

- bers from each school for reimbursement purposes.
- (g) Order of Events and Scoring - Will be the same as published in the 2022 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 9:00 p.m., 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. 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, 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.
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Match - August 14.
- (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 - Total 22 matches

Matches	Tournaments Allowed
22	0
21	1
20 or fewer	2

- (1) No more than 4 matches per week. If all four matches are on four separate days the fourth must be on a non-school day (Saturday). Schools may play 4 matches in 3 or fewer days (double-headers).
- (2) No more than 4 matches per day can be played, inclusive of the best of three and best of five matches.
- (3) RPI rankings will be determined based on matches played inclusive of best of three and best of five matches.
- (4) Conference matches must be played in a best of five set format.
- (5) Conference tournament matches must be played in a best of five set format.
- (6) Playoff matches must be played in a best of five set format.
- (7) 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.
- (8) It is permissible for a student-athlete to participate in a junior varsity and a varsity match in the same day; however, those student-athletes are still subject to the weekly and seasonal limitations.
- (9) Teams are limited to a maximum of two (2) tournaments per year. Each tournament will count

- as one (1) contest on the schedule and is subject to the weekly limit allowance.
- (10) Tournaments can be played over multiple days not to exceed 4 matches
- (11) Tournaments must be formatted so that teams are only playing the best of three, best of five, or both.
- (12) 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.
- (13) Junior varsity conference tournament games must count toward the 22-game limit.
- (g) Starting Time - A time no earlier than 5:00 p.m. is recommended, unless facilities dictate otherwise.
- (h) Schedules - Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by May 15.
- (i) Filming, Videotaping and Video Streaming - See 2.2.17.
- (j) Equipment - 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.

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 4.1.11).
- (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 penalty to the conference.
- (c) Qualifiers - See 4.1.17 (Playoff Berths/Qualification).
- (d) Format - All conference tournament and playoff matches will be the best three out of five sets, rally scoring.
- (e) Seeding - See 4.1.18.
- (f) Playoff Brackets - Will be posted on the NCHSAA Website once seeding is complete.
- (g) Schedule - Deadline for Reporting

October 18, 11:59 p.m.	Seeding	October 19
First Round	October 21	Fourth Round
Second Round	October 24	Regional
Third Round	October 26	State
		November 4

 - (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 6:00 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.
 - (ii) 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 Assistant Commissioner for Officiating and host schools must follow up with regional supervisors.
- (k) Admission - See Ticket Pricing Chart (page 115). 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, fourth, and regional round are the responsibility of the competing teams.

NOTE - Participating schools are responsible for dividing any deficit or net.

- (1) The NCHSAA receives 0% of the net gate for first round games.
- (2) The NCHSAA receives 15% of the net gate from second and third round games.
- (3) The NCHSAA receives 20% of the net gate from fourth round games.
- (4) The NCHSAA receives 25% of the net gate from regional playoff games.

NOTE - Participating schools are responsible for dividing any deficit or net.

- (5) So 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 are retained by 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) Official Ball - The Wilson K1 Gold (WTH1895A1XB) is the official ball of the volleyball playoffs and championships. The Wilson K1 Silver may also be used in the playoffs.

4.13.3 State Championship

- (a) Date, Site, Format, and Home Team - State championships in all four classes will be held on November 4. Competition is best three-out-of-five sets. The Western champion is the home team.
- (b) Admission - See Ticket Pricing Chart (page 115).
- (c) Officials - Will be assigned by the NCHSAA Assistant Commissioner for Officiating.
- (d) 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).
- (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 meal expenses will be allowed for 13 student-athletes plus a coach and a manager. See 4.3.3(c).

4.14 **WRESTLING**

4.14.1 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.
 - (1) Practice cannot be held until the student-athletes attending practice have their minimum weights established.
 - (2) Hydration testing and skinfold measuring may begin no earlier than Monday, October 16.
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Match - November 13.
- (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 student-athlete 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 penalties.
- (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.