.

2.2.18 **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.

2.2.19 **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 television broadcasts. 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 in football and basketball, the fee is set at $100, AM, FM or internet audio stream. For all other sports the fee is $50.

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

(c) All broadcast fees for regular season and post-season radio, audio-only internet streaming, tape-delayed video or live internet-only video streaming broadcasts are payable to the host institution or, at the state championships, to the NCHSAA prior to the beginning of the contest.

(d) For football and basketball broadcasts of live over-the-air television, stations must complete the online broadcast request form and remit payment to the NCHSAA by the agreed upon date or be subject to late fees and/or credential revocation, per NCHSAA Media Policy.

(e) NCHSAA Game of the Week: The NCHSAA Game of the Week will be conducted during all sports seasons in conjunction with various television stations across the state. Any contest that is to be broadcast live by an over-the-air television station or traditional cable/satellite access media will be considered an "NCHSAA Game of the Week". The NCHSAA's approval of such broadcasts is subject to approval by the host school of the contest, a completed online application by the broadcast media outlet and remission of payment of the appropriate rights fee by the broadcast media outlet to the NCHSAA.

(1) Stations conducting live television broadcasts of NCHSAA Member School contests absent approval from the NCHSAA will be subject to a fine up to double the amount due for the contest. Non-payment of any such fine will prevent the station from being allowed to broadcast any further NCHSAA contests, including playoffs and revocation of any NCHSAA-issued media credentials in use by station employees. Applications for any NCHSAA media credentials by a non-compliant station will not be approved.

(2) Live internet video streaming of an NCHSAA Game of the Week is expressly prohibited absent prior written approval by the NCHSAA.

(f) Live internet video streaming of regular season contests is permitted, with the exception of any NCHSAA Game of the Week, which requires prior written NCHSAA approval.

(1) Minimum fees for internet-only live video stream of a contest: School retains all fees collected for home contests and may not collect less than the minimum listed in the chart below. LEA's may negotiate "package" or "lump" deals for internet streaming video rights to all contests within the LEA.

(i) Minimum Rate Structure for internet-only video streaming of regular season contests:

Football	Basketball (single)	Basketball (DH)	All Others
$150	$100	$150	$100

(g) A live telecast (over-the-air, cable or satellite) of a playoff game must be approved by the NCHSAA and the holder of television rights, if any, which the Association has granted.

(h) All telecasts, live or delayed, of any state championship game must be approved by the NCHSAA.

(i) NCHSAA Broadcast Rights Fee Chart can be found on page 114

2.2.20 **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 **Health and Safety Personnel**:

(a) Licensed Athletic Trainers

(1) Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions. Athletic training is recognized by the American Medical Association (AMA), Health Resources Services Administration (HRSA) and the Department of Health and Human Services (HHS) as an allied health care profession.

(2) Athletic trainers are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Athletic trainers work under the direction of a physician as prescribed by state licensure statutes. In North Carolina, an athletic trainer is a person who, under a written protocol with a physician licensed under Article 1 of Chapter 90 of the General Statutes and filed with the North Carolina Medical Board, carries out the practice of care, prevention, and rehabilitation of injuries incurred by athletes, and who, in carrying out these functions, may use physical modalities, including heat, light, sound, cold, electricity, or mechanical devices related to rehabilitation and treatment.

(3) Licensed Athletic Trainer (LAT) – In North Carolina a Licensed Athletic Trainer is an individual who is licensed under Article 34 of Chapter 90 of the General Statutes entitling them to perform the functions and duties of an athletic trainer.

(b) First Responders

(1) First Responder (FR) - A first responder must meet the following requirements set forth by the North Carolina State Board of Education Policy ATHL-000.

(i) Have completed and continue to maintain certification in cardiopulmonary resuscitation as certified by an organization such as the American Red Cross or the American Heart Association.

(ii) Have completed and continue to maintain certification in first aid as certified by an organization such as the American Red Cross or the American Heart Association.

(iii) Have completed and continue to maintain training in concussion management as offered by an organization such as the National Federation of State High School Associations (NFHS).

Course available at NFHSLearn.com

- Concussion in Sports

(iv) Have completed and continue to maintain continuing education in injury prevention and management as offered by an organization such as the National Federation of State High School Associations (NFHS).

Courses available at NFHSLearn.com

- Heat Illness Prevention
- Sports Nutrition
- Sudden Cardiac Arrest
- ACL Injury Prevention
- Student Mental Health and Suicide Prevention

(v) Complete 10 hours of staff development each school year specific to first aid, injury recognition and prevention. The 10 hours may include hours necessary for recertification/renewals.

(2) The NCHSAA expectation is that the first responder should provide the same care that any "reasonable and prudent" individual would consistent with their training in the same situa-

tion. In all instances, the first responder should provide only the type of emergency care for which they are trained to apply.

(c) Athletic Event Medical Care Requirements

(1) The licensed athletic trainer or first responder may not have concurrent coaching responsibilities during the time in which the person is working as a licensed athletic trainer or first responder.

(2) The member school's licensed athletic trainer or first responder must physically attend all football practices and both home and away games, unless excused by the superintendent in writing due to an emergency.

(3) A licensed athletic trainer or a first responder must be physically present if any protective equipment (helmets and/or shoulder pads) is worn by student-athletes participating in football skill development during the school year.

(4) A licensed athletic trainer or first responder must physically attend all summer football 7-on-7 events and must be physically present at all times in any competition area in which contest are being held.

(5) A licensed athletic trainer or first responder must be in attendance at all wrestling matches.

(6) A licensed athletic trainer or a first responder must be physically present at all times in any competition area in which wrestling matches are being held.

Ex.: Wrestling in the Auxiliary Gym and Main Gym at the same time would require two licensed athletic trainers or first responders or a combination of one of each.

NOTE: Failure of a member school to meet an athletic event medical care requirement, as listed above, is a finable offense (See Rule 3.2.1).

2.3.2 **Fundamentals of Heat Illness Prevention and Management for all sports**:

(a) A Licensed 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 Sickle 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.

(g) Recognize more serious signs of exertional heat illness (clumsiness, confusion, stumbling, collapse, obvious behavioral changes and/or other central nervous system problems), immediately stop activity, begin rapid cooling, and activate the Emergency Medical System.

(h) All schools should have a heat illness prevention and management policy for all sanctioned activities and this policy must be followed.

(i) A venue-specific Emergency Action Plan (EAP) with clearly defined written and practiced procedures should be developed and in place ahead of time.

(j) Prior to the season all coaches, athletic training personnel and first responders working with the team should review the signs and symptoms of heat illness and the emergency action plan for their school.

(k) A Wet Bulb Globe Temperature (WBGT) chart should be available at practices and contests.

(l) Supplies to assess WBGT (or alternatively, heat and humidity on site), to assess core temperature, and to provide for rapid cooling should be on-site for all practices and games as environmental conditions require.

2.3.3 **Acclimatization (Football)**:

(a) Days 1–5 are the first formal practices. No more than 1 practice occurs per day.

(b) Total practice time should not exceed 3 hours in any 1 day.

(c) 1-hour maximum walk-through is permitted on days 1–5, however there must be a minimum 3 hour break in a cool environment between practice and walk-through (or vice versa).

(d) During days 1–2 of first formal practices, a helmet should be the only protective equipment permitted (if applicable). During days 3–5, only helmets and shoulder pads should be worn (if applicable). Beginning on day 6, all protective equipment may be worn and full contact may begin.

(1) Football only: on days 3–5, contact with blocking sleds and tackling dummies may be initiated.

(2) Full-contact sports: 100% live action drills should begin no earlier than day 6.

(e) Day 6–14, double-practice days must be followed by a single-practice day. On single-practice days, 1 walk-through is permitted, separated from the practice by at least 3 hours of continuous rest. When a double-practice day is followed by a rest day, another double practice day is permitted after the rest day.

(f) On a double-practice day, neither practice day should exceed 3 hours in duration, and no more than 5 total hours of practice in the day. During the 2 hour practice, there can be NO live action. Warm-up, stretching, cool-down, walk-through, conditioning and weight-room activities are included as part of the practice time. The 2 practices should be separated by at least 3 continuous hours in a cool environment.

(g) Because the risk of exertional heat illnesses during the preseason heat-acclimatization period is high, we strongly recommend that an athletic trainer be on site before, during and after all practices. (Adapted from Korey Stringer Institute, 2015)

2.3.4 **Prevention of Heat Illness**:

(a) Wet Bulb Globe Temperature (WBGT) considers the combined effects of air temperature, humidity, and solar radiation on the human body. WBGT should be measured (using a scientifically approved device) for all sports when student-athletes may be at risk for exertional heat illness (EHI). WBGT should be accessed every hour beginning 30 minutes before the beginning of practice.

(b) As WBGT increases, minimize clothing and equipment.

(c) Provide unlimited drinking opportunities during hotter practices. NEVER withhold water from athletes.

(d) Pre and post-practice weigh-ins SHOULD be conducted. NOTE: an athlete who is not within 3% of the previous pre-practice weight should be withheld from practice. These athletes should be counseled on the importance of re-hydrating. Pre and post-practice weigh-ins are recommended for all sports participating during periods of high heat and humidity.

(e) If WBGT is at 90 or above suspend practice; contests may continue but must include mandatory breaks as directed by gameday administrator.

WBGT Index and Athletic Activity Chart

WBGT Index (F)	Athletic Activity Guidelines
Less than 80	Unlimited activity with primary cautions for new or unconditioned athletes or extreme exertion; schedule mandatory rest/water breaks (5 min water/rest break every 30 min)
80 - 84.9	Normal practice for athletes; closely monitor new or unconditioned athletes and all athletes during extreme exertion. Schedule mandatory rest /water breaks. (5 min water/rest break every 25 min)
85 - 87.9	New or unconditioned athletes should have reduced intensity practice and modifications in clothing. Well-conditioned athletes should have more frequent rest breaks and hydration as well as cautious monitoring for symptoms of heat illness. Schedule frequent mandatory rest/water breaks. (5 min water/rest break every 20 min) Have cold or ice immersion pool on site for practice.
88 - 89.9	All athletes must be under constant observation and supervision. Remove pads and equipment. Schedule frequent mandatory rest/water breaks. (5 min water/rest break every 15 min) Have cold or ice immersion pool on site for practice.
90 or Above	**SUSPEND PRACTICE/MUST INCLUDE MANDATORY BREAKS AS DIRECTED BY GAMEDAY ADMINISTRATOR DURING CONTEST.**

2.3.5 **Recognition of Heat Illness:**

(a) Heat Exhaustion

(1) The clinical criteria for heat exhaustion generally include the following:

(i) Athlete has obvious difficulty continuing with exercise

(ii) Body temperature is usually 101 to 104°F (38.3 to 40.0°C) at the time of collapse or need to drop out of activity.

(iii) No significant dysfunction of the central nervous system is present (e.g., seizure, altered consciousness, persistent delirium)

(2) If any central nervous system dysfunction develops, such as mild confusion, it resolves quickly with rest and cooling.

(3) Patients with heat exhaustion may also manifest:

(i) Tachycardia (very fast heart rate) and hypotension (low blood pressure)

(ii) Extreme weakness

(iii) Dehydration and electrolyte losses

(iv) Ataxia (loss of muscle control) and coordination problems, syncope (passing out), light-headedness

(v) Profuse sweating, pallor (paleness), "prickly heat" sensations

(vi) Headache

(vi) Abdominal cramps, nausea, vomiting, diarrhea

(vii) Persistent muscle cramps

(b) Heat Stroke

(1) The two main criteria for diagnosing exertional heat stroke:

(i) Rectal temperature above 104°F (40°C), measured immediately following collapse during strenuous activity.

(ii) Central Nervous System dysfunction with possible symptoms and signs: disorientation, headache, irrational behavior, irritability, emotional instability, confusion, altered consciousness, coma, or seizure.

(2) Most patients are tachycardic and hypotensive.

(3) Patients with heat stroke may also exhibit:

(i) Hyperventilation

(ii) Dizziness

(iii) Nausea

(iv) Vomiting

(v) Diarrhea

(vi) Weakness

(vii) Profuse sweating

(viii) Dehydration

(ix) Dry mouth

(x) Thirst

(xi) Muscle cramps

(xii) Loss of muscle function

(xiii) Ataxia

(4) Absence of sweating with heat stroke is not typical and usually indicates additional medical issues.

2.3.6 **Management of Heat Illness:**

(a) A primary goal of management of heat illness is to reduce core body temperature as quickly as possible. When exertional heat stroke is suspected, immediately initiate cooling, and then activate emergency medical system. Remember "Cool First, Transport Second".

(b) Remove all equipment and excess clothing

(c) If appropriate medical staff is present, assess athlete's rectal temperature

(d) Immerse the athlete in a tub of cold water (the colder the better). Water temperature should be between 35 to 60°F (2 to 15˚C); ice water is ideal but even tepid water is helpful. Maintain an appropriately cool water temperature. Stir the water vigorously during cooling.

(e) Monitor vital signs (rectal temperature, heart rate, respiratory rate, blood pressure) and mental status continually. Maintain patient safety.

(f) Cease cooling when rectal temperature reaches 101 to 102°F (38.3 to 38.9°C)

(g) If an immersion pool is unavailable or in cases of heat exhaustion, use these cooling methods:

(1) Place icepacks at head, neck, axillae and groin.

(2) Bathe face and trunk with iced or tepid water.

(3) Fan athlete to help the cooling process.

(4) Move athlete to a shaded or air conditioned area if available near the practice site.

2.3.7 **Gfeller-Waller Concussion Awareness Act**: The Gfeller-Waller Concussion Awareness Act was drafted and implemented to protect the safety of student-athletes in North Carolina and was signed into law on July 16, 2011. There are three major areas of focus in the law and these include: concussion education, postconcussion protocol implementation, and venue specific emergency action plan development and implementation. Each school should maintain documentation that it is in compliance with the law. The following is a guide to steps that will help you, the school administrator, comply with the Gfeller-Waller Law.

NOTE: Please also see "Gfeller-Waller/NCHSAA Concussion Management Principles on page 120 for a listing of Health and Safety Personnel and Key Tenents of Concussion Management.

(a) EDUCATE those involved with interscholastic athletic activities.
- (1) Student-athletes will be provided with the STUDENT CONCUSSION INFORMATION FORM.
- (2) Students shall read, initial, sign, and return the STUDENT-ATHLETE CONCUSSION STATEMENT form.
- (3) Parents, coaches, school nurses, athletic directors, first responders, and volunteers will be provided with the ADULT CONCUSSION INFORMATION FORM.
- (4) All above adults shall read, initial and return the COACH/SCHOOL NURSE/PARENT/VOLUNTEER CONCUSSION STATEMENT form. (It is at the discretion of each educational institution to identify who will distribute, collect, and maintain the above forms.)

(b) PLAN for what will happen when an injury occurs:
- (1) Concussion: If a student-athlete exhibits signs and symptoms consistent with a concussion (even if not formally diagnosed), the student-athlete is to be removed from play and is not allowed to return to play (game, practice, or conditioning) on that day.
- (2) Student-athletes are encouraged to report their own symptoms, or to report if peers may have concussion symptoms. Coaches, parents, volunteers, first responders, school nurses, licensed athletic trainers (if available), are responsible for removing a student-athlete from play if they suspect a concussion.
- (3) Following the injury, the student-athlete should be evaluated by a Licensed Health Care Provider. It is strongly recommended that each school seek qualified medical professionals in the surrounding community with training in concussion management to serve as resources in the area of concussion management. All NCHSAA member school student-athletes diagnosed with a concussion are strongly recommended to have a Physician's signature (MD/DO licensed under Article 1 of Chapter 90 of the General Statutes and has training in concussion management) which allows the student-athlete to resume full participation in athletics.
- (4) Before a student-athlete resumes full participation in athletics, he/she is REQUIRED have completed the NCHSAA Concussion Return to Play (RTP) Protocol. The student must have remained free of all clinical signs and symptom-free at rest and with both full cognitive and full exertional/physical stress through stage 5. In addition, the student-athlete must have a Return to Play Form signed by both a Licensed Health Care Provider and the parent/legal custodian.

NOTE: It is critical that the medical professional ultimately releasing this student-athlete to return to athletics after a concussion has appropriate training in concussion management. The NCHSAA, therefore, **HIGHLY RECOMMENDS** that in concussion cases, Licensed Athletic Trainers, Licensed Physician Assistants, Licensed Nurse Practitioners, and Licensed Neuropsychologists consult with their supervising physician before signing the **RETURN TO PLAY FORM** as per their respective state statutes.

(c) Emergency Action Plan: Each school should have a venue specific Emergency Action Plan (EAP) that follows the specifications outlined in the EAP guidelines on the website.
- (1) This plan should be:
  - (i) in writing
  - (ii) reviewed by an athletic trainer licensed in North Carolina
  - (iii) approved by the principal of the school
  - (iv) distributed to all appropriate personnel
  - (v) posted conspicuously at all venues, and
  - (vi) reviewed and rehearsed annually by all licensed athletic trainers, first responders, coaches, school nurses, athletic directors, and volunteers for interscholastic athletic activities.

NOTE: The NCHSAA website (Health and Safety Section) has additional information on concussion education, post-concussion protocol implementation, and venue specific emergency action plan development and implementation.

2.3.8 **Cardiac Safety Program**: All NCHSAA member schools must have a Cardiac Safety Program to include the following components:

(a) An appropriate number of AED's on campus relative to athletic facilities

(b) An AED maintenance program

2.3.9 **Guidelines on Handling Practices and Contests During Lightning or Thunder Disturbances**: These guidelines provide a default policy to those responsible for sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include the NCHSAA and the nearest office of the National Weather Service.

(a) Assign staff to monitor local weather conditions before and during practices and contests.

(b) Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:

(1) A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer palce from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.

(c) Develop criteria for suspension and resumption of play:

(1) When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.

(2) 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is hear or lightning is witnessed* prior to resuming play.

(3) Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.

(4) When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning detection device.

* - At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

(d) Review the lightning safety policy annually with all administrators, coaches, and game personnel and train all personnel.

(e) Inform student-athletes and their parents of the lightning policy at the start of the season.

Note: For more detailed information, refer to the "Lightning Safety" section contained in the NFHS Sports Medicine Handbook.

2.3.10 **Tobacco Products, Alcoholic Beverages and Controlled Substances**: The North Carolina High School Athletic Association emphatically opposes the use of tobacco (including e-cigarettes/vapor cigarettes), alcohol and other drugs by student-athletes, coaches (including volunteer coaches) and officials.

(a) Participants, coaches and other team representatives and officials, including chain crew, official scorers and timers, should not use any tobacco product, alcoholic beverage or controlled substance at a game site; violation of the policy will result in ejection from the contest.

(b) Member schools are encouraged to make all school property, vehicles including charter buses used by participants, and particularly game sites, tobacco-free and alcohol-free zones. They are also encouraged to cooperate fully with police agencies in the enforcement of the criminal laws prohibiting the sale or use of tobacco products, alcoholic beverages, and controlled substances to minors.

(c) In order to minimize health and safety risks to North Carolina's student-athletes, maintain ethical standards as well as reduce liability risks, school personnel and coaches should never knowingly supply, recommend or permit the use of any drug, medication or food supplement solely for performance enhancing purposes.

2.3.11 **Performance Enhancing Substances**: The Board supports and endorses the stance of the NFHS in terms of performance-enhancing substances: "In order to minimize health and safety risks to student-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or permit the use of any drug, medication or food supplement solely for performance-enhancing purposes."

2.3.12 **Infectious Disease Policy**: The North Carolina High School Athletic Association has adopted the National Federation Guidelines in an effort to minimize the possibility of transmission of any infectious disease during a high school athletic practice or contest. Each school is strongly encouraged to develop its own action plan for the prevention of the transmission of infectious diseases.

Communicable Disease and Skin Infection Procedures

While the risk for blood-borne infectious diseases, such as HIV/Hepatitis B, remains low in sports, proper precautions are needed to reduce the risk of spreading diseases. Along with these issues are skin infections that occur due to skin contact with competitors and equipment.

Universal Hygiene Protocol for All Sports

- Shower immediately after all competition and practice
- Wash all workout clothing after practice
- Wash personal gear, such as knee pads, periodically
- Don't share towels or personal hygiene products with others
- Refrain from (full body) cosmetic shaving

Infectious Skin Diseases

Means of reducing the potential exposure to these agents include:

- Notify guardian, athletic trainer and coach of any lesion before competition or practice. Athlete must have a health-care provider evaluate lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, consider evaluating other team members or potential spread of the infectious agent.
- Follow NFHS or NCHSAA guidelines on "time until return to competition." Allowance of participation with a covered lesion can occur if approved by health-care provider and in accordance with NFHS or NCHSAA guidelines.

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).

2.3.13 **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.

(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.

2.3.14 **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.

2.3.15 **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 student to physical injury as part of an initiation, or as a prerequisite for membership, into any organized school group, including any athletic team or other similar group; and is against State 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."

2.3.16 **Pre-game Emergency Action Plan Review**: The NCHSAA strongly recommends that gameday administrators, officials and other pertinent school personnel meet prior to any contest to review the Emergency Action Plan (EAP). The NCHSAA has provided a Pre-game EAP Review Card that is a template to assist administrators and officials in identifying key personnel and topics of coverage for Pre-game EAP Review Meetings.

2.4 GAMEDAY ADMINISTRATOR RESPONSIBILITIES

A gameday administrator is required and shall be the host school's representative with oversight of all aspects of the athletic contest relative to facilities, health and safety, hospitality and emergency managment coordination, etc.

2.4.1 Gameday Administrator Designation: A gameday administrator shall be the athletic director of the host school of an athletic event.

(a) If the athletic director is unavailable, he/she should designate a staff member to be the gameday administrator.

(b) If no additional personnel are available during the contest, the head coach of the hometeam shall be the gameday administrator.

2.4.2 Gameday Administrator Duties Relative to Health and Safety: The gameday administrator is ultimately responsible for ensuring the health and safety of all individuals within the venue at an NCHSAA contest. The following are expectations for gameday administrators relative to their responsibility for oversight of the health and safety of individuals within the contest venue:

(a) Convene and supervise the *Pre-game Emergency Action Plan* (EAP) *Review* prior to the event beginning. Persons required to attend include the gameday administrator, lead official, and any licensed athletic trainer (LAT)/first responder (FR) from competing schools (if required to be present at the event).

(b) Establish what means of communication will be used during the event (e.g., cell phone, radio, voice, hand signals).

(c) Identify individual(s) responsible for monitoring environmental and facility/field conditions (e.g., thunder and lightning/WBGT, field/facility).

(d) Identify individual(s) designated to notify lead official regarding unsafe environmental and/or field/facility conditions (e.g., thunder and lightning/WBGT, field/facility).

(e) The gameday administrator is required to be on field/court at ALL TIMES during event. The gameday administrator must beavailable and able to receive and send communicate immediately in "real time."

2.4.3 Gameday Administrator Pre-Contest Duties: The gameday administrator is recommended to develop a written operational plan for each home event. Additionally the gameday administrator should perform the following tasks prior to the contest:

(a) Review of the venue-specific Emergency Action Plan (EAP).

(b) Pre-event meeting with on-site medical professional covering the venue's Inclement Weather Policy, Heat and Humidity concerns, and catastrophic injury protocols.

(c) Meet with the on-site administrator from the opposing team when the visiting team arrives. If there is no on-site administrator, meet with the opposing head coach.

(d) Evalute the type and use of pre-game music, making certain it is appropriate for all ages and is void of profane and/or inappropriate language.

(e) Examine and secure ingress and egress points for both spectators and participating teams.

(f) Arrange for on-site parking of visitor's automobiles and buses, providing continual supervision and security for visiting teams and administrators.

(g) Evaluate location of spectator seating and team locker rooms. Teams should not enter or leave the floor in front of an opponent's seating are.

(h) Review the venue-specific EAP with any law enforcement and/or security staff.

(i) Provide for adequate security/law enforcement supervision:
- (i) Should be located both inside and outside the venue.
- (ii) Security should be present in and around the spectator seating area(s).
- (iii) Give specific instructions to personnel regarding their responsibilities.
- (iv) Security should be readily identifiable by the public.
- (v) Video security: Maintain copies of all contests in case it is needed.

(j) Ensure a distinct separation of spectators in the stands
- (i) Seating for home and visiting spectators should be adequate and in accordance with NCHSAA guidelines. Spectators should remain on their side of the field or venue throughout the contest.

(k) Any spectator who is not exhibiting proper sporting behavior should be addressed or removed immediately.

(l) Assign school personnel to meet the visiting team when they arrive and escort them to their locker room or sideline. Personnel should provide security measures to protect visitor's clothing and valuables during the contest.

(m) The gameday administrator should provide reserved parking for medical personnel and game officials. Game officials should be escorted to and from their vehicles at all contests.

(n) The public address (PA) announcer is crucial to the positive atmosphere of an athletic event. What is said and how it is presented can have great influence on crowd behavior, both positively and negatively. Verify that the public address (PA) announcer has read and understood the NCHSAA Code of Conduct & Expectations for a PA Announcer. It is the expectation that poor sporting behavior is addressed immediately as it occurs.

(o) Conduct a pre-contest check of facilities including the condition of the field or court for hazardous issues and cleanliness while making certain field/court markings are compliant with NFHS rule code.

(p) Physicians and/or licensed athletic trainers (LATs) should be available when possible. If no physician or LAT is available, a first responder should be on-site.

(q) Conduct a pre-game meeting with game officials, on-site medical personnel, and head coaches of both teams to review policies and procedures, including:

(i) Inclement Weather Policy including NFHS/NCHSAA Lightning Policy.

(ii) Heat & Humidity Guidelines

(iii) Venue Specific Emergency Action Plan (EAP) including Catastrophic Injury Protocols and team egress from field to safety.

2.4.4 Gameday Administrator Duties During Contest: Gameday administrators should remain present at contests, staying constantly visible and aware of the activities within the venue. BE PREVENTIVE IN YOUR OBSERVATIONS AND ACTIONS!

(a) Utilize radio communications with staff personnel assigned to the contest, keeping lines of communication open with the visiting school representative.

(b) Periodically check with designated personnell on any issues observed.

(c) Crowd Control: Gameday administrators have a critical role in ensuring proper crowd behavior throughout the contest. The gameday administrator is responsible for:

(i) Conflict resolution, including removing or having individuals removed from the venue, if necessary.

(ii) Communicating with student section group leader(s) about appropriate behavior and providing correction as needed.

(iii) Providing supervision during game breaks and halftime to keep spectators off the playing area and away from game officials and/or opposing team members.

2.4.5 Gameday Administrator Duties After a Contest: The gameday administrator should ensure that all aspects of security, safety and hospitality are completed following the contest. These duties include:

(a) Ensure that post-game handshakes take place unless conditions exist that require the gameday administrator and coaches cancel this activity.

(b) Use public addess (PA) announcer to direct and guide spectators to exits and not access the playing area or locker rooms.

(c) Ensure that security and/or law enforcement remain on-site and present until all spectators have left the facility.

(d) Provide and escort for the officials to the locker room and to their vehicles after the have left the locker room.

(e) Provide continuous security for locker room or post-game staging areas.

(f) Secure access to team buses from spectators and opposing coachings. Team buses should leave the area immediately after the game.

(g) Administrators from both schools should confer before leaving the venue to ensure all details have received adequate attention.

2.4.6 Guidelines for Police & Security: The following are recommendations for police and security officials at NCHSAA contests.

(a) Police and security should arrive in sufficient time prior to the contest and report to the gameday administrator.

NOTE: Any police traveling with the visiting team shall notify the host school prior to the contest and identify themselves to the gameday administrator upon arrival.

(b) Security should be requested to assist in controlling the following areas:

(i) Non-students seated in student sections.

(ii) Fan/seating area observation

(iii) Identification of fans who are contributing to negative behavior - verbal or physical.

2.5 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.

2.5.1 **Social Media Policy**: The NCHSAA recognizes, encourages and supports its student-athletes', coaches' and officials' rights to freedom of speech, expression and association, including the use of social media. Social media applies, without limitation, to any web-based and mobile technologies, in use now or developed in the future, that enables individuals or entities to disseminate or receive information, communicate, or otherwise interact. The Association believes that student-athletes, coaches, and officials are role models, and their use of social media should conform to standards consistent with sportsmanlike conduct. Please remember that everything you post is public information, and derogatory, defamatory and otherwise inappropriate social media commentary may result in the imposition of penalties.

2.5.2 **NCHSAA Sports Wagering Position Statement**: The NCHSAA opposes all forms of legal and illegal sports wagering which has the potential to undermine the integrity of sports contests and jeopardizes the welfare of student-athletes and education-based athletics.

2.5.3 **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.

2.5.4 Guidelines for Student-Athletes: Education-based athletics is an extension of the classroom. It is difficult to learn the lessons expected through high school athletics in an enviornment that is lacking good behavior, sportsmanship, and respect for all. Participation in education-based athletics is a privilege and student-athletes should be aware that their behavior, both positive and/or negative, reflects not only on themselves but also on their school, their community, and their family. Therefore, the following are expectations coaches and administrators should ensure student-athletes abide by:

(a) Players shall refrain from exhibiting surprise or irritation towards a call of an official. Verbal and/or physical responses are not acceptable behavior.

(b) Players should not communicate with spectators within the contest venue, before, during or after the contest.

(c) Unsportsmanlike gesturing or verbal comments should be properly penalized with the player being removed or ejected from the contest.
(d) Substitutes on the bench should not be unsporting towards the players, opposing team, spectators, or game officials.

2.5.5 Guidelines for Cheerleaders: Cheerleaders play an important role in creating better relations between opposing supporters and make positive contributions to good spectator reaction at an athletic contest. Cheerleaders are to set the example for all spectators for how they should behave in support of their team. The following are expectations pertaining to cheerleaders at NCHSAA contests:
(a) All cheers shall be positive, not antagonizing.
(b) Cheerleaders should remain silent when the opponent's cheerleaders are performing and during free throws at basketball contests.
(c) "Battling" between opposing cheerleading squads is never acceptable.

2.5.6 **Sportsmanship/Ejection Policy**: This policy applies to all persons involved in an athletic contest, including student-athletes, coaches, managers and game administrators. The NCHSAA may review video, when available, to invoke ejections or sanctions not reported by game officials. Video clips must be presented to the NCHSAA office for committee review within two (2) business days of the contest. 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; and
  (5) Leaving the bench area and coming onto the playing area during a fight (whether or not they participate in the fight).
(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 of any kind, inappropriate language, racial or ethnic slurs, sexist or homophobic language (Zero-Tolerance).
(g) Obscene gestures, including gesturing in such a manner as to intimidate or instigate
(h) Disrespectfully addressing an official (physically contacting an official is subject to automatic expulsion and can result in ineligibility for remainder of career).

2.5.7 **Sportsmanship/Ejection Policy Penalties for an Ejection**:
(a) Ejections during scrimmages:
  (1) Coach or player is suspended from the remainder of the scrimmage - this is inclusive of multiple scrimmage events on the same day (jamboree).
  (2) Player must complete the NFHS "Sportsmanship" course before being eligible to compete in next scrimmage or contest.
  (3) Coach must complete the NFHS "Teaching and Modeling Behavior" course for any player or coach ejection during the scrimmage.
(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 or coaches 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 1.2.13.a.1).

(j) Anytime a student or coach is ejected from a game or meet, he or she does not participate or coach the remainder of that day. The student or coach is also suspended from the next two scheduled, rescheduled or contracted dates at that level of competition (one in football) and all games or meets in the interim at other levels of competition.

(k) The coach is not permitted to be at the game site during his or 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.

(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 for additional information on non-compliance with this regulation).

(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.

2.5.8 **Guidelines for Coaches**: Coaches influence not only the conduct of players under their supervision, but also the behavior of many spectators. They also are a reflection on the school, community and administration. Therefore, the following are expectations for coaches during NCHSAA contests:

(a) Coaches must be businesslike and professional at all times.

(b) Coaches must ensure the post-game handshake is a positive end to any contest.

(c) Coaches shall control all of their student-athletes - removing a player who is creating trouble - both verbally and/or physically.

(d) Head coaches are ultimately responsible for all personnel in the bench area.

(e) At no time is it acceptable for a player or substitue to leave the bench area. Coaches are responsible for enforcing this policy.

2.5.9 Code of Conduct for Coaches:

- The coach is 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.

SECTION 3: STATE NCHSAA ADMINISTRATIVE RESPONSIBILITIES TO MEMBER SCHOOLS

3.1 STATE GAME AND SPORT ADMINISTRATION

3.1.1 **Executive Committee**: The Executive Committee shall be composed of the President, Vice-President, Commissioner, and four Board of Directors members (one from each of the four classes).

(a) Powers of the Executive Committee: The Executive Committee shall act for the Board of Directors on eligibility of players, the arranging of championship games, and other matters delegated to it by the Board of Directors, and the decisions of the Executive Committee shall be in full effect for the remainder of the school year in which they are made.

(1) The Executive Committee shall have the authority to rule on all situations which are not specifically covered in the regulations or are not deemed in the best interest of an individual school or the Association.

(2) The Executive Committee shall have the power to consider all complaints and protests arising in connection with contests and to make such disposal of each as the conditions may appear to warrant.

(3) The Executive Committee may not, however, entertain a complaint relating to an alleged error of judgment on the part of any official employed to officiate in any game.

(4) No conference shall administer disciplinary action in excess of that provided by the regulations of the NCHSAA. All disciplinary action by conferences shall be subject to review by the Board of Directors.

(5) Should the Commissioner become permanently disabled or die in office, the Executive Committee shall be empowered to conduct the affairs of the Association while naming a Search and Screening Committee to fill the vacancy.

