

- (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 a meal allowance.
 - (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 - See Ticket Pricing Chart (page 115)
 - (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** - Winners of the regional championship games will participate in the State Championship game.

- (a) Officials - Assignments will be made by the NCHSAA Assistant Commissioner for Officiating.
- (b) Uniform Colors - The Western champion will be the home team and shall wear white uniforms.
- (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 a meal allowance.
- (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 - See Ticket Pricing Chart (page 115)
- (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.

4.4 CROSS COUNTRY

4.4.1 **General**

- (a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).
- (b) Date of First Practice - July 31
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Contest - August 14
- (e) Number of Regular Season Contests - No more than three may be scheduled per week. An student-athlete 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 student-athlete and team.
- (f) Health and Safety Guidelines - Reference General Requirements for Interscholastic Athletic Activities for a listing of Guidelines (See 4.1.20) and Health and Safety Guidelines (See 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). 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: October 28.
- (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 11:59 p.m., October 21.
 - (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 student-athletes per school.
 - (3) Late entries may be submitted to the NCHSAA and must be in by 3:00 p.m. the Monday prior to the regional. No entries after this deadline will be accepted.
Note - Use the form on the NCHSAA website.
- (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. 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.
 - (4) 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.
 - (5) 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.
Note - 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 4, at Ivey M. Redmon Park in Kernersville.
- (b) Coaches Meeting - 8:15 a.m. (1A/3A); 1:15 p.m. (2A/4A).
- (c) Team Scores - Same format as regional [See 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 - See Ticket Pricing Chart (page 115)
- (f) Team Expenses - Teams will either split a share of net ticket revenue (gross ticket revenue less event expenses) or travel will be reimbursed at the rate of five cents per mile for each qualifier, including coach, up to a maximum of 35 cents, whichever revenue share method is higher for member schools.

4.5 FOOTBALL

4.5.1 General

- (a) Football Calendar

| | | | |
|-----------------|-------------------|--------------------|--------------|
| 1st Practice | July 31 | 2nd Round | November 10 |
| 1st Scrimmage | August 9 | 3rd Round | November 17 |
| 1st Play Date | Week of August 18 | 4th Round | November 24 |
| Playoff Seeding | October 28 | Regional Round | December 1 |
| 1st Round | November 3 | State Championship | December 8-9 |
- (b) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (See 4.1).
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Contest - Week of August 18.
- (e) Health and Safety Guidelines - Reference General Requirements for Interscholastic Athletic Activities for a listing of Guidelines (See 4.1.20) and Health and Safety Guidelines (See 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) Schedules - Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by May 15.
- (h) Suspended Game Rule - The NCHSAA plays by the suspended game rule [See 2.2.7(c) (1)].
- (i) 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.
- (j) Junior Varsity Tiebreaker - Junior varsity football teams may break ties in games if both coaches mutually agree prior to the game.
- (k) Filming, Videotaping or Video Streaming - See 2.2.17.
- (l) Required Equipment - Schools must provide yardage clip for down and distance chains. Balls must have the authenticating NFHS ball mark.
NOTE: Use of NCHSAA adopted balls is strongly recommended for regular season play. In first round of playoff events through state finals, the adopted balls will be required to ensure consistency and fair play.
- (m) Uniformed Police Officer - See 2.5.3(a).
- (n) Restraining Barriers - At all football games there should 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, student-athletes 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.
- (o) Eight Quarter Participation - In emergency or "lack of depth" situations, freshman and/or sophomore (9th and 10th graders only in 3A and 4A; 1A and 2A schools may use 9th, 10th or 11th graders) junior varsity football student-athletes will be allowed a maximum of 8 quarters per season of "on the field" play as a varsity football student-athlete.
Note - Anytime a student-athlete participates in 8 quarters of Varsity competition, that student-athlete is no longer eligible to be an 8-quarter player. If the 8 quarter limit is reached during a contest, that student-athlete 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 student-athlete (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 student-athlete (9th/10th graders only) to continue to gain value game experience at the junior varsity level and still be available as a backup student-athlete in the varsity game. The following conditions must be met: