



New School/New Athletic Director Orientation

July 20, 2026
Greensboro Coliseum Special Events Center

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Greensboro Coliseum Special Events Center

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Mission and Vision



Mission

To provide governance and leadership for interscholastic athletic programs in North Carolina that support and enrich the education experience of students



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Vision

To be the national model for developing and inspiring greatness through interscholastic athletic experiences



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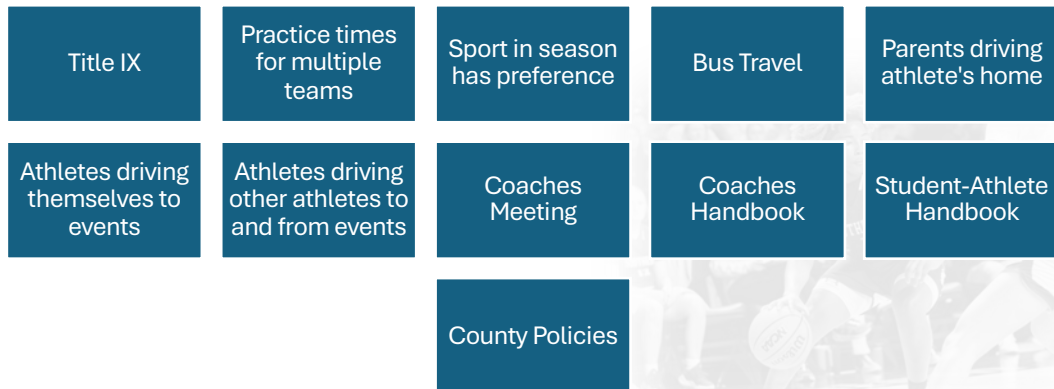
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Setting the standard for your program

Rhonda Dreibelbis
Assistant Commissioner, Sports and Championships

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Policies, Protocols, and Best Practices



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Your Vision to Action

What will be the culture of your program

- How you do things on a daily basis
- What you permit you promote EVERY DAY

Communication (Email, social media platform)

- Clear
- Concise
- Purpose
 - If is cloudy in the pulpit, it is raining in the congregation

What will your standards be for all stakeholders

- Coaches, players, parents, officials, umpires, boosters, alumni
- Consequences for actions

Social Media Policy – Once posted it is permanent



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Educating Others



Guidance Counselors

Knowledge of academic eligibility rules



Parents and Athletes

Attendance policy
Academic policy
Required documents



Coaches

NCHSAA Weekly Memo (Tuesday)
Internal communication



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Be Willing to Seek Guidance and Increase Knowledge

NCHSAA

Veteran ADs (be careful of those who tell you "Well this is how we have done it.")

Easier to change "No" to a "Yes" than "Yes" to a "No"

Be willing to continue to learn

CAA and CMAA professional growth opportunities

NFHS Badges through completion of courses

Schools of Excellence



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Reporting Platforms/ Coaching Requirements

Set up all coaches in DragonFly

Submit Eligibility Summaries: Sept. 1, Dec. 1, Mar. 15

Report results after every contest

Maintain Master Eligibility Sheets

Verify required coach certifications

Submit playoff results in DragonFly

Use the NCADA AD Checklist



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2026 – 2027 NC SBE

Policy Codes

Athletics

ATHL-001 thru ATHL-016

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Student Participation Rules –Definitions (ATHL-001)

Administering Organization	NCHSAA
Administrative Rules	operations & governance
Aggrieved Party	directly affected by a ruling
Bona Fide Purpose	not athletics-driven



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Student Participation Rules –Definitions (ATHL-001)

Gameplay rules – rules adopted in accordance with the requirements of the governing organization for each sport, including the requirements of the National Federation of State High School Associations.



Initial Entry – A student's first day of attendance at a participating school in which the student is enrolled as recorded by that school or the first day in which a student practices or otherwise participates as a member of an interscholastic athletics team at a participating school.



Penalty Rules – rules that establish a system of demerits for infractions of student participation rules and gameplay rules which may result in reprimands, probations, suspensions, forfeitures of contests, forfeiture of titles, and disqualifications, but shall not result in monetary penalties of any kind.



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Student Participation Rules –Definitions (ATHL-001)

Student health and safety rules –
rules that govern requirements to ensure health and safety during participation in interscholastic athletic activities, including rules related to concussions and emergency action plans.

Student participation rules –
rules that govern student eligibility to participate in interscholastic athletic activities.



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Student Participation Rules (ATHL-005)

A student shall not participate in interscholastic athletics on behalf of a North Carolina public school unless the student has satisfied the eligibility requirements

- PSUs are authorized to determine whether and to what extent students under their jurisdiction may participate in interscholastic athletics, not inconsistent with the requirements

Each PSU shall require the principal of a participating school to sign and date a list of eligible students for each sport

- The PSU shall maintain a copy of the most current list in the principal's office and the office of the superintendent



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RESIDENCY REQUIREMENTS

A student's primary residence shall be determined as follows:

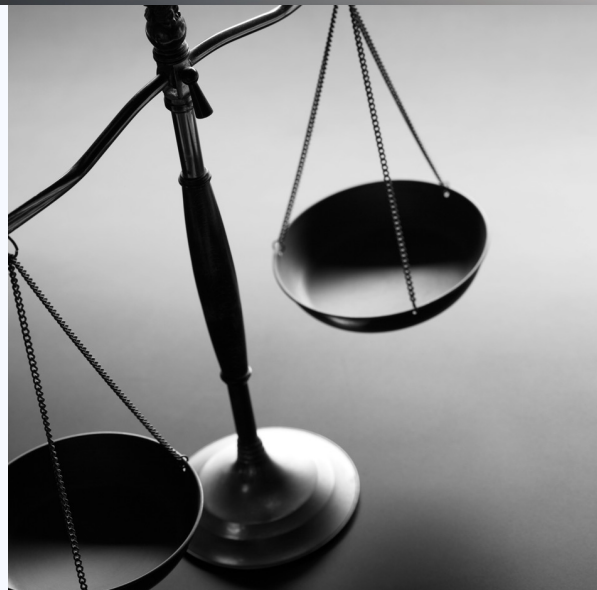
- If the student lives with both parents, the residence of both parents
- If the student lives with a single parent, the residence of that parents
- If the student's parents are separated or divorced, the residence of the parent to whom a court of competent jurisdiction has awarded primary custody of the student



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RESIDENCY REQUIREMENTS

- If no custody order has been entered, the student and the student's parents shall designate one parent's residence as the primary residence and communicate that designation to the participating school prior to participation in interscholastic athletic activities
- If a student lives with an individual to whom a court of competent jurisdiction has awarded legal guardianship of the student, the residence of that individual
- If a student has been emancipated, the student's residence at the time of emancipation
- If a student is a foreign national participating in a foreign exchange program authorized by federal and state law, the residence to which the student is assigned by the program or host PSU



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Bona Fide Change of Residence

3 Requirements to be considered a bona-fide change of residence:

- The original residence must be abandoned
 - *Sold, rented, disposed as a residence*
 - *Must not be used by any member of the family*
- The entire family must make change with household goods appropriate to the circumstance taken with them
- Change of school must be contemporaneous with the change of residence



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Residency Requirements

A student shall not participate in interscholastic athletics following a change in primary residence unless the change was made for a bona fide purpose and with the intent that it be permanent.

- An administering organization shall resolve, by a preponderance of the evidence, any disputes regarding a high school student's primary residence or whether a change in a student's primary residence was for a bona fide purpose



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Residency



A student may not participate at a second school during the same sport season, except in the event of a change in primary residence for a bona fide purpose and with the intent that it is permanent.



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 competent jurisdiction will not be accepted



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Residency Requirements

Absent a transfer between participating schools as provided in Section 5 (transfer requirements), a student shall be eligible to participate in interscholastic athletics on behalf of a participating school in which the student is enrolled if the student has attended any school within the jurisdiction of the same PSU as the participating school for the two preceding semesters.



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Enrollment Requirements

A student who attends a school supervised by a local board of education shall only participate in interscholastic athletics on behalf of the school to which the student is assigned.

A student enrolled in a charter school, regional statewide public school, or school operated by the University of North Carolina shall meet all the enrollment criteria for that school and attend that school.

- A student shall not participate in interscholastic athletics on behalf of that school unless the student's primary residence is within either:
 - The county in which the school is located, or
 - Twenty-five miles of the school as determined by an administering organization



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Transfer Requirements



After a student's initial entry into Grade 9, and absent a change in residence for a bona fide purpose:



Transfers from one school to another school within the same PSU shall not participate in interscholastic athletics for 365 calendar days following the student's enrollment in the new school

The PSU may adopt policy allowing immediate eligibility



Transfers from a school in one PSU to a school in a different PSU shall not participate in interscholastic athletics for 365 calendar days following the student's enrollment in the new school

Mutual agreement will grant immediate eligibility

If the governing bodies of the PSU disagree that a transfer by a high school student was for a bona fide purpose, the relevant administering organization shall resolve the dispute by a preponderance of evidence.

If the administering organization finds that the transfer was for a bona fide purpose, it may waive the 365-day period of ineligibility and shall notify both PSUs of its decision in writing.



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Transfers

- A student who receives priority enrollment as the child of a full-time employee of a charter school shall not be eligible to participate in interscholastic athletics for that charter school if DPI determines that the parent's employment was a fraudulent basis for the student's priority enrollment
- A student determined to be ineligible shall be ineligible to participate in interscholastic athletics for 365 calendar days following discovery of the violation



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Transfer Requirements

Transfers from a public school to a nonpublic school within 365 calendar days transfers to a different public school, the transfer from the nonpublic school shall be treated as a transfer from a public school

Transfers to NCSSM are exempt

No student shall participate in more than one season of interscholastic athletics per year in the same sport, regardless of the school on behalf of which the student participated



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SCHOLASTIC REQUIREMENTS

A student must be in good academic standing.
The student attended at least 85 percent of the total number of instructional days in the PSU during the previous semester, **excluding absences qualifying as excused under SBE Policy ATND-000.**

The student passed at least 70 percent of the courses taken in the preceding semester

The student is making sufficient progress toward meeting the academic and curricular requirements of the PSU and the State Board of Education to be promoted to the next grade level or to graduate within the next calendar year



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AGE REQUIREMENT

Shall not participate on a high school team if the student becomes 19 years of age on or before August 31 of that school year

Each PSU shall determine the age of a student participating in interscholastic athletics based on a preponderance of the evidence known to the PSU

A student who is ineligible to participate at one grade level due to age shall be eligible to participate at the next higher grade level only, provided that a student:

Shall be eligible to participate at the high school level for no more than eight consecutive semesters

Begins with the student's initial entry into Grade 9



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BIOLOGICAL REQUIREMENTS

All teams participating in interscholastic or intramural athletic activities shall comply:

Each team shall be expressly designated by the biological sex of the team participants as one of the following:

- Males, men, or boys
- Females, women, or girls
- Coed or mixed

Athletic teams designated for females, women, or girls shall not be open to students of the male sex

A student's sex shall be recognized based solely on the student's reproductive biology and genetics at birth



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MEDICAL REQUIREMENTS

To be eligible to participate in interscholastic athletics, a student shall receive a medical examination every 395 days

Licensed physician (MD or DO), nurse practitioner, or physician assistant



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Criminal History



Prior to deeming the student ineligible, the relevant rules administrator shall obtain a certified copy of a criminal record reflecting the plea or conviction and verify that the student is the same individual identified in the criminal record.



A student shall not participate in interscholastic athletics after pleading guilty or "no contest" to, or being convicted of, a felony under the laws of North Carolina, the United States, or any other state.



Prior to deeming the student ineligible, an administering organization shall receive a certified copy of a criminal record reflecting the plea or conviction and verify the student is the same individual identified in the criminal record.



If the student enters a deferred prosecution agreement, conditional discharge agreement, or similar diversionary program, the student shall remain ineligible during the probationary period imposed by the agreement.



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Request for Waiver

An administering organization shall, in an individual student's case, waive any eligibility requirement it finds that enforcing the requirement:

- fails to promote academic progress, health, safety, and fair play
- works an undue hardship on a student who has lost eligibility due to circumstances that made participation impossible, such as prolonged illness or injury
- prevents the reasonable accommodation of a student's disability, as required by the Americans with Disabilities Act, 42 U.S.C. 12101 et seq
- Note: In any case where the membership entity has applied for a waiver, the student remains ineligible and may not participate in practices or contests until the NCHSAA has approved or has been required by the decision of the appeals board to approve the waiver.



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Request for Waiver Submission to NCHSAA



Must be filled out by Athletic Director or Principal



Must have supporting documentation of the following:

Doctor's notes, parent's notes, etc....
Current Transcript
Current Absence Documentation
Courses taken/courses passed
Complete description of why the waiver is being requested



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Request for Waiver Submission to NCHSAA

- For purposes of determining whether a student meets the attendance requirement of ATHL-005, Section 6.a.i or Application Note 1.2.6(a)(1), an absence is an unexcused absence as determined by the membership entity.
- Excused absences are not considered absences for this purpose
- For example, if a student participates in a school trip, is excused from a final examination, or is otherwise excused from attendance, the membership entity should not consider such absences in determining whether a student meets the attendance requirement.
- No member school should apply for a waiver of the attendance if the student meets the attendance requirement when excused absences are not counted



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2026-2027 NC SBE

Amateur Rules
ATHL-007

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Amateur Rules

A student shall not participate in interscholastic athletics after any of the following:

- Graduation from high school
 - Except that the student may continue to participate in playoff and state championship contests in spring sports after graduation
- Signing a professional athletic contract
 - Except that the student may continue to participate in any sport for which the student has not signed a professional contract




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Amateur Rules

Receiving remuneration as a participant in an athletic contest, except that the student may accept a gift, merchandise, or other thing of value, provided that:

- The value does not exceed two hundred-fifty dollars (\$250.00) per student per season
- The item is totally consumable and nontransferable, or labeled in a permanent manner (e.g., an engraved or monogrammed item)
- The item is approved by the principal of the student's school and the local superintendent

Participating on an all-star team or in all-star game or bowl game that is not sanctioned by the administering organization of which the student's school is a member

- The student shall be ineligible only for that sport

Entering into an NIL agreement, unless the student has complied with the requirements of SBE Policy ATHL-008



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Amateur Rules

A student shall not be deemed ineligible for payment by an administering organization, PSU, or athletic booster club affiliated with the student's school or PSU for essential expenses arising from a specific interscholastic athletic contest in which the student participates.

- Essential expenses shall include the reasonable cost of meals, lodging, and transportation

A student shall not be deemed ineligible for receipt of a nominal, standard fee or salary for instructing, supervising, or officiating an organized youth sports program, recreational activities, playground, or camp, whether or not affiliated with a PSU.



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2026-2027 NC SBE

Name, Image, and Likeness
ATHL-008

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Name, Image, and Likeness

Requirements for student participating in interscholastic athletic to license the use of their name ,image, or likeness for commercial purposes.

Definitions:

- Compensation – anything of value to the student or an immediate family member of the student including cash, in-kind gifts, discounts, and other tangible items.
- NIL – Name, Image, or Likeness – the use of the student’s name, image, likeness for commercial purposes and in exchange for compensation to the student or immediate family member.
- It is NOT pay –for –play



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Name, Image, and Likeness



NIL agreement - a formal agreement or contract to use a student's name, image or likeness for commercial purposes and in exchange of compensation to the student or an immediate family member of the student; or an agency contract, as defined by G.S. 78C-86(1).



School administrator – principal and athletic director of the student's school, the local superintendent, the chairperson of the PSU governing body, and the head coach of any sport in which the student participates during the terms of the NIL agreement.



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Name, Image, and Likeness

- A student participating in interscholastic athletics may enter an NIL agreement subject to the following restrictions:
- Shall not condition the receipt, type, or extent of any compensation on the extent of quality of the student's athletic performance.
- If the student is under 18, parents or. Legal guardian shall be a party of the NIL agreement.
- The NIL agreement shall hold the following parties harmless from any liability related to, or arising from the NIL agreement:
 1. Governing body of the PSU
 2. An administering organization in which the PSU is affiliated as well as officers and employees
 3. The SBOE and DPI as well as their officers and employees
 4. The NIL shall otherwise comply with state and federal law



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Name, Image, and Likeness –Recruitment and Agency Restrictions

No athletic director, other employee of the PSU, **member of the PSU governing body**, representative of the athletic booster club, or representative of an NIL collective shall NOT:

- Use the promise of an NIL agreement to recruit a student to a specific school or participate in a specific sport.
- **Act as a student's agent or marketing representative or otherwise facilitate an NIL agreement between a student and a third party.**
- A "representative" of an athletic booster club or NIL collective shall include an officer or any person authorized to conduct business on behalf of the organization.



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Name, Image, and Likeness

The student shall disclose the NIL agreement to the school administrators in accordance with the following procedures:

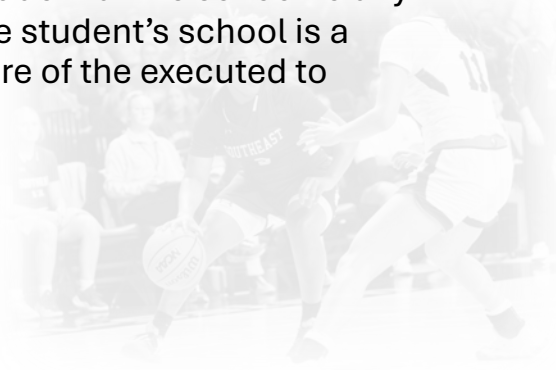
- No later than 10 business days prior to the execution of the proposed NIL agreement or an amendment to the existing Nil agreement
- No later than 5 business days after the execution or amendment of the NIL agreement, the student shall provide a complete and unredacted copy of the executed NIL agreement or amendment to the school administrators
- No later than 10 business days prior to the student's entry into an NIL agreement, the student shall complete the NIL education course offered by the NFHS.
- IF the student is under 18 years of age, the student's parents or legal guardian shall also complete the course.
- A completion certificate shall be provided to school administrators



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Name, Image, and Likeness

Athletic directors shall submit a current copy of any executed or amended NIL agreement involving a student at the school to any administering organization of which the student's school is a member within 30 days of the disclosure of the executed to amended NIL agreement



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PERMITTED NIL ACTIVITIES

- Public Appearance and Commercials
- Autograph signings
- Athletic camps and clinics
- Sale of non-fungible tokens
- Product or service endorsements
- Promotional activities (in-person events and social media advertisements)
- Any other commercial activities that are intended to promote a product or service offered by, increase the profits of m, or otherwise generate financial benefits for a party to the NIL agreement for the use of the student's name, image, and likeness.