3.1.2 **Conferences**: The Executive Committee shall have the authority to require a conference to accept a school into its membership where it is impractical for that school to belong to any other conference. (See Bylaws, Article VI, Classifications.)

(a) Conference changes will be considered during the winter meeting of the Board of Directors following the completion of the normal two-year football contract period.

(1) Non-conference football contracts shall not be made until the winter meeting of the Board of Directors the year contracts expire.

(2) When a conference change is desired or indicated, a school must submit a letter of intent to the Commissioner prior to that winter meeting of the Board of Directors. Copies of the letter must be sent to the president of the conference in which the school holds membership and to the president of the conference in which membership is desired.

(3) The requested change must receive the approval of the Board of Directors.

(4) A school requesting a change in conferences must meet the terms of any existing athletic contracts, unless the contract is terminated by mutual agreement.

(b) A conference must have at least five members fielding a team in a sport in order to be guaranteed a position in the playoffs for that sport.

(c) The Board of Directors is responsible for setting up the playoff program and for designating the number of participating teams from each conference.

(d) Conference Membership for New NCHSAA Member Schools: Before any member school applying for initial membership into the NCHSAA may be placed into an existing conference, it must satisfy both of the following criteria (1 and 2 below).

(1) The member school must field an established minimum number of sports each year as follows: Six per school: three boys and three girls - including at least two in the fall; at least two in the winter, and at least two in the spring, with at least one male and female sport for each season. Junior varsity sports will count towards these minimums if a member school is unable to field varsity teams. AND

(2) Unless otherwise accepted for membership by an existing conference, the member school must play as an independent member of the NCHSAA until placement by the NCHSAA into an existing conference at the earlier of

(i) the beginning of the first year in a normal four-year alignment cycle; or

(ii) the beginning of the third year in a normal four-year alignment cycle.

NOTE: Independent NCHSAA member schools are eligible for individual sports post-season only, based on the sport.

(3) Any member school currently belonging to an existing conference prior to the beginning of the 2013-14 academic year will be grandfathered under this policy and will not need to satisfy the above criteria in order to remain in its existing conference or be placed into a new conference during future alignment cycles.

(4) The intent of this policy is to allow new member schools and existing conferences mutually to agree on membership at any time during the four-year normal alignment cycle. In order to minimize disruptions of existing conferences and their member schools during the normal two-year contract period, the Board will only place new member schools satisfying both of the above criteria into existing or new conferences every two years during each four-year alignment cycle.

3.1.3 **Athletic Passes**: Each member school will be issued four passes and each central office two, per NCHSAA Board policy. An additional pass is provided for the chairperson of the local Board of Education. These passes may be signed for and picked up at regional meetings.

3.1.4 **Admission to State Playoffs**: Superintendents, high school principals, assistant superintendents and assistant principals who are responsible for athletics will be issued special non-transferable passes by the NCHSAA for admission to state-sponsored playoffs. NCHSAA Officials, NCCA passes will be recognized for coaches only; valid press passes are also honored.

3.2 PENALTY CODE, PENALTIES AND FINES, RESTITUTION RULE

3.2.1 **Penalty Code**: The Board of Directors has the power to penalize or fine the school, or penalize officials, the coach and the individual players if good sportsmanship is not observed. The Board also may penalize a school for unsportsmanlike conduct on the part of its spectators. Some specific penalties will be found below; however, the Board may take any action it deems justified as it relates to the infraction involved. Fines may be reduced for self-reporting, on a case-by-case basis.

(a) **Schools**: A school found guilty of infractions inconsistent with a wholesome athletic program may be
- (i) reprimanded,
- (ii) placed on probation for a period not to exceed one year, with or without playoff privileges,
- (iii) fined,
- (iv) have its home games taken away for a period of time not to exceed one year, or
- (v) suspended from participation in a sport or sports for a period of one year.

(1) If any school should fail to comply with the rulings of the Board of Directors of the NCHSAA, the games played or scheduled by that school in that particular sport shall be canceled for that season and shall be eliminated in determining the winner of that conference affected. Furthermore, that school so affected will not be allowed to take part in the contests sponsored by the Association for a period of one year and shall be readmitted only by three-fourths vote at the annual meeting. The membership, in readmitting the school, shall require a payment of $1000 for a Class 4A school, $800 for a Class 3A school, $600 for a Class 2A school and $400 for a Class 1A school. All such payments belong to the NCHSAA.

(b) **Coaches**: A coach found guilty of conduct inconsistent with a wholesome athletic program may be:
- (i) reprimanded;
- (ii) placed on probation for a period not to exceed one year, with or without playoff privileges for the team;
- (iii) fined; and/or
- (iv) suspended from directing a team for a period of time not to exceed one year. NOTE: *A Coach must apply for reinstatement if (iv.) occurs.*

(c) **Students**: A student found guilty of misconduct inconsistent with a wholesome athletic program may be:
- (i) reprimanded;
- (ii) on probation for a period not to exceed one year; or
- (iii) suspended from participation in a sport or sports for a period up to one year.

(d) **Spectators**: A spectator found guilty of misconduct inconsistent with a wholesome athletic program may be:
- (i) placed on spectator probation;
- (ii) banned from attending school contests for a period of time not to exceed one calendar year from the date of the offense; or
- (iii) cause the school to be penalized and/or fined. In incidents involving criminal misconduct such as assaults, school officials in conjunction with the victims assaulted are instructed to press charges in a court of law. If charges are not filed, the school is still responsible for handling the misconduct.
- (iv) Spectators may not approach or contact game officials in any way to question the judgment or decision of an official.
- (v) Schools are responsible and may be disciplined for the conduct of their spectators.
- (vi) Any assault upon, or intimidation of, a game official by a spectator is per se unsportsmanlike conduct by the school and may be dealt with as such.

3.2.2 **Penalties and Fines**:

(a) Schools may be assessed a maximum of $2500.00 in fines per incident for non-compliance with the rules and regulations contained in this Handbook. However, this amount does not include the return of gate receipts and playoff revenue attributable to forfeiture of contests. If a member-school or its personnel has been non-compliant at any time during the academic year, subsequent fines and penalties will not be reduced.

(1) Fine monies collected (from non-compliance with coaches' certification requirements) will be used to offset costs for coaches to take NFHS Learn courses on a two-year pilot program beginning in 2017-18.

(b) **Unpaid Fines**: Schools that have unpaid fines to the NCHSAA are not eligible to compete in the playoffs for that sport (i.e. baseball fine would be specific to baseball playoffs) unless the fine is paid no later than, two (2) days prior to the reporting date for that sport.

(1) Any fine not paid at the end of the fiscal year (June 30) will carry over to the following school year making all teams at said school ineligible for playoffs until the fine is paid in full.

(2) The NCHSAA will post unpaid fines to the NCHSAA Website under restricted access.

NOTE: The following list is meant as a guide. It is not all-inclusive.

(c) $100.00

(1) Late ejection form
(2) Late endowment form
(3) Late school information form or other required document (e.g. dual team lineup, team picture, championship information in various sports, required sportsmanship documentation, baseball pitch count forms, meet results)
(4) School changing schedules after officiating assignments are made on Arbiter
(5) Late playoff entry blanks
(6) Late membership dues
(7) Late catastrophic insurance premium payment
(8) Failure to provide escort of officials in all sports.
(9) Failure to correct Emergency Action Plan deficiencies by NCHSAA established deadline.

(d) $400.00

(1) Failure to wear legal uniforms in accordance with NFHS Rule Code
(2) Removal of bases in baseball or softball by spectators or school personnel
(3) Removal of nets in basketball
(4) Damaging/overturning soccer goals and nets
(5) Filming, videotaping or video streaming of a contest by non-participating school without approval of the competing teams
(6) Unsanctioned out-of-state competition (per contest)
(7) Failure to properly enter all students on certified minimum weight form
(8) Failure to submit weigh-in form on the Trackwrestling website
(9) Failure to have evidence of the legal birth date of each player on file
(10) Removing a team from the field, court, pool, or mat prior to completion of the contest/game unless by mutual consent of both administrators
(11) Failure to attend mandatory meetings
(12) Failure of the head coach to attend required rules clinics
(13) No uniformed law enforcement officer in attendance
(14) Coaches, principals and school officials criticizing officials to the media
(15) No restraining barriers at varsity football games
(16) Failure to comply with reporting results for football seeding process (also forfeiture of first home site in playoffs)
(17) Illegal practice (plus a two for one penalty for each illegal practice) - a school may also be placed on probation for one year, with or without playoff privileges
(18) Illegal assembly of team
(19) Illegal scrimmage - game - or unauthorized Endowment game (in addition a school may be placed on probation for a period of one year, with or without playoff privileges)
(20) Violation of the sports season concept including skill development and dead periods (plus the school and/or coach may be placed on probation for one year, with or without playoff privileges)
(21) No school official representative at state football or basketball information sessions/press conference
(22) Failure to comply with reporting qualifiers from conference for playoffs (conference will be fined)

(23) Failure to comply with reporting advancement (member school will be fined)
(24) Team exceeds weekly/season limitation of games/contests (forfeiture of contest(s) will occur)
(i) Violation of weekly/season limitation will result in forfeiture of the most recent non-conference contest(s). **Exception**: Forfeiture of conference contest would occur if no non-conference contest(s) are involved in the violation.

(e) $500.00 and Forfeiture of Contest: Use of ineligible player -- failure to comply due to the following:
(1) Taking part in a scrimmage before taking part in required number of separate days of practice in football (non-reducible)
(2) Football player does not satisfy 8-quarter eligibility criteria
(3) No up-to-date medical examination (non-reducible) while participating
(4) Individual(s) leaving the bench area and coming on to the playing area when there is not a fight
(5) Does not meet the residence requirement
(6) Does not meet the LEA attendance requirement
(7) Violation of the transfer policy
(8) Does not meet the scholastic requirement, including local promotion standards
(9) Participates after the eighth semester
(10) Does not meet the age requirement
(11) Exceeds maximum number of seasons
(12) Dressing for a contest while ineligible (dressing for a contest constitutes participation)
(13) A player(s) who violate the daily, weekly, seasonal player limits
(14) Participates in a contest after being ejected
(15) Failure to meet the mandatory weigh-in procedure
(16) Wrestling below certified minimum weight, or violation of weight loss guidelines (non-reducible)
(17) Violation of the pitching requirements (See 4.2.1 (l))
(18) Participates after being convicted of a felony
(19) If a student who is ineligible is permitted to participate because of court order, the sanctions in this section will apply unless that order is upheld after final judicial review.

(f) $500
(1) Violation of the football conditioning policy - coaches violating this policy will be reprimanded for the first offense and placed on probation for one year. If a second offense occurs the coach will receive the same penalty plus a one year suspension. (non-reducible)
(2) Removal of goal posts in football (plus cost of replacement of goal posts)
(3) Failure to submit appropriate forms for football Eight Quarter Rule
(4) Use of non-registered or non-qualified officials - schools or regional supervisors of officials
(5) Head Coach coaching in contest prior to attending rules clinic
(6) Coaches practicing a student or students who are not currently enrolled at the member-school
(7) Coaches failing to complete the "Fundamentals of Coaching" course prior to the first play date of the sport he or she coaches.
(8) Head pole vault coach failing to complete the NFHS "Coaching Pole Vault" course prior to the first date of practice in their sport
(9) Cheerleading Coach failing to complete the NFHS "AACCA Spirit Safety Certification" course prior to the first date of practice beginning July 31, 2017.
(10) Coaches failing to complete annually the NFHS "Concussions in Sports" course or an equivalent concussion curriculum prior to the first date of practice in their sport.
(11) A coach who participates or is present in a contest after being ejected.
(12) Failure to post a venue specific emergency action plan (EAP). This fine applies per venue but shall not exceed $2,500.00.
(13) Practicing/playing with a student not currently enrolled in the school.

(g) $1000.00
(1) Failure to participate in the playoffs (or the average net income of the playoff receipts)
(2) Failure to meet minimum seating requirements in football playoffs
(3) Individual(s) involved in a fight before or after a contest (from the time of arrival until departure)
(4) Individual(s) leaving the bench and coming on to the playing area during a fight (whether or not they participate in the fight)
(5) Failure to have documentation of a signed Concussion Information Form for any person
(i) If a student athlete, he or she is ineligible to participate until the education component is completed.

(ii) If a parent, student athlete(s) is removed from further participation until the parent completes the education component.

(iii) If a coach or other athletic staff member, he or she is suspended from coaching until the education component is completed.

(6) Returning a student-athlete diagnosed with a concussion to practice and/or play without a completed and signed Return to Play Protocol AND a signed Return to Play Form. Noncompliance with this directive may also result in the athletic program being suspended from further participation.

(7) Failure to have an Emergency Action Plan for all athletic programs. Noncompliance with this directive may also result in the entire athletic program's suspension from further participation.

(h) Sportsmanship/Ejection Policy Penalties for an Ejection (see 2.5.7)

3.2.3 **Procedure**:

(a) Any high school which allows an ineligible student to participate by dressing for and/or participating in an athletic contest shall forfeit all contests in which the student dressed or participated.

(1) In addition, the student will be dropped from the team until his/her eligibility has been restored.

(2) The team may participate in playoffs if, despite the inclusion of the forfeited contests as a loss in its season record, it would otherwise qualify.

(3) The team shall not participate in playoffs if, after the brackets have been finalized, forfeited contests cause an adjustment in its record and seed.

(b) If documented proof of a student's eligibility is found to have been falsified by the student and/or his or her parents or legal custodian, and this could not be determined by reasonable scrutiny of the school, then the student shall be dropped from the team for the remainder of the season but the team's record and playoff privileges will not be affected.

(1) Note: In cases of conflicting, blemished, altered or illegible records, the onus rests with school officials to determine the correct information. Documents which should be checked by school officials would include, but not be limited to, all permanent records on file in the school office such as cumulative records, transcripts, and teacher's grading records, but do not include report cards or other non-controlled records. If there are conflicts or discrepancies found, they must be examined and resolved by school officials. Negligence, or failure to make a good faith effort to determine the accuracy of a student's records on the part of school officials would require all contests in which the ineligible student participated to be forfeited.

(2) The student will be ineligible for 365 days from the date of notification to the NCHSAA. This would also include summer workouts or team camps in the summer.

(c) A school which intentionally uses an ineligible player shall drop the player from the team, forfeit all games in which he/she participated, and will be ineligible for the playoffs in that sport.

(1) The school may also be debarred from taking part in the contests of the NCHSAA for one year.

(2) A team which participates in the playoffs while using an ineligible player must return its awards and the revenue from said playoff games to the NCHSAA. Its finish in the playoffs shall be vacated, even if the playoffs have concluded. A team which lost to the team with an ineligible player is not advanced in the tournament after the fact, inclusive of the State Championship contest.

(d) The team shall not participate in playoffs if, after the brackets have been finalized the submission of an incorrect record causes an adjustment in its record and seed.

(e) Once the seeding process is completed and the brackets have been finalized, if a team or individual is disqualified, no other team or individual will be substituted in or added to the playoff brackets, even if there is an incorrect or an adjusted record.

(f) If a winning team is disqualified at the conclusion of the first round, the losing team will advance. Otherwise, if a disqualification occurs during the playoffs or after the playoffs have concluded, that place or position remains vacant.

(g) A student found to be on a free list or loan list loses his/her remaining athletic eligibility and will forfeit his/her individual matches. If the school is unaware of the violation, there is no penalty on the school.

3.2.4 **Restitution Rule**: A member school shall be assessed the full cost including, but not limited to, court costs, counsel fees and actual expenses, of any litigation instituted by, or on behalf of, the school, its staff, coach(es), team(s), or participant(s), that unsuccessfully challenges a rule, by-law or article of incorporation of the Association or any decision of the Commissioner or Board of Directors.

(a) A member school shall likewise be assessed such costs resulting from any unsuccessful litigation brought against the Association when the school is made a necessary co-defendant or a third-party defendant in the litigation.

(b) Any member school that does not make full payment of such costs within sixty days of the assessment

shall be prohibited from playoff participation in all sports. The restriction shall continue until the full amount plus interest at the statutory rate is paid.

3.2.5 **Penalties that may be imposed by the State Department of Public Instruction**:

(a) Participation Ban — Violations of the state regulations, negligence or poor sportsmanship may forfeit the right of the school to participate in interscholastic athletics for a given period of time to be determined by the State Superintendent of Public Instruction.

(b) Suspension of Accreditation — If any school engages in athletic activities in violation of the rules and regulations and in such manner as to interfere with the required instructional services adopted by the State Board of Education for use in the public schools, the State Superintendent of Public Instruction shall notify such school to desist from further violation of these rules and regulations; and upon failure of such school to desist therefrom within such time as the State Superintendent may require, he may suspend the accreditation of said school until such time as the same may have been corrected.

3.2.6 **Statute of Limitations**: September 1 of the following year is the deadline for all incidents, violations, etc., to be reported to the NCHSAA.

3.3 OFFICIATING

3.3.1 **Sport by Sport Officials Information and Fees**:

(a) Officials: Each school must use only NCHSAA-registered officials in all competition, and must work through an approved regional supervisor.

(1) Basketball: Three person crew is mandatory for varsity play.

(2) Football: Five-man officiating crews are used in all regular-season contests; post-season varsity football contests will be determined by the NCHSAA. It is recommended that junior varsity games have a five-man crew.

(3) Lacrosse: A two-person crew, all NCHSAA-registered, is mandatory for all varsity contests. A three-person crew is to be used in all playoff games. Three-person crews can be used during the regular season.

(4) Soccer: A three person crew, all NCHSAA-registered, is mandatory for all varsity contests.

(5) Swimming: A referee and two (2) stroke and turn judges are required for meets involving using six (6) or less lanes. A referee and three (3) stroke and turn judges are required for meets using more than six (6) lanes. Meets must have the proper number of officials in order for times to be used for regional entry. If a meet is using manual timing, and only one timer per lane is used, the meet may be conducted, but the times cannot be used for regional entry. Schools are responsible for helping recruit their own officials to register with the NCHSAA.

(6) Diving: To serve on a diving judges' panel, a high school coach must pass the NCHSAA diving judge test; a USA diving official must be registered as a NCHSAA Official; and all other persons must be registered as a NCHSAA swimming official and pass the NCHSAA diving judge test.

(7) Track: Track officials may register with the North Carolina High School Athletic Association, as do officials in certain other sports. The NCHSAA encourages each school to have at least one certified track official. Certification can be obtained at the NCTCCCA January clinic, or the NCHSAA clinic in July. In order to host a regional, a school must have at least one NFHS/NCHSAA certified official on staff.

(8) Volleyball: Two officials must be used for all varsity competition, and schools are required to have an individual capable of serving as a line judge. Line judges may be used in playoffs if both schools mutually agree. If line judges are used, the competing schools must pay them (full fee).

(b) Booking Fees: School booking fee to Regional Supervisor/local officials association is $150.00 per booking and $100.00 for each additional booking.

(1) For regular season and invitational tournaments: 5-12 games, $75; 13-25 games, $100; 26-50 games, $150; over 50 games, $200.

(c) Game Fees: Officiating game fees shall increase by 5% every four (4) years beginning with 2020-2021.

(1) **Baseball**:

Regular season	Varsity	Jr. Varsity & 9th Grade
1 Game	$71 flat fee	$61 flat fee
Doubleheader	$101	$91 JV
	30 minutes between games	
Playoffs	$76 flat fee Rounds 1 & 2 $85 flat fee Round 3-5 $90 flat fee State Finals	

(i) When baseball and softball contests are postponed and replayed under the suspended game rule, officials who work the continuation of the suspended contest are entitled to a half-game fee when completed in conjunction with a second game. Umpires are entitled to full game fee when suspended game is only one being played.

(2) **Basketball**:

	1 Game	2 Games
Varsity - Regular season Three officials	$66 (flat fee)	$100 (flat fee)
Varsity - Invitational, conference, state tournament (rounds one and two) Three officials	$76 (flat fee)	$106 (flat fee)*
Varsity - State Playoffs (rounds three through five) Three officials	$90 (flat fee)	
Varsity - State finals Three officials	$95 (flat fee)	
Junior Varsity and Ninth Grade Three officials	$56 (flat fee)	$76 (flat fee)
Two officials	$61 (flat fee)	$83.50 (flat fee)
*Invitational Tournament Only		

(3) **Football**:

Varsity Regular season	$90 flat fee
Playoff games (first and second round) Playoff games (third and fourth round)	$90 flat fee $100 flat fee
Clock Operator	$76 flat fee
State Championship Games (7-man crew)	$105 flat fee
Junior varsity and ninth grade (4-person crew)	$71 flat fee
Junior varsity and ninth grade (5-person crew)	$66 flat fee

Note: If clock operator is requested through regional supervisor for regular season varsity game, the game fee is $76 flat fee.

(4) **Lacrosse**:

Regular season	Varsity	Jr. Varsity & 9th Grade
Two person crew, regular season	$71	$56
Three person crew, regular season	$61	
Playoffs (three person crew required) (first and second round)	$76	
Playoffs (Rounds three through five)	$85	
State Championship	$90	

(5) **Soccer**:

	Varsity	Jr. Varsity & 9th Grade
Three person crew, regular season	$61 flat fee	$51 flat fee
Two person crew, regular season	N/A	$56 flat fee
Playoffs (three person crew required) (first and second round)	$76	
Playoffs (rounds three through five)	$85	
State Championship	$90	

(6) **Softball**:

Regular season	Varsity	Jr. Varsity & 9th Grade
1 Game	$68 flat fee	$58 flat fee
Doubleheader	$96	$86 JV
	* 30 minutes between games *	
Playoffs (Rd. 1-2)	$76 flat fee	
Playoffs (Rd. 3-5)	$85 flat fee	
State Championship	$90 flat fee	

(i) When baseball and softball contests are postponed and replayed under the suspended game rule, officials who work the continuation of the suspended contest are entitled to a half-game fee when completed in conjunction with a second game. Officials are entitled to full game fee when suspended game is only one being played.

(7) **Swimming**:

Referee	$51 flat fee
Stroke and Turn Judge, Starter	$26 flat fee
Diving Judge	$26 flat fee

For required number of swim officials at meets, see 3.3.1.a.5.

(8) **Volleyball**:

	(2 of 3)		(3 of 5)	
	Single Match	Additional	Single Match	Additional
Regular season	$51 flat fee	$25	$56 flat fee	$27.50
JV & 9th Grade	$41 flat fee	$20	$46 flat fee	$22.50
Playoffs (includes conf. tourn., first and second rounds)			$71 flat fee	
Playoffs (Rounds 3-5)			$80 flat fee	
State Championship			$85 flat fee	
Line Judges (if used)			$71 flat fee each	

(9) **Wrestling**:

	Varsity	Jr. Varsity & Ninth Grade
Regular season matches	$66 flat fee	$56 flat fee

Preliminary matches see below*

Matches which start more than 30 minutes after scheduled start times are subject to a fine.
*Preliminary matches consist of one two-minute and two one-minute periods. Fee is $2.00 per match. Seven or more matches constitutes a full contest fee. There is a $25 fee per hour (or any fraction of an hour) for officials per mat for scrimmages.

Wrestling Tournament Fees
Individual Tournaments

One Day	$58 fee per participating team, plus $20.00 per official
Two Day	$68 fee per participating team, plus $20.00 per official
Dual Team Tournaments*	$49 fee per dual match wrestled, plus $20.00 per official

*(also includes Triangular, Quadrangular, and Round Robin)

Dual Team Post Season Tournaments

First round	$76 per match flat fee
Second round	$86 per match flat fee
Final round	$96 flat fee

State Individual Tournament

Regional Tournament	$125 per day flat fee plus $25.00 per diem (both days)
State Tournament	$150 per day flat fee plus $25.00 per diem (both days) $76 flat fee for Thursday round

(e) Scrimmage Fees: There is a $25 fee per hour (or any fraction of an hour) for officials per field/court/mat for scrimmages.

3.3.2 **Officiating Regulations:**

(a) Officiating Fees:

(1) Officials are to be paid on local fiscal policy as soon as possible by the member schools. Schools are responsible for paying officials. Regional supervisors cannot act as the fiduciary agent for schools in terms of paying officials.

(2) Game fees will be paid as approved by the NCHSAA.

(3) Postponed Games:

(i) For games postponed after officials leave home, including contacting of officials via mobile phone while en route to school and officials do not travel all the way to the school or after officials arrive at game site: One-half game fee for the game is to be paid to each official.

(ii) Postponed game once game is underway for any reason: Officials shall be paid the full game fee.

(iii) Postponed game and neither regional supervisor nor officials are notified: Full game fee will be paid to each official.

(iv) A $50.00 fine may be assessed per schedule change after officiating assignments have been posted on Arbiter. Schools requesting a schedule change and are not furnished officials for home contests by the regional supervisor involved will contact the regional supervisor involved and arrange to pay a $50.00 fine. Exceptions will be made on a case-by-case basis caused by weather, death, etc, or an optional $100 upfront fee may be paid to cover any change during the course of the season.

(4) School booking fees to officials associations is $150.00 per booking for varsity and $100.00 each junior varsity and ninth grade sport. Booking fees are to be paid within 30 days upon receipt of invoice.

(b) Suspended Games:

(1) Suspended games rescheduled and played from point of interruption: Officials receive the full game fee.

(2) Baseball and softball games postponed and replayed under the suspended game rule: Officials who work the continuation of the suspended game are entitled to a full game fee. If the suspended game is played in conjunction with a second game: Officials shall be paid one-half game fee for the suspended game and a full game fee for the second game.

(c) Doubleheader: The NCHSAA considers a doubleheader to consist of two back-to-back contests between the same teams with only a reasonable amount of time in between for a warm-up. If a situation meets the above criteria, the official's fee is a doubleheader fee. If there is more than a reasonable time lapse (usually 30 minutes) between the two games, it is considered two separate games and the official's fee is two regular season game fees.

(1) If a varsity game is postponed, 1/2 game fee
(2) If game is delayed less than one (1) hour and played, regular fee
(3) If game is delayed more than one (1) hour and postponed, full game fee

(d) **Coaches**:

(1) The head coach must attend one of the NCHSAA clinics in football, basketball, volleyball, baseball, softball, soccer, swimming , wrestling, lacrosse, golf, tennis, cheerleading and track and field (attendance at football, basketball, volleyball, baseball, softball, soccer, swimming, wrestling, and track and field rules sessions of the NCCA is acceptable in lieu of NCHSAA clinics in these sports). For failure to comply, see Penalty Code 3.2.2.f.5.
(2) Coaches shall not approach the officials for complaints before the game, between halves or immediately following the game.
(3) Coaches entering an official's dressing room for the purpose of complaints are in violation of state regulations.
(4) Any complaints with the officiating are to be filed first with the regional supervisor making the assignment.
(5) Coaches, principals and school officials are also prohibited from making public statements to the news media criticizing the officials. See Penalty Code 3.2.2.d.14.
(6) Coaches in violation of the alcohol, tobacco or other drugs policy will be ejected from the contest

(e) **Schools**:

(1) Are to use only NCHSAA-registered officials working through an approved NCHSAA officials association for varsity, junior varsity and ninth grade football, soccer, baseball, softball, volleyball, basketball, wrestling, swimming and lacrosse at events hosted by or contested at member schools.
(2) Have a place to park for the officials.
(3) Should greet the officials upon arrival.
(4) Designate a game administrator for the contest. The game administrator should participate in pregame coordination with the game officials. If no game administrator is available or identified, the head coach will be designated and recorded as the game administrator. (See 2.4.1)
(5) Escort the officials to their dressing room.
(6) Work toward improving dressing facilities for officials, especially in the area of privacy.
(7) Provide the officials with an escort off the field and court (required in football, basketball and soccer). Schools should have a plan in place to ensure a safe and respectful exit for the game officials to a secure area.
(8) Must have a plan to create alcohol/tobacco/other drug free zones around athletic events.
(9) Must submit schedules to regional supervisors by approved deadlines.

(f) **Officials**:

(1) NCHSAA officials and regional supervisors will adhere to the Code of Ethics policy (on NCHSAA website - Officiating).
(2) Varsity football, soccer, volleyball, basketball, wrestling, baseball, softball, swimming, and lacrosse officials must be registered with the NCHSAA, be at least 18 years old and not in high school.
(3) Are required to be dressed and on the field a minimum of 30 minutes prior to game time in football and on the court when the teams take the floor for warm-ups in basketball.
(4) Game officials are required to obtain and record the name of the game administrator in charge of the event. If no game administrator is available or identified the head coach will be designated and recorded as the game administrator.
(5) When an official is reported as being late for a contest and is at fault, he or she shall be sanctioned by the NCHSAA.
(6) The referee is responsible for giving the visiting and the home coaches cards with the first and last names along with the position of each official working a varsity football game. In basketball, the officials are responsible for signing both scorebooks (home and visitor) in all men's and women's varsity contests.

(7) Officials must electronically file the required ejection/disqualification report(s) to the NCHSAA within 24 hours of the contest's completion. The NCHSAA will electronically send copies to the principal, athletic director and regional supervisor. In addition, officials should also report any unusual occurrences in a contest (teams leaving bench area, etc.) to the NCHSAA and the regional supervisor.

(8) Officials using alcohol, tobacco or other drugs in and around an athletic event will be suspended.

(9) Penalties/sanctions of officials
- (i) Review and sanctioning done by supervisor of officials
- (ii) Appeals may be submitted to the Commissioner

(10) Grievance/Appeal Process
- (i) Follow the grievance policies and procedures in accordance with the Constitution and Bylaws of the local officials association.
- (ii) Written appeal to the NCHSAA Supervisor of Officials
- (iii) Written appeal to the Officiating and Review Committee of the NCHSAA Board of Directors.
- (iv) Written appeal to the NCHSAA Executive Committee
- (v) Written appeal to full Board of Directors of the NCHSAA.

(11) All officials must adhere to standards of professionalism, including but not limited to any code of ethics that may be promulgated from time to time by the NCHSAA. The NCHSAA may determine an official is ineligible to serve as an NCHSAA official on a temporary or permanent basis if the NCHSAA reasonably determines that initial or continued service as an NCHSAA official would be contrary to the letter or spirit of the NCHSAA's mission or purposes.

(g) **Regional Supervisors**:

(1) A game assignment is to be received by each school prior to a regularly scheduled contest and before each rescheduled contest, time permitting.

(2) Shall supply schools with a composite list of officials, including addresses and telephone numbers (both home and business).

(3) For playoffs, tournaments, and all-star game assignments per sport: Each official during the current season should attend the NCHSAA state rules clinic and score an 80 or better on the annually-related sport exam administered by the NCHSAA.

Note: NCHSAA Supervisor of Officials will assign officials to regional and state championships games in the following sports: football, volleyball, soccer, basketball, wrestling, swimming, baseball, softball and lacrosse. Neutral crews are to be used when possible in these sports in postseason play.

(4) Once the season begins, assignments are to be made by the regional supervisor based on the qualifications and merit of the officials.

(5) Preferential lists are not to be used.

(6) Each association is to have a local Board of Directors composed of officials and school people with at least one school administrator.

(7) Shall report any unusual occurrences in a contest, as reported by officials to the NCHSAA.

(8) Must use only NCHSAA-registered officials (see Penalty Code 3.2.2.f.4).

(9) Regional supervisors may charge a maximum association fee no greater than the game fee per sport.

(10) Regional supervisors shall not officiate NCHSAA athletic contests in the sport they are assigned to book, except under emergency conditions. Approval to work emergency games must be given in writing by the Supervisor of Officials prior to the game assignment.

3.3.3 Sport by Sport Regional Supervisors

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WNCSO

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TBD
Mountain West Oficials Association

(b) **Basketball**

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(b) **Basketball (Continued)**

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3.4 SPECIAL PROGRAMS

3.4.1 **Cheerleading**: Cheerleading is an activity that comes under the jurisdiction of the North Carolina High School Athletic Association in two areas – eligibility and health and safety guidelines (including Return to Play form, etc.). Head Cheerleading coaches are required to attend the annual rules meeting.

(a) All information pertaining to cheerleading should be found in this section of the Handbook.
(b) All NCHSAA member schools that sponsor cheerleading are required to follow NFHS Spirit Rules.
(c) NFHS Spirit rulebooks are sent to athletic directors.
(d) Cheerleaders, both junior varsity and varsity, must have their eligibility certified in the same manner as other interscholastic athletes.
(e) The Head Coach must attend one of the NCHSAA clinics (See 2.1.7). See 3.2.2.f.9 for non-compliance penalties.
(f) It is strongly recommended that, before a cheerleading squad uses NFHS spirit rules, that the coach or advisor for the cheerleaders consider their application with the training, experience and athletic ability of the students under supervision.
(g) Please be aware that the local LEA may have more restrictive guidelines and regulations.
(h) Students who want to participate in cheerleading are not subject to the Transfer Policy, however, all current eligibility requirements remain applicable. If a student desires to participate in another sport, NCHSAA Transfer Rules may apply.

NCHSAA Cheerleading Invitational: Saturday, December 7, 2019
Raleigh Convention Center, Raleigh

3.4.2 **Philosophy of Cheerleading**: Cheerleaders serve as a support group for the different interscholastic athletic teams within their schools.

(a) Cheerleaders should always strive to improve student morale, boost team spirit, and help a school achieve the most worthwhile objectives in its interscholastic program.
(b) Positive crowd and student body involvement, directed by the cheerleading squad in support of the school team, should be a major goal.

