

- (i) Admission - See Ticket Pricing Chart (page 115)
- (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 committee will act on any protest at the time it may occur and its decision is final.
Note - Parents are not permitted 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 0% of the net gate from the first round; 15% of the net gate from second and third round; 20% from fourth round games; and 25% of the net 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 are retained by 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 designated reporting platform.
- (n) Game Ball - The Wilson A9011 B-NCHS (WTA9011BSST) with .47 COR for fast-pitch, with the NFHS authenticating ball mark, is the official softball for the state championship series.
- (o) Regional Awards - Team plaques will be presented to the regional champion and regional runner-up.

4.9.3 **State Championship Series**

- (a) Dates - May 31 - Jun. 1
- (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 - See Ticket Pricing Chart (page 115). May be amended due to weather. Each team will receive 8 complimentary tickets/ passes (5 VIP and 3 School Administrator).
- (e) Protest Committee - See 4.9.2(j)
- (f) Officials - Will be assigned by the NCHSAA Assistant Commissioner for Officiating.
- (g) Bats - Some bats which may have passed initial ASA or USA Softball performance standards, could be deemed illegal during bat checks prior to the state championships.
- (h) Radio and TV Fee - See 2.2.18
- (i) Gate Receipts - The net balance will be divided as follows: 20% to each of the competing teams and 60% to the NCHSAA.
- (j) Team Expenses - Travel and expenses for 18 players plus a coach and manager, shall be allowed at the rate designated by the NCHSAA [See 4.3.3.(c)].
- (k) 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).

4.10 **SWIMMING AND DIVING**

4.10.1 **General**

- (a) 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).
- (b) Date of First Practice - October 30
- (c) Preseason Scrimmages - See 4.1.5.
- (d) Date of First Meet - November 13
- (e) Schools are required to register with NCPrepSwimming by November 15, 2023; the cost is \$20.00 per year.
- (f) Number of Regular Season Contests - No more than three may be scheduled per week. A student-athlete is limited to one contest a day.

- (g) Meet Results - Full regular season meet results shall be entered into NCPrepSwimming within 48 hours of the completion of the meet.
- (h) Participation Clarification - See 4.10.2(c)(1)(i)
- (i) 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) A student-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).
- (j) 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.
- (k) Filming, Videotaping or Video Streaming - See 2.2.7.
- (l) 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.
- (m) Relay Meet - The following format has been adopted by the NCHSAA in accordance with the NFHS Order of Events. Qualifying times for events 1, 2, 3, 4, 5, 6, 19 and 20 are eligible for regional entry.
 - (1) (1,2) 50 Freestyle
 - (2) (3,4) 200 Medley Relay
 - (3) (5,6) 200 Freestyle Relay
 - (4) (7,8) 4x100 Individual Medley Relay
 - (5) (9,10) 200 Butterfly Relay
 - (6) (11,12) 400 Freestyle Relay (8x50)
 - (7) (13,14) 500 Freestyle Relay
 - (i) 50-100-200-100-50; or;
 - (ii) 200-150-100-50
 - (8) (15,16) 200 Backstroke Relay
 - (9) (17,18) 200 Breaststroke Relay
 - (10) (19,20) 400 Freestyle Relay (4x100)
- (n) Pentathlon meet - The following format has been adopted by the NCHSAA in accordance with NFHS Order of Events with unlimited entries. Qualifying times are eligible for regional entry.
 - (1) (1,2) 100 Backstroke
 - (2) (3,4) 100 Breaststroke
 - (3) (5,6) 100 Butterfly
 - (4) (7,8) 100 Freestyle
 - (5) (9,10) 200 Individual Medley

4.10.2 Regional Information

- (a) Dates - February 1-3
 - (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 - 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) A student-athlete 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 student-athlete 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 27 at 11:59 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. Use the form on the the designated reporting platform.
 - (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.
 - (d) Competition
 - (1) Swimming and Diving
 - (i) Student-athletes 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). 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 student-athletes 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 meet.
 - (v) Admission - See Ticket Pricing Chart (page 115)
 - (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 student-athletes prepared to receive their awards.
 - (7) Regional directors must present the awards as scheduled.
 - (8) Qualifiers to State Championship - Qualifying information for state championships, including times, can be found on the NCHSAA website. Qualifiers include:
 - (i) Top six (6) fastest times from each regional plus the top six (6) times from any region not already qualified for advancement.
 - (ii) 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).

- (iii) Individuals or relay teams qualifying but not intending to participate in an event of the State Championship must notify the State Meet Director by 3:00 p.m. on Monday prior to the State Meet. Remaining alternates will not advance to State Championships after that time.

NOTE - If the student-athlete scratching is one of the top six (6) qualifiers from a regional competition, then the next student-athlete in line from that regional competition will be offered the opportunity to fill the position. If the student-athlete is one of the at-large qualifiers, then the next fastest qualifier across all regions will be offered the opportunity to fill the position.

- (iv) 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.