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PROHIBITED NIL ACTIVITIES

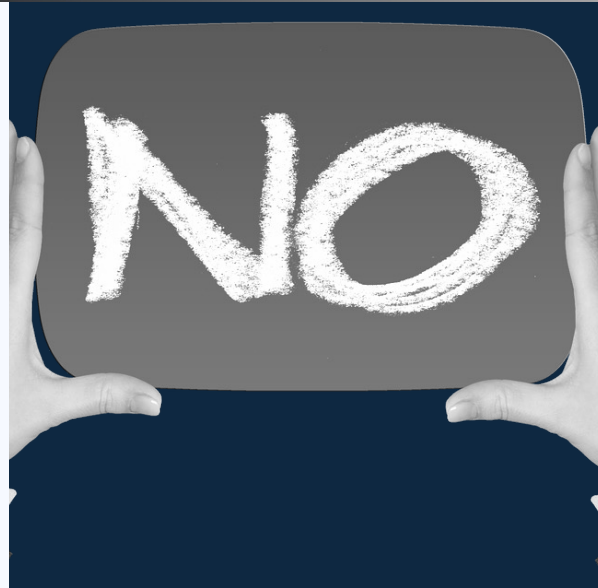
Appear in uniform of the student's school or sport's team, or otherwise display the intellectual property of any school, PSU, conference, administering organization, or the NFHS.

Make any reference to a school, PSU, conference or administering organization.

Receive compensation for the use of intellectual property of any school, PSU, conference, administering organization or the NFHS.

Intellectual property includes the name, uniform, mascot, mark, or logo of the entity that owns the intellectual property

No student shall endorse or promote the goods or services of any third-party entity in which the student has entered an NIL agreement during interscholastic competition or other school-based activities or events.



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PROHIBITED NIL PROMOTIONS

Adult establishments

Alcohol or alcoholic products

Tobacco, vaping, electronic smoking devices or other nicotine products

Cannabis or cannabis products

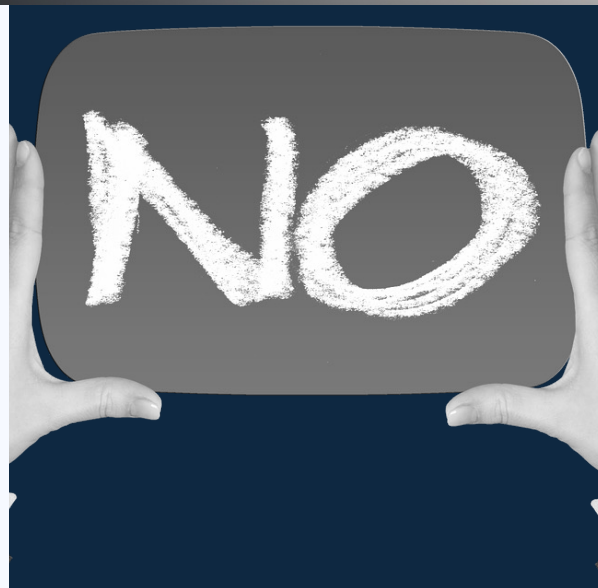
Controlled substance

Opioids or prescription pharmaceuticals

Weapons, firearms, or ammunition

Casinos or gambling

Activities that would disrupt the operations of the school or PSU



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2026-2027 NC SBE

Limitations on Recruiting and Undue Influence
ATHL-009

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RECRUITING AND UNDUE INFLUENCE

No student, coach, professional educator, or other employee of a PSU or administering organization shall subject a student to undue influence by any other student, coach, principal, local superintendent, or other PSU employee for the purpose of inducing or causing the student to transfer from one participating school to another to participate in interscholastic athletics on behalf of the receiving school.



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Recruiting and Undue Influence

Undue influence means communication or conduct undertaken for the purpose and intent of soliciting or encouraging a student to enroll in a participating school, including the following:

- Initiating or arranging communication or contact in any form.
- Visiting or entertaining the student or a member of the student's family.
- Providing or arranging for transportation for the student or a member of the student's family to visit a participating school or meet with anyone associated with the participating school.
- Communicating to a student or a member of the student's family, either implicitly or explicitly, that a participating school's athletic program or sports team is superior to that of another participating school, or that it would be advantageous for the student to participate in athletics at a specific participating school. Such communication may be oral, written, or audiovisual in format.



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Recruiting and Undue Influence

A party alleging undue influence shall direct the initial inquiry or report to the appropriate administering organization in accordance with the procedures adopted by the administering organization

- The party alleging undue influence bears the burden of proving undue influence by a preponderance of the evidence

If the administering organization finds by a preponderance of the evidence that the accused party has engaged in undue influence

- The administering organization shall impose penalties



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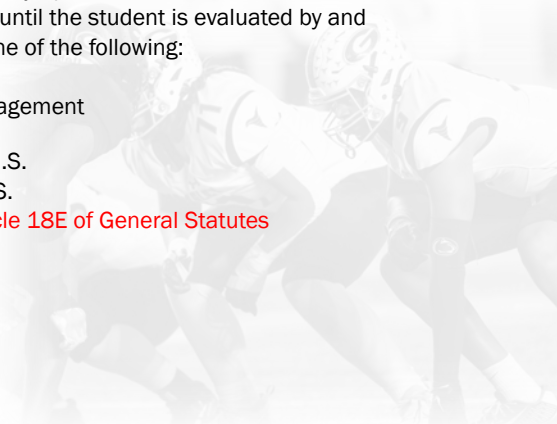
Student Health and Safety
ATHL- 015

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Evaluators of Concussion

..... A student removed from play for exhibiting signs or symptoms consistent with concussion shall not return to play or practice on a subsequent day until the student is evaluated by and receives written clearance for such participation from one of the following:

- A physician with training in concussion management
- A neuropsychologist with training in concussion management
- A licensed athletic trainer
- A physician assistant, consistent with limitations of G.S.
- A nurse practitioner, consistent with limitations of G.S.
- A physical therapist, licensed under Chapter 90, Article 18E of General Statutes




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QUESTIONS



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**Master
Eligibility Sheets, coaches'
education, dragonfly, sports'
information**

Alfie Wheeler – Assistant Commissioner

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Master Eligibility Sheet

- 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
- No student shall be listed on the sheet unless, and until, documents substantiating eligibility are on file with the school
- 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
- Not required to be on file with the NCHSAA but made available upon request
- Required to be shared among conference schools in each sport



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Completing Master Eligibility Sheets

- When completing Master Eligibility Sheets, if a student's parent(s) or legal custodian(s) does not live within the boundary, please make all of the required entries and enter one of the following eligibility criteria on the second page:
 - Student is eligible based on PSU or LEA assignment
 - Two PSU or LEAs mutually agree
 - Absence a transfer, the individual has been a student in the PSU for two preceding semesters
 - Has received a waiver by the NCHSAA or through SBE appeals process