3.4.3 **Scholar-Athlete (Team)**: Definition - A group of persons sanctioned by and participating in an NCHSAA sponsored athletic activity that is composed of at least five (5) or more individual student athletes. A team is composed of the student-athletes in grades 9, 10, 11, and 12 noted on the NCHSAA Master Eligibility List and certified for game/meet/match participation. The student-athletes must participate on the team at the high school Varsity level. The student-athlete must remain a member of the athletic team for the full/total designated sport season.

(a) Any varsity team with an unweighted 3.100 or higher composite grade average for the designated semester would be eligible to receive a team academic award.
(b) A team certificate will be awarded to each eligible school (for each of its eligible teams) and a team recognition certificate will be awarded to each member of an eligible team.
(c) In each sport approved by the NCHSAA, a team plaque will be awarded to the team (from those applications that are turned into the NCHSAA) in the state which has the highest team grade point average for the designated semester.
(d) Cheerleading, although not officially recognized as a "sport," is eligible for this program since eligibility must be certified and other requirements met. Cheerleaders will be part of the FALL semester and submitted for grades earned during that semester.
(e) For each team (men's and women's are considered separate teams) nomination, a separate team application form must be filled out. If four different teams from a school are nominated, then four different forms must be filled out. (The team GPA must be listed on the application.)
(f) All members of the team must be listed and their grade point average indicated, carried to three places, to be considered. Numerical grades (95.177, for example may not be used.)
(g) Please note the deadline. Applications for team awards which come in after the deadline will not be considered.
(h) Fall and winter sports awards will be based on grades earned for the first semester of the school year. Spring sports awards will be based on grades earned for the second semester of the school year. *Examples*: fall and winter include football, volleyball, and women's tennis, women's golf, cross country, men's soccer, basketball, indoor track, swimming, wrestling, and cheerleading. Spring includes baseball, softball, women's soccer, men's golf, men's and women's track, and men's tennis.

3.4.4 **Scholar-Athlete (Individual)**: Definition - A student-athlete, participating as an individual representing their school.

(a) Individuals who are members of athletic teams and who obtain a 3.500 or higher grade point average for the designated semester may receive an individual scholar athlete certificate regardless of the grade point average of his/her team. Managers and trainers are considered eligible for this Scholar-Athlete designation. Weighted grades may be used for calculating individual GPA only.

(b) Awards will be based on grades earned for the designated semester using the same format as for team awards (fall and winter sports—first semester grades; spring sports—second semester grades).
(c) Students may be eligible to receive an individual award for each sport in which they participate on a varsity level.

3.4.5 **Scholar-Athlete Team and Individual Grade Point Average**: The combined average of the grades based on the Four Point Scale (Do not use Weighted Values for Calculating Averages For Team GPA's; Weighted Scale Grades May Be Used For Individual Award Purposes)

GRADE POINT	VALUE
A	4
B	3
C	2
D	1

(a) Compute or calculate the grade point average to three (3) decimal places (i.e. 3.326). Again, do not submit an average of more than 4.000 since that would reflect weighted courses on your team nominations.
(b) Certification Dates – Nominations for fall and winter sports awards must be submitted by March 1. Nominations for spring awards must be submitted by July 15.

3.4.6 **Scholar-Athlete Procedures**:
(a) Copies may be made, if necessary, to list additional athletes. This becomes your official list as a copy will not be mailed back with the certificates.
(b) All GPA's should be listed to three decimal places (i.e. 3.678). Do not list a GPA higher than 4.000, since that would reflect weighted courses, on averages used to complete an overall team average; an average higher than 4.000 could be used in the individual.
(c) This is a varsity award. Junior varsity athletes and teams are not eligible.
(d) The principal should sign the form and then any coach who has a scholar-athlete included on the list should also check the form and sign it.
(e) Please send ALL applications from one school under the same cover to facilitate awarding of certificates. Scholar-Athlete applications should be submitted by the official online form for consideration.

3.4.7 **Hall of Fame**: The North Carolina High School Athletic Association Hall of Fame is dedicated to preserving the colorful tradition of high school athletics in North Carolina. The Hall of Fame seeks to highlight the past in order to insure a promising future for the North Carolina High School Athletic Association. The recognition of past personalities and their significant contributions to our statewide organization will serve to provide models for future generations to emulate.
(a) Candidates are judged on their long-term contributions to high school interscholastic athletics governed in the State of North Carolina by the North Carolina High School Athletic Association or the parent organizations, which gave rise to the North Carolina High School Athletic Association.
(b) Hall of Fame nomination forms outlining the nomination procedure may be obtained from the NCHSAA office. Those selected to enter the Hall are honored at NCHSAA Day in the fall and are inducted at the spring Hall of Fame ceremonies.
(c) Completed nomination forms must be in by April 1. The Selection Committee customarily meets in June each year.

All members of the NCHSAA Hall of Fame are listed by class on page 122.

3.5 **STUDENT SERVICES - Workshops, Conferences and Special Programs**:

3.5.1 **Coaches Education Programs**: Are workshops provided for coaches and other athletic personnel at the local level or at central sites; usually requested by schools or the LEA. Objectives of the basic workshops:
(a) Develop a vision for athletics.
(b) Support "teaming" among athletic staff and other key personnel
(c) Develop collaborative strategies to promote involvement and cooperation among school, parents andcommunity.
(d) Learn violence and ATOD prevention/intervention skills
(e) Objectives of NFHS Coaching Principles and Sports First Aid courses
  (1) Develop principles of coaching, behavior, teaching, physical training, and management
  (2) Present up-to-date first aid information

3.5.2 **Coach/Captain Retreats**: held in the fall semester-- are weekend retreats designed to support the concept of "teamwork." Issues such as leadership development, making appropriate decisions, community service, and drug abuse and violence prevention strategies are addressed. High schools are invited to send a team to include an AD/coach, up to four student captains and a concerned parent. Objectives of the Coach/Captain Retreat:

(a) Develop leadership skills of student athlete captains.
(b) Support "team" as a leadership approach in dealing with relevant issues
(c) Encourage involvement of parents with athletes and coaches.
(d) Provide forums for open dialogue between coaches and student athletes

3.5.3 **D.R.E.A.M. (Daring to Role model Excellence as Athletic Mentors) TEAM**: is made up of selected student-athletes who promote positive leadership skills and healthy lifestyles to elementary and middle school students. Objectives of the D.R.E.A.M. TEAM:

(a) Train student-athletes to form a new kind of team with the commitment to remain drug-free.
(b) Present a united approach to young students to be academically and athletically successful.

3.5.4 **Student Athlete Summer Institute (SASI)**: is held each summer in sites throughout the state: Objective of the Student Athlete Summer Institute:

(a) Develop leadership skills
(b) Develop teams of student athletes to serve as role models in the areas of alcohol and substance abuse, violence prevention, and sportsmanship

3.5.5 **Special Recognition Program**: Homer Thompson Eight Who Make a Difference Award recognizes coaches who exemplify sportsmanship and serve as positive role models for students. Each member school is invited to nominate one male and female coach who provides the kind of coaching leadership and demeanor of which we can all be proud. This award is given to eight coaches in memory of the long-time Winston-Salem Parkland coach, Homer Thompson.

3.5.6 **Special Recognition Program**: Heart of a Champion recognizes student-athletes who have participated in at least one varsity sport and remained ejection-free during the school year. These students also exemplify outstanding citizenship and sportsmanship.

3.5.7 **Special Recognition Program**: Team Recognition Program recognizes student athletes who participated on an ejection-free team throughout the season. Each member of the ejection-free team will receive a certificate, upon request by the coach. The coach also has the option of submitting three names of student-athletes who went the "extra mile" to be good citizens and role models.

3.5.8 **Student Athlete Advisory Council**: is comprised of 16 members who represent each NCHSAA region and the more than 200,000 athletic participants. Selected SAAC members will come from a diverse pool of rising high school sophomores and juniors who meet the following minimum criteria:

(a) Meet all eligibility standards as outlined in the NCHSAA Handbook
(b) Possess leadership characteristics
(c) Viewed as positive role models
(d) Capable of working with students from a variety of social groups
(e) Exemplifies the tenets of Student Services and Sportsmanship (Character, Integrity, Citizenship and Respect)

3.5.9 **Student Leadership Conference**: The NCHSAA invites each of our member schools to attend the annual Student Leadership Conference (SLC) that is held in the spring semester. The goals of this conference are to assure that student-athletes will:

(a) further develop their understanding of positive leadership;
(b) gain the knowledge and skills to effectively lead their peers;
(c) acquire a general understanding of the importance of community service, positive values, sportsmanship, healthy lifestyles and self-evaluation; and
(d) feel empowered to serve as advocates for their school, community and state. This one-day event is a great opportunity for them to take steps in the right direction of achieving new levels of leadership.

SECTION 4: INTERSCHOLASTIC ATHLETIC ACTIVITIES

4.1 **<u>COMPETITION</u>**: *This section is applicable to interscholastic athletic activities included in 4.2 – 4.14*.

4.1.1 **Mailings**: Rule books will be mailed to athletic directors prior to the beginning of regular season practice except for the sports of golf and tennis. All other information can be found in the athletic activities section of the Handbook or on the NCHSAA website.

4.1.2 **Classifications**: A, AA, AAA, AAAA for all sports except:

(a) Football for playoffs, classes are subdivided to 1-A and 1-AA, 2-A and 2-AA, 3-A and 3-AA, 4-A and 4-AA.
(b) Women's Golf classes are A/AA, AAA, and AAAA.
(c) Lacrosse (women) are open classification.
(d) Lacrosse (men) A/AA/AAA, and AAAA.
(e) Swimming (men and women) A/AA, AAA, and AAAA.
(f) Indoor Track (men and women) A/AA, AAA, and AAAA.

4.1.3 **Organizational Meeting**: An organizational meeting for the purpose of discussing policies, academics, distributing physical forms and the like, or equipment issue prior to the opening date of practice is allowed, but no sports instruction would be permitted in that setting.

4.1.4 **Preseason Certification (Eligibility Summary Form)**: Each member school must submit its preseason certification information (Eligibility Summary Form) on the NCHSAA website.

(a) It certifies that student-athletes and their parents have signed the sportsmanship pledge, and also certifies that their student-athletes are eligible in all respects.
(b) Dates for submission to NCHSAA are September 1 (fall), December 1 (winter), and March 15 (spring).
(c) In addition, each coach must certify signing the code of conduct for coaches, viewing the Eligibility Video, and that each school has an updated Emergency Action Plan.

4.1.5 **Preseason Scrimmages**: All sports at the high school are permitted two preseason varsity scrimmages, with the exception of football, and this competition can be between two schools or with multiple schools.

(a) Cross country, golf, swimming and tennis. No officials are required.
(b) Football – Seven hours of preseason scrimmage time is allowed. Live kicking situations are allowable only when officials are present. These scrimmages cannot occur until at least 8 separate days of practice have been completed (reference 4.5.2.b.5). NCHSAA-registered officials must be used for at least two hours of the allotted total of seven and is recommended for use for all seven hours.
(c) Two scrimmages may be held in the same preseason week, and the preseason scrimmages must be conducted as events open to the public (no closed scrimmages allowed).
(d) Junior varsity scrimmages are allowed in conjunction with varsity scrimmages, at the same time and site.
(e) Scrimmages must be played prior to the first regular season contest and are subject to the regular weekly limitations in terms of numbers of contests (exception: football).
(f) For the sports of football, volleyball, soccer, basketball, wrestling, lacrosse, baseball and softball, officials must be used in at least one of the school's scrimmages so that there will be common exposure to rules situations.
(g) Officials are to be assigned to work a maximum of two hours per scrimmage.
(h) Admission may be charged.
(i) Only eligible athletes may participate
(j) Non-school participants may assist the coaching staff in an instructional or demonstrational manner. But any scrimmage-type competition or activity between non-school participants and high school team members is regarded as a game, which is then subject to games-per-week, season limitations, and use of NCHSAA-registered officials.
(k) Any kind of practice game or scrimmage with outside competition during the regular season must be counted as a regular contest and must not exceed daily, weekly or seasonal limits.
(l) Schools that have individuals qualifying to the regional and/or state individual playoffs, after the regular season is over for the team (for the sport of wrestling, once individual regional seeding is completed) may work out or scrimmage one-on-one against students from another school where competition is not available at their own school. The number is limited to one partner for each qualifier advancing, whether from their own school or another school.

4.1.6 **Endowment Games**: One endowment game may be played, which does not count against the regular season game limitation. The host school must request and be granted prior permission by the NCHSAA to play the endowment game (the request form will be on the NCHSAA website). The opponent must be informed of the request to be classified as an endowment game. **NOTE:** (see 2.2.7.b)

(a) Twenty-five (25) percent of the gross revenue will be remitted to the NCHSAA's endowment fund; expenses will be deducted from the remaining proceeds and the competing schools will divide the remainder. The competing schools are responsible for determining allowable expenses and the team shares.

(1) If a member school plays an endowment game against a non-member school, the member school is responsible for remitting payment to the NCHSAA regardless of where the game is played.

(b) The NCHSAA may approve additional endowment game requests to assist member schools with scheduling issues; however, under no circumstances may any additional endowment game (other than the one allowed and described above) be played that would otherwise result in any member school exceeding the regular season game limitation.

(c) Once an endowment game is played it will remain as an Endowment Game and can not be changed to a regular season game due to issues with the schedule (Reference 2.2.7.b).

(d) Other than an Endowment Game, no other contests with outside opponents are permitted prior to the earliest date for a game in each sport season. In football, no contest, including an endowment game, is permitted prior to the first play date without NCHSAA permission.

4.1.7 **Payment of Officials**: Officials are to be paid based on local fiscal policy as soon as possible. Officials are not required for the sports of cross country, golf, tennis, and track and field. For more information, reference 3.3.2.a.1.

4.1.8 **Eligibility Sheets**: Eligibility sheets should be kept on file at the local school; must be made available to the NCHSAA upon request and are required to be shared among conference members.

4.1.9 **Ejection/Disqualification Reports**: Officials must electronically file the required ejection/disqualification reports to the NCHSAA within 24 hours of the contest's completion. The NCHSAA will electronically send copies of the ejection/disqualification report to the principal, athletic director and regional supervisor. Athletic directors are required to submit a confirmation email upon receipt of the ejection/disqualification report. The confirmation must be submitted within 24 hours of receiving the ejection/disqualification report and is subject to a $100 fine. If the wrong player is identified, a correction can be made through the regional supervisors and the NCHSAA. For more on the Sportsmanship/Ejection Policy and Penalties, reference 2.5.6 and 2.5.7.

(a) For soccer, go to Yellow Card Tracking and Ejections in the Soccer section 4.8.1.k..

(b) For wrestling, in addition to the above, during a two day tournament, if a wrestler is ejected on Friday, this wrestler must miss Saturday of that tournament AND the next contest. If a wrestler is ejected on Saturday, this wrestler must miss the next TWO CONTESTS.

4.1.10 **Team Championships**: In sports where applicable, a team must have multiple entries in the event to achieve a team championship.

(a) An individual may not earn a team title.

(b) For reclassification purposes, a school must have a bona fide team to be counted toward the total of schools fielding teams in a classification.

(c) A "team" is defined as "two or more students practicing and competing in a regularly scheduled school season.

4.1.11 **Interstate Competition**: (see Sanctioning Chart Page 114)

(a) **One-On-One Out of State Opponents**: All contests between two (2) teams during the sports season, whether home or away including scrimmage and regular season involving a non-North Carolina school (not applying to foreign country teams), are approved, provided there is no loss of school time (unless the LEA approves such a contest). No sanction required.

(b) **Interstate Competition Requiring National Federation Sanction**: Interstate competition that meets at least one of the following requirements:

(1) Any interstate (including bordering states) or international event involving two (2) or more schools which is co-sponsored by or titled in the name of an organization outside the school community (e.g., a college/university, a theme park, an athletic shoe/apparel company, etc.).

(2) Event that involves non-bordering state(s) if more than five (5) states are involved.

(3) Event that involves non-bordering state(s) if more than eight (8) schools are involved.

(4) Any event involving two (2) or more schools that involves a team from a foreign country. The host school should complete the NFHS Sanction Application. Those would include any event(s) that involves international traveling teams that play multiple games in multiple states. (The exception to this rule are Canada and Mexico, which are considered "bordering states").

(5) For online registration, go to www.NFHS.org and click on Sanctioning.

(c) **Border/Interstate Competition Requiring State Sanction Only**: Interstate competition when an event does not meet any of the National Federation Sanctioning requirements but involves at least one of the following:

(1) Event only involves state(s) that border North Carolina (Georgia, South Carolina, Tennessee and Virginia)

(2) Five (5) or fewer states participating when there is a non-bordering state involved.

(3) Eight (8) or fewer schools participating when there is a non-bordering state involved.

(4) See Border/Interstate Sanctioning Form on the NCHSAA website. State for the above competitions must be made through the NCHSAA office a minimum of 30 days in advance of the proposed contest.

4.1.12 **Games with Non-Conference Opponents**: No game which has been scheduled with a non-conference opponent shall be allowed to interfere with the breaking of a tie between, or among, conference teams or with a conference tournament or playoff game.

(a) If such non-conference game shall conflict with the game, or games, necessary to break a conference deadlock, the school concerned shall at once:

(1) Cancel its nonconference game;

(2) Submit to the drawing, notwithstanding its non-conference scheduled game; or

(3) Accept the ruling of the Executive Committee that its former percentage has been canceled.

4.1.13 **Tiebreaking Procedure**: All parts of this procedure are mandatory. The steps should be followed in the order as they appear in the procedure.

(a) **Determining Conference Standings**: These rules apply for determining the final regular season standings in any sport in which a conference awards its conference championship on the basis of regular season competition.

(1) The conference standings shall be determined on the basis of the percentage of conference games won by each team at the end of the regular season, based on conference regulations and subject to the tiebreaking procedure which follows. The team finishing in first place shall be recognized as the conference champion; if a tie exists for first place, then conference co-champions, tri-champions, etc., shall be declared.

(2) If two or more teams have equal conference percentages at the end of the season, the team that has the edge in head-to-head competition will get the higher place in the standings. All conference games played against each other would count in the head-to-head competition. The intent is to break the tie by using the tied teams.

Ex. 1: If there is a four-way tie for first and Team A and Team B are 2-1 while Team C and Team D are 1-2, in games among the four of them, A and B would be tied for first by virtue of their 2-1, with C and D tied for third. Then look at head-to-head between the two (A and B) to break that tie, and then between the other two (C and D) to break that remaining tie.

Ex. 2: Teams A, B and C are tied for fourth in the conference standings with identical records. In games among the three, A was 3-1, B was 2-2 and C was 1-3. The tie is broken; A is fourth, B is fifth and C sixth.

(3) Any time throughout the whole procedure that a multiple tie is reduced to two teams, no matter what criteria is being used, use head-to-head conference competition between those remaining if possible.

(b) **Determining Conference Tournament Seeding**: The following rules are used to seed conference tournaments on the basis of regular season standings. Use this section only to seed for conference tournaments and only after 4.1.13 (a) is completed; if no conference tournament, proceed to 4.1.13.c.

(1) Seed the tournament on the basis of final regular season standings; see 4.1.13.a.

(2) If two or more teams are tied, and the teams played any non-conference games against each other, the team with the better record in all head-to-head games get the higher conference seed. (If there is a multiple tie of three or more teams, one team must have beaten all the other teams for these non-conference games to be used). Note that use of these non-conference or tournament meetings prior to the conference tournament is ONLY for seeding in the conference tournament (exception see 4.1.13.c.5).

Ex: Team A and B split in regular season, but played one another in a non-conference game and A won. A would get the higher seed in the conference tournament. Say A and B were tied for fourth in an eight-team league and this occurred; A would get the higher seed in the tournament. However, the meeting in the conference tournament between A and B would be the tiebreaker between the two for determining NCHSAA playoff representatives (see 4.1.13.c.2).

(3) If there is still a tie for a tournament seed, it will be resolved by comparing how the tied teams fared against the rest of the conference until the tie is broken.

Ex 1: A and B finished with equal conference records and split during the regular season, thereby tying for third place in the standings. They did not play each other in a non-conference game. Go to the number one position in the conference and compare how A and B did against that team. Say the tie cannot be resolved there (both teams split with the number-one team), so go to the number two team. Team A lost twice to the number two but B split with the number-two team. Therefore B would be seeded third and A fourth (even though they finished tied for third in the final standings).

Ex 2: There is a four-way tie for first among A, B, C and D. Team A and B are each 2-1 while C and D are each 1-2 in games among the four. A and B are tied for the first seed, while C and D are tied for third seed. Now look at head to head competition between A and B to break that tie, and head to head between C and D to break the other remaining tie.

(4) If the tie still exists, a draw will be held by the tied teams for the seeds available. All tied teams for a position will draw with the numbers of the spots for which they are tied in a hat.

Ex: A and B are tied or third and the tie is not resolved after going through the procedure in 4.1.13.b.3 above. The numbers three and four are put in a hat, and the schools will draw and assume the seed of the number drawn. The drawing will be done in alphabetical order as the schools are listed in the NCHSAA Directory.

(c) **Determining NCHSAA Playoff Representatives**: The following rules are used to determine which teams earn available berths into the NCHSAA playoffs, awarded on the basis of regular season standings. These are used AFTER completion of the conference tournament, or BEFORE NCHSAA PLAYOFFS if there is no tournament.

(1) Award berths based on final regular season standings (see 4.1.13.a). Note that if a tie is broken using head to head competition, the tie is broken from that point on and there is no need to use other criteria.

(2) If two are tied in the final standings after being eliminated from the conference tournament (or before NCHSAA Playoffs if there is no tournament), a special playoff game will be played unless the tied teams mutually agree to break the tie by other means. The playoff game may not violate the weekly limitations, and it could be preliminary game to the state playoffs or a game in the conference tournament. No playoff game shall be played prior to a conference tournament. A meeting between the tied teams which occurs in any round in the conference tournament would count as the playoff game.

(3) If both teams are eliminated from the conference tournament but can still play the playoff game and not violate the weekly limitations, it shall be played. ***Exception***: If a team advances to the conference tournament finals, even if a playoff game would not violate the weekly limitations, the game will not be played, and the team that advances to the finals gets the higher seed.

(4) If three or more teams are tied, the team which advanced the furthest in the conference tournament will get the higher berth in the playoffs.

(i) Split Conference Application Only: If two or more teams are still tied, and the teams represent different classifications, berths will be awarded by separating teams into their respective classifications. Then head-to-head competition among the teams in the respective classifications must be considered if necessary.

(5) If the tie is not broken after (4), all previous head-to-head competition is used to break the tie (cannot be used with multiple ties).

(6) If there is still a tie, it will be resolved by comparing how the tied team fared against the rest of the conference, starting with the number one team and moving down, if necessary, throughout the conference until the tie is broken.

Ex: A and B finished with equal conference records and split during the regular season, thereby tying for third place in the standings. A playoff game could not be played and they did not play each other in a non-conference game. Go to the number one position in the conference and compare how A and B did against that team in conference games. Say the tie cannot be resolved there (both teams split with the number-one team), so go to the number two team. Team A lost twice to the number two but B split with the number-two team. Therefore B would be seeded third and A fourth (even though they finished tied for third in the final standings).

(7) If the tie still exists, a draw will be held by the tied teams for the seeds available. All tied teams for a position will draw with the numbers of the spots for which they are tied in a hat.

Ex: A and B are tied for third and the tie is not resolved after going through the procedure through 4.1.13.b.3 above. The numbers three and four are put in a hat, and the schools will draw and assume the seed of the number drawn. The drawing will be done in alphabetical order as the schools are listed in the NCHSAA Directory.

4.1.14 **Playoff Declaration**: A school has the option to "opt out" of the playoffs, provided it fills out the Playoff Declaration Form on the website, and submits it and it is in the NCHSAA offices prior to the reporting deadline for that specific sport. Proper submission means the school will not be considered for either an automatic berth or a wild card position. If the form is not submitted, then the school will be considered and may qualify for a playoff berth.

(a) The above does not apply to the sports of cross country, golf, swimming, and track and field.

4.1.15 **Reporting Playoff Qualifiers**: Schools must submit their completed and accurate schedule and results into MaxPreps to be considered for playoff qualification for the sports of Baseball, Basketball, Football, Lacrosse, Soccer, Softball, Dual Team Tennis, Volleyball, Dual Team Wrestling. Conference administrators must use this information to submit the final order of finish to the NCHSAA.

(a) For reporting potential qualifiers to state playoffs, conference administrators are required to submit the appropriate information online immediately upon conclusion of the regular season.

(b) Failure to comply with the reporting procedure will result in a $400 fine to the school or conference in question.

(c) All sports, with the exceptions of dual team tennis, dual team wrestling and lacrosse, will use seeded brackets (see also, Seeding 4.1.19)

(d) Upon conclusion of the conference tournament, the conference administrator will immediately submit the final conference standings of all teams. The records that are listed on the brackets when playoff qualifiers are posted by the NCHSAA will represent the overall record of each team.

NOTE: If a team qualifies for a playoff berth but is ineligible for further competition due to violation of the ejection policy, its position is vacated.

(e) Check the NCHSAA website for additional information.

4.1.16 **Submission of Incorrect Record**: Once the seeding process is completed and the brackets have been finalized, if a team has submitted an incorrect record, and the seed is affected, that team will be removed from the bracket and no other team will be substituted in or added to the playoffs. **Note**: Incorrect records can be changed during the NCHSAA designated "window of opportunity." Reference 3.2.3 (d)(e) & (f).

4.1.17 **Bracket Sizes**:

(a) Baseball, Soccer, Softball
- (1) 1A & 4A: 48-team brackets
- (2) 2A & 3A: 64-team brackets

(b) Basketball, Volleyball
- (1) 4A: 48-team bracket
- (2) 1A, 2A & 3A: 64-team brackets

(b) Football
- (1) 1A & 4A: 48-team brackets
  - (i) Subdvided into 1A, 1AA, 4A, 4AA (24-team brackets)
- (2) 2A & 3A: 64-team brackets
  - (ii) Subdvided into 2A, 2AA, 3A, 3AA (32-team brackets)

(c) Tennis, Wrestling
- (1) 1A: 24-team bracket
- (2) 2A, 3A, & 4A: 32-team brackets

(d) Lacrosse
- (1) Men's 1A/2A/3A & 4A: 32-team brackets
- (2) Women's: 40-team bracket

4.1.18 **Playoff Berths/Qualification**:

(a) Lacrosse, Tennis and Wrestling will used pre-determined brackets which will be posted on NCHSAA Website when they become available.

(b) Conference automatic qualifiers are determined by the number of teams from a given classification in each conference as follows:
- (1) 1 – 4 teams = 1 automatic qualifier
- (2) 5 – 8 teams = 2 automatic qualifiers
- (3) 9 or more teams = 3 automatic qualifiers

(c) Conference tournament champions automatically qualify
- (1) If the regular season champion also wins the tournament, no additional berth will be awarded.
- (2) If a team other than the regular season champion wins the tournament, it will automatically qualify for the playoffs. The team will be seeded as an at-large berth in the playoffs unless already automatically qualified based upon their regular season conference finish.

(d) Split conference application
- (1) The highest finishing team from a given classification will automatically qualify, regardless of overall conference finish.
- (2) Two teams that finish 1st and 2nd overall in the conference from the same classification will automatically qualify regardless of rule 4.1.18(b)(1-3).

NOTE: Ties for 1st place in the overall conference or for highest finisher in a classification must be broken using the established tie-breaking procedure [rule 4.1.13].

(e) If too many teams qualify using the above criteria, adjustments to the established bracket size will be made to accommodate the automatic qualifiers.

(f) If not enough teams qualify using the above criteria, the bracket will be filled by non-automatic qualifiers in that classification.

(1) Teams in their classification will be selected to fill the remaining slots in the bracket by comparing the highest finishing, non-automatic qualifying team in each conference based on adjusted MaxPreps ranking.

NOTE: Under no circumstances may a team "leap-frog" a higher finishing team in its own conference. For this procedure split conferences will have their classifications treated as seperate entities.

4.1.19 **Seeding:**

(a) Once the qualifying teams in each classification are determined, they will be divided into two regions of equal size (East and West) based on the longitude of each school.

(b) The teams in each region will be seeded as follows:

(1) Seed all 1st place automatic berths by Adjusted MaxPreps ranking (or other NCHSAA selected ranking system); then

NOTE: The highest finishing team in its half of a split conference must finish in 1st, 2nd, or 3rd place overall and/or have an overall winning percentage of .500 or higher in order to be seeded as a #1. Otherwise, the team will be seeded with all other at-large teams.

(2) Seed all 2nd place automatic berths by Adjusted MaxPreps ranking (or other NCHSAA selected ranking system); then

(3) Seed all 3rd place automatic berths by Adjusted MaxPreps ranking (or other NCHSAA selected ranking system); then

(4) Seed all conference tournament champions and at-large berths by Adjusted MaxPreps ranking (or other NCHSAA selected ranking system).

(c) Once seeding is complete:

(1) Existing byes will be awarded to the highest seeds possible.

(2) The higher seed is the home team unless otherwise determined by the NCHSAA.

4.1.20 **Reporting Playoff Advancement**:

(a) After schools have qualified for the playoffs, it is their responsibility to report advancement by the appropriate method and deadline as designated by the NCHSAA.

(b) Failure to report a playoff advancement will result in a $400 fine to the school. Teams must report advancement no later than 6 a.m. the day following each win.

(c) Postponements should also be reported.

4.1.21 **Unpaid Fines**: Schools that have unpaid fines to the NCHSAA are not eligible to compete in the playoffs for that sport (i.e. baseball fine would be specific to baseball playoffs) unless the fine is paid two (2) days prior to the reporting date for that sport. Any fine not paid at the end of the fiscal year (June 30) will carry over to the following school year making all teams at said school ineligible for the playoffs until the fine is paid in full.

4.1.22 **Health and Safety Guidelines**: Follow all applicable Health and Safety Guidelines (2.3), which includes:

(a) Heat Illness Prevention and Management (2.3.2)

(b) Heat Acclimatization (2.3.3)

(c) Prevention of Heat Illness (2.3.4)

(1) WBGT and Heat Index Charts on page 37

(d) Recognition of Heat Illness (2.3.5)

(e) Management of Heat Illness (2.3.6)

(f) Gfeller-Waller Concussion Awareness Act (2.3.7)

(1) Education, Plan, and Emergency Action Plan (2.3.7.c)

(g) Cardiac Safety Program (2.3.8)

(h) NFHS Guidelines for Handling Practices and Contests During Lightning or Thunder Disturbances (2.3.9)

(i) Tobacco Products, Alcoholic Beverages and Controlled Substances (2.3.10)

(j) Performance Enhancing Substances (2.3.11)

(k) Infectious Disease Policy (2.3.12)

(l) Catastrophic Insurance (2.3.13)

(m) Student Accident Insurance and Athletic Coverage (2.3.14)

(n) Hazing (2.3.15)

4.1.23 **Body Paint**: No face/body paint is allowed during regular season or playoffs.

4.1.24 **Noisemakers**: Any noise-making objects are prohibited at indoor contests (cheerleaders may use non-electronic hand megaphones).

4.1.25 **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.

4.1.26 **Clinic Dates**: For 2019-2020 NCHSAA Clinic Dates, see NCHSAA website.

4.2 BASEBALL

4.2.1 General

(a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).

(b) Date of First Practice: February 12.

(c) Preseason Scrimmages: Reference 4.1.5

(d) Date of First Game: March 2.

(e) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all information.

(f) Number of Regular Season Contests: Total 23 games (including any games played in invitational tournaments).

(1) No more than four per week, provided fourth single game is on a non-school day for both.

(2) Four games in three days is still permissible without using a non-school day (e.g. doubleheader on a school day).

(3) It is permissible for an athlete to participate in a junior varsity and varsity game in the same day; however, any athlete is still subject to the weekly and seasonal limitations (four games a week, not to exceed three days, total of 23).

(4) Team and individuals are limited to two games a day.

(5) Junior varsity conference tournament games must count toward the 23-game limit.

(6) Varsity conference tournament games are considered part of the state playoffs.

(g) Endowment Games: Reference 4.1.6

(h) Starting Time: During the regular season, a time no earlier than 5 p.m. is recommended unless facilities dictate otherwise, e.g. no lights.

(i) Tournaments: Tournaments are governed by daily, weekly and seasonal limitations.

(j) Equipment:

(1) Balls must have the authenticating NFHS ball mark and the NOCSAE standard mark at the time of manufacture. NOTE: NCHSAA approved balls will be required for all playoff events beginning with the 2020-2021 season. The NCHSAA strongly recommends their adoption for regular season play.

(2) The minus-three bat is the only allowable bat.

(i) The barrel of the minus-three bat is to be 2 5/8 inches.

(ii) All bats not made of a single piece of wood shall meet the Batted Ball Coefficient of Restitution (BBCOR) performance standard, and such bats shall be labeled with a silk screen or other permanent certification mark.

(iii) No BBCOR label, sticker, or decal will be accepted on any non-wood bat. The certification mark shall be rectangular, a minimum of one inch on each side and located on the barrel of the bat in any contrasting color. To read: "BBCOR .50".

(3) Coaches must wear a skull cap style helmet or NOCSAE certified helmet when coaching in the Coaches Box during games.

(k) Ten-Run Rule: The ten run rule has been adopted by the NCHSAA for baseball; if a team is ahead by 10 runs after five complete innings, the game is terminated.

(l) Pitching Regulation:

(1) A player is allowed 105 pitches per day provided he or she has met the required days of rest.

(a) Pitch count applies only to pitches thrown during an at bat.

(2) A pitcher can finish an at bat if he or she reaches 105 pitches during an at bat.

(3) The required rest periods are based on the following pitch windows:

(a) If a pitcher throws 76 or more pitches in a day, four (4) calendar days rest are required before pitching again.