(9) Swimming

Note - Relay Team Entries - All regionals and state championships will use same method for relay cards. See 4.10.3.

(10) 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.
- (ii) Divers must turn sheets in 30 minutes prior to warm-ups. 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) Divers are disqualified if they do 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: REESE-HARPER HIGH SCHOOL

1. Susie Chen 2. Nancy Carter 3. Joyce Hidalgo 4. Jamalia Baker Event: 400 Freestyle Relay

- (d) Admission - See Ticket Pricing Chart (page 115). Team members will be admitted upon identification by coach.
 - (1) 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 - 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.
- (g) State Diving Schedule: 3A February 7, 2024 Site: Triangle Aquatic Center, Cary

- (h) State Swimming Schedule: 3A February 8, 2024 Site: Triangle Aquatic Center, Cary
1A/2A February 9, 2024 Site: Triangle Aquatic Center, Cary
4A February 10, 2024 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, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (See 4.1).
- (b) Date of First Practice - July 31 (Women) and February 14 (Men).
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Match - August 14 (Women) and February 26 (Men).
- (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 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 if a double-header is included on one of the school days. 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 student-athletes and coaches shall be observed at all times. Student-athletes' behavior should be monitored throughout the season.
- (1) Unsportsmanlike conduct, etc. by student-athletes will not be tolerated.
 - (2) If unsportsmanlike conduct occurs, the two competing coaches will deal with the offending student-athlete(s) 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 student-athlete or doubles team for the duration of the match or state tournament. Doubles teams accrue points, not individuals.
- (h) Filming, Videotaping or Video Streaming - See 2.2.17.

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, 2, and 3.
- (1) A student-athlete 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 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 singles and line-ups, no later than 15 minutes prior to the match using the **MANDATORY official regular season dual team line-up sheet**. Doubles line-ups must be shared prior to the start of doubles.
 - (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 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 than 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 of the higher seed. 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 15, 11:59 p.m.	April 28, 11:59 p.m.
Seeding	October 16	Apr. 29
First Round	October 18	May 1
Second Round	October 23	May 6
Third Round	October 25	May 8
Fourth Round	October 30	May 13
Regional Round	November 1	May 15
State Championship	November 4	May 18
 - (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 p.m. 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 RPI rating and finish in conference standings will be considered when determining which schools qualify for wildcard 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 penalty to the conference.
- (4) Check NCHSAA website for additional information.
- (c) Qualifiers - 32 Teams (1A); 48 Teams (2A); 64 Teams (3A & 4A)
- (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 25; Men - April 8). 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 student-athletes prior to the reporting deadline (Women - October 15; Men - April 28). Failure to submit lineups by the established deadline(s) will result in a penalty to the member school.
 - (1) Student-athletes 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 singles line-ups, no later than 15 minutes prior to the match using the **MANDATORY official post-season dual team line-up sheet**. Doubles line-ups must be shared prior to the start of doubles.
 - (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 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 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 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 achieving 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 student-athlete 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 student-athlete 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 - See 4.11.1(g)

(j) Expenses - Schools bear their own expenses.

(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 20-21 (women) and May 3-4 (men). Play on Fridays in regionals begins at 1:00 p.m. (coaches meeting 12:00 p.m.).

(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 and 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 16 (3:00 p.m.) for women and April 29 (3:00 p.m.) 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.

(2) A student-athlete may qualify for either singles or doubles, but may not participate in both.

(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. All coaches should attend the seeding meetings at the respective regionals. Seeding meetings for top 4 places must be held during the week of the tournament and results will be posted on the NCHSAA website.

(1) Criterion 1 - Head to head competition during the season; and,

(2) 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 student-athletes 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 27-28 (women) and May 10-11 (men). The sites will be posted on the NCHSAA website.

(b) Seeding and Pairings - In all classifications, matches will begin at 9:00 a.m. 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 a.m.

(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 tiebreaker 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 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.

(f) Balls - The Wilson T1001 is the official adopted ball of the tennis 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 a.m. (1A, 3A); 12:00 p.m. (2A, 4A).
- (c) Match Times - 9:30 a.m. (1A, 3A); 12:30 p.m. (2A, 4A).
- (d) Balls - The Wilson T1001 is the official ball for tennis 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) Awards - At the state finals, team plaques will be presented to the champion and runner-up. 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, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (See 4.1).
- (b) Date of First Practice - Indoor Track October 30; Outdoor Track February 14.
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Meet - Indoor Track November 13; Outdoor Track February 26.
- (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 of Regular Season Contests
 - (1) No more than three (3) meets may be scheduled per week for both indoor and outdoor.
 - (2) A student-athlete is limited to one meet per day, maximum of four events per meet. Any contestant who enters an event must participate.
 - (3) If a track 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.
- (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) All meet results must be completed on a platform that is compatible to MileSplit
 - (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 2.2.13.
- (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 1.2.14.
- (k) Filming, Videotaping or Video Streaming - See 2.2.17.
- (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 3.4.1(a)(7)].

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 10 or May 11.
- (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 - A student-athlete 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.