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Eligibility Summaries



Submission

Through DragonFly
September 1 (Fall)
December 1 (Winter)
March 15 (Spring)



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Purpose

Certifies that all pre-season meetings have been conducted

Certifies that student-athletes and their parents have signed the sportsmanship pledge and certifies that their student-athletes are eligible in all respects

Certifies coaches have signed the "Code of Conduct for Coaches" and viewed the Eligibility Video

Certifies that each school has an updated Emergency Action Plan

Certifies all coaches, student-athletes, and parents have viewed the "CrashCourse" Concussion Video prior to participation



Responsibility

It is the principal's responsibility to ensure all information is correct

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Required Coach Education

Before First Practice (All Coaches / Head Coaches)

- NFHS Concussion in Sports (**annual**)
- Pre-Season + CrashCourse Concussion Videos (**annual**)
- Valid AED/CPR Certification (**hands-on required**)

Before Contest / Participation (As Applicable)

- Athletic Director*: Afterschool Security Course (**one-time**)
- Cheer Coach: Cheer & Dance Safety Certification (**every 4 years**)
- Pole Vault Coach: Coaching Pole Vault Course (**one-time**)

*Required for ADs; encouraged for game-day administrators



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DragonFly



Data Management Platform



Required School Information in DragonFly

All Contact Information for Administrators/Coaches/School Personnel

Coaches Education Tracking

Home Game Schedules

Forms Submitted to NCHSAA

- Vault
- Game Schedules



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State Championships & Invationals

Fall	Winter	Spring
Football	M Basketball	Baseball
M Cross Country	W Basketball	Softball
W Cross Country	M Swimming	M Lacrosse
W Volleyball	W Swimming	W Lacrosse
M Soccer	M Indoor Track	M Track and Field
W Golf	W Indoor Track	W Track and Field
W Tennis (Ind and DT)	M Wrestling (Ind and DT)	M Golf
W Flag Football	W Wrestling (Ind. only)	M Tennis (Ind and DT)
Cheer Invitational		W Soccer
		M Volleyball



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Conferences



Sets its own constitution and by-laws for regular season



President and/or secretary responsible for submitting standings for post-season (individual sports)



All-Conference teams and awards governed by conference



Forfeitures handled at the conference level

If a team drops a sport before the end of the first round of conference play, the remaining games against the school that dropped the sport are forfeits
For the second round, those scheduled games become a no-contest so that schools can schedule other opponents



Know your conference President and Secretary



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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.

All provisions of the contract must be fulfilled by both parties unless canceled by mutual agreement.
The NCHSAA has no responsibility for enforcing oral contracts.



A contract should be in place for all non-conference games



The contract should stipulate the remedy for an un-played contest(s)



Absent a signed contract, no forfeiture shall be awarded without mutual agreement



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Composite Teams



No membership entity may use students of two or more of its regularly constituted high schools, which offer an athletic program, to form a "composite team."



A PSU, 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 a PSU 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 and membership dues purposes when other students are assigned to regularly constituted high schools



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Game Rules

All high schools participating in interscholastic athletics shall use the game rules as set forth by the NFHS

Golf and tennis shall use USGA and USTA rules respectively, except where local modifications apply



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Uniforms

The intent of a nickname is to refer to a shortened version of the schools' name or official mascot, such as "Jags" for "Jaguars" or "Cards" for "Cardinals". It is NOT intended to encompass local or community slang such as using the word "The", directional references, street names, or anything that is not the official name of the school or official mascot.

Schools are encouraged to reach out to the NCHSAA should they have any uniform questions



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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.



No authorized practice, contest, or workouts may occur during the workday 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 workday.

Exception: if a superintendent gives permission for schools in his/her unit to practice prior to the end of a workday due to inclement weather only.



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.



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Post-Season Starting Times

Playoff games are under the auspices of the NCHSAA.

Monday-Friday: Contests are set for 7:00 p.m.

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

- Game time will be 6:00 p.m. if the visiting team is over 100 miles one-way
- Any deviation from this must be approved by the NCHSAA
- Football post-season games are set for 7:00 p.m. (Any deviation must be approved by the NCHSAA)

Saturday: Teams may play at any time if mutually agreed upon.

- If teams cannot mutually agree, the higher seeded team may choose a starting time between 1:00 p.m. and 7:00 p.m.
- Between 1:00 p.m. and 6:00 p.m. if the visiting team is over 100 miles one-way.

Schools may play earlier than the playoff date designated on the bracket by mutual agreement.



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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.



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.



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Postponed 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



No more than three/four contests may be played in a single week even with postponements and rescheduling



Postponed games will be made up in the order of postponement on the next possible date; During the regular season, Saturday will not be used as a makeup day unless mutually agreed upon by the two schools involved, except for the 11th playing date in football



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Postponed Games

Unless approved by the NCHSAA, a postponed game may not be played after the reporting deadline for playoffs

When a playoff game is postponed and then rescheduled, the principals of both schools, along with the NCHSAA, should be involved with the decision

Saturdays must be used as makeup days for playoffs



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Suspended Games

- NCHSAA uses the suspended game rule in all sports where appropriate
- 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(m), Lacrosse 4.7.1(m), Soccer 4.8.1(l) and Softball 4.9.1(l) for specific applications in those sports)
- A suspended game may be continued in another week and not count against the weekly limitations



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Season Limitations

- All regular season games and conference tournaments must be completed before the playoff reporting date.
- The season ends for all sports with the reporting deadline or when defeated in the state playoffs
 - NOTE: A conference tournament, if held, may be held at any time during the regular season. It does not have to be a culminating event for the regular season unless specified by conference bylaws
 - 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
- 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
- Conference Tournament contests count toward RPI. Varsity Conference tournament contests DO NOT count toward the season limitation. JV Conference tournament contests DO count toward the season limitation.



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Sports Seasons



The sports season for a school is defined as that period which begins with the opening date of practice (as called for by each individual school) and goes through the reporting deadline or a team's final playoff game in a particular sport



Sports seasons have been created to provide balance to the athletic calendar so that students have an opportunity to compete in a variety of sports throughout the school year



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Skill Development



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, workdays, etc.



On a given day, an athlete is limited to 2 hours of skills development or weight training/conditioning during the academic school year calendar, inclusive of all weekends, holidays, workdays, etc. Skill development sessions are not to exceed 2 hours in duration including flex time (stretching), meetings, video review and breaks.



Skill Development Sessions are allowed but shall not be held during any tryout period of an in-season sport



A list of the Dead Periods can be found on the NCSHAA Sports Calendar on the NCHSAA website under Schools and Parent and Students



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Skill Development

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 2.2.14

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.