(b) If a pitcher throws 61-75 pitches in a day, three (3) calendar days of rest are required before pitching again.

(c) If a pitcher throws 46-60 pitches in a day, two (2) calendar days of rest are required before pitching again.

(d) If a pitcher throws 31-45 pitches in a day, one (1) calendar day of rest is required before pitching again.

(e) If a pitcher throws 1-30 pitches in a day, zero (0) calendar days of rest are required before pitching again.

(f) Any pitcher appearing two (2) consecutive days, regardles of the number of pitches thrown, must rest one (1) calendar day.

(4) **State Championship Series Exception**: Pitchers may throw a maximum of 120 pitches during the State Championship Series. No rest periods apply to the State Championship Best-of-Three Series.

(5) Pitch count applies only to pitches during an at bat.

(6) Game Day Tracking Forms must be signed by opposing coaches, or designee, and kept on file. Counts must be updated on the team's MaxPreps page before 11:00 a.m. on the day following the contest.

(i) Head Coaches, or their designee, must communicate pitch counts between each inning. Failure to communicate between innings could result in a fine for unsporting behavior if discrepancies arise.

(ii) In cases where there is a discrepancy between the home and visiting teams, the home team book will be used for official tracking. Intentional discrepancies in pitch records will be deemed unsporting, evaluated on a per instance basis, and could result in penalties.

(7) Pitch count rule is in effect for all players (JV and Varsity)

(8) First Round Playoffs through Regionals: Pitch Count window and days of rest are required, including during the best-of-three series scheduled for Tuesday, Thursday & Saturday.

(m) Doubleheaders: Permitted when mutually agreed upon by teams involved.

(1) Doubleheaders are two back-to-back games, at the same level, with a reasonable (30 minutes) time between contests.

(2) Split doubleheaders are also permissible (two separate opponents).

(3) By mutual agreement, two member schools may agree to play two five (5) inning games in a doubleheader.

(n) Suspended Games: North Carolina has adopted the suspended game rule, mandatory in all regular season and state playoff games. A game called for any reason, where a winner cannot be determined will be treated as a suspended game.

(1) If the game is to be completed it will be continued from the point of interruption, with the lineup and batting order of each team the same as the lineup and batting order at the point of interruption, subject to the rules of the game.

(2) If more than 4 1/2 innings have been played and a winner can be determined, the game is over (including playoff games).

(3) After 5 innings, if the visiting team scores a tying or go ahead run in their top half of the inning and the home team does not have an opportunity to bat or complete its time at bat, the game is treated as a suspended game.

(4) If a game is called prior to the completion of a full inning after the fifth inning, the game becomes a suspended game in the following situation: the visiting team has scored one or more runs to tie the score or take the lead, and the home team has not tied the score or retaken the lead.

(i) **Example**: The sixth inning begins with score H-6, V-5. Visitors score two runs in their half of the inning. Game is called because of rain with (a) two outs in the bottom of the sixth and the score H-6, V-7; or (b) following the completion of the home team's turn at bat with the score H-6, V-7. In (a) the game is suspended and resumed on the next possible date at the point of interruption. In (b) the game is official, with the final score H-6, V-7.

(5) A suspended game does not count against the weekly limitations in the week in which it is completed.

(o) Rained-Out Games: If any rained-out baseball game which would affect the winning of a conference title is to be played, it shall be rescheduled on the same field (exception: suspended games do not have to be rescheduled on the same field, unless changed by mutual agreement of the two schools).

(p) Postponed Games: Postponed games must be made up in order of postponement on the next possible date (Excluding Sunday).

(1) In the regular season, Saturday will not be used as a make-up day unless mutually agreed upon by both teams.

(2) In the playoffs, Saturdays must be used. If one team will not play, the game is forfeited to the opponent.

(q) Protest: Each conference is to establish a baseball protest committee. The committee's decision on any properly protested conference baseball game will be final.

(r) Schedules: Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by January 15.

(s) Uniformed Police Officer: Reference 2.5.3.a.
(t) Filming, Videotaping or Video Streaming: Reference 4.1.25.

4.2.2 **Playoffs**:

(a) Representatives and Ties in Standings: Reference 4.1.13.
(b) Qualifiers: See 4.1.18 (Playoff Berths/Qualification) for selection criteria.
(c) Reporting Playoff Qualifiers: For reporting potential qualifiers to state playoffs, conference presidents are required to submit the appropriate information on the NCHSAA website immediately upon conclusion of the regular season.
(1) The information includes overall won-loss record and winning percentage for all conference schools. This must be submitted prior to appropriate deadlines. The overall winning percentage and finish in conference standings will be considered when determining which schools qualify for wild-card berths in playoffs.
(2) Upon conclusion of the conference tournament, the conference president will immediately submit the adjusted overall ecords of all teams. These are the records that will be listed on the brackets themselves when playoff qualifiers are posted.
(3) Failure to comply with the initial reporting procedure will result in a $400 fine to the conference.
(4) Check NCHSAA website for additional information.
(d) Seeding: See 4.1.19
(e) Playoff Brackets: Will be posted on the NCHSAA Website once seeding is complete.
(f) Schedule:

Reporting Deadline:	May 9, (11:59 p.m.)	Third Round	May 19
Seeding	May 11	Fourth Round	May 22
First Round	May 12	Regional	May 26 - 30
Second Round	May 15	State	June 5 - 6

(1) All games are single elimination, with the exception of the regional and state championship series, which are the best two out of three games.
(2) Competing teams should contact each other to work out details for their contest.
(3) Deadlines are set for completion of each round, but competing schools may play on an earlier date by mutual consent.
(g) Officials:
(1) For the first two rounds of state playoffs, umpires are to be assigned by the local officials association of the higher seeded team.
(2) After the first two rounds, umpires must come from a neutral association or from association mutually agreed upon.
(3) Four (4) umpires will be used in all Regional Series games.
(4) Assignments for regional and state championship games will be made by the NCHSAA office.
(h) Game Times: On fields with lights, game time will be 7:00 p.m., unless mutually agreed upon to play at 6:00 p.m.
(1) Any other exceptions, such as field with no lights, must be approved by the NCHSAA.
(2) Where the distance is more than 100 miles for the visiting team, game time will be 6:00 p.m.
(3) Saturday: Teams may play at any time if mutually agreed upon.
(i) If teams cannot mutually agree, the higher seeded team may choose a starting time between 1:00 p.m. and 7:00 p.m.
(a) Between 1:00 p.m. and 6:00 p.m. if the visiting team is over 100 miles one-way.
(i) Admission: $7.00 for all (site must be conducive to charging admission, includes one-dollar surcharge for Endowment) in first, second, third and fourth round games; $7.00 for all at each game of regional series (includes one-dollar surcharge for Endowment). See appropriate forms on the NCHSAA website for financial reporting.
(j) Protest Committee: The competing teams are required to coordinate a protest committee that includes a minimum of three school administrators prior to playing the first game of the series. The committee will act on any protest at the time it may occur and its decision is final. **Note**: Parents are not allowed to serve on this committee.
(k) Postponed Games: Must be rescheduled on the next day (except on Sunday). Both schools and the NCHSAA must be involved in the decision to postpone any playoff contest.
(l) Team Expenses and Financial Arrangements: The NCHSAA receives 15% of the gross gate from second, third and fourth round games, and receives 25% of the gross gate from each game in the regional playoff series. In all rounds prior to the state championship, participating schools will divide the remainder equally after applying the following expense formula:

(1) Where the distance between the competing schools is 100 miles or less, the visiting school will pay its own transportation and meals and the host school will provide the playing facility, ticket takers, security and balls at no charge. The umpires are to be paid from gate receipts.
(2) Where the distance is more than 100 miles, the same plan should be followed except that the umpires are paid by the host school, rather than from gate receipts.
(3) All concession rights belong to the host school.
(4) Participating schools are responsible for dividing any deficit or net.
(5) The principal of the host school, or appointed game manager, must forward the financial report and ticket accountability form to the NCHSAA within 10 days after the contest.

(m) Ticket Accountability and Financial Forms: All forms can be found on the NCHSAA website.
(n) Regional Awards: Team plaques will be presented to the regional champion and regional runner-up.

4.2.3 **State Championship Series**:
(a) Dates: June 5-6, 2020.
(b) Required Information: Teams qualifying for the state championships must submit their roster and team information (see website) no later than Monday at noon prior to the state championship series.
(c) Series: The state finals shall be a best two out of three game series. Game times and sites will be established by the NCHSAA. The higher seeded team will be designated as the home team for games 1 and 3. If equal seeds meet, the NCHSAA will draw to determine the home team.
(d) Admission: $20.00 all-session pass, $8.00 for each session 1, $12.00 for session 2 & 3 combined, and $8.00 for session 3 (includes one dollar surcharge for endowment). May be amended due to weather. Each team will receive 8 complimentary tickets/ passes (5 VIP and 3 School Admnistrator).
(e) Protest Committee: See 4.2.2.j.
(f) Officials: Will be assigned by the Supervisor of Officials.
(g) Radio and TV Fee: Reference 2.2.19.
(h) Gate Receipts: The net balance will be divided as follows: 20% to each of the competing teams and 60% to the NCHSAA.
(i) Team Expenses: Travel and expenses for 18 players plus a coach and manager, shall be allowed at the rate designated by the NCHSAA (see basketball section Reference 4.3.3.c).
(j) Awards: Plaques will be presented to the championship and runner-up team in all classes. Members of the championship and runner-up teams will receive individual awards (a total of 25).
(k) Game Ball: The Wilson A1010 BPRO-NCHS (WTA1010BHS1SST or WTA1010BPRONCHS or WTA1010BPROSST) with Association logo and NFHS-authenticating ball mark is the official ball for the state championship series.

4.3 BASKETBALL

4.3.1 General
(a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).
(b) Date of First Practice: October 30 (October 16 for non-football playing schools).
(c) Preseason Scrimmages: Reference 4.1.5
(d) Date of First Game: November 18 (October 30 for non-football playing schools).
(e) Number of Regular Season Contests: No more than three per week. During any two weeks of the regular season, four games may be played, provided the fourth game is on a non-school day.
(1) Total, 23 games. An individual player is limited to one game a day. Junior varsity tournament games are part of the 23-game limit.
(2) Varsity conference tournament games are considered part of the state playoffs.
(3) Special Note for non-football playing schools: Six additional basketball games may be played, for a total of 29. These games must be completed prior to the first playing date for football-playing schools. Those six games will not count for seeding purposes.

(f) Endowment Games: Reference 4.1.6
(g) Tournaments: Tournaments are governed by daily, weekly and seasonal game limitations.
(h) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of Guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all the information.
(i) Required Equipment: Red lights behind the backboard synchronized with the time clock buzzer are required. Balls must have the authenticating NFHS ball mark. NOTE: NCHSAA Approved balls are required for all playoff events beginning with the 2020-2021 athletic year. The NCHSAA strongly recommends their adoption for regular season play. If Precision Time System is available, it can be used.
(j) Pep Bands: Organized music by a pep band at a basketball game is permissible only under the direct supervision of a school music director or other school personnel. The band may play only during dead-ball situations.

(k) Cheerleaders: Cheerleaders must remain seated while the ball is in play, which includes after the free throw shooter is handed the ball. Cheerleaders may not come onto the floor during 30-second timeouts. The use of signage is allowed during timeouts.

(l) Net Removal: Nets may not be cut down or removed following a game at any time. See penalty code 3.2.2.d.3.

(m) Postponed Games: Must be rescheduled on the next possible date (excluding Sunday). Both schools and the NCHSAA must be involved in the decision to postpone any playoff contest.

(n) Suspended Games: The NCHSAA plays by the suspended game rule in all sports (see 2.2.8.c).

(o) Mercy Rule: Once the score reaches a 40 point differential at halftime or thereafter, the game will resort to a running clock, including the administration of free throws or all other dead ball situations, except for timeouts called by a coach or official; the game can be terminated by mutual agreement.

(p) Schedules: Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by September 30.

(q) Uniformed Police Officer: Reference 2.5.3.a.

(r) Filming, Videotaping or Video Streaming: Reference 4.1.25.

(s) Required Tournament Information: Fact sheet, roster forms for tournament play, requests for photo and other information forms can be found on the NCHSAA website. Note deadlines for submission of material. This is mandatory for playoff qualifiers. Check NCHSAA website.

4.3.2 **Playoffs**:

(a) Conference Tournaments: Do not report berths to the NCHSAA. Tournaments, if played, should end on the Friday night prior to the seeding date.

(b) Representatives and Ties in Standings: If two or more of the conference's teams are tied at the end of the regular season, (1) the team that won from the other(s) during the season gets the higher seeding, or (2) if the teams split during the regular season, the approved tiebreaking system shall be used (See 4.1.13).

(c) Qualifiers: See 4.1.18 (Playoff Berths/Qualification) for selection criteria.

(d) Seeding: Reference 4.1.19

(e) Brackets and Schedule:

(1) In all classifications, playoff games are played on the home court of the higher seed or at mutually agreed upon neutral sites.

(2) Game times are 7 pm for single games or 6:30 pm and 8 pm for doubleheaders at a site.

(3) By mutual agreement a game time of 6:00 p.m. is permissible.

(4) All games will be scheduled on Tuesday, Thursday, and Saturday.

(5) Saturday: Teams may play at any time if mutually agreed upon.

(i) If teams cannot mutually agree, the higher seeded team may choose a starting time between 1:00 p.m. and 7:00 p.m.

(a) Between 1:00 p.m. and 6:00 p.m. if the visiting team is over 100 miles one-way.

(f) Playoff Brackets: Will be posted on NCHSAA Website after seeding is complete.

(g) Schedule: Deadline for reporting qualifiers is February 21 (11:59 p.m.)

First round	February 25	Fourth Round	March 3
Second round	February 27	Regional	March 7
Third round	February 29	State	March 14

(h) Uniform Color: The home team will wear white uniforms.

(i) Officials: For the first two rounds of the state playoffs, officials are to be assigned by the local regional supervisor of the higher seed. After the first two rounds, officials will be assigned by the NCHSAA Supervisor of Officials.

(j) Banners: Banners, placards, and signs are prohibited during playoffs (permissible by cheerleaders during timeouts).

(k) Financial Arrangements: For any first round through fourth round games, 15% of the gross revenue goes to the NCHSAA, with the remainder being shared equally after game expenses.

(1) The principal of the host school or appointed game manager must forward the financial report and ticket accountability forms to the NCHSAA within 10 days after the contest.

(l) Ticket Accountability and Financial Forms: All forms can be found on the NCHSAA website.

(m) Admission:

1st through 3rd Round: $7.00 for single game, $8.00 for two games at a single site (both include one dollar surcharge for the Endowment).

4th Round: $8.00 for single or $9.00 for double-header.

(n) Team Expenses: The NCHSAA receives 15% of the gross gate from first, second, third and fourth round games. In all rounds prior to the regional championship, participating schools will divide the remainder equally after applying the following expense formula:

(1) Where the distance between the competing schools is 100 miles or less, the visiting school will pay its own transportation and meals and the host school will provide the playing facility, ticket takers, security and balls at no charge. The officials are to be paid from gate receipts.
(2) Where the distance is more than 100 miles, the same plan should be followed except that the officials are paid by the host school, rather than from gate receipts.
(3) All concession rights belong to the host school.
(4) Participating schools are responsible for dividing any deficit or net.
(5) The principal of the host school, or appointed game manager, must forward the financial report and ticket accountability form to the NCHSAA within 10 days after the contest.

4.3.3 **Regional Championship**: Winners of the fourth round games will participate in the Eastern or Western Championship game.
(a) Officials: Assignments will be made by the NCHSAA Supervisor of Officials.
(b) Uniform Colors: Higher seeded teams wear white jerseys.
(c) Team Expenses: Travel will be computed by the NCHSAA, based on 75 cents per mile round-trip. Each team will be allowed expenses for a coach, assistant coach, manager and 12 players.
(1) Teams will be allowed $5.00 for each person for breakfast, $6.00 for lunch and $8.00 for dinner. Hotel allowances and meal expenses will be authorized by the NCHSAA.
(2) Teams within a radius of 150 miles will be allowed transportation to and from each game, and the evening meal allowance will be permitted for these teams.
(3) Teams outside a radius of 150 miles, will pay their lodging bill and the NCHSAA will reimburse the school up to $11.00 dollars per person for a maximum of 15 people. Each school will be responsible for any damage which might occur in rooms occupied by team members (allowance based on four per room).
(4) Total expenses for the tournament are to be paid from gate receipts, and the net balance after expenses is to be divided with 60% to the NCHSAA and 40% to the competing teams.
(d) Practice: No team shall practice in the gymnasium where the game is played.
(e) Entertainment: Music, etc., shall be planned and approved by the tournament director, and must meet NFHS and NCHSAA rules.
(f) Admission: Tickets will be $10.00 at the gate (includes $1.00 surcharge for Endowment).
(g) Complimentary Tickets: A school will receive 10 complimentary tickets for the game it plays.
(h) Balls: Practice balls are furnished, and the Wilson Evo NXT Basketball (WTB0900 for men and WTB0901 for women) is the official ball for the championship.
(i) Awards: Team plaques will be presented to the champion and runner-up teams.

4.3.4 **State Championships**: An information session/press conference preceding the championships will be held on Tuesday, March 10, 2020.
(a) All regional champions who qualify for the state finals are asked to bring their superintendent, principal, athletic director, head basketball coach and members of the media who cover their team.
(b) Attendance at this information session/press conference is mandatory.
(c) Failure to comply will include a fine and forfeiture of complimentary tickets/VIP passes for the event, according to NCHSAA Board policy.
(d) The championships will be held on March 14, 2020. Classifications and sites TBD.
(e) Game times will be 12:00 noon, 2:30 pm, 5:00 pm and 7:30 pm.
(f) Complimentary Tickets: A school will receive 10 complimentary tickets at the information session/press conference.
(g) Officials: Will be assigned by the NCHSAA Supervisor of Officials.
(h) Uniform Colors: The Western champion will be the home team and will wear the white uniforms.
(i) Team Expenses: See regional section above (team expenses as determined by the NCHSAA 4.3.3 (c)). The net balance is to be divided, with 60 percent to the NCHSAA and 40 percent to be divided by the competing teams.
(j) Entertainment: Pep bands of participating schools are allowed with permission and under the guidelines of the NCHSAA.
(k) Admission: $15.00 at the gate (includes one-dollar surcharge for Endowment). Participating schools may retain one-dollar for each presale ticket sold.
(l) Balls: Practice balls will be furnished and the Wilson Evo NXT Basketball (WTB0900 for men and WTB0901 for women) is the official ball for the state championship.
(m) Awards: Team plaques will be presented to the champion and runner-up teams, and individual awards will also be given to members of the champion and runner-up teams (up to 20 individual awards).

4.4 CROSS COUNTRY

4.4.1 **General**:

(a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).

(b) Date of First Practice: August 1

(c) Preseason Scrimmages: Reference 4.1.5

(d) Date of First Contest: August 19

(e) Number of Regular Season Contests: No more than three may be scheduled per week. An individual is limited to one contest a day (no season limit). If a cross country team participates in separate events on the same day, each meet will count towards the daily and weekly limitations for the individual and team.

(f) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of Guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all the information.

(g) Practice Rule: Men and women runners may practice together, individually, or as a team; however, if the women run with or against men in any regular season meet, they are regarded as members of the men's team and are not eligible to compete in a women's cross country meet (regular season, regional or state).

(1) Separate men's and women's races may have the same starting times and may be over the same course if the meet director so chooses, provided the scoring is kept separately.

4.4.2 **Regionals**:

(a) Date: November 2, 2019.

(b) Regional Assignments: Regional assignments, along with the most current information about regional sites, dates and times, are posted on the NCHSAA website.

(c) Entries: The regional directors should receive entries no later than 3:00 pm, October 25.

(1) Regional directors, site information and entry instructions can be found on the cross country page of the NCHSAA website.

(2) There is a maximum entry of seven individuals per school.

(3) Late entries may be submitted to the NCHSAA and must be in by 3 p.m. the Monday prior to the regional. No entries after this deadline will be accepted.

(i.) Use the form on the NCHSAA website.

(ii.) A $50 fee will be assessed for each individual entry.

(d) Race Format: Men will run the first race, followed by the women. The prescribed course distance for both men and women is 5,000 meters.

(e) Uniform: Each team member shall wear a uniform (jersey and trunks) that is compliant with NFHS regulations.

(1) A competitor shall wear the assigned contestant number, when numbers are used.

(2) For illegal uniforms, the competitor is disqualified from the event.

(f) Coaches' Meeting: Each regional site is responsible for conducting a coaches' meeting prior to the start of the race to verify entries and announce substitutions.

(1) Failure to announce substitutions at the meeting may result in disqualification of the substitute runner.

(g) Regional Site Determination: At the regional meet, a meeting of coaches must be held to select a site and a director for the upcoming season.

(1) This is a mandatory meeting that will be conducted by the current regional director.

(2) The current director will then notify the NCHSAA office within 10 days after the completion of the tournament, of the host school and director for the next season.

(h) Supervision: All individuals participating in state playoff competition must be properly supervised or will not be allowed to participate. Coaches are responsible for seeing that team members remain at the site and are supervised at all times.

(i) Qualifiers to State: The top twenty-five percent (25%) of teams, or top four teams, whichever is greater, in each classification from each regional will qualify to the state meet.

(1) Team scores will be based on a school's five best performers.

(2) Number of qualifying teams from each regional will be determined by the number of teams that participate in the regional.

(3) In addition, the top seven individuals not on a qualifying team will advance from each regional to the state.

(3) A school that qualifies a team may bring any seven eligible competitors to the state meet; however, there may be no substitutes among those who qualify as individuals.

(4) If a school does not finish in the top 25%, but qualifies at least 5 individuals, that school will also be scored as a team for the state championship meet.

(j) Awards: Regional champion and runner-up team plaques and awards for the top three individual finishers will be given.

(k) Team Scores: Team points will be decided by the position each runner attains against other teams, not including individual runners.

(1) Individuals get credit for their finishes, but places are not counted against team scores.

(l) Expenses: Each team will bear its own expenses to the regionals.

4.4.3 **State Championships**:

(a) Date and Site: The state championships will be held on November 9, 2019, at Ivey M. Redmon Park in Kernersville.

(b) Coaches' Meeting: 8:15 a.m. (3A/1A); 1:15 p.m. (4A/2A).

(c) Team Scores: Same format as regional (4.4.2 (k)).

(d) Awards: The winning team and individuals will be given plaques, as will the runner-up team and individuals. Members of the winning and runner-up teams, and the individual third and fourth place finishers, will also receive medals.

(e) Admission: $6.00 for all (includes one dollar surcharge for the Endowment). A facility parking fee will be added.

(f) Team Expenses: Travel will be paid at the rate of five cents per mile for each qualifier, including coach, up to a maximum of 35 cents.

4.5 FOOTBALL

4.5.1 **General**:

(a) Football Calendar:

1st Practice	August 1	1st Round	November 15
1st Scrimmage	August 10	2nd Round	November 22
1st Play Date	Week of August 23	3rd Round	November 29
Playoff Seeding	November 9	Regional Round	December 6
		State Championship	December 14

(b) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).

(c) Preseason Scrimmages: Reference 4.1.5

(d) Date of First Contest: Week of August 23.

(e) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of Guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all the information.

(f) Number or Regular Season Contests: No more than one may be scheduled per week. Total, 10 games. An individual is limited to only one game per day, per week (exception: "eight-quarter" rule).

(g) Endowment Games: Reference 4.1.6

(h) Schedules: Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by May 15.

(i) Suspended Game Rule: The NCHSAA plays by the suspended game rule (see 2.2.8 (c) (1)).

(j) Mercy Rule: Once the score reaches a 42 point differential, or more, at halftime or any point thereafter, the game will resort to a running clock or will be terminated by mutual agreement.

(k) Junior Varsity Tiebreaker: Junior varsity football teams may break ties in games if both coaches mutually agree prior to the game.

(l) Filming, Videotaping or Video Streaming: Reference 4.1.25.

(m) Required Equipment: Schools must provide yardage clip for down and distance chains. Balls must have the authenticating NFHS ball mark. NOTE: NCHSAA approved balls are required for all playoff events beginning with the 2020-2021 athletic season. The NCHSAA strongly recommends their adoption for regular season play.

(n) Uniformed Police Officer: Reference 2.5.3 (a).

(o) Restraining Barriers: At all varsity football games there shall be restraining barriers on both sides of the field.

(1) These barriers shall run the entire length of the field and shall be at least five yards (preferably more) from the sidelines.

(2) The restraining barrier may be a fence, cable or strong rope.

(3) No one is permitted within these barriers except coaches, players and persons officially connected with a team.

(4) It is highly recommended that all schools completely surround their football field with a substantial four-foot restraining fence, constructed a minimum of five yards from any sidelines or end line.

(p) Eight Quarter Participation: In emergency or "lack of depth" situations, freshman and/or sophomore (9th and 10th graders only in 3A & 4A; 1A & 2A schools may use 9th, 10th or 11th graders) junior varsity football players will be allowed a maximum of 8 quarters per season of "on the field" play as a varsity football player. Note: Anytime a player participates in 8 quarters of Varsity competition, that player is no longer eligible to be an 8-quarter player. If the 8 quarter limit is reached during a contest, that player is immediately ineligible for further participation in that contest.

(1) This is an allowable exemption from the rule counting dressing for a game as participation in a varsity contest and will enable a junior varsity player (9th/10th graders only) to be available for emergency or lack of depth participation in the varsity contest.

(2) The intent of the rule is to give coaches some alternatives for junior varsity players (9th/10th graders only) to continue to gain value game experience at the junior varsity level and still be available as a backup player in the varsity game. The following conditions must be met:

(i) A maximum of ten (10) players for 1A/2A schools and five (5) players for 3A/4A schools may be 8-quartered during the regular season

(ii) Such players must be pre-determined prior to dressing for participation — completion of the 8 Quarter Pre-Approval Form containing signatures of a licensed athletic trainer or medical doctor, principal, athletic director, and parent/legal custodian. (If a designated player or players participated in the junior varsity contest, medical information shall include evidence that player(s) is adequately hydrated and void of injury that would render player(s) unfit to play.) The form must be filed at the school and with the conference president on the day of the scheduled game.

(iii) Following the game, a status report on the designated players must be completed which shall include the names of all freshman and sophomore junior varsity football player(s) designated and dressed as emergency players and report the number of quarter(s) in which each athlete actually played. Any portion of a quarter equals a quarter played. If a player dresses out but does not play, record as "0" quarters played. Form must be signed by coach, athletic director and principal and submitted on line to the NCHSAA by the first school day after the varsity contest.

(iv) Anytime a JV player (9th/10th graders only) must be used as a starter on the varsity team, that player is not eligible to be used as an eight-quarter player in the following week.

(v) $500 fine for failure to submit follow-up form to NCHSAA.

(vi) If your school's JV Football game is:

(1) Cancelled - you may not use the 8-quarter rule for Friday's varsity football game. If a JV player (9th and 10th graders only) participates in the varsity game, it will count towards the maximum allowed 11 games per for an individual; therefore no 8-quarter paperwork would need to be filed.

(2) Postponed - you may use the 8-quarter rule for the Friday varsity football game. Submit 8-quarter paperwork as usual.

(vii) No player may dress to participate in more than two football contests in a calendar week (Monday - Saturday)

(3) Upon submission of sufficient documentation, teams may regain an Eight-Quarter position due to season-ending injury, catastrophic event, or transfer. Requires NCHSAA approval.

(q) Sports Season Note: See 2.2.15 and 2.2.16 for details on sports season concept. Football helmets and shoulder pads are permitted during skill development.

(1) During the entire time period between the end of football season and up through the first five days of practice for the next season, absolutely no body-to-body contact is allowed.

(r) Skill Development Guidelines:

(i.) A licensed athletic trainer or first responder must be physically present if any protective equipment (helmets and/or shoulder pads) is worn by student-athletes participating in football skill development during the school year.

(ii.) No "body-to-body contact, live action, wrapping, or thudding is allowed (see 4.5.2.b.4).

(s) A licensed athletic trainer or first responder must physically attend all summer football 7-on-7 events and must be physically present at all times in any competition area in which contests are being held.

(i) If a single field is divided for the purposes of holding multiple contests/scrimmages simultaneously, each of the divided sections must have a licensed athletic trainer or first responder responsible for that section of contest area.

4.5.2 **Practice and Conditioning**:

(a) State Medical Requirements: The member school's licensed athletic trainer or first responder must physically attend all football practices and both home and away games, unless excused by the superintendent in writing due to an emergency.

(b) Definitions:

(1) Practice: That period of time a participant engages in a coach-supervised, school-approved, sport or conditioning-related physical activity; each practice should last no more than 3 hours. Warm-up, stretching, conditioning/weight room activities are included as part of the 3-hour practice time. Practices are timed from the time the players report to the field until they leave the field.

(2) Required Practice: A player must participate in at least eight (8) separate days of team football practice (not military training, summer track, etc.) before participating in a football contest or scrimmage with outside competition (exception: athletes from other sports who play only as kickers). Three of these practices must be in full pads and include body to body contact.

(i) If an athlete misses five (5) or more consecutive days of practice, they must participate in at least three (3) separate days of practice before returning to competition.

(3) Contact Practice: The time when players may "hit" or have body to body contact; these drills may begin the day following the five (5) days used for acclimatization and physical conditioning; the use of all football protective equipment is required.

(4) Levels of Contact:

(i) Air (Level – 0): Players run a drill unopposed without contact.

(ii) Bags (Level – 1): Drill is run against a bag or another soft-contact surface.

(iii) Control (Level – 2): Drill is run at assigned speed until the moment of contact; one player is predetermined the "winner" by the coach. Contact remains above the waist and players stay on their feet.

(iv) Thud (Level – 3 {Contact}): Drill is run at competitive speed through the moment of contact; no predetermined "winner". Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.

(v) Live Action (Level – 4 {Contact}): Drill is run in game-like conditions and is the only time that players are taken to the ground.

(5) Scrimmage: Informal sports contest or practice match engaged in for practice purposes; may occur on Day 9 of the pre-season period. During this time, players may engage in hitting.

(6) Walk-Through: A teaching opportunity with the athlete not wearing protective equipment (e.g. helmets, shoulder pads, catcher's gear, shin guards) or using other sport-related equipment. The walk-through is not part of the 3 hour practice period, can last no more than 1 hour per day, and does not include conditioning or weight room activities. In football, a one (1) hour maximum walk-through is permitted during the 1st twelve (12) days of pre-season practice.

(7) Cool Down Period: The three (3) hour time period between the end of (1) one practice or walk-through and the beginning of the next practice or walk-through. During this time, athletes should rest in a cool environment—helmets off, not in direct sunlight—with no sport or conditioning related activity permitted (e.g. speed or agility drills, strength training, conditioning, or walk-through). Treatment with the athletic trainer is permissible.

(c) Conditioning Requirements: The first five (5) days of practice are required to be used for physical conditioning according to the following provisions: The NCHSAA emphasizes the importance of these regulations for safety.

(1) On the first two (2) days, headgear, non-padded shorts and football shoes constitute acceptable dress. On days three (3), four (4) and five (5), shoulder pads may be added, but absolutely no body-to-body contact is permitted (see Penalty Code for Violations 3.2.2.e.1). Practice during the first five-day period shall be limited to three (3) hours, including flex time (stretching) and breaks. On day six (6), full uniforms may be worn, and body-to-body contact is allowed.

(2) This conditioning period may include calisthenics, kicking, throwing, running and similar exercises. Arm shields, tackling or blocking dummies, charging sleds or similar devices may also be used during these five days. Squad meetings, skull sessions, film study and the like are allowed during the five-day period.

(3) All football players, with the exception of soccer players who play only as kickers must follow the preceding conditioning requirements. Any student, who is late coming out for the team, must still undergo five (5) days of physical conditioning as outlined prior to beginning regular practice and workouts.

(d) Practice Options: There are set practice options that can be utilized during the football preseason period:
  (1) Option A - One, three hour practice (which includes "flex time").
  (2) Option B - One, three hour practice, followed by a mandatory three hour cool down period, followed by a one hour walk-through.
  (3) Option C (Double Practice) - One three-hour, or two-hour practice, followed by a mandatory three-hour cool down period, followed by a two-hour, or three-hour practice (Maximum of five hours of practice time per 24-hour period).
    (i) Option C days must be followed by Option A, Option B, or off-day
    (ii) Under no circumstances may you have back-to-back Option C days
    (iii) Under no circumstances can the two-hour session of Option C contain any body-to-body contact (Live Action and/or Thud).
  (4) The mandatory cool-down period must be held in an air-conditioned environment.

(e) Practice Schedule: Listed are the various options available for each preseason practice day:
  (1) August 1 - August 6 (excluding Sunday): Option A or Option B
  (2) August 7 (1st Day of Contact) - August 14 (or first day of school, whichever comes first): Option A, Option B, or Option C (refer to practice options for stipulations)
  (3) August 15 - August 17: Option A or Option B
  (4) August 19 - End of Season: Option A ONLY (One 3 hour practice, which includes flex time)
    (i) Once the regular season begins, teams are limited to a maximum of 60 minutes of live action contact per group, per week. Live action is defined as contact at game speed where players execute full tackles at a competitive pace, taking players to the ground.

