

*student athlete focused
membership driven*

TriadMathandScienceAcademy



**SINCE
1913**

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SOFTBALL PRESEASON INFORMATION

FEBRUARY 13, 2024

Rhonda Dreibelbis – Assistant Commissioner
Sports and Championships

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Softball Sports Calendar

First Practice:	February 14
First Contest:	February 26
Reporting Deadline:	May 5
Seeding:	May 6
First Round:	May 7
Second Round:	May 10
Third Round:	May 14
Fourth Round:	May 17
Regionals:	May 21-25
State Championships:	May 31 – June 1

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Sports Calendar

- ❖ **2023-2024 School Year Dead Periods**
 - July 31 – August 20, 2023
 - October 30 – November 19, 2023
 - February 14 – March 5, 2024
 - Last 5 student days of the 1st semester
 - Last 10 student days of the 2nd semester
- ❖ **Summer 2024 Dead Periods**
 - July 1 - 7, 2024
 - July 15 - 21, 2024

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Required Coaches Education

<ul style="list-style-type: none"> ❖ NCHSAA Eligibility Video <ul style="list-style-type: none"> ○ All Coaches ○ Prior to first practice ❖ NCHSAA Rules Clinic <ul style="list-style-type: none"> ○ Head varsity coach ○ Prior to first play date ○ Annual requirement 	<ul style="list-style-type: none"> ❖ NFHS Fundamentals of Coaching <ul style="list-style-type: none"> ○ All Coaches ○ Prior to first contest ○ One-time only ❖ NFHS Sudden Cardiac Arrest <ul style="list-style-type: none"> ○ All non-paid coaches ○ Annual requirement ❖ NFHS Concussion in Sports <ul style="list-style-type: none"> ○ All coaches ○ Prior to first practice ○ Annual requirement 	<ul style="list-style-type: none"> ❖ CrashCourse Concussion Video <ul style="list-style-type: none"> ○ All Coaches ○ Prior to first practice ○ Annual requirement ❖ CPR/AED Certified <ul style="list-style-type: none"> ○ All head and paid coaches ○ Must maintain certification
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Number of Regular Season Contests

- ❖ **24 Total Games inclusive of all regular season games, regular season tournament games and conference games**
- ❖ No more than 4 games per week, provided the fourth game is on a non-school day for both schools
- ❖ Four games in three days is permissible without using a non-school day(doubleheader)
- ❖ It is permissible for a student-athlete to participate in a junior varsity and varsity games in the same day; however, student-athletes are still subject to the weekly and seasonal limitation.
- **Four games a week, not to exceed three days, total of 24**
- ❖ Junior varsity conference tournament counts toward the 24-season limit
- ❖ Varsity conference tournaments are considered part of the playoffs

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Run Rule

- ❖ If a team is ahead by 15 runs after three(3) innings, the game is terminated
- ❖ If a team is ahead by 10 runs after five (5) innings, the game is terminated

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Prevention of Heat Illness

- ❖ 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.
- ❖ As WBGT increases, minimize clothing and equipment.
- ❖ Provide unlimited drinking opportunities during hotter practices. NEVER withhold water from athletes.
- ❖ 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.
- ❖ If WBGT is at 90 or above suspend practice; contests may continue but must include mandatory breaks as directed by gameday administrator.

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Suspended Games

Suspended 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.

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