Skill development sessions are open only to students enrolled at that school



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Skill Development



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



If a high school coach, regardless of the sport he or she coaches at the high school, also coaches an outside team (non-school or club team) outside the sports season but during the school year and has any students from the high school on that outside team, the coach is prohibited from working with any of those students during a dead period



Coaches coaching an outside team either during the sports season or outside the sports season, but during the school year, must still abide by the number restrictions (one less than a team)



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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

Practices involving other schools are not permissible

To participate in summer workouts, students must have a current and valid pre-participation physical examination

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



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Summer Dead Periods



During the "Summer Dead Periods" no NCHSAA member school-sponsored activities may be organized or conducted by any NCHSAA 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)



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.)



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.)



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Summer Dead Periods

- Examples of activities that would be considered “non-school-sponsored activities” and MAY be done:
- 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)
- 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



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Weight Training and Conditioning



During the academic year, a program of weight training is permitted at any time, except for the last five student days of the first semester and the last ten student days of the second semester



Personnel knowledgeable in this area should always be on hand to observe the proper techniques are followed in the weight training and conditioning workouts



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Game Day Administrator

- 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 management coordination, etc.
- The gameday administrator shall be the athletic director of the host school of an athletic event
- If the athletic director is unavailable, he/she should designate a staff member to be the gameday administrator
- If no additional personnel are available during the contest, the head coach of the home team shall be the gameday administrator
- A gameday administrator is required for all 7-on-7 events in football



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QUESTIONS



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Officiating

Rhonda Dreibelbis
Assistant Commissioner, Sports and Championships

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Officiating

- NCHSAA**
 - Eddie Simmons, Director of Officiating Services
 - NCHSAA Officiating Oversight
- Regional Supervisors**
 - Recruit, Train, Assign, Evaluate, Retain
- Game Officials**
 - Boots on the Ground



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Officiating



Must provide a place to park for the officials



Should greet the officials upon arrival (Student leadership group representative or an individual that would allow AD to take care of other duties at halftime and after the game)



Designate a game administrator for the contest. The game administrator must participate in pre-game 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



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Officiating

Escort the officials to their dressing room.

Work toward improving dressing facilities for officials, especially in privacy

Would you put the visiting principal and /or superintendent in the same area that you place the officials?

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

Must submit schedules to regional supervisors by approved deadlines



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Officiating



Fees that are to be paid to the regional supervisor to assign your games can be found in the NCHSAA handbook.



All regional supervisors are listed by sport



The schools assigned to each regional supervisor are listed on the NCHSAA website under [Officiating>Regional Supervisors>Sport>Schools Assigned](#)



All information on officiating can be found in this section of the handbook



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Reporting Ejections

Patrick Paye
Director, Sports and Championships

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Sportsmanship and 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



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Sportsmanship and Ejection Policy

The following examples include behavior or conduct that will result in an ejection from a contest:

- Fighting, which includes, but is not limited to, combative acts such as:
 - An altercation between 2 or more parties that includes swinging, hitting, punching and/or kicking;
 - An attempt to strike an opponent with a fist, hands, arms, legs, feet, or equipment;
 - An attempt to punch or kick an opponent, regardless of whether or not contact is made;
 - An attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes the opponent to retaliate.



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Sportsmanship and Ejection Policy

The following examples include behavior or conduct that will result in an ejection from a contest:

- Leaving the bench area -- coming onto the playing area illegally;
- Flagrant contact, which includes, but is not limited to, combative acts such as:
 - Maliciously running over the catcher/fielder without attempting to avoid contact
 - Excessive contact out-of-bounds or away from playing action that is unwarranted and extreme in nature.
 - Tackling/taking down a player dangerously in a malicious manner
 - Illegally hitting or cross-checking an opponent in an excessive manner with the stick in lacrosse



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Sportsmanship and Ejection Policy

The following examples include behavior or conduct that will result in an ejection from a contest:

- Biting observed or determined by an official;
- Taunting, baiting or spitting toward an opponent or official;
- Profanity, inappropriate language, racial/ethnic slurs, sexist, or homophobic language;
- Obscene gestures, including gesturing in such a manner as to intimidate or instigate;
- Disrespectfully addressing an official (physically contacting an official is subject to automatic expulsion and can result in ineligibility for the remainder of career); or,
- Use of tobacco products, alcoholic beverages, or other controlled substances.



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Ejection Penalties



Coach or student-athlete is suspended from the remainder of the scrimmage - this is inclusive of multiple scrimmage events on the same day (jamboree)



Student-athlete must complete the NFHS "Sportsmanship" course before being eligible to compete in next scrimmage or contest



Coach must complete the NFHS "Teaching and Modeling Behavior" course for any student-athlete or coach ejection during the scrimmage



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Ejection Penalties

- Ejection Penalty - A membership entity shall impose at least the following penalties on a student, coach, or school official who is ejected from an interscholastic athletic contest:
 - For the first offense, the person shall be reprimanded and suspended from participating in the next game at that level of play (varsity or junior varsity);
 - For a second offense, the person shall be placed on probation and suspended for the next two games at that level of play (varsity or junior varsity);
 - For a third offense, the person shall be suspended for one calendar year; and
 - A coach who is suspended shall not coach any team for any grade level during the period of suspension
- Penalties are cumulative from sport to sport and from sport season to sport season. If a member of the school's coaching staff is not present to assume an ejected coach's duties, the contest shall be terminated by a forfeit



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Ejection Penalties

- Penalties are not cumulative academic year to academic year
- Ejected student-athletes may practice during their suspensions but may not play
- 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
- Student-athletes who are disqualified or ejected during a contest will remain in the team area for supervision
 - **Should not participate in the post-game activities such as handshake line**
- Anytime a student-athlete or coach is ejected from a contest, he or she does not participate or coach the remainder of that day
- The coach is not permitted to be at the game site during his or her suspension, but the student-athlete is allowed at the game site



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Ejection Penalties

Any student-athlete or administrator who is ejected from a contest is required to complete the NFHS “Sportsmanship” course before being eligible to return to competition

Any coach who is ejected from a contest must take the NFHS “Teaching and Modeling Behavior” course before being eligible to return to competition

If a team has student-athletes ejected due to fighting, the head coach must take the NFHS Learning Course “Teaching and Modeling Behavior”. It must be completed before coaching in the next game



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Ejection Report in DragonFly