4.5.3 **Playoffs (Brackets, Reporting, Subdividing, Seeding, Other Playoff Information)**:

(a) Playoff Brackets: Will be posted on NCHSAA Website after seeding is complete. (See 4.1.17 - 4.1.19)

(b) Ties in Standings:
  (1) The team leading in conference standings at the end of the season will be declared conference champion.
  (2) In the event two or more teams tie for a playoff position, the approved tiebreaking procedure shall be used (see 4.1.13).
  (3) Any conference ties for football playoff berths must be broken and results reported to the NCHSAA by 6 a.m. on Saturday after the last regular season games.

(c) Reporting Playoff Qualifiers: Every effort should be made to play the final regular season game as scheduled.
  (1) Postponements should also be reported to the NCHSAA.
  (2) Saturday is the makeup day in the event of inclement weather on Friday (game time no later than 1 p.m.).
  (3) There will be no other exceptions because of the importance of the seeding process. The conference president must report the berths, conference standings and overall records as required by the NCHSAA by 11:30 p.m. on the 12th playing date.
  (4) Preliminary brackets will be posted as soon as they are completed. Any corrections should be reported to the NCHSAA within one hour after posting.
  (5) Final brackets will be posted thereafter.
  (6) Failure to comply with the initial reporting procedure will result in a $400 fine to the conference.
  (7) Check NCHSAA website for additional information.

(d) Qualifiers: See 4.1.18 (Playoff Berths/Qualification)

(e) Subdividing: Each classification will be subdivided (1-A, 1-AA, 2-A, 2-AA, 3-A, 3-AA, 4-A, 4-AA).

(f) Submission of Incorrect Record: Once the seeding process is completed and the brackets have been finalized, if a team has submitted an incorrect record, and the seed is affected, that team will be removed from the bracket and no other team will be substituted in or added to the playoffs. Note: Incorrect records can be changed during the NCHSAA designated "window of opportunity." Reference 3.2.3.d, 3.2.3.e, and 3.2.3.f.

(g) Competing Schools: It is the duty of the competing schools to confer with respect to the wishes of their school. The principal of the host school should contact by telephone the principal of the other school within 24 hours after knowledge of the playoff. Arrangements must be made for designated school representatives to meet to discuss arrangements and fix responsibility for various details. All financial arrangements must be made prior to the contest.

(i) Rescheduling Other Sports: Games in other sports may be rescheduled when participation in the football playoffs would affect those games (e.g., early-season men's basketball games if the football team is involved in playoffs).

(j) Required Playoff Information: Fact sheet, roster forms, two-deep depth chart forms and other required information for football playoff qualifiers may be found on the NCHSAA website. Note deadlines for submission of material. This is mandatory for playoff qualifiers.

4.5.4 **Playoffs (General Requirements, Officials, Press Conference, Sites)**:

(a) Minimum Seating Requirements are as Follows: Class 1A — host 1000, visitors 500; Class 2A – host 1450, visitors 750; Class 3A – host 2000, visitors 1000; Class 4A — host 2500, visitors 1500.

(1) The Executive Committee has authority to move a playoff game when the circumstances are perceived to warrant such action even if the host school meets the minimum seating requirements.

(2) If additional seating is required to meet the above standards, the expense shall be that of the host school. A $1000 penalty shall be imposed on schools failing to meet seating requirements.

(3) If the visiting team has a complaint regarding the playing facility, it shall be registered by noon on the Monday preceding the game. In the event of such a complaint, the President of the Board of Directors shall have the authority to appoint a committee of three members of the Board to investigate the facilities. This committee shall be vested with the full authority to set the site for the game.

(4) If a neutral site is selected, the representatives of the two playing schools shall meet with a representative of the school furnishing the neutral field to agree on game management.

(b) Game time is set for 7:30 p.m.

(c) Selection of Officials:

(1) For the first two rounds of the state playoffs, officials are to be assigned by the regional supervisor of the higher seeded team.

(2) The NCHSAA Supervisor of Officials will assign a regional supervisor to assign crews to games in the quarterfinals and NCHSAA regionals.

(3) Clock operators may be assigned starting with the second round, but this is strictly optional for schools. Clock Operators are the responsibility of the host school for playoffs; however, use of a Clock Operator is not an allowable game expense.

(4) The Supervisor of Officials will assign crews to all state championship games. A seven-man crew will be used in the championship games.

(d) Championship Press Conference: A press conference and information session preceding the football championships will be held on Monday, December 8, 2019.

(1) All regional champions who qualify for the state finals are asked to bring their superintendent, principal, athletic director, head football coach and members of the media who cover their team.

(2) This information session/press conference is mandatory; at least one of the aforementioned personnel from the school must be in attendance.

(3) Failure to comply will include a fine and forfeiture of complimentary tickets/VIP passes for the event.

(e) State Championships: The state championships are scheduled for December 14, 2019, at BB&T Field, Carter-Finley Stadium, Kenan Stadium, and Brooks Field at Wallace Wade Stadium. The Western teams will be designated as home.

4.5.5 **Financial Arrangements**:

(a) Rate of expense reimbursement for visiting team: first round, second round, and third round

(1) 0-75 miles one-way school receives meal reimbursement ($6 x 45 people=$270)

(2) 76-149 miles one-way school receives meal reimbursement ($6 x 45 people=$270), plus mileage (.75/mile, round trip)

(3) 150 plus miles one-way school receives meal reimbursement ($6 x 45 people=$270), plus mileage (.75/mile, round trip), plus motel ($8x45=$360)
NOTE: Schools must provide motel reciepts to the home team to receive allowance.

(4) If over 300 miles one way, contact NCHSAA for approval of allowable expenses.

(b) First Round, Second Round and Third Round Games

(1) Game report–The principal of the host school, or appointed game manager, will forward a copy of the financial report and ticket accountability form to the North Carolina High School Athletic Association within 10 days after the contest. Forms are on the NCHSAA website.

(2) Division of receipts–the Association is to receive 15 percent of the gross gate. After paying expenses, the competing teams are to divide the remainder equally.

(3) The host school will get concession and program rights. No charge is to be made by the host school for field use, lights, lining off the field, etc., if the field is school-owned or is owned by the board of education. Any use of a neutral facility must be approved by the NCHSAA.

(4) Admission to games–The price is $8.00 (includes one-dollar surcharge for Endowment).

(c) Regional Games

(1) Game report–The principal of the host school, or appointed game manager, will forward a copy of the financial report and ticket accountability form to the North Carolina High School Athletic Association, within 10 days after the contest. Forms are on the NCHSAA website.

(2) Division of receipts–In the regional games, the Association is to receive 25 percent of the gross gate. After paying expenses, the competing teams are to divide the remainder equally.
(3) In the regional games, the host-school will get concession and program rights. No charge is to be made by the host school for field use, lights, lining off the field, etc., if the field is school-owned or is owned by the board of education. Any use of a neutral facility must be approved by the NCHSAA.
(4) Rate of expense reimbursement: see 4.5.5.a.
(5) Admission to games–$10.00 at gate (includes one-dollar surcharge for Endowment).
(6) Regional awards–Team plaques will be presented to the regional champion and regional runner-up.

(d) Championship Games
(1) Championship games will be held under the direction of the NCHSAA; this is to include approval of game sites.
(2) Team expenses–For neutral site championships, both teams receive travel and lodging, if applicable.
(i) If the distance is over 75 miles (one way), the visiting team will be allowed a dinner meal for those dressed, up to 45 persons. Meal allowance consists of $5.00 for each person for breakfast, $6.00 for lunch, $8.00 for dinner.
(ii) Motel expenses will be allowed for one night if visiting team is more than 150 miles from playoff site. Two nights will be allowed if over 300 miles. Schools will pay their motel bill, and the NCHSAA will reimburse the schools up to an $11.00 rate per person, for up to 45 persons.
(3) Division of receipts–In the championship games, after the game and team expenses have been deducted, the Association will receive 60 percent of the net receipts and the participating teams will divide the remainder.
(4) Admission to games–$15.00 at the gate (includes one-dollar surcharge for Endowment).
(5) Awards–The winning and runner-up teams will receive plaques. Members of the winning and runner-up teams will also receive individual awards. (70 medals for 1A and 2A, 80 medals for 3A, and 90 medals for 4A)
(6) Game ball–The Wilson GST Football (WTF1003B) or GST Prime Football (WTF1103) are the official ball of the NCHSAA championship (with NFHS authenticating ball mark).

4.6 GOLF

4.6.1 **General**:

(a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).
(b) Date of First Practice: August 1 (women); February 12 (men).
(c) Preseason Scrimmages: Reference 4.1.5
(d) Date of First Match: August 19 (women); March 2 (men).
(e) Number of Regular Season Contests: No more than three matches may be scheduled per week. Individuals are limited to one contest a day.
(f) Women's Participation: Women can only participate in ONE season per year.
(1) If no women's team is available, then women may play on the men's team in the spring.
(2) If the player chooses to enter the women's regional, or play as an individual during the fall season, she may not play on the men's team in the spring.
(g) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of Guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all the information.
(h) Coaching: The NCHSAA will allow TWO designated coaches from each school to coach during the regional and state championships. It is a conference option during the regular season. The following regulations must be followed:
(1) The TWO coaches who are allowed to give advice must be identified during the match via armband, neck tag or other identification measure.
(2) The two designated coach may give advice, of a short and quick duration, from the tee to the greens and the walk between holes. NOTE: Coaches may not provide continuous coaching while walking with a player. Once finished, coaches must return immediately to the cart path.
(3) Any violation of the coaching rule can result in a two-stroke penalty and may cause the coach to lose his privilege to communicate with players the remainder of the event during the round/rounds.
(4) Prior to any stroke, the coach must step back from the player.
(5) Coaches may not be on the tee box or enter onto the green(s) at any time.
(6) Use of radios, walkie-talkies, cell phones and other electronic devices by players or coaches is not allowed. All cell phones must be turned to silent. Violation results in disqualification. A cell phone with a range finder application is illegal.

(7) Use of USGA approved range finders is permitted at any time (except for cell phone applications).
(i) Yardage measuring devices and information may be shared among players.
(ii) A player may obtain distance information by using a device that measures distance only.
(iii) If, during a round, a player uses a distance-measuring device that is designed to gauge or measure other conditions that might affect play (e.g. Slope/gradient, wind speed, temperature, etc.), the player is in breach of USGA Rule 14-3, for which the penalty is disqualification, regardless of whether any such additional function is actually used.
(8) Others will not be allowed to give advice and must limit conversations to words of encouragement only. Any other types of conversations could be considered advice, which would result in a two-stroke penalty.

(i) Pull Carts: Non-motorized pull carts are allowed at any time; however, courses may prohibit use of pull carts.

(j) Players may not ride on any form of transportation during a stipulated round unless authorized by the NCHSAA.

(k) Conditions of Competition: Please refer to the NCHSAA website for specific conditions of competition for playoffs.

(l) Supervision: All individuals participating in playoff competition must be supervised. If not, they will be eliminated from competition.
(1) If anyone besides school personnel accompanies participants, a letter from the principal must be sent to the NCHSAA authorizing this and a copy of the letter must be in hand at the tournament.

(m) Filming, Videotaping or Video Streaming: Reference 4.1.25.

(n) Double-Par Rule: No player shall score more than double par on any hole (6 on a par 3, 8 on a par 4 and 10 on a par 5) during the regular season. Once a player has reached this threshold, the player shall pick their golf ball up, record a double-par on the scorecard and let the group complete the hole and move onto the next hole.

4.6.2 **Regional Playoffs**:

(a) Dates and Sites: Women's regional tournaments will be October 21 or 22. Men's regional tournaments will be May 4 or 5.

(b) Regional Assignments: Regional assignments, along with the most current information about regional sites, dates and times, are posted on the NCHSAA website.

(c) Playoff Entries: Schools qualifying for the regionals will be permitted to enter five players, and entries are to be submitted by 9:00 p.m. October 16 (women) and by 9:00 p.m. April 29 (men).
(1) Late entries may be submitted to the NCHSAA and must be in by 9:00 a.m. the Friday prior to the regional. Use the form on the NCHSAA website. A $50 fee will be assessed for each individual entry. No entries after this will be accepted.
(2) Once entries have been submitted to the regional director, coaches can substitute any or all team members up to the start of the tournament. Individuals cannot be substituted.

(d) Women's Regional Qualifying Standard:
(1) Teams
(a) Conference champions will receive an automatic berth.
(i) Top 3 players on the team.
(ii) Players 4 and 5 may qualify through the Individual Qualifying Standard.
(2) Individuals
(a) 1A/2A and 3A - Golfers must average a 55.0 or better for 9 holes during regular season high school matches.
(b) 4A - Golfers must average a 50.0 or better for 9 holes during regular season high school matches.
(c) The average score will be calculated using the best five (5) 9-hole scores from throughout the season. Double-par rule will apply.
(i) Example 1: Golfer plays three 9-hole matches and an 18-hole conference match for the year. The total number of 9-hole matches is five (5). Golfer must count all five 9-hole scores when determining her average.
(ii) Example 2: Golfer plays six 9-hole matches and an 18-hole conference match for the year. The total number of 9-hole matches played is eight. Golfer may drop the three highest 9-hole score; therefore, the average will come from the best five 9-hole scores.
(iii) Example 3: Golfer plays in four 9-hole matches. Golfer is not eligible for regional competition due to failure to meet the qualifying standard of a minimum of five 9-hole matches.

(e) Verification Process for Reporting Women's Scores: Please refer to the NCHSAA website for the template and instructions for reporting.

(f) Men's Regional Qualifiers: Team qualifiers will be based on conference determination.

(1) Teams

(a) The number of qualifiers from a conference is based on half the number of teams (schools with at least four (4) players on the eligibility summary form) participating in golf in that conference (without rounding up; e.g., 7-school conference is allowed three (3) teams). This number is listed under the regional assignments (Refer to NCHSAA website).

(b) One team from the independent members will qualify and be assigned to the regional closest to their location.

(2) Individuals

(a) Men's individual regional qualifiers are the top four individuals from a conference, not on one of the qualifying teams (must compete only as individuals).

(b) One medalist (not on the qualifying team) from the independent members will qualify and be assigned to the regional closest to their location.

(g) Playing Rules:

(1) Eighteen (18) holes stroke play

(2) Women on men's teams must play from men's tees.

(3) USGA rules shall prevail, except where modified by local course rules and approved by the games committee (check with the local pro for any unusual ground rules).

(4) A games committee must be established and decisions of the committee are final. There should be a minimum of three people knowledgeable about golf rules on the committee, preferably including the local course pro.

(5) All spectators must stay on the cart paths.

(6) Caddies are prohibited in the state playoffs, with the exception of those necessitated for physical handicap reasons (this does not include injuries).

(h) Team Scores:

(1) The four lowest men's individual scores from a five-player team will be totaled to determine the men's team score.

(2) The three lowest women's individual scores from a five-player team will be totaled to determine the women's team score.

(i) Awards: Regional champion and runner-up plaque and awards for the individual medalist and runner-up will be given. Ties will be broken according to the tie- breaking procedure in the conditions of competition.

(j) Expenses: Each team will bear its own travel expenses to the regional.

(k) Regional Site Determination: At the regional, a meeting of coaches must be held to select a site and a director for the upcoming season.

(1) This is a mandatory meeting that will be conducted by the current regional director.

(2) The current director will then notify the NCHSAA office within 10 days after the completion of the tournament, of the host school and director for the next season.

(l) Women's State Championship Qualifiers: 26 golfers per regional will advance to the state championship:

(1) Top 3 teams automatically qualify with the best 3 scores.

(2) Top 17 individuals not on a qualifying team.

(3) If a school does not finish in the top 3, but qualifies at least 3 individuals, that school will also advance to the state championship as a team.

(4) A top 3 team could still qualify players #4 and #5, if among the top 17 individuals qualifying.

(m) Men's State Championship Qualifiers: 21 golfers per regional will advance to the state championship.

(1) Top 3 teams of 5 players automatically qualify with the best 4 scores.

(2) Top 6 individuals not on a qualifying team.

4.6.3 **State Championship**:

(a) Dates and Sites: The women's state tournaments will be held in all classes on October 28-29. The men's state tournament will be May 11-12. Sites TBA on NCHSAA website.

(b) Pairings and Starting Times: The pairings will be made in the NCHSAA office. Tee times will not be available until Wednesday after 3pm prior to the tournament.

(c) Conditions of Competition: Please refer to the NCHSAA website for specific conditions of competition for state championship play.

(d) Format: Thirty-six (36) holes, stroke play.

(e) Team Scores:
  (1) The four lowest men's individual scores from a five-player team shall be totaled to determine the team score.
  (2) The three lowest women's individual scores from a five player team will be totaled to determine the women's team score.
  (3) Team members may be substituted for, but not after the round has begun.

(f) Awards: The winning and runner-up teams and individuals will be given plaques. Individual awards will be given to members of the winning and runner-up teams (6 women's and 6 men's medals) as well as the third-place and fourth-place individuals.

(g) Team Expenses: Travel will be paid at the rate of five cents per mile for each qualifier, including coach, up to a maximum of 35 cents.

4.7 LACROSSE

4.7.1 General:

(a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).

(b) Date of First Practice: February 12

(c) Preseason Scrimmages: Reference 4.1.5

(d) Date of First Game: March 2

(e) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of Guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all the information.

(f) Number of Regular Season Contests: No more than three per week may be scheduled.
  (1) Teams are limited to 16 games.
  (2) An individual is limited to no more than one game per day.
  (3) Junior varsity conference tournament games count toward the 16-game limit.
  (4) Varsity conference tournament games are considered part of the state playoffs.

(g) Endowment Games: Reference 4.1.6

(h) Starting Time: A time no earlier than 5:00 pm is recommended, unless facilities dictate otherwise, e.g. no lights.

(i) Tournaments: Tournaments are governed by daily, weekly and seasonal limitations.

(j) Game Format:

Men	Four 12-minute quarters
Women	Two 25-minute halves
JV Men	Four 10-minute quarters with no overtime
JV Women	Two 20-minute halves with no overtime

(k) Uniformed Police Officer: Reference 2.5.3.a.

(l) Schedules: Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by January 15.

(m) Uniform Changing: Not allowed in area of competition. Must use locker room facilities; disqualification may occur.

(n) Suspended Game: If a game is suspended due to bad weather, light failure, etc:
  (1) If suspended in first half, even if one team is ahead, game is picked up from the point of interruption unless coaches agree to end it.
  (2) If suspended at half time or beyond, the game is over.
    (i.) If the score is tied when the game is suspended, then the game ends in a tie.
    (ii.) If one team is ahead when the game is suspended, then that team is the winner.

(o) Filming, Videotaping or Video Streaming: Reference 4.1.25.

4.7.2 Playoffs:

(a) Conferences: Any school not currently fielding a team but wishing to participate should contact the NCHSAA office no later than September 11. Schools should also notify the NCHSAA if they plan to drop programs by this date. The 2019 Lacrosse conferences can be found on the NCHSAA website after October 1.

(b) Representatives and Ties in Standings: If two or more of the conference's teams are tied for a playoff berth at the end of the regular season, (1) the team that won from the other(s) during the season gets the berth, or (2) if the teams split during the regular season, the approved tie breaking system shall be used (see 4.1.13.)

(c) Reporting Playoff Qualifiers: For reporting potential qualifiers to state playoffs, conference presidents are required to submit the appropriate information on the NCHSAA website immediately upon conclusion of the regular season.

(1) The information includes overall won-loss record and winning percentage for all conference schools. This must be submitted prior to the appropriate deadlines.
(2) Upon conclusion of the conference tournament, the conference president will immediately submit the adjusted overall records of all teams. These are the records that will be listed on the brackets themselves when playoff qualifiers are posted.
(3) Failure to comply with the initial reporting procedure will result in a $400 fine to the conference.

(d) Qualifiers: The number of qualifiers per classification is listed below. For selection criteria see 4.1.18 (Playoff Berths/Qualification)
(1) In women's lacrosse, there will be 40 qualifying teams.
(2) In men's lacrosse for 1A/2A/3A, there will be 32 qualifying teams.
(3) In men's lacrosse for 4A, there will be 32 qualifying teams.

(e) Playoff Brackets: Will be posted on the NCHSAA Website once complete.

(f) Schedule: Deadline for reporting qualifiers: April 25 (11:59 p.m.).

Dates:	First round	April 29	Second round	May 1
	Third round	May 5	Fourth round	May 8
	Regional round	May 12	State	May 15-16

(1) Deadlines are set for completion of each round, but competing schools may play on an earlier date by mutual consent.

(g) Competing Schools: Competing teams should contact each other to work out details for their contest.

(h) Officials:
(1) For the first two rounds of state playoffs, officials are to be assigned by the local officials association of the higher seeded team.
(2) After the first two rounds, officials must come from a neutral officials association or from an association mutually agreed upon.
(3) Assignments for regional and state championship games will be made by the NCHSAA office.

(i) Game Times: Game time will be 7:00 p.m. unless mutually agreed upon to play at 6:00p.m.
(1) Where the distance is more than 100 miles for the visiting team, game time will be 6:00 p.m.
(2) Saturday: Teams may play at any time if mutually agreed upon.
(i) If teams cannot mutually agree, the higher seeded team may choose a starting time between 1:00 p.m. and 7:00 p.m.
(a) Between 1:00 p.m. and 6:00 p.m. if the visiting team is over 100 miles one-way.

(j) Admission:
(1) Early Rounds
(i) Single Game: $7.00
(ii) Two Games: $8.00
(2) Regional Finals
(i) Single Game: $7.00
(ii) Two Games: $8.00

(k) Team Expenses and Financial Arrangements:
(1) The NCHSAA receives 15% of the gross gate for men's and women's lacrosse first round and second round games.
(2) The NCHSAA receives 25% of the gross gate from third round, fourth round and regional playoff games.
(3) In all rounds prior to the state championship, participating schools will divide the remainder equally after applying the following expense formula:
(i) Where the distance between the competing schools is 100 miles or less, the visiting school will pay its own transportation and meals and the host school will provide the playing facility, ticket takers, security and balls at no charge. The officials are to be paid from gate receipts.
(ii) Where the distance is more than 100 miles, the same plan should be followed except that the officials are paid by the host school rather than from gate receipts.
(iii) All concession rights belong to the host schools.
(iv) Participating schools are responsible for dividing any deficit or net 50-50.
(v) The principal of the host school or appointed game manager will forward a copy of the financial report and ticket accountability form to the NCHSAA within 10 days after the contest.

(l) Ticket Accountability and Financial Forms: All forms can be found on the NCHSAA website.

(m) Regional Awards: Team plaques will be presented to champion and runner-up.

4.7.3 **State Championship**:

(a) Dates and Sites: The dates for the championship (men's & women's) are set for May 15-16, 2020. Site for the championship is TBA.

(b) Admission: $10.00
(c) Officials: Will be assigned by the Supervisor of Officials.
(d) Radio and TV Fee: Reference 2.2.19.
(e) Gate Receipts: The net balance will be divided as follows: 20% to each of the competing teams and 60% to the NCHSAA.
(f) Team Expenses: Travel and expenses for 20 players, plus a coach and manager, shall be allowed at the rate designated by the NCHSAA (see basketball section Reference 4.3.3.c).
(g) Awards: Plaques will be presented to the championship and runner-up teams. Members of the championship and runner-up teams will receive individual awards (40 per each men's team, 30 per each women's team).

4.8 SOCCER

4.8.1 **General**:

(a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).
(b) Conferences: Any school not currently fielding a team but wishing to participate should contact the NCHSAA office no later than March 1 in men's soccer and September 15 in women's soccer. Schools should also notify the NCHSAA if they plan to drop programs by these same dates. All soccer conferences can be found on the NCHSAA website.
(c) Date of First Practice: August 1 (men) and February 12 (women).
(d) Preseason Scrimmages: Reference 4.1.5
(e) Date of First Game: August 19 (men); March 2 (women).
(f) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of Guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all the information.
(g) Number of Regular Season Contests: No more than three per week may be scheduled.
    (1) Teams are limited to 23 games.
    (2) An individual is limited to no more than one game per day.
    (3) Junior varsity conference tournament games count toward the 23-game limit.
    (4) Varsity conference tournament games are considered part of state playoffs.
(h) Endowment Games: Reference 4.1.6
(i) Starting Time: A time no earlier than 5:30 pm is recommended, unless facilities dictate otherwise.
(j) Tournaments: Tournaments are governed by daily, weekly and seasonal limitations.
(k) Yellow Card Tracking and Ejections: Coaches and athletic directors will be responsible for tracking yellow cards accumulated by their players and all team personnel (including coaches).
    (1) 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). No report should be submitted to the NCHSAA.
    (2) An additional five yellow cards accumulated by the same player (season total of 10) will result in an ejection.
    (3) The player will be suspended from all sports for the remainder of that sports season on the 15th yellow card (or second ejection). This should be reported to the NCHSAA both after 10 and after 15.
    (4) A red card disqualification that is not an ejection is the equivalent of two yellow cards.
    (5) Yellow cards are reset to zero once state playoffs begin (after conference tournament); however, all previous penalties must be served.
    (6) With three yellow cards in playoffs, player is suspended for next game.
    (7) A total of five yellow cards means player is out for remainder of playoffs and may carry over to other sports.
    (8) 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.
(l) Nine-goal Rule: If a goal differential of nine is reached by halftime or at any time in the second half, the game shall be terminated.
(m) Suspended Game: If a game is suspended due to bad weather, light failure, etc.:
    (1) If suspended in the first half, even if one team is ahead, the game is picked up from the point of interruption unless coaches agree to end it.
    (2) If suspended at half time or beyond, the game is over. If the score is tied when the game is suspended, then the game ends in a tie. If one team is ahead when the game is suspended, then it is the winner.
(n) Tie Games: Ties must be broken in all conference matches, which would include a conference tournament if one is held. If a tie score exists at the end of regulation play during each conference varsity

game, there will be two, complete five (5)-minute overtime periods--not sudden victory. If the score is still tied at the conclusion of the two five (5)-minute overtime periods, the tie will be broken by kicks from the penalty mark.

(1) All regular season, non-conference games that are tied at the end of regulation will result in a tie.

(2) In non-conference tournament play and NCHSAA Playoffs, tied games must be resolved by the NFHS Tie-Breaking Procedure, and those decisions count in a team's won-loss record. One goal is added to the winning team's score, and an asterisk may be placed by the team advancing to indicate advancement was the result of the progression format.

(3) Junior varsity teams do not play overtime periods

(o) Junior Varsity Game Format: Two 35-minute halves with no overtime period.

(p) Uniformed Police Officer: Reference 2.5.3.a.

(q) Schedules: Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by May 15 (men) and January 15 (women).

(r) Uniform Changing: Not allowed in area of competition. Must use locker room facilities; disqualification may occur.

(s) Equipment: The alternating dark and light color horizontal stripe socks ("bumblebee") are not legal (NFHS rule). Balls must have the authenticating NFHS ball mark. NOTE: NCHSAA approved balls are required for all playoff events beginning with the 2020-2021 season. The NCHSAA strongly recommends their adoption for regular season play.

(t) Filming, Videotaping or Video Streaming: Reference 4.1.25.

4.8.2 **Playoffs**:

(a) Representatives and Ties in Standings: Reference 4.1.13.

(1) the team that won from the other(s) during the season gets the berth, or

(2) if the teams split during the regular season, the approved tie breaking system shall be used (see 4.1.13.)

(b) Reporting Playoff Qualifiers: For reporting potential qualifiers to state playoffs, conference presidents are required to submit the appropriate information on the NCHSAA website immediately upon conclusion of the regular season.

(1) The information includes overall won-loss record and winning percentage for all conference schools. This must be submitted prior to the appropriate deadlines. The overall winning percentage and finish in conference standings will be considered when determining which schools qualify for wild-card berths in playoffs.

(2) Upon conclusion of the conference tournament, the conference president will immediately submit the adjusted overall records of all teams. These are the records that will be listed on the brackets themselves when playoff qualifiers are posted.

(3) Failure to comply with the initial reporting procedure will result in a $400 fine to the conference.

(4) Check the www.nchsaa.org website for additional information.

(c) Qualifiers: See 4.1.18 (Playoff Berths/Qualification) for selection criteria.

(d) Seeding: See 4.1.19.

(e) Brackets and Schedule: In all classifications, games are played on the home field of the higher seed.

(f) Playoff Brackets: Will be posted on the NCHSAA Website once seeding is complete.

(g) Schedule:

	Men	Women
Reporting deadline	November 2, 11:59 p.m.	May 9, 11:59 p.m.
Seeding	November 4	May 11
First round	November 6	May 12
Second round	November 9	May 15
Third round	November 13	May 20
Fourth round	November 16	May 23
Regional	November 19	May 26
State Championship	November 22-23	May 29-30

(h) Competing Schools: Competing teams should contact each other to work out details for their contest.

(i) Officials:

(1) For the first two rounds of the state playoffs, officials will be assigned by the local officials association of the higher-seeded team.

(2) After the first two rounds, officials will be assigned by the NCHSAA Supervisor of Officials.

(3) Regional officiating assignments will be determined by the NCHSAA and host schools meet to follow up with booking agents.

(j) Game Times: Game time will be 7:00 p.m., unless mutually agreed upon to play at 6 p.m.

(1) Where the distance is more than 100 miles for the visiting team, game time will be 6:00 p.m. Any other exceptions must be approved by the NCHSAA.

(2) Saturday: Teams may play at any time if mutually agreed upon.
(i) If teams cannot mutually agree, the higher seeded team may choose a starting time between 1:00 p.m. and 7:00 p.m.
(a) Between 1:00 p.m. and 6:00 p.m. if the visiting team is over 100 miles one-way.
(3) Games may be played earlier than the assigned date above if mutually agreed upon.

(k) Postponed Games: Postponed games must be played the next day, including Saturday.

(l) Admission: $7.00 prior to the regionals and $8.00 at the regionals (both include a one-dollar surcharge for the Endowment).

(m) Team Expenses and Financial Arrangements:
(1) The NCHSAA receives 15% of the gross gate for men's and women's soccer from second round third and fouth-round games.
(2) The NCHSAA receives 25% of the gross gate from regional playoff games.
(3) In all rounds prior to the state championship, participating schools will divide the remainder equally after applying the following expense formula:
(4) Where the distance between the competing schools is 100 miles or less, the visiting school will pay its own transportation and meals and the host school will provide the playing facility, ticket takers, security and balls at no charge. The officials are to be paid from gate receipts.
(5) Where the distance is more than 100 miles, the same plan should be followed except that the officials are paid by the host school rather than from gate receipts.
(6) All concession rights belong to the host schools.
(7) Participating schools are responsible for dividing any deficit or net 50-50.
(8) The principal of the host school or appointed game manager will forward a copy of the financial report and ticket accountability form to the NCHSAA within 10 days after the contest.

(n) Ticket Accountability and Financial Forms: All forms can be found on the NCHSAA website.

(o) Regional Awards: Team plaques will be presented to champion and runner-up.

4.8.3 **State Championship**:

(a) Dates and Sites: Dates for the championships are set for November 22-23 (men); May 29-30 (women).

(b) Admission: $10.00 at gate (includes one-dollar charge for Endowment). Each team will receive 8 complimentary tickets/passes (5 VIP and 3 School Administrator).

(c) Officials: Will be assigned by the Supervisor of Officials.

(d) Radio and TV Fee: Reference 2.2.19.

(e) Gate Receipts: The net balance will be divided as follows: 20% to each of the competing teams and 60% to the NCHSAA.

(f) Team Expenses: Travel and expenses for eighteen (18) players, one (1) coach and one (1) manager, shall be allowed at the rate designated by the NCHSAA (see basketball section Reference 4.3.3.c).

(g) Awards: Plaques will be presented to the championship and runner-up teams in all classes. Members of the championship and runner-up teams will receive individual awards (25 medals for women, 30 medals for men).

(h) Game Ball: The Wilson Forte Fybrid II (WTE 9906) is the official ball of the state soccer championship.

4.9 SOFTBALL

4.9.1 General

(a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).

(b) Date of First Practice: February 12

(c) Preseason Scrimmages: Reference 4.1.5

(d) Date of First Game: March 2

(e) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all the information.

(f) Number of Regular Season Contests: Total 23 games (including any games played in i n v i t a t i o n a l tournaments).
(1) No more than four per week, provided fourth single game is on a non-school day for both.
(2) Four games in three days is still permissible without using a non-school day (e.g. doubleheader on a school day).
(3) It is permissible for an athlete to participate in a junior varsity and varsity game in the same day; however, any athlete is still subject to the weekly and seasonal limitations (four games a week, not to exceed three days, total of 23).
(4) Teams and individuals are limited to two games on a school day. The limitation extends to four games, if on a non-school day.

(5) Junior varsity conference tournament games must count toward the 23-game limit.
(6) Varsity conference tournament games are considered part of the state playoffs.

(g) Endowment Games: Reference 4.1.6

(h) Starting Time: During the regular season, a time no earlier than 5 p.m. is recommended unless facilities dictate otherwise, e.g. no lights.

(i) Tournaments: Tournaments are governed by daily, weekly and seasonal limitations.

(j) Equipment:
(1) Balls must have the authenticating NFHS ball mark. Teams shall use a 12-inch softball with a Co-efficient of Restitution not exceeding .47. Conferences are encouraged to adopt the same kind of softball for use throughout their league play. NCHSAA approved balls are required for all playoff events beginning with the 2020-2021 season. The NCHSAA strongly recommends their adoption for regular season play.
(2) Bats must meet ASA-bat performance standards and have a certifying stamp on each bat.
(3) Coaches must wear a skull cap style helmet or NOCSAE certified helmet when coaching in the Coaches Box during games.

(k) Ten-Run Rule: The ten run rule has been adopted by the NCHSAA for softball; if a team is ahead by 10 runs after five complete innings, the game is terminated.