Ejection Report

Contest Information

Ejection Report

Participants: NCHSAA Conference Administrators vs NCHSAA | North Carolina High School Athletic Association
 Sports: Varsity Boy's Basketball
 Contest Date: 07/10/2024 @ 7:00:00 PM EDT
 Host Team: NCHSAA | North Carolina High School Athletic Association

Reporting Official Information

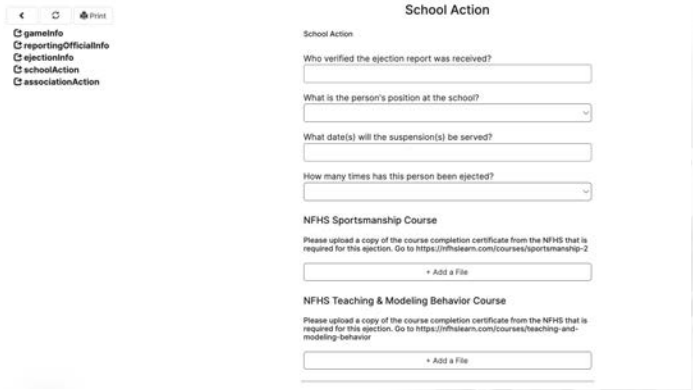
Reporting Official's Info

Name of Regional Supervisor

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Ejection Completion in DragonFly



School Action

School Action

Who verified the ejection report was received?

What is the person's position at the school?

What date(s) will the suspension(s) be served?

How many times has this person been ejected?

NFHS Sportsmanship Course

Please upload a copy of the course completion certificate from the NFHS that is required for this section. Go to <https://nfhslearn.com/courses/sportsmanship-2>

+ Add a File

NFHS Teaching & Modeling Behavior Course

Please upload a copy of the course completion certificate from the NFHS that is required for this section. Go to <https://nfhslearn.com/courses/teaching-and-modeling-behavior>

+ Add a File

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Sanctioning

Rhonda Dreibelbis
Assistant Commissioner, Sports and Championships

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NFHS Sanctioning Required

- All contests between two (2) teams during the sport season whether home or away including scrimmages and regular season involving a non-North Carolina school does not need sanctioning. This does not apply to foreign country teams.
- Competitions that Require NFHS Sanctioning: **The host school should complete the NFHS Sanction Application.**
 - 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 (College/university, a theme park, an athletic shoe/apparel company, etc.)
 - Event that involves non-bordering state(s) if more than 5 states are involved.
 - Event that involves non-bordering state(s) if more than 8 schools are involved.
 - Any event that involved two (2) or more schools that involves a team from a foreign country.



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North Carolina Sanctioning Required

- The host school should complete the NC Sanctioning form on the NCHSAA website under sanctioning.
- Send the completed document with a list of all participating schools along with their city and state to the NCHSAA attention to Rhonda Dreibelbis (rhonda@nchsaa.org)
- Interstate competition when an event does not meet any National Federation Sanctioning requirements but involves at least one of the following:
 - The event only involves state(s) that border North Carolina (GA, SC, TN, and VA)
 - Five (5) or fewer states participating when there is a non-bordering state involved.
 - Eight (8) or fewer schools participating when there is a non-bordering state involved.
 - Sanctioning should be made a minimum of 30 days in advance of the proposed event.



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SANCTIONING

When participating in an event that involves another state, please be mindful of the following rules and regulations:

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 anytime the event matches to a red, the event must be NFHS sanctioned.
 Step 5: If the event matches a blue and no reds, the event must be NCHSAA Interstate sanctioned
 Step 6: If the event matches only yellow, the event does not need sanctioning.

	Only NC schools involved	Event only involves state(s) that border NC (GA, SC, TN and VA)	Event has at least 1 non-bordering state involved	International team or school involved	Event is sponsored or held in care of organization outside of school community (conferences, theme parks, sports centers, etc.)
Only NC schools involved	Black	Black	Black	Black	Yellow
1 vs. 1	Yellow	Yellow	Yellow	Red	Red
6 or more states involved AND 9 or more schools involved	Black	Black	Red	Red	Red
6 or more states involved AND 8 or less schools involved	Black	Black	Red	Red	Red
5 or less states involved AND 9 or more schools involved	Yellow	Yellow	Red	Red	Red
5 or less states involved AND 8 or less schools involved	Yellow	Yellow	Red	Red	Red

Red: NFHS Sanctioning Required <http://www.nfhs.org/sanctioning/>
 Blue: NCHSAA Interstate Sanctioning Required
 Yellow: No Sanctioning Required (Other state(s) may require sanctioning)
 Striped: Not Applicable

Scrimmages must be sanctioned if they meet the above criteria

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Awards and Special Programs

Alfie Wheeler
Assistant Commissioner

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Certifications/Awards/ Scholarships

NFHS Level 1, 2 and 3 Certification	NIAAA Certifications (RAA, CAA, and CMAA)	NCHSAA Hall of Fame – Recognizing individuals and their significant contributions to the NCHSAA
Performance of the Month – OrthoCarolina	Wells Fargo Cup – Alex Bass (alex@nchsaa.org)	NCHSAA Male and Female Athlete of the Year, Scholar-Athlete, and Heart of a Champion



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Awards and Scholarships Cont.



Commissioner's Trophy (Powered by Truist)



NCHSAA Exemplary School Award

This award is given as a cooperative venture among the NCHSAA, the North Carolina Coaches Association and the North Carolina Athletic Directors Association. In addition to a trophy and a banner for display, each school that earns this honor receives a \$1000 cash award



Homer Thompson "Eight Who Make A Difference" Award

This award recognizes eight coaches who exemplify good sportsmanship and are positive role models for student-athletes
Deadline: April 1 each year



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Business and Finance

Rhonda Dreibelbis
Assistant Commissioner

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Business and Finance Contact

Tavares Toomer
 Director, Finance and Business
 919-240-7366 | tavares@nchsaa.org



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Funding



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Playoff Revenue Share



For each round of the playoffs, the revenue after expenses will be shared with host school, NCHSAA, and visiting school.



Host school will enter playoff financials into Dragonfly



The form will be associated with the Game Schedule



Deadline to submit financial form: 10 days after the playoff event

(Penalty for noncompliance could lead to the school being ineligible for next season's playoffs)



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Membership Dues



\$1.00 per student (entire student body)



Membership renewal will entail a written agreement between the member school and NCHSAA (Principal Signature will need to be on the form)



Send in form along with payment by Dec. 1

(Invoices will be generated in Dragonfly and each school will be notified when invoices are available)



Non-payment may result in being ineligible for the winter sports' playoffs



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Catastrophic Insurance

Per HB 79

- G.S. 115C-407.65(b) : Public school units shall purchase catastrophic insurance for high school interscholastic athletic activities. Public school units may purchase catastrophic and other accident insurance for students as provided in Part 2 of Article 31A of Chapter 58 of the General Statutes
- The NCHSAA does not provide Catastrophic Insurance



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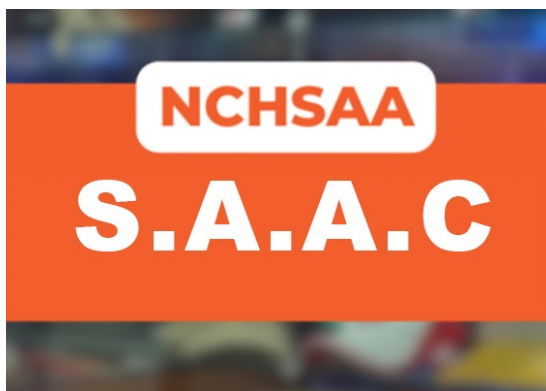


SAAC & Health and Safety

Janna Fonseca
Director
Health, Safety, Wellness, and Student Services

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NCHSAA SAAC Program



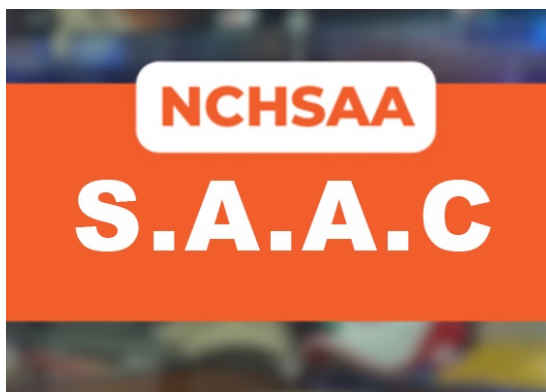
The NCHSAA Student-Athlete Advisory Council is comprised of up to 26 members who represent each NCHSAA region and the more than 200,000 athletic participants.

Selected SAAC members are a diverse group of high school Sophomores, Juniors and Seniors who have met the following minimum criteria:

- Met all eligibility standards as outlined in the NCHSAA Handbook
- Possess leadership ability
- Are viewed as positive role models in their school and community
- Work well with students from a variety of social groups
- Exemplify the tenets of Student Programs and Sportsmanship (Character, Integrity, Citizenship, and Respect)

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For Your Information



- Students will make plans for the NCHSAA Student Leadership Conference – April/May
- Members for the succeeding school year are selected in late spring of each year
- Please contact NCHSAA SAAC Coordinator Janna Fonseca (janna@nchsaa.org) for more information and details.

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HEALTH

PPE

Return to Play after Illness and Injury (non-concussion)

Forms located on NCHSAA.ORG
→ SCHOOLS → Health & Safety

Personnel

- Licensed Athletic Trainer
- First Responder
- Compliance Reporting in DragonFly



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HEAD

Gfeller-Waller Concussion Awareness Act

- Pre-season education
- Post-injury plan
- EAPs
- The role of PTs in concussion management

CrashCourse Video Viewing



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HEART



All coaches, regardless of status, must be certified in CPR / AED use



AED access



AED maintenance



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HEAT



Acclimatization Guidelines



Scientifically-approved device to measure WBGT



Cool first, transport second



Weather disturbances and where to evacuate



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

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Point of Emphasis for 2026-2027

Emergency
Action Planning
is critical

A pre-game EAP
review should be
done before
every contest



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History of NCHSAA

Que Tucker
Commissioner

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History of the NCHSAA

-  The North Carolina High School Athletic Association, Inc.,
-  Spearheaded by UNC professor Dr. Louis Round Wilson in 1912.
-  State championships were held in football and track in 1913; several other sports added soon thereafter.
-  Membership open to any North Carolina public or non-boarding parochial high school if accredited by DPI.
-  Must adopt and maintain a prescribed code to guarantee fair competition.



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History of the NCHSAA

June 2010, the NCHSAA became an independent organization no longer affiliated with UNC.

The Association continues as a 501 (c) (3) voluntary non-profit organization.

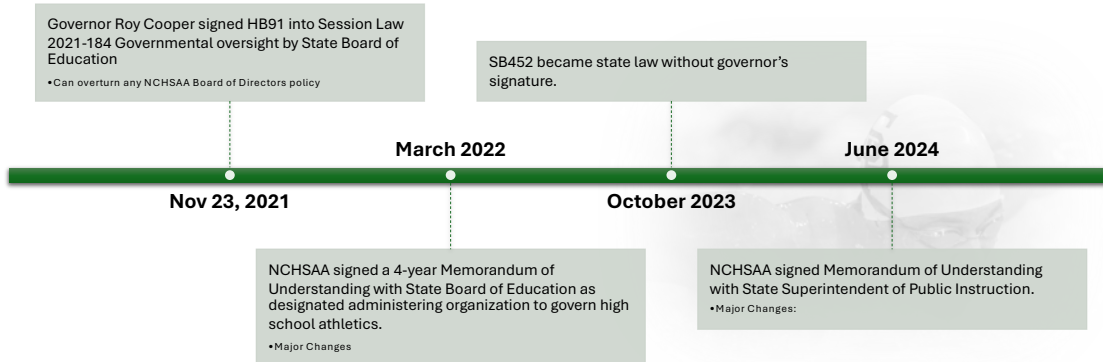
In 2014, the building underwent a year-long renovation.

Beginning in the 26-27 school year, the NCHSAA will have 450 member schools.



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History of the NCHSAA



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Constitution



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Board of Directors

President, Vice-President, Past-President, Commissioner

16 individuals representing the NCHSAA from across the state

- 10 Superintendents/Principals
- 6 Athletic Directors/Coaches
- Two per region
- Four-year term

Five Ex-Officio members

- NCCA
- NCADA
- NCDPI
- NCSBE
- Officiating



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Board of Directors

Meets Bi-Annually

- Winter
- Spring

Board Sub-Committees

- Finance & Personnel
- Policy
- Review & Officiating
- Sports

Annual Meeting

- Nominating Committee Report and Voting
- Updates from Commissioner and Board President



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NCHSAA Staff

Sports and Championships

Health and Safety

Officiating

Marketing and Development

Business

Web & Graphic Design

Communications

Interns



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QUESTIONS





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