(l) Doubleheaders: Permitted when mutually agreed upon by teams involved.
(1) Doubleheaders are two back-to-back games, at the same level, with a reasonable (30 minutes) time between contests.
(2) Split doubleheaders are also permissible (two separate opponents).
(3) By mutual agreement, two member schools may agree to play two five (5) inning games in a doubleheader.

(m) Suspended Games: North Carolina has adopted the suspended game rule, mandatory in all regular season and state playoff games. "A game called for any reason, where a winner cannot be determined will be treated as a suspended game.
(1) If the game is to be completed it will be continued from the point of suspension, with the lineup and batting order of each team the same as the lineup and batting order at the moment of suspension, subject to the rules of the game.
(2) If more than 4 1/2 innings have been played and a winner can be determined, the game is over (including playoff games)."
(3) After 5 innings, if the visiting team scores a tying or go ahead run in their top half of the inning and the home team does not have an opportunity to bat or complete its time at bat, the game is treated as a suspended game.
(4) If a game is called prior to the completion of a full inning after the fifth inning, the game becomes a suspended game in the following situation: the visiting team has scored one or more runs to tie the score or to take the lead, and the home team has not tied the score or retaken the lead.
(i) PLAY - The sixth inning begins with score H-6, V-5. Visitors score two runs in their half of the inning. Game is called because of rain with (a) two outs in the bottom of the sixth and the score H-6, V-7; or (b) following the completion of the home team's turn at bat with the score H-6, V-7.
RULING: In (a) the game is suspended and resumed on the next possible date at the point of interruption. In (b) the game is official, with the final score H-6, V-7.
(5) A suspended game does not count against the weekly limitations in the week in which it is completed.

(n) Rained-Out Games: If any rained-out softball game which would affect the winning of a conference title is to be played, it shall be rescheduled on the same field (exception: suspended games do not have to be rescheduled on the same field), unless changed by mutual agreement of the two schools.

(o) Postponed Games: Postponed games must be made up in the order of postponement on the next possible date (Excluding Sunday).
(1) In the regular season, Saturday will not be used as a make-up day unless mutually agreed upon by both teams.
(2) In the playoffs, Saturdays must be used. If one team will not play, the game is forfeited to the opponent.

(p) Protest: Each conference is to establish a softball protest committee. The committee's decision on any properly protested conference softball game will be final.

(q) Schedules: Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by January 15.

(r) Filming, Videotaping or Video Streaming: See 4.1.25.

4.9.2 **Playoffs**:

(a) Representatives and Ties in Standings: If two or more of the conference's teams are tied for a playoff berth at the end of the regular season,

(1) the team that won from the other(s) during the season gets the berth, or
(2) if the teams split during the regular season, the approved tie breaking system shall be used (4.1.13).

(b) Reporting Playoff Qualifiers: For reporting potential qualifiers to state playoffs, conference presidents are required to submit the appropriate information on the NCHSAA website immediately upon conclusion of the regular season.
(1) The information includes overall won-loss record and winning percentage for all conference schools. This must be submitted prior to appropriate deadlines. The overall winning percentage and finish in conference standings will be considered when determining which schools qualify for wild-card berths in playoffs.
(2) Upon conclusion of the conference tournament, the conference president will immediately submit the adjusted overall records of all teams. These are the records that will be listed on the brackets themselves when playoff qualifiers are posted.
(3) Failure to comply with the initial reporting procedure will result in a $400 fine to the conference.

(c) Qualifiers: See 4.1.18 (Playoff Berths/Qualification)

(d) Seeding: See 4.1.19.

(e) Playoff Brackets: Will be posted on the NCHSAA Website once seeding is complete.

(f) Schedule: Deadline for reporting qualifiers: May 9 (11:59 p.m.)

First Round	May 12	Fourth Round	May 22
Second Round	May 15	Regional	May 26-30
Third Round	May 19	State	June 5-6

(1) All games are single elimination, with the exception of the regional and state championship series, which are the best two out of three games.
(2) Competing teams should contact each other to work out details for their contest(s).
(3) Deadlines are set for completion of each round, but competing schools may play on an earlier date by mutual consent.

(g) Officials:
(1) For the first two rounds of state playoffs, umpires are to be assigned by the local officials association of the higher seeded team.
(2) After the first two rounds, umpires must come from a neutral association or from association mutually agreed upon.
(3) Three (3) umpires will be used in all Regional Series games.
(4) Assignments for regional and state championship games will be made by the NCHSAA office.

(h) Game Times: On fields with lights, game time will be 7:00 p.m., unless mutually agreed upon to play at 6:00 p.m.
(1) Any other exceptions, such as field with no lights, must be approved by the NCHSAA.
(2) Where the distance is more than 100 miles for the visiting team, game time will be 6:00 p.m.
(3) Saturday: Teams may play at any time if mutually agreed upon.
(i) If teams cannot mutually agree, the higher seeded team may choose a starting time between 1:00 p.m. and 7:00 p.m.
(a) Between 1:00 p.m. and 6:00 p.m. if the visiting team is over 100 miles one-way.

(i) Admission: $7.00 for all (site must be conducive to charging admission, includes one-dollar surcharge for Endowment) in first, second, third and fourth round games; $7.00 for all at each game of regional series (includes one-dollar surcharge for Endowment). See appropriate forms on the NCHSAA website for financial reporting.

(j) Protest Committee: The competing teams are required to coordinate a protest committee that includes a minimum of three school administrators prior to playing the first game of the series. The committee will act on any protest at the time it occurs and its decision is final. Note: Parents are not allowed to serve on this committee.

(k) Postponed Games: Must be rescheduled on the next day (except on Sunday). Both schools and the NCHSAA must be involved in the decision to postpone any playoff contest.

(l) Team Expenses and Financial Arrangements: The NCHSAA receives 15% of the gross gate from second, third and fourth round games, and receives 25% of the gross gate from each game in the regional playoff series. In all rounds prior to the state championship, participating schools will divide the remainder equally after applying the following expense formula:
(1) Where the distance between the competing schools is 100 miles or less, the visiting school will pay its own transportation and meals and the host school will provide the playing facility, ticket takers, security and balls at no charge. The umpires are to be paid from gate receipts.
(2) Where the distance is more than 100 miles, the same plan should be followed except that the umpires are paid by the host school, rather than from gate receipts.
(3) All concession rights belong to the host school.
(4) Participating schools are responsible for dividing any deficit or net.

(5) The principal of the host school, or appointed game manager, must forward the financial report and ticket accountability form to the NCHSAA within 10 days after the contest.

(m) Ticket Accountability and Financial Forms: All forms can be found on the NCHSAA website.

(n) Regional Awards: Team plaques will be presented to the regional champion and regional runner-up.

4.9.3 **State Championship Series**:

(a) Dates: June 5-6, 2020

(b) Required Information: Teams qualifying for the state championships must submit their roster and team information (see NCHSAA website) no later than Monday at noon prior to the state championship series.

(c) Series: The state finals shall be a best two out of three game series. Game times and sites will be established by the NCHSAA. The higher seeded team will be designated as the home team for games 1 and 3. If equal seeds meet, the NCHSAA will draw to determine the home team.

(d) Admission: $20.00 all-session pass, $8.00 for each session 1, $12.00 for session 2 & 3 combined, and $8.00 for session 3 (includes one dollar surcharge for endowment). May be amended due to weather. Each team will receive 8 complimentary tickets/ passes (5 VIP and 3 School Admnistrator).

(e) Protest Committee: See 4.9.2.j.

(f) Officials: Will be assigned by the Supervisor of Officials.

(g) Radio and TV Fee: Reference 2.2.19.

(h) Gate Receipts: The net balance will be divided as follows: 20% to each of the competing teams and 60% to the NCHSAA.

(i) Team Expenses: Travel and expenses for 18 players plus a coach and manager, shall be allowed at the rate designated by the NCHSAA (see basketball section Reference 4.3.3.c).

(j) Awards: Plaques will be presented to the championship and runner-up team in all classes. Members of the championship and runner-up teams will receive individual awards (a total of 25).

(k) Game Ball: The Wilson A9011 B-NCHS (WTA9011BSST) with .47 COR for fast-pitch, with the NFHS authenticating ball mark, is the official ball for the state championships.

4.10 SWIMMING AND DIVING

4.10.1 **General**:

(a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).

(b) Date of First Practice: October 30.

(c) Preseason Scrimmages: Reference 4.1.5.

(d) Date of First Meet: November 18.

(e) Number of Regular Season Contests: No more than three may be scheduled per week. An individual is limited to one contest a day.

(f) Participation Clarification: Reference 4.10.2.c.1.i.

(g) Outside Participation: Swimmers and divers may not choose to participate in outside competition and then join the school's regular season team for participation in the state playoffs.

(1) Once a school calls for practice and competition begins, the swimmer/diver must join and participate with the school team.

(2) An athlete may not swim in an outside competition and then join the school team at a later date (if the school has a regular season team).

(h) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all the information.

(i) Filming, Videotaping or Video Streaming: Reference 4.1.25.

(j) Diving Judges Panel: To serve on a diving judges' panel:

(1) a high school coach must pass the NCHSAA diving judge test;

(2) a USA diving official must be registered as an NCHSAA Official;

(3) all other persons must be registered as an NCHSAA swimming official and pass the NCHSAA diving judge test.

4.10.2 **Regional Information**:

(a) Dates: January 31 - February 1, 2020.

(1) Diving competition is held the day before swimming, unless facilities allow otherwise or there are special circumstances.

(2) Regional assignments, along with the most current information about regional sites, dates and times, are posted on the NCHSAA website.

(b) Qualifying Requirements:
- (1) Swimming and Diving
  - (i) Individuals representing their school, where no team is fielded, may also qualify by competing during the regular season and times must be achieved in high school competition.
- (2) Swimming
  - (i) If an individual (or relay team) has not recorded the minimum standard found on the NCHSAA website, the swimmer is not eligible for regional competition.
  - (ii) Relay teams may not use aggregate or split times.
  - (iii) Qualifying times shall be achieved in competition on or after the earliest date of the first meet of the season.
  - (iv) Only times achieved at meets with registered officials will be eligible for official entry into regionals.
  - (v) Schools fielding a team must compete as a team during the regular season and times must be achieved in high school competition.
- (3) Diving
  - (i) Divers must have successfully competed in at least one high school meet in order to enter regional competition.
  - (ii) Coaches do not enter individuals in the diving competition unless they are capable of performing their safe 11 dives. Safety must be the utmost consideration in your decision.

(c) Entries: Check the NCHSAA website for approved entry procedures and deadlines.
- (1) Swimming and Diving
  - (i) All schools must use NCPrepSwimming.com to upload and manage results for the official regional entry process for swimmers and divers.
  - (ii) Coaches must fill out the contact information section completely.
  - (iii) An individual may enter a maximum of four events, no more than two of which may be individual events.
  - (iv) A school may enter no more than four swimmers per individual event and no more than one team per relay.
  - (v) Each individual is limited to 3 relays and 1 individual or 2 relays and 2 individual.
  - (vi) The deadline for submission of playoff entries is Saturday, January 25, 2020 at 8:00 p.m.
  - (vii) Late entries may be submitted to the NCHSAA and must be in by 3:00 p.m. the Monday prior to the regional (January 27th). Use the form on the NCHSAA website. A $50 fee will be assessed for each individual entry. No entries after this will be accepted.
  - (viii) Changes from the submitted entry form are not permitted.
  - (ix) Only one alternate may be entered per relay.
  - (x) When entering consideration times for regionals, this rule applies as well. Enter only the two events the swimmer has the best chance in which to qualify.
  - (xi) Coaches must use the conversion chart in the NFHS rule book to convert times achieved in meters to yards.

(d) Competition
- (1) Swimming and Diving
  - (i) Participants will be allowed to scratch from a preliminary competition event without penalty, if the scratch is delivered to the meet referee prior to the event being called.
  - (ii) Entry Lists: Entry lists for both regional and state competition will be posted on the NCHSAA website.
- (2) Preliminary entry lists should be posted early in the week (alphabetical order-with times), and any questions can be addressed by the meet director.
- (3) After that, the final lists should be posted by Wednesday morning (alphabetical order without times). No corrections can be made after that time.
  - (i) Scoring: Each regional competition shall be scored on the basis of the standard sixteen (16) place scoring and shall include all events competed during the regional competition, including diving, for the purpose of determining the regional team championship. Swimmers not achieving the regional automatic or consideration qualifying standard in the finals will not score in that event.
  - (ii) Order of Events: Women compete first, followed by the men, in each event except for diving where it changes each year. In regional competition there will be timed finals for all events. Schedules will be posted on the website.
  - (iii) Deck Changing: Deck changing is not allowed. Competitors must use locker room facilities, or be subject to disqualification.

(iv) Supervision: All individuals participating in playoff competition must be supervised. If not, they will be eliminated from competition. If anyone besides school personnel accompanies participants, a letter from the principal must be sent to the NCHSAA authorizing this and a copy of the letter must be in hand at the tournament.

(v) Admission: $6.00 (includes one-dollar surcharge for Endowment). A special $5.00 admission is available for non-qualifiers when accompanied by coach. Non-qualifiers are not allowed on deck.

(vi) Expenses: Each school will bear its own expenses to the regional meet.

(vii) Awards: The winning and runner-up team will receive plaques.

(4) Individual awards will be presented to the top three individuals in each event.

(5) Awards will be presented after the 50 freestyle, the 200 freestyle relay and at the end of the meet.

(6) Coaches should have their swimmers prepared to receive their awards.

(7) Regional directors must present the awards as scheduled.

(i) Qualifiers to State Championship: Qualifying information for state championships, including times, can be found on the NCHSAA website. Qualifiers include:

(8) Top 8 fastest times from each regional.

(9) In order to qualify for and advance to State Championships each swimmer or relay team must have achieved the Regional Qualifying standard (automatic or consideration).

(10) Individuals or relay teams qualifying but not intending to participate in an event of the State Championship must notify the Regional Meet Director within 30 minutes of the completion of the meet. Remaining alternates will not advance to State Championships after that time.

(11) Substitutions for relay participants who qualify to the state meet are allowed, irrespective of the number of events swum in the regional competition, but no substitutions in individual events may be made.

(12) Swimming

(i) Relay Team Entries: All regionals and state championships will use same method for relay cards. See State Championship section 4.10.3.

(13) Diving: 11 dives, five required and six optionals (one in each category). No degree of difficulty is required.

(i) Two copies of the competitive dive sheets must be brought to the meet. The dive sheet can be found online at: www.diverline.com/EZMEET/Dive-VerifierProgram.html.

(ii) Divers must turn sheets in 30 minutes prior to warm-ups, and accuracy is responsibility of coach.

(iii) When diver is on the board, a coach may not coach them.

(iv) Any teams with divers participating should be prepared to provide table workers and judges at the meet. (Parents should not judge own child's competition).

(v) Two failed dives disqualifies the individual from competition.

(vi) A diver is disqualified if he does not make a legitimate attempt on each dive.

(vii) Format for all regionals will be posted on the NCHSAA website.

4.10.3 **State Championship**:

(a) Order of Events: In state competition there will be preliminary and final competition for all events except for the 500 yd freestyle which will be competed as a timed final event. The two fastest heats of the 500 yd freestyle (each gender) will be swum with the evening finals.

(b) Scoring: 16 places will be scored. No scoring in championship if swimmer does not swim qualifying times.

(c) Relay Team Entries:

(1) Cards will be in packet upon arrival.

(2) Turn in cards at coaches meeting; any changes need to be given to the admin before the completion of the relay.

(3) Pick-up relay cards after the break and return to the admin with or without any changes (can still make changes before completion of the relay).

Example

School: EXCELSIOR HIGH SCHOOL

1. Susie Chen 2. Nancy Carter 3. Joyce Hidalgo 4. Jamalia Baker Event: 400 Freestyle Relay

(d) Admission: $7.00 per session or $10.00 for an all-day pass (includes one-dollar surcharge for Endowment). Team members will be admitted upon identification by coach.

(1) A special $5.00 admission is available for non-qualifiers when accompanied by a coach. Non-qualifiers are not allowed on deck.

(2) Parents not previously certified by the school administration, and properly submitted to the NCHSAA, as coaches will not be permitted on deck.
(3) If schools have assigned more than two coaches, a letter from the principal on official school letterhead must identify any additional coaches.

(e) Awards: The winning and runner-up team will receive plaques.
(1) Individual awards will be presented to the top four individuals in each event and to members of the winning and runner-up teams (total of 20 individual medals).
(2) Awards will be presented after the 50 freestyle, the 200 freestyle relay and at the end of the meet.
(3) Coaches should have their swimmers prepared to receive their awards.
(4) Men's diving awards will be presented during the first awards presentation and women's during the second awards presentation.

(f) Team Expenses: Travel will be paid at the rate of five cents per mile for each qualifier, including coach, up to a maximum of 35 cents.

(g) State Diving Schedule: See NCHSAA website.

(h) State Swimming Schedule:

1A/2A	February 6, 2020	Site: Triangle Aquatic Center, Cary
4A	February 7, 2020	Site: Triangle Aquatic Center, Cary
3A	February 8, 2020	Site: Triangle Aquatic Center, Cary

4.11 TENNIS

4.11.1 **General**:

(a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).

(b) Date of First Practice: August 1 (Women) and February 12 (Men).

(c) Preseason Scrimmages: Reference 4.1.5

(d) Date of First Match: August 19 (Women) and March 2 (Men).

(e) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all the information.

(f) Number of Regular Season Contests: No more than four per week if one is on a non-school day. Four matches in three days are still permissible without using a non-school day (e.g. double-header on a school day). A two-day individual tournament represents two matches. No more than two dual-team matches are allowed daily (weekly limit still applies). No season limit.

(g) Sportsmanship: Ethical conduct of players and coaches shall be observed at all times. Player's behavior should be monitored throughout the season.
(1) Use of profanity, obscene gestures, unsportsmanlike conduct, etc. by players will not be tolerated.
(2) If unsportsmanlike conduct occurs, the two competing coaches will deal with the offending player in accordance with USTA regulations.
(3) For unsportsmanlike conduct/misconduct other than those meeting ejection criteria, first offense is point penalty; second offense is loss of game; third offense is default.
(4) Disqualification can occur at any time.
(5) The Code of Conduct penalties are cumulative through the entire event and follow a player or doubles team for the duration of the match or state tournament. Doubles teams accrue points, not individuals.

(h) Filming, Videotaping or Video Streaming: Reference 4.1.25.

(i) Equipment: NCHSAA approved balls are required for all playoff events beginning with the 2020-2021 season. The NCHSAA strongly recommends their adoption for regular season play.

4.11.2 **Regular Season Rules and Regulations for Dual Team**:

(a) Scoring: 1 point is scored for an individual or doubles team win. The first team to win five points wins the match.
(1) Singles matches are played first, followed by doubles.
(2) Doubles matches start 15 minutes following the conclusion of singles, if any doubles players competed in singles.

(b) Team Composition: 6 singles competing in flights 1,2,3,4,5 and 6; and 3 doubles teams competing in flights 1 – 3.
(1) An individual may compete in both singles and doubles.
(2) Any school competing in the NCHSAA dual team tennis playoffs must have participated in an actual regular season schedule for the current year.

(c) Format:
(1) Singles: Two out of three sets in singles. If players split sets in singles, a 10-point tiebreaker (first to 10, win by two) will be played to decide the outcome of that match. A three-minute

break is allowed before the tiebreaker, and player(s) may NOT leave the court during this time to confer with their coach.

(2) Doubles: Doubles matches are played after singles competition and a 15-minute break (see info under scoring 4.11.2 (a)) and the format is an 8-game pro set. In a tie at the end of the doubles pro set, the set tiebreaker (first to seven and win by two) will be played.

(3) If mutually agreed, the match may conclude as soon as one team wins by five points.

(d) Coaching Regulation: Coaching is allowed only after every odd-game (exception: not after game one) and only by the designated high school coaches (limit 2).

(1) The coaches may not enter the court. All coaching must be done from outside the fence. Only the designated high school coaches are permitted to coach.

(2) The 90-second period for coaching begins immediately following their last point, not when conversation begins.

(3) Coaching is permitted to be continuous throughout the match as long as it does not interfere with play and only during the 90 second changeovers. The purpose of such coaching is solely to offer advice to the player and not in any way to distract or annoy the opponent.

(4) All coaches must be compliant with Handbook Rule 2.1.7 to coach during a match.

(e) Line-ups: Coaches shall exchange both singles and doubles line-ups simultaneously, no later than 15 minutes prior to the match using the **MANDATORY official regular season dual team line-up sheet**.

(1) Players shall be ranked in order of ability, the best player on the team playing at the #1 position, the second best at #2 and so on through all positions. This rule shall also apply to doubles play, with the strongest combination listed at #1 and so on.

(i) If a player is not available in singles, or a team is not available in doubles, all players/teams must move up in the lineup.

(ii) A team appearing with an insufficient number of players shall default matches at the bottom of the line-up (i.e. the six player team appearing with five players must default at the #6 singles position, and in doubles, at the #3 position).

(iii) Stacking the line-up is not allowed, is considered cheating, and may be punishable with foreitures and/or monetary penalties.

(iv) Players are only allowed to move one spot up or down in the singles line-up from their position in the previous match. Players may move up more than one position if players are unavailable.

(v) The positions paired at the number-one doubles positions (e.g., #1 and #3 = 4) must add up to an equal or lower number that those paired at the number two doubles (e.g., #2 and #4 = 6).

(vi) The number two doubles pairing must add up to an equal or lower number than those paired at #3 doubles (e.g., #5 and #6 = 11).

(vii) A number one singles player may NOT play at number three doubles.

(viii) Any player NOT in the top 6 will be considered a #7 player for the purpose of placement in doubles.

(2) Any change in the singles line-up must be in accordance with the regulations.

(3) A coach is permitted to substitute for a doubles team player provided it is a lower ranked player not already in the doubles line-up. The doubles team with a substituted player is NOT subject to the doubles pairing regulation only if the substitution was due to a legitimate injury/illness.

(f) MaxPreps Data Entry: All rosters, individual results and team results must be entered on the school's MaxPreps team page within 72 hours of completion of a match.

4.11.3 **Playoffs (Dual Team):**

(a) Dates and Sites: All rounds of play through the regionals will be played at the home site of the designated representatives. The dual team state final match in all four classifications for women and men will be held at the Burlington Tennis Center.

(1) The dual team playoff dates are as follows:

	Women's	Men's
Deadline for Reporting	October 12, 11:59 p.m.	April 25, 11:59 p.m.
First Round	October 16	April 29
Second Round	October 22	May 5
Third Round	October 28	May 11
Regional Round	October 30	May 13
State Championship	November 2	May 16

(2) Facilities and Equipment: The host school is responsible for providing the playing facilities (hard courts unless moved inside for rain or mutual agreement to play on soft courts). Matches must begin no earlier than 4:00 pm without permission of the NCHSAA. You must set up matches to be played on courts, which have lights or lighted courts must be available for use.

(b) Reporting Playoff Qualifiers: For reporting potential qualifiers to state playoffs, conference presidents are required to submit the appropriate information on the NCHSAA website immediately upon conclusion of the regular season.

(1) The information includes overall won-loss record and winning percentage for all conference schools. This must be submitted prior to appropriate deadlines. The overall winning percentage and finish in conference standings will be considered when determining which schools qualify for wild-card berths in playoffs.

(2) Upon conclusion of the conference tournament, the conference president will immediately submit the adjusted overall records of all teams. These are the records that will be listed on the brackets themselves when playoff qualifiers are posted.

(3) Failure to comply with the initial reporting procedure will result in a $400 fine to the conference.

(4) Check NCHSAA website for additional information.

(c) Qualifiers: Predetermined brackets with the bracket sizes below.

(1) In 1A there will be 24 qualifying teams.

(2) In 2A, 3A & 4A there will be 32 qualifying teams.

(d) Playoff Brackets: Will be posted on the NCHSAA Website once bracketing is complete.

(e) Official Line-ups: All schools must submit dual team lineup sheets three weeks prior to the reporting deadline (Women - September 23; Men - April 6). Any appeals to those lineups must be submitted within five (5) business days to the NCHSAA. All appeals will be heard by an appeals committee composed of high school coaches from all classifications selected by the NCHSAA and NCTCA. No further lineup changes will be allowed after this point. Schools must also update the final records of their players prior to the reporting deadline (Women - October 14; Men - April 27). Failure to submit lineups by the established deadline(s) will result in a monetary penalty to the member school.

(1) Players must have played 50% of the total team matches in order to be eligible for the playoffs unless there is an approved issue (injury or illness). Proof must be provided on the line-up sheet for any such injury or illness.

(2) Coaches shall exchange both singles and doubles line-ups simultaneously, no later than 15minutes prior to the match using the official post-season dual team line-up sheet.

(3) Players shall be ranked in order of ability, the best player on the team playing at the #1 position, the second best at #2 and so on through all positions. This rule shall also apply to doubles play, with the strongest combination listed at #1 and so on.

(4) If a player is not available in singles, or a team is not available in doubles, all players/teams must move up in the lineup.

(5) A team appearing with an insufficient number of players shall default matches at the bottom of the line-up (i.e. the six player team appearing with five players must default at the #6 singles position, and in doubles, at the #3 position).

(6) Attempts of non-approved changes to the official line-up or stacking of the line-up is not allowed, is considered cheating, and may be punishable with forfeitures and/or monetary penalties.

(7) The positions paired at the number-one doubles (e.g., #1 and #3 =4) must add up to an equal or lower number than those paired at the number two doubles (e.g., #2 and #4 = 6). The number-two doubles pairing must add up to an equal or lower number than those paired at number-three doubles (e.g., #5 and #6 = 11).

(8) A number-one singles player may NOT play at number three doubles.

(9) Any player NOT in the top 6 will be considered a #7 player for the purpose of placement in doubles.

(10) A coach is permitted to substitute for a player in the doubles as long as it is a lower ranked player not already in the doubles line-up. Any doubles team with a player substituted without a legitimate injury or illness is still bound by the doubles pairing regulation.

(11) A doubles team with a substituted player is NOT subject to the doubles pairing regulation only if the substitution was due to a legitimate injury/illness.

(12) Full rosters, individual results, and team results are required to be entered into MaxPreps.

(f) Format:

(1) Singles: Two out of three sets in singles. If players split sets in singles, a 10-point tiebreaker (first to 10, win by two) will be played to decide the outcome of that match. A three-minute break is allowed before the tiebreaker, and player(s) may NOT leave the court during this time to confer with their coach.

(2) Doubles: Doubles matches are played after singles competition and a 15-minute break (see info under scoring 4.11.2.a) and the format is an 8-game pro set. In a tie at the end of the doubles pro set, the set tiebreaker (first to seven and win by two) will be played.

(3) If mutually agreed, the match may conclude as soon as one team wins by five points.

(g) Injury Time Outs: One injury time-out is permitted per match for each different injury, three minutes during match play (four minutes on a changeover).
(1) Medical condition includes but is not limited to an injury, illness and heat-related condition or cramping.
(2) Play shall never be suspended, delayed or interfered with for the purpose of enabling a player to recover his or her strength, breath or physical condition.
(3) A blister is considered loss of condition, but a blood blister qualifies as an injury time-out. This is the USTA rule.

(h) Coaching: Coaching is allowed only after every odd-game (exception: not after game one) and only by the designated high school coaches (limit 2).
(1) The coaches may not enter the court. All coaching must be done from outside the fence. Only the designated high school coaches are permitted to coach.
(2) The 90-second period for coaching begins immediately following their last point, not when conversation begins.
(3) Coaching is permitted to be continuous throughout the match as long as it does not interfere with play and only during the 90 second changeovers. The purpose of such coaching is solely to offer advice to the player and not in any way to distract or annoy the opponent.
(4) All coaches must be compliant with Handbook Rule 2.1.7 to coach during a match.

(i) Sportsmanship: Reference 4.11.1.g.

(j) Expenses: Schools will bear their own expenses to the dual team championships.

(k) Awards: At the regionals, team plaques will be presented to the champion and runner-up.

4.11.4 **Playoffs (Regionals-Individual Competition)**:

(a) Dates: Regional tournaments will be held October 18-19 (women) and May 1-2 (men). Play on Fridays in regionals begins at 1:00 pm (coaches' meeting 12:00 noon).

(b) Site Determination: At the regional meet a meeting of coaches must be held to select a site and a director for the upcoming season. This is a mandatory meeting that will be conducted by the current regional director, who will then notify the NCHSAA office within 10 days after the completion of the tournament.

(c) Assignments (Men's & Women's): Regional assignments, along with the most current information about regional sites, dates and times, are posted on the NCHSAA website.

(d) Number of Entries: Each conference will be allowed an assigned number of singles and doubles participants. This number is determined on a percentage basis. Each conference will determine who its qualifiers are to the individual regional tournament. Refer to NCHSAA website for regional information and number of qualifiers. Conference qualifiers are expected to compete throughout individual tournament.

(e) Playoff Entries: The deadlines for playoff entries are October 14 (3:00 pm) for women and April 27 (3:00 pm) for men.
(1) Regional entries can be found on the NCHSAA website. Any school planning to participate in tennis but not listed in the regional assignments, should notify the NCHSAA.

(f) Seeding and Pairings: Will be done under the direction of the tournament director, as determined by the regional seeding instructions posted on the NCHSAA tennis webpage.
(1) All coaches should attend the seeding meetings at the respective regionals.
(i) Criterion 1: Head to head competition during the season; and,
(ii) Criterion 2: Records (not state USTA rankings) will be used for seeding players.

(g) Format: Two out of three sets in singles and doubles, with 10-minute break after split sets. The set tiebreaker will be used (1st to seven points, win by two) when score is 6-6 in set. Two minute break after first set.

(h) Tennis Balls: Each player and doubles team will supply their own tennis balls. The winner will keep the unopened can.

(i) Awards: Will be given to the singles and doubles winners and runners-up.

(j) Expenses: Schools will bear their own expenses to regional tournaments.

(k) Qualifiers to Individual State Championships: The semi-finalists in both singles and doubles will qualify from the regionals to the state events.
(1) These players must participate in the semifinals and finals to advance (No Exceptions).
(2) Directors are asked to e-mail results to the state directors immediately after the completion of the regional tournament.
(3) Qualifiers to state championships are expected to compete.

4.11.5 **Playoffs (State Championships-Individual Competition)**:

(a) Dates and Sites: October 25-26, 2019 (women) and May 8-9, 2020 (men). The sites will be posted on the NCHSAA website.

(b) Seeding and Pairings: In all classifications, matches will begin at 9:00am on Friday. Two rounds will be played on Friday and two rounds on Saturday (1A only one round on Saturday). A predetermined draw will be used (see NCHSAA website for pairings). A mandatory coaches' meeting will be held at 8:30 am.
(c) Format: Two out of three sets in both singles and doubles, with 10-minute break after split sets. If tied 6-6 in a set, the set tie-breaker is used (1st to seven, win by two). Two-minute break after first set.
(d) Awards: Plaques will be presented to the winners and runners-up in singles and doubles.
(e) Expenses: Teams will be paid a rate of five cents per mile for each qualifier, including coach, up to a maximum of 35 cents.
(f) Balls: The Wilson T1001 is the official ball of the state championship. NCHSAA will provide balls.

4.11.6 **Playoffs (State Championships-Dual Team)**:
(a) The dual team state final match in all four classifications for women and men will be held at the Burlington Tennis Center.
(b) Coaches Meeting: 9:00 am (1A, 3A); 12:00 pm (2A, 4A).
(c) Match Times: 9:30 am (1A, 3A); 12:30 pm (2A, 4A).
(d) Balls: The Wilson T1001 is the official ball for state championships and will be furnished for the finals only.
(1) Each team is responsible for furnishing balls during preliminary rounds. The winners will keep the unopened cans; the loser keeps the used balls.
(e) Suspended Match: Shall resume at the point of interruption. If the delay was 30 minutes or more, a warm-up period not to exceed 10 minutes is allowed.
(f) Expenses: Schools bear their own expenses to the dual team championship.
(g) Awards: At the state finals team plaques will be presented to the champion and runner-up and members of the championship and runner-up teams will receive individual medals (total of 13 medals).

4.12 TRACK AND FIELD

4.12.1 **General:**
(a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).
(b) Date of First Practice: Indoor Track October 30; Outdoor Track February 12.
(c) Preseason Scrimmages: Reference 4.1.5
(d) Date of First Meet: Indoor Track November 18; Outdoor Track March 2.
(e) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all the information.
(f) Number of Regular Season Contests:
(1) Indoor track—no more than two (2) meets may be scheduled per week.
(2) Outdoor—no more than three (3) meets may be scheduled per week.
(3) An individual is limited to one meet per day, maximum of four events per meet. Any contestant who enters an event must participate.
(4) If a track team participates in separate events on the same day, each meet will count towards the daily and weekly limitations for the individual and team.
(g) Registering Meets and Meet Results: Regular season meets and results (indoors and outdoors) must be registered on nc.milesplit.com.
(1) Full meet results must be entered within 48 hours of the completion of the meet (both Indoor and Outdoor).
(2) Only complete Race Tab or Hy-Tek meet results will be accepted.
(3) All hand-held times must be rounded up to the nearest tenth of a second.
(h) Conversion Note: Do not convert times before submitting regional and state meet entries, indoor or outdoor, on nc.milesplit.com.
(i) Unattached and Unaffiliated Athletes: See 2.2.14
(j) Contestants: When running "unattached", athletes are not permitted to represent the school or wear school-issued uniforms. Those results may not be used for NCHSAA qualifying standards. See Uniform rule in 1.2.14.
(k) Filming, Videotaping or Video Streaming: Reference 4.1.25.
(l) Officials: Track officials may register with the NCHSAA, as do officials in certain other sports. The NCHSAA encourages each school to have at least one certified track official. Certification can be obtained at the NCCA clinic in July. In order to host a regional, a school must have at least one NFHS/NCHSAA certified official on staff. See Officials Section 3.3.1.a.6.

4.12.2 **Regionals**:
(a) Dates and Sites: There is no regional competition in indoor track. Regional competition for outdoor track will be held on May 8 or May 9.

(b) Regional Site Determination: At the regional meet, a meeting of coaches must be held to select a site and a director for the upcoming season. This is a mandatory meeting that will be conducted by the current regional director. The current director will then notify the NCHSAA office within ten (10) days after the completion of the tournament of the host school and director for the next season.

(c) Individual Participation: An individual may participate in a maximum of four events.

(d) Regional Assignments: Regional assignments for outdoor track, along with the most current information about regional sites, dates and times, are posted on the NCHSAA website. Any school planning to field a track team and is not listed in the regional assignments should contact the NCHSAA.

(e) Qualifying Requirements: A list of the minimum times and distances that an individual must have met in order to be eligible to enter a regional is listed on the NCHSAA website.

(1) If an individual has not recorded the minimum time or distance, coaches will be allowed to submit the best performance of non-qualifiers, who may be used to fill events.

(f) Starting Heights-Pole Vault and High Jump: In regional and state meets (indoor and outdoor), the starting heights for competition for women's and men's pole vault as well as women's and men's high jump will be determined by the meet director.

(g) Pole Vault: In regional and state meets, vaulters will be weighed to verify pole standards.

(h) Qualifiers: In all events the regional director will take all qualifiers, or a maximum of 12 for 6-lane tracks, and 16 for 8-lane tracks using non-qualifiers.

(i) Regional Entries: All regional entries in outdoor track are to be made on nc.milesplit.com by Saturday at 6:00 p.m. the week prior to the regional meet.

(1) Late entries may be submitted to the NCHSAA and must be in by 3:00 p.m. the Monday prior to the regional. Use the form on the NCHSAA website. A $50 fee will be assessed for each individual entry. No entries after this will be accepted.

(2) In indoor and outdoor track, only entries submitted through nc.milesplit.com will be accepted.

(3) Each school may enter a maximum of three competitors in each individual event and one team per relay event. Only one alternate may be entered per relay team.

(4) Disqualification: A regional entry who scratches after the meet begins or a participant who qualifies through a regional and then scratches in a specific event in the state meet, is disqualified for the remainder of the meet.

(j) Protest: Each regional meet has a Games Committee which will hear properly registered protests, and the decision of the committee in these matters is final.

(k) Supervision: All individuals participating in state playoff competition at any level must be properly supervised. If not, they will be eliminated from competition.

(1) Coaches are responsible for seeing that their team members remain at the track site and do not interfere with normal school operations.

(2) If anyone besides school personnel accompanies participants, a letter from the principal must be sent to the NCHSAA authorizing this and a copy of the letter must be on hand at the meet.

(l) Team Championship: A team must have multiple entries (more than one entry) in order to win a team championship.

(m) Uniform: Each team member shall wear a uniform (jersey and trunks) that complies with NFHS regulations.

(n) Awards: Plaques will be presented to the regional championship team and regional runner-up team, and individual awards will be given to the top three finishers in each event.

(o) Admission: Admission is $7.00 at regionals (outdoor track) (includes a one dollar surcharge for Endowment).

(p) Expenses: Each school will bear its own expenses to regional competition.

(q) Outdoor Track Qualifiers to State Meet: The top four finishers in each event (including relays) will qualify from the regionals to the state meet.

(1) Substitutes for qualifiers are not permitted, except for relays.

(2) All ties at regional level must be broken for advancement to state meet.

(3) Only participants qualifying through regional meets may compete.

4.12.3 **State Championships**:

(a) Dates and Sites:

(1) Indoor Track: February 14-15, 2020 at JDL Fast Track indoor facility in Winston-Salem.

(2) Outdoor Track: 1A/4A - May 15; 2A/3A - May 16 at North Carolina A&T State University in Greensboro.

(b) Admission: Indoor $10.00 — Outdoor $10.00 for all (includes one dollar surcharge for Endowment). The number of qualifiers will determine the number of coaches to be admitted. Track non-qualifiers (including managers) may be admitted for $5.00 each and must be with a coach.

(c) Awards: A plaque will be presented to the winning and runner-up teams. Members of the winning team (10 individual medals for indoor track) and the top four individual finishers in each event will receive awards.

(d) Expenses: Teams will be paid at a rate of 5 cents per mile for each qualifier, including coach, up to a maximum of 35 cents.

(e) Protests: The state meet director will form a Games Committee to hear properly registered protests, and the decision of the committee on these matters is final.

(f) Relay Cards: Each school competing in a relay at the state meet must submit a card at the beginning of the event listing all four names (first and last) of the competitors and the name of that event. These should be presented when reporting to the clerk of course and will be used to help determine numbers from each school for reimbursement purposes.

(g) Order of Events and Scoring: Will be the same as published in the 2020 NFHS Track and Field Rules Book.

(h) Indoor Track Minimum Times: Indoor track minimum times for state entry will be posted on the NCHSAA website.

(1) Qualifying requirements must be met at official indoor meets or at indoor meets run on outdoor facilities.

(2) To host an indoor meet at an outdoor facility, a minimum of five teams is required. Any meet with less than five must be approved by the NCHSAA using the appropriate request form.

(i) Indoor Track Entries:

(1) All indoor entries must be submitted online on nc.milesplit.com.

(2) All entries must be received by Saturday at 9 pm, the week prior to the state indoor championships.

(3) No one may use times from the previous spring outdoor season to qualify to the state meet.

(4) Individuals and relay teams must meet minimum qualifying times and distances to be eligible to enter the state meet.

(5) Late entries may be submitted to the NCHSAA and must be in by 3:00 p.m. the Monday prior to the championship. Use the form on the NCHSAA website. A $50 fee will be assessed for each entry. No entries after this will be accepted.

(6) Scratches may be made prior to the start of the indoor championship. An entry who is scratched after the meet begins is disqualified for the remainder of the meet. Coaches who plan to arrive after the start of the meet must have someone else make their scratches.

4.13 VOLLEYBALL

4.13.1 **General**:

(a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).

(b) Date of First Practice: August 1.

(c) Preseason Scrimmages: Reference 4.1.5

(d) Date of First Match: August 19.

(e) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of Guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all the information.

(f) Number of Regular Season Contests: Total 23 matches - No more than 4 matches per week, on 4 separate days, if the fourth is on a non-school day; may play 4 in 3 or fewer days. Volleyball is limited to 4 matches a day. Teams are limited to a maximum of two (2) tournaments per year (with no maximum number of sets) that will not count toward the seeding record or MaxPreps ranking.

(1) In regular season play, only matches decided by the best three out of five sets will count toward record.

(2) Rally scoring will be used in all volleyball dual matches, regular season and playoffs (NFHS rules). The rally scoring format is 25-point sets (no cap) and 15-point deciding (no cap). This format also includes the let serve.

(3) It is permissible for an athlete to participate in a junior varsity and a varsity match in the same day; however, those players are still subject to the weekly and seasonal limitations.

(4) The following indicates the weekly limit allowance for tournament play during the regular season:

(i) 0 – 2 Regular three (3) out of five (5) Matches: One (1) Tournament allowed that week.

(ii) 3 – 4 Regular three (3) out of five (5) Matches: No Tournaments allowed that week

Ex. 1: Monday - One (1) regular season best-of-five match
Wednesday - One (1) regular season best-of-five match
Saturday - Multi-team tournament with pool play and a best-of-three format = One (1) match
Total: Three (3) matches for the week and toward the season limit

Ex 2: If Team A plays in a tri-match during a week, versus Team B and C, with a best three out of five format, each contest counts as one (1) match towards your allowed limita-

tions (i.e. Team A vs. Team B = One (1) match; Team A vs. Team C = One (1) match; therefore, a total of two (2) matches on your schedule).

(5) Junior varsity matches will be two out of three sets, rally scoring (25- point games with no cap for all sets). A conference can choose to cap the third game of a JV Volleyball match at 15 points.

(g) Endowment Games: Reference 4.1.6

(h) Starting Time: A time no earlier than 5:00 pm is recommended, unless facilities dictate otherwise.

(i) Schedules: Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by May 15.

(j) Filming, Videotaping and Video Streaming: Reference 4.1.25.

(k) Equipment: NCHSAA approved balls are required for all playoff events beginning with the 2020-2021 season. The NCHSAA strongly recommends their adoption for regular season play.

4.13.2 **Playoffs**:

(a) Representatives and Ties in Standings: If two or more of the conference's teams are tied for a playoff berth at the end of the regular season,

(1) the team that won from the other(s) during the season gets the berth, or

(2) if the teams split during the regular season, the approved tie breaking system shall be used (see 4.1.13).

(b) Reporting Playoff Qualifiers: For reporting potential qualifiers to state playoffs, conference presidents are required to submit the appropriate information on the NCHSAA website immediately upon conclusion of the regular season.

(1) The information includes overall won-loss record (only 3 out of 5 matches count) and winning percentage for all conference schools. This must be submitted prior to the appropriate deadlines. The overall winning percentage and finish in conference standings will be considered when determining which schools qualify for wild-card berths in playoffs.

(2) Upon conclusion of the conference tournament, the conference president will immediately submit the adjusted overall records of all teams. These are the records that will be listed on the brackets themselves when playoff qualifiers are posted.

(3) Failure to comply with the initial reporting procedure will result in a $400 fine to the conference.

(c) Qualifiers: See 4.1.18 (Playoff Berths/Qualification).

(d) Format: All playoff matches will be the best three out of five sets, rally scoring.

(e) Seeding: See 4.1.19.

(f) Playoff Brackets: Will be posted on the NCHSAA Website once seeding is complete.

(g) Schedule:

Deadline for Reporting	October 23, 11:59 p.m.	Fourth Round	November 2
First Round	October 26	Regional	November 5
Second Round	October 29	State	November 9
Third Round	October 31		

(1) Teams should contact each other to work out details for their playoff contest.

(2) Saturday matches may be played earlier if mutually agreed upon.

(3) Matches may be played earlier than the assigned date by mutual agreement.

(h) Match Times: Match time will be 7:00 p.m., unless mutually agreed to play at 6 p.m. Where the distance is more than 100 miles for the visiting team, game time will be 6:00 p.m.

(1) Any other exceptions must be approved by the NCHSAA.

(2) Saturday: Teams may play at any time if mutually agreed upon.

(i) If teams cannot mutually agree, the higher seeded team may choose a starting time between 1:00 p.m. and 7:00 p.m.

(a) Between 1:00 p.m. and 6:00 p.m. if the visiting team is over 100 miles one-way.

(i) Postponed Games: Postponed games must be played the next day, including Saturday.

(j) Officials: For the first two rounds of the playoffs, officials are to be assigned by the local regional supervisor of the higher-seeded team.

(1) After the first two rounds, officials must come from a neutral regional supervisor or an officials association mutually agreed upon.

(2) Officiating assignments for regionals will be determined by the NCHSAA Supervisor of Officials and host schools must follow up with regional supervisors.

(k) Admission: $7.00 in all rounds prior to regionals (includes one-dollar for Endowment); $8.00 at regional competition (includes one-dollar for Endowment). Admission must be charged until completion of the contest.

(l) Team Expenses: Gate receipts and individual game expenses in the first round, second round, third round, and fourth round are the responsibility of the competing teams.

(1) The NCHSAA receives 15% of the gross gate from the second, third and fourth rounds and 25% of the gross at the regional level. NOTE: participating schools are responsible for dividing any deficit or net.

(2) So that the overall expenses of conducting the contest may be evenly shared, the following expense formula must be used in all rounds prior to the state championship:

(i) Where the distance between competing teams is 100 miles or less, the visiting school will pay its own transportation and meals. The host school will provide the playing facility, ticket takers, security and balls at no charge. Officials are to be paid from gate receipts.

(ii) Where the distance is more than 100 miles, the same plan should be followed, except the officials are paid by the host school, rather than from the gate receipts.

(iii) All concession rights to the host school.

(m) Pep Bands, Banners, Placards, and Signs: Pep bands of participating schools are not permitted for playoffs. Note that banners, placards and signs are prohibited.

(n) Regional Awards: Team plaques will be presented to the regional champion and regional runner-up.

(o) Equipment: Balls must have the authenticating NFHS ball mark.

4.13.3 **State Championship**:

(a) Date, Site, Format, and Home Team: State championships in all four classes will be held on November 9. Competition is best three out of five games. The Western champion is the home team.

(b) Admission: $10.00 for all (includes one dollar surcharge for Endowment).

(c) TIME SCHEDULE:

Facility Opens 10:30 a.m.

3A Championship	12:00 p.m.	1A Championship	5:00 p.m.
4A Championship	2:30 p.m.	2A Championship	7:30 p.m.

(1) Official warm-up: five minutes home team, five minutes visiting team, five minutes home team, five minutes visiting team.

(2) Olympic protocol will be used in the opening ceremonies for each championship.

(d) Officials: Will be assigned by the NCHSAA Supervisor of Officials.

(e) Awards: A plaque will be presented to the championship and runner-up teams. Members of the championship and runner-up teams will receive individual awards (a total of 20).

(f) Gate Receipts: The net balance will be divided as follows, 20% to each of the competing teams and 60% to the NCHSAA.

(g) Team Expenses: Travel and meal expenses will be allowed for 13 players plus a coach and a manager. Reference 4.3.3.c for the formula.

(h) Official Ball: The Wilson K1 Gold (WTH1895A1XB) is the official ball of the state championships.

4.14 WRESTLING

4.14.1 **General**:

(a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).

(b) Date of First Practice: October 30.

(1) Practice cannot be held until the wrestlers attending that practice have their minimum weights established.

(2) Hydration testing & skinfold measuring may begin no earlier than Monday, October 21.

(c) Preseason Scrimmages: Reference 4.1.5

(d) Date of First Match: November 18.

(e) Requirements:

(1) A skinfold measurer/hydration tester must be certified and validated prior to the start of the wrestling season.

(2) Hydration and skinfold measurements: Data must be entered at the completion of measuring. An NCHSAA approved assessor MUST enter this information – not a coach.

(3) Match weigh-ins: Must be entered within 24 hours of match/tournament completion.

(4) Match weight form: Coaches are required to exchange this form at ALL matches and tournaments. This sheet will show the lowest weight at which each wrestler may weigh-in at the next match and will also show the lowest weight class at which he/she may compete. All coaches should receive a copy of this sheet for matches.

(5) Schedule and match/tournament results: Schools are required to enter all match results within 24 hours of participating in a match or tournament.

(6) Random checks of all required information will be done by the NCHSAA. Failure to comply will result in fines and/or penalties.

(f) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of Guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all the information.

(1) A licensed athletic trainer (LAT) or a first responder must be physically present at all times in any competition area in which wrestling matches are being held.

Example: Wrestling in the Auxiliary Gym and Main Gym at the same time would require two licensed athletic trainers or first responders or a combination of one of each.

(2) Skin checks must be performed by a licensed athletic trainer. If no licensed athletic trainer is present, the skin checks must be performed by a first responder and referee.

(g) Number of Regular Season Matches:

(1) Individuals are limited to 55 matches in a season (prior to Saturday before the week of the dual team tournament) and, by NFHS rules, may participate in a maximum of five matches per day.

(2) The following options are legal during any week (Monday-Saturday) of regular season competition providing there is no loss of school time.

1. One Dual
2. Two Duals
3. One Tri
4. One Quad
5. One Tournament (see i and ii below)
6. One Dual, Tri, or Quad + One Multi-Team Event (see iii below)

(i) Tournaments may be either an Individual, or Dual Team format, lasting no more than two days.

(ii) Teams are allowed only 1 dual team tournament per season in which the team gets more than 5 matches.

(iii) A Multi-Team Event is defined as a Tri, Quad, Quint, or Tournament.

(3) Teams that do not qualify as a representative into the NCHSAA State Dual Team Championships may schedule two dual meets, or one tri-meet, the week of the dual team tournament.

(4) During the week of the individual regional and state tournament, dual team matches are NOT allowed.

(5) If a team qualifies into the state dual team tournament and wrestles two matches, that team may not wrestle in any more matches that week. **NOTE**: These match results will not count towards regional seeding records.

(6) Teams may allow varsity athletes from the same team to participate in two different tournaments on a given day.

(i) May not exceed other established weekly limitations.

(ii) Tournaments must be conducted on the same day.

(iii) Applies to Varsity only

(iv) Teams may use this provision a maximum of three (3) times per season.

(v) Teams must submit a request to the NCHSAA, which will be posted to the NCHSAA website

(vi) Teams may not participate in two dual team tournaments on the same day.

(h) Inclement Weather and Postponements: Any postponed event may be rescheduled during any week of regular season competition provided that the given week does not exceed any of the 6 combinations above, plus 1 dual match. This only applies to postponed events. No additional exceptions are allowed.

(i) NFHS Order of Competition: A random draw must be conducted immediately following the conclusion of weigh-ins to determine the first weight class that will be competed in dual matches.

(1) This begins with the regular season and continues through the individual state championships.

(2) The draw will take place immediately preceeding the weigh-ins.

(3) The referee or other authorized personnel shall supervise the draw.

(j) Schedules: Both varsity and junior varsity schedules are due to the appropriate regional supervisor by September 30.

(k) Weight Classes: Weight classes are 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, and 285.

(l) NFHS Weigh-in Regulations:

(1) Contestants of the same gender shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of one hour before the time of a dual meet, or a team's first competition in multiple dual meet event is scheduled to begin.

(2) Contestants in an individual tournament shall weigh in at the tournament site a maximum of two hours before the first session of the day.

(3) When a preliminary meet is followed by a varsity meet, weigh-ins may, by mutual consent, precede the preliminary meet.

(4) For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration.

(5) Contestants shall not leave the designated weigh-in area for any reason unless permission is granted by the meet administration.
(6) The weigh-in shall proceed through the weight classes beginning with the lowest weight class and end immediately upon the completion of the highest weight class.
(7) A contestant shall weigh in for only one weight class during the weigh-in period.
(8) If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale.
(9) If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in the scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight.
(10) During time off the scale(s), activities that promote dehydration are prohibited. The referee or the official, of the same gender, shall supervise the weigh-ins.

(m) Rules Regarding Practice:
(1) If a high school coach agrees to also coach a middle school team, he has to set up a separate practice.
(2) 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.
(3) If a high school coach also coaches a "freestyle" or "club" team, whether head or assistant, and has any wrestlers from his high school team on that outside team, he cannot work with any of them during a dead period, and is limited to no more than 8 of them per day in an out-of-season workout.
(4) Regional/State Championship Practice: Reference 4.1.5.m.

(n) Sanitary and Safety Measures:
(1) All mats must be cleaned with a 10 percent bleach solution or isopropyl alcohol solution prior to the first match and each time blood gets on the mat.
(2) A bucket or squeeze bottle with a 10 percent bleach or isopropyl alcohol solution and rubber gloves should be placed at each mat for cleaning purposes. This same solution should be used to wipe any blood off an opponent's skin.
(3) It is important that any time there is blood present, even on uniforms, that it is treated with care regarding its ability to transmit infectious diseases.
(4) If the bleeding problem is severe enough, the competitor should not be permitted to continue, not only from the standpoint of possible disease transmission but also for the health and safety of the injured athlete.
(5) During the match each coach will be responsible for cleaning his own wrestler, and the home team is responsible for cleaning the mat. (Refer to NFHS Rule Book).
(6) A form related to communicable skin disease is also available on the NCHSAA website.

(o) Filming, Videotaping or Video Streaming: Reference 4.1.25.

4.14.2 **Establishing Mandatory Certified Minimum Weight**:

(a) Part I – Register with the NWCA/TrackWrestling
(1) Schools are required to register with the NWCA/TrackWrestling by October 1, 2020; the cost is $30.00 per year. Registration information can be found on the NCHSAA webpage under the wrestling section.
(2) All schools are required to enter hydration test results, skinfold measurements, official weigh-ins, season schedule, and match results into this system.
(i) Failure to do any of the listed may result in a penalty.
(3) Weigh-ins and match results must be entered within 24 hours.

(b) Part II – Hydration Testing
(1) Hydration testing may begin no earlier than October 21.
(2) Practice cannot be held until the wrestlers attending that practice have passed a hydration test and had their certified minimum weights established.
Example: If a school is not able to conduct testing until Friday, November 2, that school could not hold "mat" practice until that process has been completed on Friday.
(3) Students who are not eligible 1st semester when measuring is done, should not be measured until they gain their eligibility.
(4) A NCHSAA Certified Measurer must perform the official measurement of Urine Specific Gravity (USG) using chemical dipsticks or refractometer. Coaches are encouraged to monitor the athlete's hydration status throughout the season (refractometer or urine color chart).

(5) Test of USG must be passed prior to Skinfold measurement:
(i) Trial 1
USG of ≤1.025; skinfold measurement may be done.
USG > 1.025; re-test no earlier than 24 hours, but no later than 72 hours
(ii) Trial 2
USG of ≤1.025; skinfold measurement may be done.
USG > 1.025; re-test no earlier than 24 hours, but no later than 72 hours
(iii) Trial 3
USG of ≤1.025; skinfold measurement may be done.
USG between 1.025 – 1.030; skinfold measurement to be done and athlete MUST move up one weight class from minimum weight
USG > 1.030 athlete is ineligible for the season

(c) Part III - Skinfold Measurements to Determine Body Fat
(1) No wrestler may practice until a certified minimum weight has been determined and no wrestler may ever wrestle below his certified minimum weight.
(2) Certified minimum weight information must be entered into the NWCA website at the completion of measuring.
(i) Skinfold measurement must be done by the NCHSAA approved measurer. Lange or Baseline Calipers or BodPod must be used. The measurer cannot be a wrestling coach. Medical personnel, even if trained in skinfold measuring, do not automatically qualify. They should contact the NCHSAA to obtain information on becoming an approved measurer. Once a person is trained or approved by the NCHSAA, he or she does not have to attend a clinic on a yearly basis. NOTE: A clinic is offered each summer during the NCCA clinic in Greensboro.
(ii) Areas of measurements for males will be triceps, subscapular and abdominal. For females, triceps and subscapular. (See Appeals section for information on requesting a 2nd skinfold measurement.)
(iii) The Lohman/Brozek Equations, which were developed specifically for high school wrestlers, will be used to determine body fat, as well as the certified minimum weight class in which a wrestler will be allowed to participate.
(iv) Certified minimum weight with three percent error allowance will be used. This is the athlete's lowest wrestling weight without filing an appeal. The NWCA system automatically applies this 3%.
(v) To be eligible to participate, a wrestler's body fat cannot be below 7% for men, 12% for females. If initial testing indicates a wrestler's body fat is below the minimum percent allowed, he/she will not be able to participate without written clearance from a licensed physician, physician's assistant or nurse practitioner, indicating that the athlete is naturally at this Sub-7%/12% level).
(3) These written clearances must be approved by the NCHSAA prior to the wrestler competing. Form is available on the NCHSAA website.

(d) Growth Allowance: On December 25, the two-pound growth allowance will be in effect for all wrestlers.

(e) Weight Class Certification: Wrestlers have until Saturday, February 1, 2020, to certify the lowest weight class at which they would like to participate during the individual regional and state tournaments.
(1) Certification occurs when the wrestler has a certified weigh in at a competition. The weigh in does not have to meet scratch weight, but must be below the weight class including the two-pound allowance, if applicable at the time of weigh in.
(2) Wrestlers must be eligible to compete before their coach allows them to weigh-in for any weigh-in. Wrestlers weighing in and not eligible to compete will not be allowed to count the weigh-in, and the coach could be subject to further sanctions by the school and the NCHSAA.
(3) Even though a wrestler has certified their weight class for post-season competition, they must still abide by the weight loss guidelines and remain cognizant that their weight plan will allow them to descend back down to their certified weight class..
(4) After the weight class certification, the weight loss descent plan will remain in effect until the individual regionals.
(5) A wrestler cannot use the allowance to descend to a weight class lower than the established MWC on his weight loss plan.
NOTE: If a wrestler's minimum wrestling weight is 107.5 for the year and his MWC for the year is 113, he/she cannot use the two pound allowance to descend down to 106/108 because that wrestler was never eligible for that weight class based upon their initial assessment.

(f) Monitoring Weight Loss and Certified Minimum Weight
(1) Daily and Match weigh-ins are mandatory.
(i) Daily weigh-ins: Should be conducted by the coach. This information should be kept on scratch sheets and be available if requested by the NCHSAA.
(ii) Match weigh-ins: Must be conducted and observed by all participating coaches in the match and/or tournament. Weigh-in data MUST be entered within 24 hours of match/tournament completion.
(iii) All daily and match weigh-in sheets must be available for NCHSAA review.

4.14.3 **Weight Loss Guidelines**:
(a) All wrestlers losing weight are limited to an average weight loss of 1.5% per week throughout the season, beginning the Monday of the week their body composition is assessed.
(1) Weight loss as a result of fluid loss is normal for strenuous exercise, BUT a 97% rehydration should take place within a 24-hour period.
(b) Failure to Meet Weight Guidelines
(1) If a wrestler's weight falls below allowed daily weight plan:
(i) He/she must compete at the weight class the daily weight plan certifies him/her, or the next highest weight class, even if the weight is substantially below the daily minimum wrestling weight.
(2) If a wrestler's weight falls below his/her established certified minimum weight.
(i) He/she is not eligible to practice or compete until he/she reaches his/her certified minimum weight.
(3) The penalty for wrestling below the established certified minimum weight is a $500.00 fine and the wrestler is ruled ineligible for the remainder of the season.
(c) Appeals: Forms can be found on the NCHSAA website and must be completed by the school and submitted for approval to the NCHSAA within 14 days of wrestler's original measurements and prior to competing. After 14 days have passed or the wrestler competes he/she is no long eligible to appeal. There are two areas of appeals:
(1) Request to wrestle with body fat % below minimum established - If a wrestler's body fat is below the minimum established, 7% for males and 12% percent for females, permission can be granted for the wrestler to participate if approved by a physician and parents/custodians.
(2) Appeal of minimum weight – must be approved by NCHSAA but does not require written approval of physician or parents/custodians. In accordance with NCHSAA weight loss guidelines a wrestler may appeal his/her initial skinfold measurements. This appeal process is not in place to give the wrestler an opportunity to lose additional weight and be re-measured in order to achieve a lower certified minimum weight. It is available if there is any question on the accuracy of the initial measurements. Some appeals may require an appeals committee approval.
(3) The following is a list of options available:
(i) Option 1 – Request school personnel re-compute initial calculations. If 2nd calculation is not accepted, the wrestler can request to be re-measured by the same skinfold measurer. NOTE: The original weight will be used in the re-calculation. Only the skinfold measurement will be retaken. Wrestler then chooses which measurement to accept.
(ii) Option 2– Wrestler does not ask for calculations to be re-computed, or for skinfold measurements to be retaken, but opts to be measured by means approved by the NCHSAA Sports Medicine Advisory Committee (List found on NCHSAA website).

4.14.4 **Regionals (Individual)**
(a) Dates: Double elimination regional meets in all classifications will be held February 14-15, 2020.
(b) Regional Entry Form: Information will be submitted through the NCHSAA approved system.
(c) Regional Entries and Seeding: Entries are due to the regional director by 3:00 pm, Monday, February 3,, 2020.
(1) A school may enter only one wrestler in each weight class.
(2) Any wrestler listed on the regional entry form can compete at any weight class for which his certified minimum weight qualifies him.
(3) Late entries may be submitted to the NCHSAA and must be in by 9 a.m. the Wednesday the week of the dual team tournament. Use the form on the NCHSAA website. A $50 fee will be assessed for each individual entry. No entries after this will be accepted.
(4) The director will determine the percentage standing of each entry, based on the wrestler's won-lost record for all varsity matches in which he participated.
(5) All regular-season varsity matches, including tournaments, wrestled prior to February 2, shall be used in determining the won-loss record.

(6) In cases where the wrestler has participated in less than 15 matches, the number short of 15 shall count as losses for seeding percentages.
(7) Reporting a wrestler's record incorrectly may disqualify that participant.
(8) Forfeits are counted toward the won-loss record, while byes are not.
(9) Regional seeding requirements and guidelines will be posted on the NCHSAA Wrestling page of the website.
(10) A tie for last place will be broken by:
(i) Previous head-to-head competition between those participants, or if they did not meet during the season,
(ii) Whichever participant wrestled more matches, or if there is no difference,
(iii) A preliminary match between the tied wrestlers.
(11) Once the tournament is seeded, no changes will be made.

(d) Team Points: All bouts prior to filling the 16-line bracket shall be considered preliminary competition and will not receive advancement points.

(e) Regional Assignments: Assignments, along with the most current information about regional sites and dates, are posted on the NCHSAA website.

(f) Regional Site Determination: At the regional tournament, a meeting of coaches must be held to select a site and a director for the upcoming season.
(1) This is a mandatory meeting that will be conducted by the current regional director.
(2) The current director will then notify the NCHSAA office within 10 days after the completion of the tournament.

(g) Qualifiers to State Tournament: The top four wrestlers in each weight class will qualify from each regional to the state.

(h) Admission: Session pass for first day is $8.00. Championship session is $6.00. All-tournament passes are $15.00. A Saturday pass is $10.00.

(i) Officials: Will be assigned by the NCHSAA Supervisor of Officials.

(j) Expenses: Each school will bear its own expenses to the regionals.

(k) Awards: Team plaques will be awarded to each regional champion and runner-up. Awards for individual champions, runner-up and third place in each weight class will be provided.

4.14.5 **State Tournament Championships (Individual)**:

(a) Dates and Sites: February 20-22, 2020, at the Greensboro Coliseum, Greensboro.

(b) Admission: $5.00 (Thursday Session Only); $15.00 (One-Day Pass Friday or Saturday); $25.00 (All-Tournament Pass); $7.00 (Championship Session Only). All prices include one dollar surcharge for Endowment).
(1) Participants will be admitted by coaches' identification.
(2) Wrestling non-qualifiers may be admitted for $5.00 each day and must enter with a coach.

(c) Awards: The championship and runner-up teams will receive plaques; individual awards will be presented to the top four finishers in each weight class.

(d) Expenses: Travel will be paid at the rate of five cents per mile for each qualifier, including coach, up to a maximum of 35 cents.

(e) Officials: Officials will be assigned by the NCHSAA Supervisor of Officials.

4.14.6 **Dual Team Wrestling Championships**:

(a) Reporting Playoff Qualifiers: For reporting potential qualifiers to state playoffs, conference presidents are required to submit the appropriate information on the NCHSAA website immediately upon conclusion of the conference tournament. All information must be reported to the NCHSAA office by 11:59 p.m. on February 1, 2020.
(1) The information includes overall won-loss record and winning percentage for all conference schools.
(2) If no conference tournament is played, this information should be submitted upon conclusion of the conference's regular season.
(3) Failure to comply with the initial reporting procedure will result in a $400 fine to the conference.
(4) The overall winning percentage and finish in conference standings will be used when determining which schools qualify for wild-card berths in playoffs.
(5) Check website for additional information.

(b) Qualifiers: Pre-determined brackets with the number of qualifiers listed below.
(1) In 1A there will be 24 qualifying teams.
(2) In 2A, 3A & 4A there will be 32 qualifying teams.

(c) Once qualifiers have been determined or the seeding process is completed, and teams have been placed in the brackets, at no time will another team be substituted in or added to the playoff brackets for a disqualified team. If a disqualification occurs after the playoffs have concluded, that place or position remains vacant.

(d) Dates and Sites: Sites for all classes will be determined by the NCHSAA after all qualifiers are reported.
  (1) The 1st round/2nd round will be conducted on February 4, then the 3rd round/regional round will be hosted on February 6, with the state championship held on February 8.
  (2) In all classes, the NCHSAA will select schools to host playoff contests throughout the regional round. Brackets for the 1A classification will consist of 24 teams, while the 2A, 3A, and 4A classifications will consist of 32 teams.
  (3) The State Championship round will be hosted by the NCHSAA at a neutral site (T.B.D.)

(e) Admission: First round through the regionals, $6.00; state championships $8.00 (includes one dollar surcharge for Endowment).

(f) Expenses: Schools will bear their own travel expenses to the dual team tournament through the regional round. The host school will deduct allowable expenses (see financial form for allowable expense).

(g) Gate Receipts: The NCHSAA will receive 25% of the gross gate for first rounds through regionals. The remaining net (after host expenses) will be divided among the participating schools on a per match basis. For the State Championships, tickets will be sold by classification and participating schools will share 40% of the net gate revenue based upon tickets sold per classification with the NCHSAA receiving the remaining 60%.

(g) Match Weigh-ins: Must be conducted by official, unless mutually agreed to do otherwise.

(h) Officials: For the first four rounds of the state playoffs, the local regional supervisor of the host school will assign officials. Officials for the Dual Team State Championships will be assigned by the NCHSAA Supervisor of Officials.

(i) NFHS Order of Competition: A random draw must be conducted immediately following the conclusion of weigh-ins by the official or other authorized person to determine the first weight class that will be competed in dual matches. This begins with the regular season and continues through the individual state championship.

(j) Awards: Team plaques will be given to the winner and runner-up teams at both the championship and regional levels. Members of the winning and runner-up teams will receive individual awards (maximum 30).

(k) Dual Meet Tie-breaking Procedure (Regular Season and Playoffs): The tie breaker in the National Federation rulebook must be used in the event a tie score exists in any conference dual meet or conference tournament, or in any dual team playoff match.

Playoff Ticket Prices

Sport	1st Round	2nd Round	3rd Round	4th Round	Regional	State
FALL						
Cheerleading						$10.00
Cross Country						$6.00 plus 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 Team	$6.00	$6.00	$6.00		$6.00	$8.00
Wrestling-Individual					$8.00 Friday $10.00 Saturday $15.00 Full-Tournament $6.00 Champ Only	$5.00 Thursday $15.00 Friday or Saturday $25.00 All-Tournament $7.00 Champ Only
SPRING						
Baseball	$7.00	$7.00	$7.00	$7.00	$7.00/Game	$8.00 Game 1 or Game 3 Only $12.00 Game 2 & Game 3 $20.00 All Games
Lacrosse	$7.00 1 Game $8.00 2 Games	$7.00 1 Game $8.00 2 Games	$7.00 1 Game $8.00 2 Games	$7.00 1 Game $8.00 2 Games	$7.00 1 Game $8.00 2 Games	$10.00
Softball	$7.00	$7.00	$7.00	$7.00	$7.00/Game	$8.00 Game 1 or Game 3 Only $12.00 Game 2 & Game 3 $20.00 All Games
Track & Field					$7.00	$10.00
Women's Soccer	$7.00	$7.00	$7.00	$7.00	$8.00	$10.00

Does My Event Need Sanctioning?

STEP 1: Determine participants (number of schools and/or states). LEFT SIDE (Can only be 1 box)
STEP 2: Once participants have been determined, determine event type. TOP ROW
STEP 3: Choose all applicable boxes for your event. (Could be multiple boxes)
STEP 4: If at any time an event matches to white, the event must be NFHS Sanctioned.
STEP 5: If the event matches to light gray but no whites, the event must be NCHSAA Interstate sanctioned.
STEP 6: If the event matches only dark gray, the event does not require sanctioning.

	Only NC schools involved	Event only involves state(s) that border NC (GA, SC, TN & VA)	Event has at least 1 non-bordering state involved	International team or school involved	Interstate event co-sponsored or titled in name of organization outside of school community (college/university, theme park, apparel company)
1 vs. 1					
6 or more states involved AND 9 or more schools					
6 or more states involved AND 8 or less schools involved					
5 or less states involved AND 9 or more schools					
5 or less states involved AND 8 or less schools involved					

NFHS Sanctioning Required http://www.nfhs.org/sanctioning/

NCHSAA Interstate Sanctioning Required

No Sanctioning Required (Other state(s) may require sanctioning)

Not Applicable

*** Scrimmages must be sanctioned if they meet the above criteria***

NCHSAA CONFERENCES 2019-2020 1A

113 Schools

Atlantic 5
Bear Grass Charter
Cape Hatteras
Columbia
Mattamuskeet
Ocracoke

Albemarle Athletic
Camden County
Gates County
Holmes, John A.
Manteo
Perquimans
Washington County

Coastal 8
East Carteret (1A)
Lejeune (1A)
Pender (1A)
Croatan (2A)
Dixon (2A)
Heidi Trask (2A)
Richlands (2A)
Southwest Onslow (2A)

Coastal Plains
Jones Senior
Northside-Pinetown
Pamlico County
Riverside-Martin
South Creek
Southside
Tarboro

Carolina
Hobbton
Lakewood
Neuse Charter
North Duplin
Princeton
Rosewood
Union

Tar Roanoke
KIPP Pride
North Edgecombe
Northampton County
Northwest Halifax
Rocky Mount Preparatory
Southeast Halifax
Weldon
Wilson Preparatory

Three Rivers
East Columbus (1A)
West Columbus (1A)
East Bladen (2A)
Fairmont (2A)
Red Springs (2A)
South Columbus (2A)
St. Pauls (2A)
West Bladen (2A)
Whiteville (2A)

Northern Carolina
Granville Central (1A)
Louisburg (1A)
Warren County (1A)
Bunn (2A)
J.F. Webb (2A)
Roanoke Rapids (2A)
South Granville (2A)

North Central Athletic
East Wake Academy
Falls Lake Academy
Franklin Academy
Henderson Collegiate
Oxford Preparatory
Roxboro Community
Triangle Math & Science Academy
Vance Charter
Voyager Academy

Central Tar Heel
Chatham Charter
Clover Garden
Cornerstone Charter
Eno River Academy
Raleigh Charter
Research Triangle
River Mill Academy
Woods Charter

Yadkin Valley
Albemarle
Chatham Central
Gray Stone Day
North Moore
North Rowan
North Stanly
South Davidson
South Stanly
Uwharrie Charter

Northwest
Bishop McGuinness
East Surry
Mount Airy
North Stokes
South Stokes
Winston-Salem Preparatory

Mountain Valley
Alleghany (1A)
East Wilkes (1A)
Elkin (1A)
Starmount (1A)
Ashe County (2A)
North Wilkes (2A)
West Wilkes (2A)
Wilkes Central (2A)

PAC 7
Bradford Preparatory
Carolina International
Community School of Davidson
Langtree Charter Academy
Mountain Island Charter
Pine Lake Preparatory
Queen's Grant
Union Academy

Southern Piedmont
Bessemer City
Cherryville
Christ the King
Highland Tech
Lincoln Charter
Piedmont Community Charter
Thomas Jefferson Classical

Western Highlands
Avery County (1A)
Mitchell (1A)
Polk County (1A)
Madison (2A)
Mountain Heritage (2A)
Owen (2A)

Smoky Mountain
Andrews
Blue Ridge Early College
Cherokee
Hayesville
Highlands
Hiwassee Dam
Murphy
Nantahala
Robbinsville
Rosman
Swain County
Tri-County Early College

Independent
Cabarrus Charter
Eastern NC School for the Deaf
Millennium Charter
NC Leadership Academy
NC School for the Deaf
Sugar Creek Charter

Football Only A
Bessemer City
Cherryville
Christ the King
Community School of Davidson
Highland Tech
Mountain Island Charter
Pine Lake Preparatory
Thomas Jefferson Classical
Union Academy

AS NEEDED

Big Smoky Mountain
Andrews
Cherokee
Hayesville
Murphy
Robbinsville
Rosman
Swain County

Little Smoky Mountain
Blue Ridge Early College
Highlands
Hiwassee Dam
Nanthala
Tri-County Early College

NCHSAA CONFERENCES 2019-2020 2A

117 Schools

Northeastern Coastal
Bertie
Currituck County
First Flight
Hertford County
Northeastern
Pasquotank County

Coastal 8
Croatan (2A)
Dixon (2A)
Heide Trask (2A)
Richlands (2A)
Southwest Onslow (2A)
East Carteret (1A)
Lejeune (1A)
Pender (1A)

Eastern Carolina
Ayden-Grifton
Greene Central
Kinston
North Lenoir
South Lenoir
Washington
West Craven

East Central
Clinton
East Duplin
Goldsboro
James Kenan
Midway
Spring Creek
Wallace-Rose Hill

Eastern Plains
Beddingfield
Farmville Central
Nash Central
North Johnston
North Pitt
Southwest Edgecombe

Three Rivers
East Bladen (2A)
Fairmont (2A)
Red Springs (2A)
South Columbus (2A)
St. Pauls (2A)
West Bladen (2A)
Whiteville (2A)
East Columbus (1A)
West Columbus (1A)

Northern Carolina
Bunn (2A)
J.F. Webb (2A)
Roanoke Rapids (2A)
South Granville (2A)
Granville Central (1A)
Louisburg (1A)
Warren County (1A)

Mid-State
Bartlett Yancey
Carrboro
Cummings
Durham School of the Arts
Graham
NC School of Science & Math
Reidsville

PAC 7
Eastern Randolph
Jordan-Matthews
Providence Grove
Randleman
T.W. Andrews
Trinity
Wheatmore

Mid-State Athletic
McMichael (2A)
Morehead (2A)
Eastern Alamance (3A)
Northeast Guilford (3A)
Northern Guilford (3A)
Person (3A)
Rockingham County (3A)
Western Alamance (3A)

Central Carolina
Central Davidson
East Davidson
Ledford
Lexington
North Davidson
Oak Grove
Salisbury
South Rowan
Thomasville
West Davidson

Rocky River
Anson County (2A)
Central Academy (2A)
Forest Hills (2A)
Mount Pleasant (2A)
West Stanly (2A)
Montgomery Central (3A)

Western Piedmont Athletic
Atkins
Carver
Forbush
North Forsyth
North Surry
Surry Central
Walkertown
West Stokes

Mountain Valley
Ashe County (2A)
North Wilkes (2A)
West Wilkes (2A)
Wilkes Central (2A)
Alleghany (1A)
East Wilkes (1A)
Elkin (1A)
Starmount (1A)

South Fork Athletic
Bandys
East Lincoln
Lake Norman Charter
Lincolnton
Maiden
Newton-Conover
North Lincoln
West Lincoln

Northwestern Foothills
Bunker Hill
Draughn
East Burke
Fred T. Foard
Hibriten
Patton
West Caldwell
West Iredell

Southwestern Athletic
Burns
Chase
East Gaston
East Rutherford
R-S Central
Shelby
South Point

Western Highlands
Madison (2A)
Mountain Heritage (2A)
Owen (2A)
Avery County (1A)
Mitchell (1A)
Polk County (1A)

Mountain Six
Brevard
East Henderson
Franklin
Hendersonville
Pisgah
Smoky Mountain

NCHSAA CONFERENCES 2019-2020 3A

109 Schools

Coastal
Havelock
Jacksonville
Northside-Jacksonville
Swansboro
West Carteret
White Oak

Mideastern
New Hanover (3A)
North Brunswick (3A)
South Brunswick (3A)
Topsail (3A)
West Brunswick (3A)
Ashley (4A)
Hoggard (4A)
Laney (4A)

Big East
Fike
Franklinton
Hunt
Northern Nash
Rocky Mount
Southern Nash

Eastern Carolina
C.B. Aycock (3A)
D.H. Conley (3A)
Eastern Wayne (3A)
J.H. Rose (3A)
Southern Wayne (3A)
New Bern (4A)
South Central (4A)

Greater Neuse
Clayton
Cleveland
East Wake
Smithfield-Selma
South Johnston
West Johnston

Patriot Athletic
Cape Fear (3A)
Douglas Byrd (3A)
E.E. Smith (3A)
Gray's Creek (3A)
Terry Sanford (3A)
Westover (3A)
Overhills (4A)
Pine Forest (4A)
South View (4A)

Tri-County
Harnett Central
Lee County
Southern Lee
Triton
Union Pines
Western Harnett

Big Eight
Cedar Ridge
Chapel Hill
East Chapel Hill
Northern Durham
Northwood
Orange
Southern Durham
Vance County

Mid-State Athletic
Eastern Alamance
Northeast Guilford
Northern Guilford
Person
Rockingham County
Western Alamance
McMichael (2A)
Morehead (2A)

Mid-Piedmont
Asheboro
Eastern Guilford
Southeast Guilford
Southern Alamance
Southern Guilford
Southwestern Randolph
Williams

Piedmont Triad
Ben L. Smith
Dudley
Mount Tabor
Parkland
Southwest Guilford
Western Guilford

North Piedmont
East Rowan
Jesse Carson
North Iredell
South Iredell
Statesville
West Rowan

Rocky River
Montgomery Central
Anson County (2A)
Central Academy (2A)
Forest Hills (2A)
Mount Pleasant (2A)
West Stanly (2A)

South Piedmont
A.L. Brown
Central Cabarrus
Concord
Cox Mill
Jay M. Robinson
Northwest Cabarrus

Southern Carolina
Charlotte Catholic
Cuthbertson
Marvin Ridge
Monroe
Parkwood
Piedmont
Sun Valley
Weddington

Big South
Ashbrook
Crest
Forestview
Hunter Huss
Kings Mountain
North Gaston
Stuart Cramer

Northwestern
Alexander Central (3A)
Freedom (3A)
Hickory (3A)
St. Stephens (3A)
Watauga (3A)
McDowell (4A)
South Caldwell (4A)

Western Mountain Athletic
A.C. Reynolds
Asheville
Enka
Erwin
North Buncombe
North Henderson
T.C. Roberson
Tuscola
West Henderson

NCHSAA CONFERENCES 2019-2020 4A

80 Schools

Mideastern
Ashley (4A)
Hoggard (4A)
Laney (4A)
New Hanover (3A)
North Brunswick (3A)
South Brunswick (3A)
Topsail (3A)
West Brunswick (3A)

Eastern Carolina
New Bern (4A)
South Central (4A)
C.B. Aycock (3A)
D.H. Conley (3A)
Eastern Wayne (3A)
J.H. Rose (3A)
Southern Wayne (3A)

Northern Athletic
Corinth Holders
Heritage
Knightdale
Rolesville
Wake Forest
Wakefield

CAP 7
Broughton
Cardinal Gibbons
Enloe
Leesville Road
Millbrook
Sanderson
Southeast Raleigh

Patriot Athletic
Overhills (4A)
Pine Forest (4A)
South View (4A)
Cape Fear (3A)
Douglas Byrd (3A)
E.E. Smith (3A)
Gray's Creek (3A)
Terry Sanford (3A)
Westover (3A)

Sandhills Athletic
Hoke County
Jack Britt
Lumberton
Pinecrest
Purnell Swett
Richmond County
Scotland County
Seventy-First

South Wake Athletic
Apex
Apex Friendship
Fuquay-Varina
Garner
Holly Springs
Middle Creek
South Garner

Triangle 8
Athens Drive
Cary
Green Hope
Green Level
Hillside
Jordan
Panther Creek
Riverside-Durham

Metro
Grimsley
High Point Central
Northwest Guilford
Page
Ragsdale

Central Piedmont
Davie
East Forsyth
Glenn
R.J. Reynolds
Reagan
West Forsyth

I-Meck
Hopewell
Hough
Lake Norman
Mallard Creek
Mooresville
North Mecklenburg
Vance
West Charlotte

Southwestern
Butler
East Mecklenburg
Garinger
Hickory Ridge
Independence
Myers Park
Porter Ridge
Rocky River

So Meck 7
Ardrey Kell
Berry Academy
Harding University
Olympic
Providence
South Mecklenburg
West Mecklenburg

Northwestern
McDowell (4A)
South Caldwell (4A)
Alexander Central (3A)
Freedom (3A)
Hickory (3A)
St. Stephens (3A)
Watauga (3A)

2019-2020 NCHSAA Sports Dates & Deadlines

BASEBALL

1st Practice:	Feb. 12
1st Contest:	Mar. 2
Seeding Date:	May 11
First Round:	May 12
Second Round:	May 15
Third Round:	May 19
Fourth Round:	May 22
Regionals:	May 26-30
State:	June 5-6

BASKETBALL

Non-Football Schools

1st Practice:	Oct. 16
1st Contest:	Oct. 30

Football Schools

1st Practice:	Oct. 30
1st Contest:	Nov. 18
Conference:	Feb. 17-21
Seeding:	Feb. 22
First Round:	Feb. 25
Second Round:	Feb. 27
Third Round:	Feb. 29
Fourth Round:	Mar. 3
Regional:	Mar. 7
State:	Mar. 14

CHEERLEADING

Invitational:	Dec.7

CROSS-COUNTRY

1st Practice:	Aug. 1
1st Contest:	Aug. 19
Reporting Deadline:	Oct. 25; 3 pm
Regional:	Nov. 2
State:	Nov. 9

FOOTBALL

1st Practice:	Aug. 1
1st Scrimmage:	Aug. 10
1st Contest:	Aug. 23
Seeding:	Nov. 9
First Round:	Nov. 15
Second Round:	Nov. 22
Third Round:	Nov. 29
Regional:	Dec. 6
State:	Dec. 14

INDOOR TRACK

1st Practice:	Oct. 30
1st Contest:	Nov. 18
Reporting Deadline:	Feb. 8; 9 pm
State:	Feb. 14-15

LACROSSE

1st Practice:	Feb. 12
1st Contest:	Mar. 2
Bracketing:	Apr. 27
First Round:	Apr. 29
Second Round:	May 1
Third Round:	May 5
Fourth Round:	May 8
Regional:	May 12
State:	May 15-16

MEN'S GOLF

1st Practice:	Feb. 12
1st Contest:	Mar. 2
Reporting Deadline:	Apr. 29; 9 pm
Regionals:	May 4 or 5
State:	May 11-12

MEN'S SOCCER

1st Practice:	Aug. 1
1st Contest:	Aug. 19
Seeding:	Nov. 4
First Round:	Nov. 6
Second Round:	Nov. 9
Third Round:	Nov. 13
Fourth Round:	Nov. 16
Regional:	Nov. 19
State:	Nov. 22-23

MEN'S TENNIS

1st Practice:	Feb. 12
1st Contest:	Mar. 2

Individual

Reporting Deadline:	April 27; 3 pm
Regional:	May 1-2
State:	May 8-9

Dual Team

Bracketing:	Apr. 27
First Round:	Apr. 29
Second Round:	May 5
Third Round:	May 11
Regional:	May 13
State:	May 16

SOFTBALL

1st Practice:	Feb. 12
1st Contest:	Mar. 2
Seeding Date:	May 11
First Round:	May 12
Second Round:	May 15
Third Round:	May 19
Fourth Round:	May 22
Regionals:	May 26-30
State:	June 5-6

SWIMMING & DIVING

1st Practice:	Oct. 30
1st Contest:	Nov. 18
Reporting Deadline:	Jan. 25; 8 pm
Regional:	Jan. 31 - Feb. 1
State:	Feb. 5-8

TRACK & FIELD

1st Practice:	Feb. 12
1st Contest:	Mar. 2
Reporting Deadline:	May 2; 6 pm
Regionals:	May 8-9
State:	May 15-16

VOLLEYBALL

1st Practice:	Aug. 1
1st Contest:	Aug. 19
Seeding:	Oct. 24
First Round:	Oct. 26
Second Round:	Oct. 29
Third Round:	Oct. 31
Fourth Round:	Nov. 2
Regional:	Nov. 5
State:	Nov. 9

WOMEN'S GOLF

1st Practice:	Aug. 1
1st Contest:	Aug. 19
Reporting Deadline:	Oct. 16; 9 pm
Regional:	Oct. 21 or 22
State:	Oct. 28-29

WOMEN'S SOCCER

1st Practice:	Feb. 12
1st Contest:	Mar. 2
Seeding:	May 11
First Round	May 12
Second Round	May 15
Third Round	May 20
Fourth Round	May 23
Regional:	May 26
State:	May 29-30

WOMEN'S TENNIS

1st Practice:	Aug. 1
1st Contest:	Aug. 19

Individual

Reporting Deadline:	Oct. 14; 3 pm
Regional:	Oct. 18-19
State:	Oct. 25-26

Dual Team

Bracketing:	Oct. 14
First Round:	Oct. 16
Second Round:	Oct. 22
Third Round:	Oct. 28
Regional:	Oct. 30
State:	Nov. 2

WRESTLING

1st Practice:	Oct. 30
1st Contest:	Nov. 18

Dual Team

Bracketing:	Feb. 3
First & Second Round:	Feb. 4
Third & Regional:	Feb. 6
State:	Feb. 8

Individual

Women's Invitational:	Feb. 8
Reporting Deadline:	Feb 3; 3 pm
Regional;	Feb. 14-15
State:	Feb. 20-22

SUMMER DEAD PERIODS
July 1-7, 2019
July 15-21, 2019

IN-SESSION DEAD PERIODS

FALL DEAD PERIOD:
Aug. 1-21

WINTER DEAD PERIOD:
Oct. 30- Nov. 19

Last 5 student days of first semester

SPRING DEAD PERIOD:
Feb. 12- Mar. 3

Last 10 student days of second semester

SUMMER DEAD PERIODS
June 29 - July 5, 2020
July 20- 26, 2020

Gfeller-Waller/NCHSAA Concussion Management Principles
Health and Safety Personnel

The NCHSAA **STRONGLY RECOMMENDS** that each individual listed below has both expertise and training in concussion management and that LATs, PAs, and NPs consult with their supervising physician before signing the Return to Play Form, as per their respective state statues.

Licensed Physician**- An individual who has training in concussion management licensed to practice medicine (MD or DO) under Article 1 of Chapter 90 of the General Statutes.

Licensed Athletic Trainer (LAT)** - An individual who is licensed under Article 34 of Chapter 90 of the General Statutes entitling them to perform the functions and duties of an athletic trainer.

Licensed Physician Assistant (PA)** – An individual who is licensed under the provisions of G.S. 90-9.3 to perform medical acts, tasks, and functions as an assistant to a physician.

Licensed Nurse Practitioner (NP)** - Any nurse who and is licensed under the provisions of G.S. 90-18(14) to perform medical acts, tasks or functions.

Licensed Neuropsychologist**– An individual who has training in concussion management licensed under Article 18A of Chapter 90 of the General Statutes and working in consultation with a physician licensed under Article 1 of Chapter 90 of the General Statutes.

First Responder (FR) – An individual who meets the requirements set forth by the North Carolina State Board of Education Policy ATHL-000.

**** Licensed Health Care Provider as defined by the Gfeller-Waller Concussion Awareness Act.**

Key Tenets of Concussion Management

1. No athlete with a suspected concussion is allowed return to practice or play the same day that his or her head injury occurred.
2. It is not feasible for a Licensed Health Care Provider to both diagnose an acute concussion and provide clearance on the same day.
3. Athletes should never return to play or practice if they still have ANY symptoms.
4. More than one evaluation is typically necessary for medical clearance for concussion. Due to the need to monitor concussions for recurrence of signs and symptoms with cognitive or physical stress, Emergency Room and Urgent Care physicians typically should not make clearance decisions at the time of first visit.
5. A concussion is a traumatic brain injury that can present in several ways and with a variety of signs, symptoms, and neurologic deficits that can present immediately or evolve over time.
6. Both academic and cognitive considerations should be addressed when managing a student-athlete with a concussion. The NC Dept. of Public Instruction now requires a "Return to Learn" plan for students with suspected head injury. Also, consider guidance on proper sleep hygiene, nutrition, and hydration.
7. The NCHSAA STRONGLY RECOMMENDS that all member school student-athletes have a Licensed Physician's (MD/DO) signature on the Return to Play Form and/or the Licensed Health Care Provider Concussion Evaluation Recommendations Form. Remember that the Licensed Physician (MD/DO) signing the RETURN TO PLAY FORM and/or the Licensed Health Care Provider Concussion Evaluation Medical Recommendation Form is required to be licensed under Article 1 of Chapter 90 of the General Statutes and have had training in concussion management.
8. In order to be cleared to resume full participation in athletics, a student-athlete must be completely symptom-free both at rest AND with cognitive stress, then with full physical exertion. (The NCHSAA Concussion Return to Play Protocol has been designed with this in mind).
9. A step-by-step progression of physical and cognitive exertion is widely accepted as the appropriate approach to ensure a concussion has resolved, and that a student-athlete can return to athletics safely. The NCHSAA Concussion Return to Play Protocol, therefore, has been designed using a step-by-step progression and is REQUIRED to be completed in its entirety for any concussed student-athlete before they are released to full participation in athletics.

NCHSAA Playoff Broadcast Rights Fee Chart

Based on the Association's partnership with the NFHS Network and Sinclair Broadcasting, the NCHSAA is pleased to offer broadcasters the opportunity to broadcast NCHSAA Playoff Contests. The Association requires all broadcasters to complete the NCHSAA's Post-Season Broadcast Request form to gain approval to broadcast playoff contests. Once the online form has been submitted, stations will receive notification of approval or denial. The station or outlet should pay the appropriate fee for the broadcast, as shown below.

AUDIO-ONLY/RADIO (PLAYOFF RIGHTS FEES)

Football & Basketball	$100 per game
All Other Sports	$50 per game

Any NCHSAA Playoff event declined by the NFHS Network or the NCHSAA's Television Partner, is eligible for third-party video production and distribution at the rates listed below. Schools may elect to produce declined events for streaming on the NFHS Network and fees for those productions will be waived provided the event is EXCLUSIVELY distributed either live or on-demand through the NFHS Network's streaming and technology infrastructure.

Network streaming software and access to the Network will be made available to Schools at no cost provided that the School utilizes both the consumer subscription and video player provided by NFHS Network.

FOOTBALL (VIDEO)

Internet Stream or Cable Community Access Channel	**School or Neutral Site**	**Championship Site**
Live	$500 per game	$1,000 per game
Delayed/On-Demand	$250 per game	$500 per game
Over-the-air Television Broadcast	**School or Neutral Site**	**Championship Site**
Live	$1,500 per game	$3,000 per game
Delayed/Video-on-Demand	$750 per game	$1,500 per game

BASKETBALL (VIDEO)

Internet Stream or Cable Community Access Channel	**School or Neutral Site**	**Championship Site**
Live	$250 per game	$750 per game
Delayed/On-Demand	$150 per game	$250 per game
Over-the-air Television Broadcast	**School or Neutral Site**	**Championship Site**
Live	$1,000 per game	$2,000 per game
Delayed/Video-on-Demand	$500 per game	$1,000 per game

ALL OTHER SPORTS (VIDEO)

Internet Stream or Cable Community Access Channel	**School or Neutral Site**	**Championship Site**
Live	$150 per game	$300 per game
Delayed/On-Demand	$75 per game	$150 per game
Over-the-air Television Broadcast	**School or Neutral Site**	**Championship Site**
Live	$500 per game	$1,500 per game
Delayed/Video-on-Demand	$250 per game	$750 per game

NCHSAA HALL OF FAME MEMBERS

CLASS OF 1987
Bob Jamieson, Greensboro
Leon Brogden, Wilmington
Dave Harris, Charlotte

CLASS OF 1988
L.J. "Hap" Perry, Chapel Hill
Tony Simeon, High Point
W.C. Clary, Winston-Salem

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NCHSAA Presidents

YEAR	PRESIDENT	SCHOOL/UNIT
1946-47	C.R. Joyner	Winston-Salem
1947-48	T.T. Hamilton	Wilmington
1948-49	T.T. Hamilton	Wilmington
1949-50	H.M. Kyzer	Hamlet
1950-51	H.M. Kyzer	Hamlet
1951-52	F.L. Ashley	Gastonia
1952-53	F.L. Ashley	Gastonia
1953-54	C. Reid Ross	Fayetteville
1954-55	H.J. Beeker	Snow Hill
1955-56	George Wingfield	Reidsville
1956-57	A.P. Routh	Greensboro
1957-58	L.S. Weaver	Durham
1958-59	Frank Mock, Jr.	Kinston
1959-60	Philip J. Weaver	Greensboro
1960-61	C.E. Cooke	Durham
1961-62	Fred C. Hobson	Yadkin County
1962-63	C. Reid Ross	Fayetteville
1963-64	Hugh Tomberlin	Enka
1964-65	Edward Sanders	Garinger
1965-66	E.C. Sipe	Clinton
1966-67	John Nettles	Salisbury
1967-68	Gerald D. James	Wayne County
1968-69	C. Wayne Bradburn	Wilkesboro
1969-70	R.E. Lee	Moore County
1970-71	J.M. Robinson	Cabarrus County
1971-72	J.M. Harrington	Burlington
1972-73	H.M. Arndt	Catawba County
1973-74	R. Paul Buchanan	Jackson County
1974-75	William H. Brown	Gaston County
1975-76	J.M. Robinson	Cabarrus County
1976-77	J.M. Robinson	Cabarrus County
1977-78	Robert D. Deaton	R.J. Reynolds
1978-79	J.J. Ray	Eastman
1979-80	Arthur "Ott" Alford	Pitt County
1980-81	Modeal Walsh	Graham County
1981-82	Everett Waters	Onslow County
1982-83	Jack L. Wallace	Bath
1983-84	Jerry D. Paschal	Whiteville
1984-85	Donald Bonner	Robeson County
1985-86	Glenn Marlow	Henderson County
1986-87	Robert Edwards	Madison County
1987-88	Richard Murphy	Sanderson
1988	Patrick Best	Goldsboro
1988-90	J. Patrick Harrell	Dare County
1990-91	Larry Ivey	Montgomery Co.
1991-92	W.K. Morgan	Albemarle
1992-94	Bennie Higgins	Greensboro
1994-95	Richard Hicks	Hillside
1995-97	William Steed	Davie County
1997-98	Robert McRae	Kings Mountain
1998-99	Travis Twiford	Nash-Rocky Mount
1999-2000	Theresa Banks	Madison
2000-01	Martha Land	Mount Tabor
2001-02	Charles Long	D.H. Conley
2002-03	William Harrison	Cumberland Co.
2003-04	Ed Sadler	Gaston County
2004-05	Ralph Holloway	East Carteret
2005-06	Gene Moore	Cleveland County
2006-07	Vann Pennell	South Brunswick
2007-08	Diane Frost	Asheboro
2008-09	William Harrison	Cumberland Co.
2009-11	Allison Sholar	Pender County
2011-12	Brooks Matthews	Triton
2012-13	Stewart Hobbs	Yadkin County
2013-15	Bill Miller	Polk County
2015	Maurice "Mo" Green	Guilford County
2016-17	Rodney Shotwell	Rockingham Co.
2017-18	Joe Poletti	East Carteret
2018-19	Sandy B. George	Mount Airy
2019-20	Brad Craddock	Glenn

NOTES

NOTES

History of the NCHSAA

1912 - Idea for a state high school athletic association was born.
1913 - NCHSAA founded and first state playoffs conducted.
1924 - First Annual Meeting Governing body expanded to include high school superintendents and principals. Membership recorded at 137 schools.
1947 - New constitution adopted (forerunner of present organization).
1952 - State Board of Education recognizes important role played by NCHSAA and patterns its athletic rules after those of the Association.
1959 - North Carolina Athletic Officials Association jointly sponsored by NCHSAA State Department of Public Instruction and the Western North Carolina High School Activities Association, is created. First Supervisor of Officials/Assistant Executive Secretary hired.
1967 - Member schools of the North Carolina High School Athletic Conference (the organization for predominantly black schools) join NCHSAA.
1968 - Girls' Advisory Committee appointed to be responsible for girl's athletic program.
1971 - Statewide catastrophic insurance policy instituted.
1973 - Association accepted responsibility for conference alignment.
1976 - Plans begun for new NCHSAA office building. Association becomes incorporated.
1977 - Western North Carolina High School Activities Association schools join NCHSAA.
1978 - NCHSAA Headquarters completed and occupied.
1979 - Simon F. Terrell Building officially dedicated.
1988 - NCHSAA celebrates 75th anniversary.
1990 - Concept of NCHSAA Endowment is approved.
1991 - Student services program is begun.
1994 - Wing is added to Simon F. Terrell Building.
2010 - NCHSAA becomes independent, non-profit corporation unaffiliated with UNC.
2013 - NCHSAA celebrates 100th anniversary.
2015 - NCHSAA completes renovation of the Simon F. Terrell Building and selects Que Tucker as first female Commissioner of the organization.

The North Carolina High School Athletic Association, Inc., was founded early in the 20th century. And even though the NCHSAA has witnessed dramatic growth in the scope of its programs and has had to deal with the changing face of education, one thing has remained constant: the Association's committment to providing a wholesome athletic environment.

The Association is a voluntary, non-profit corporation which administers the state's interscholastic athletic program. Any North Carolina public or non-boarding parochial high school is eligible for membership, provided it is accredited by the State Department of Public Instruction and that the school adopts and maintains a prescribed code to guarantee fair competition.

University of North Carolina professor Dr. Louis Round Wilson spearheaded the founding of the NCHSAA. In 1912, he approached University president Dr. Francis P. Venable about starting a University Extension Division. After a year of heated debate, a total of $600 was approved for this project, with one-third of that amount earmarked for the beginning of a high school athletic association which would help standardize regulations and ensure fairness. A university committee was to control the association's operation, which was part of the Extension Division.

State Championships were held in football and track in 1913 and several other sports were added to the program soon thereafter. As school administrators of the state desired more direct control of their organization, there was a move to change the way the Association operated. In 1947, a new constitution was adopted, by which the University was relieed from most financial obligations with the NCHSAA but continued to house the Association offices. The new constitution also provided for a Board of Directors as it is presently operating. In June of 2010, the NCHSAA became an independent organization no longer affiliated with the University.

The Association now has 419 member schools and certifies the eligibility of well over 200,000 athletes annually. Other organizations which have contributed greatly to high school athletics in the state have merged with the NCHSAA. Member schools of the North Carolina High School Athletic Conference, the organization for black high schools, joined the Association in 1967. The Western North Carolina High School Activities Association (WNCHSAA) joined the Association in 1977, leaving one primary body working with high school athletics in North Carolina.

Seven leaders have served the Association since its inception. Those officers, including their years as executive director include: E.R. Rankin (1924-42); C.E. McIntosh (1943-47); L.J. "Hap" Perry (1948-66); Simon F. Terrell (1967-84); Charles H. Adams (1984-2010), commissioner Davis Whitfield (2010-15) and now Commissioner Marilyn "Que" Tucker (present).

Que Tucker
Commissioner

Brad Alford
Sports & Championships

James Alverson
Media & Special Programs

Ken Brown
Health & Safety

Malika Butler
Reception

Gary Cavanaugh
Business & Finance

Chiquana Dancy
Sports & Student Programs

Kayla Dempsey
Marketing

Karen DeHart
Marketing & Development

Mark Dreibelbis
Officiating & Student Services

Kelly Edwards
Sports & Championships

Pepper Hines
Executive Assistant & Office Manager

Juli Kidd
Systems Administration & Website

Melissa Knight
Officiating

Jonathan Leonard
Business & Marketing

Caitlin McMannen
Sports & Championships

Tra Waters
Sports & Championships

Andrew Wilkins
Fundraising & Scholarships

NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION