Attachment P1

Policy Committee

Possibility of being independent in one sport

Submitted by: Chad Williams - First Flight High School/Dare County

Request:

Discussion Only (The item is submitted for Board discussion, information, or feedback. No formal Board action is requested.)

Consideration:

This year, we were forced to cancel our Varsity football season. We have had only 6 winning seasons in 23 years. The most games that we have won is 3, which we have done twice, since 2019. Our all time record is 88-149. This isn't about being competitive however. It is about being able to build and sustain a program. This year we had only 6 seniors and 7 juniors. This has been an ongoing issue. We made a concerted efffort to maintain a JV team and program the last two years. Our numbers are great with our younger kids.

One of the main issues, is that our conference is very-very good in football. Our kids have been afraid to compete at the varsity level. Our players are opting not to play after their sophomore seasons when they would become varsity players. Or without a JV team in previous years, they stood around during practices and never played. Whatever the rationale, these actions are consistently leaving us with very minimal numbers of kids that can safely complete. Therefore, we would like to start a discussion to explore the possibility of potentially becoming an independent in football only.

We realize that this could come with restrictions that could make us ineligible for the playoffs. We also realize the potential domino effects this could have with other schools in different sports. The difference here is that it truly is a safety issue for us and not one that is based on competitve scores. We would like to be able to get our program back to a place where we can compete with teams in our league.

Specific Request:

Unsure (This distinction is important because the MOU provides different authority for State Board rules and rules adopted by NCHSAA.)

Basis:

Unsure (This distinction is important because the MOU provides different authority for State Board rules and rules adopted by NCHSAA.)

Current Language / Proposed Language:

Effective Date:

Rationale:

The safety of student athletes and being able to sustain a program.

Educational Impact: This would allow our program to get back to firmer ground

Student Safety Impact: This would help with our numbers of upperclassmen continuing to play

Equity Impact: This would help with our numbers of upperclassmen continuing to play

Financial Impact: none

Operational and Administrative Impact: none

Legal or Compliance Considerations: no

First Flight High School Football All-Time Results

YEAR	RECORD	PTS ALLOWED	PTS SCORED
2004	1-10	438	57
2005	1-10	365	105
2006	5-7	308	214
2007	4-7	222	146
2008	8-4	221	278
2009	10-3	321	464
2010	8-4	310	430
2011	3-6	347	193
2012	6-5	288	248
2013	4-6	286	279
2014	2-9	416	178
2015	4-5	264	196
2016	6-5	319	396
2017	8-5	324	433
2018	5-7	354	315
2019	2-9	342	189
2020-21	2-4	173	113
2021	3-6	314	96
2022	0-10	391	123
2023	2-7	344	104
2024	3-7	295	144
2025	1-9	405	108
2026	0-4	91	38
23	**88-149**	**xxx**	**xxx**

Six winning seasons in 23 years

Notes:
FFHS beat Currituck 19-14 on Oct. 1, 2004, for the first win in school history
First winning season in 2008 included first-ever playoff appearance, a 23-13 loss at Franklinton.
Best-ever season in 2009 included second-place conference finish and first-ever playoff victory, 34-28 over Burlington Cummings
FFHS wins in the playoffs for a second straight year in 2010, beating South Lenoir 41-14 in the first round.
The 2017 season also included a second-place finish in league play, including a first-ever win over Hertford County.
Despite a regular-season record of 5-6 in 2018, the Nighthawks qualify for the playoffs and fall 49-12 at North Davidson in the first round. This is the football team's last playoff appearance.
The 2020 football season was shifted to the spring of 2021 to the Covid pandemic.
FFHS wins 30-12 at Norfolk Christian during Week 4 of the 2025 season for its last win.

The 2026 season ended after three close losses and four games overall due to a lack of healthy players on the roster. The Nighthawks fell 14-6 at Perquimans, 14-12 at home against Camden, 26-0 at Manteo, and 37-20 at home against Catholic.

THE MARLIN BOWL

Manteo won the first four Marlin Bowl trophies after the schools split, but FFHS went on a run of six straight victories from 2013 to 2018 to take control of the all-time series before Manteo won four of the last five. After this year's game, Manteo now leads the series 12-11.

2026: Manteo 26-0
2025: Manteo 40-6
2024: First Flight 14-2
2023: Manteo 16-12
2022: Manteo 20-15
2021: First Flight 27-8
2020-21: First Flight 26-0 (April 2021/pandemic spring football)
2019: Manteo 16-6
2018: First Flight 41-21
2017: First Flight 19-7
2016: First Flight 41-7
2015: First Flight 27-6
2014: First Flight 10-7
2013: First Flight 13-12
2012: Manteo 34-21
2011: Manteo 36-6
2010: First Flight 28-20
2009: Manteo 18-6
2008: First Flight 10-7
2007: Manteo 31-14
2006: Manteo 42-0
2005: Manteo 55-0
2004: Manteo 28-6

Attachment P2

Policy Committee

New School Acceptance Into A Conference Mid Realignment

Submitted by: John Hughes - Northwest Piedmont 1A/2A

Request:

Discussion Only (The item is submitted for Board discussion, information, or feedback. No formal Board action is requested.)

Consideration:

Request to add language to rule 3.1.2 to clarify who is responsible to report to the NCSHAA staff when a school is accepted into a conference during the midyear of the realignment process. Should the school, conference administrator, or both be required to let the NCHSAA know if a school is accepted during the mid year realignment cycle

Specific Request:

New Addition (The request proposes a new rule, policy, regulation, provision, or requirement rather than a change to an existing provision.)

Basis:

New Addition (The request proposes a new rule, policy, regulation, provision, or requirement rather than a change to an existing provision.)

Current Language / Proposed Language:

Effective Date:

Rationale:

Unclear who was responsible and when deadline was to add a new school to a conference

Educational Impact: None

Student Safety Impact: None

Equity Impact: None

Financial Impact: None

Operational and Administrative Impact: None

Legal or Compliance Considerations: None

Attachment P3

Policy Committee

Ejection Policy and Penalties

Submitted by: Alfie Wheeler - NCHSAA

Request:

Discussion Only (The item is submitted for Board discussion, information, or feedback. No formal Board action is requested.)

Consideration:

Discussion on the current ejection policies and penalties.

Specific Request:

Current NCHSAA Rule, Policy, Regulation, or Handbook Provision

Basis:

Current NCHSAA Rule, Policy, Regulation, or Handbook Provision

Current Language / Proposed Language:

3.3.8 (b) Ejection Penalty - In compliance with ATHL - 012, 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

Just discussion if there needs to be a change to this language.

Effective Date: no timeline

Rationale:

discussion only

Educational Impact: could affect the outcome of ejection penalties

Student Safety Impact:

Equity Impact:

Financial Impact:

Operational and Administrative Impact:

Legal or Compliance Considerations:

Sanction for NCCA to allow juniors to play in the East-West All-Star Games

Submitted by: Phil Weaver - NCCA

Request:

NCHSAA Board Action (The Board is requested to take formal action on the matter.)

Consideration:

NCCA Request of the NCHSAA

Adopted by unanimous vote of the NCCA Board of Directors on 7/19/2026.

We ask that the NCCA's East-West All-Star Games can conduct their events with junior class players. The NC State Board of Education requires sanctioning, but the NCHSAA is the only body allowed to sanction and the NCHSAA does not sanction events. We are caught in catch 22.

We do not want to open Pandora's Box or cause difficulty for the NCHSAA, but we have no choice but to ask its help. The precedent of virtually guaranteed sanctioning has been set for the East-West All-Star Games, The Shrine Bowl, and the Blue-White Basketball Game in Asheville. Before it removed itself from sanctioning events these were the only currently running events which received automatic sanctioning by the NCHSAA.

The NCCA has an almost 80 year working relationship with the NCHSAA. We each have a representative sit with and advise at the other's Board of Directors meetings. We work together to make the NCCA Coaching Clinic a summer learning experience for coaches, athletic directors, First Responders, and anyone interested in high and middle school athletics.

The NCCA is a 501-c(3) non-profit and next year will be our 79th games. The NCCA is not out to make money and loses scores of thousands of dollars each year on its games. The games are played to honor high school coaches and promote their athletes, and we would use an underclass all-star game to also assist with the recruiting of the 64 young men and women involved.

We are requesting an expedited action so we can pick our 2027 men's soccer team in January and have those players compete in July as usual.

Specific Request:

Current NCHSAA Rule, Policy, Regulation, or Handbook Provision

Basis:

Current NCHSAA Rule, Policy, Regulation, or Handbook Provision

Current Language / Proposed Language:

1.2.11 d. Participating on an all-star team or in an all-star game or bowl game that is not sanctioned

by the administering organization of which the student's school is a member, provided that the student shall be ineligible only for that sport

We simply want sanctioning for participation in our games for underclassmen without forfeiture of eligibility.

Effective Date: Immediately upon approval, if permitted

Rationale:

We would use an underclass all-star game to also assist with the recruiting of the young men and women involved. Also, colleges are keeping many seniors from participating.

Educational Impact: None. They will be on summer break if they play soccer (for which sport we are asking for a sanction) or basketball.

Student Safety Impact: Ask any former all-star how much they valued their experiences. Juniors who play would increase their skills and their knowledge of the areas of their games in which they need improvement by playing versus the best in the state.

Equity Impact: Ask any former all-star how much they valued their experiences. Juniors who play would increase their skills and their knowledge of the areas of their games in which they need improvement by playing versus the best in the state.

Financial Impact: No cost to any NCHSAA school required. We pay for all the players' expenses.

Operational and Administrative Impact: We cover everything but the sending to us of physicals and concussion statements.

Legal or Compliance Considerations: No

Attachment

NORTH CAROLINA COACHES ASSOCIATION

Mailing Address - PO Box 10708 Greensboro, NC 27404
Physical Address – 1101 N Josephine Boyd St, Greensboro 27408

Why is the NCCA requesting consideration for conducting our events with high school rising seniors as opposed to graduated seniors? What are mitigating factors?

1) 80-year history of working with the NCHSAA including mutual Board representation, collaboration with the NCCA Coaching Clinic and NCHSAA Regional Meetings each year.
2) We do not, and never have, required a fee to participate in our All-Star Games.
3) Precedent of NCHSAA previously sanctioning the East-West All-Star Games along with the Shrine Bowl and the Blue-White Game in Asheville.
4) NCCA is finding it more common that colleges are not allowing the graduated senior student-athletes to participate in the summer (enrolled or not).
5) We believe this would provide a better opportunity for student-athletes in North Carolina to play against the best competition, across classifications, in the state. This provides a unique opportunity to showcase a player's ability against student-athletes that they would not normally compete against.
6) This would also provide the opportunity for student-athletes to be evaluated in an environment where college coaches could potentially identify a player that they would be interested in recruiting. The current format has proven to be too late for a graduated senior to have any realistic recruiting opportunity.
7) This would aid our NCCA member All-Star coaches in being able to secure a roster without frequent withdrawal of committed student-athletes that we are currently dealing with.
8) This request initially applies to the NCCA East-West All-Star Games for men's and women's soccer. Since their inception in 1992, these matches have honored 2,176 student-athletes.

Attachment P5

Policy Committee

Competitive Equity and Playoff Classification Review for Schools Without Defined Attendance Zones

Submitted by: Jonathan Tribula - Nash Central HS / Nash County Schools

Request:

NCHSAA Board Action (The Board is requested to take formal action on the matter.)

Consideration:

All items are present in the email to President Alford

Specific Request:

New Addition (The request proposes a new rule, policy, regulation, provision, or requirement rather than a change to an existing provision.)

Basis:

New Addition (The request proposes a new rule, policy, regulation, provision, or requirement rather than a change to an existing provision.)

Current Language / Proposed Language:

Effective Date:

Rationale:

See email to President Alford

Educational Impact: No Impact to student education

Student Safety Impact: No impact to student safey

Equity Impact: No impact to student safey

Financial Impact: Should not cost any more money

Operational and Administrative Impact: See email to President Alford

Legal or Compliance Considerations: See email to President Alford

Recommendation/Proposal

On October 31, 2024, I submitted an agenda item requesting that the NCHSAA consider separate playoff classifications for schools with clearly defined attendance zones and schools without such boundaries. After a lengthy discussion at the Winter Board of Directors meeting in 2024, the proposal was tabled until the Spring 2025 Board of Directors meeting; however, to my knowledge, the issue was never revisited or formally discussed.

The purpose of revisiting this issue is to address the significant discrepancies in state championships won by schools without clearly defined attendance zones established by a Public School Unit (PSU). According to HighSchoolOT's reporting of the 2025–2026 NCHSAA state championships, the results raise serious questions regarding competitive equity among member schools.

In the 1A classification, which consists of 56 member schools, 16 state championships were awarded, with 11 (68.75%) won by schools without a clearly defined attendance zone established by a PSU. Similarly, in the 2A classification, which consists of 59 member schools, 14 of the 21 state championships (66.67%) were won by schools without clearly defined attendance zones.

The discrepancies become even more significant when examining the 3A and 4A classifications. In 3A, only 5 of the 59 member schools (8.5%) operate without a clearly defined attendance zone established by a PSU, yet those schools accounted for 9 of the 20 state championships (45%). In 4A, only 3 of the 59 member schools (5.1%) operate without clearly defined attendance zones, yet those schools won 7 of the 24 state championships (29.17%).

This pattern is not limited to the smaller classifications. In 6A, a single school without a clearly defined attendance zone established by a PSU won 7 of the 25 state championships (28%). Likewise, in 7A, a single school without a clearly defined attendance zone won 5 of the 25 state championships (20%).

These statistics reveal a concerning pattern. In multiple classifications, schools without clearly defined attendance zones established by a PSU are winning a disproportionately high percentage of state championships relative to their representation within those classifications. This is particularly evident in 3A and 4A, where a small percentage of member schools account for a significant percentage of state championships. The results in 6A and 7A further demonstrate that this issue extends across multiple classifications.

An additional concern is the significant disparity in the population from which member schools can draw students and student-athletes. Within the 1A classification, some schools have an Average Daily Membership (ADM) of fewer than 100 students, yet they compete against schools without clearly defined attendance zones established by a PSU. Schools located in metropolitan areas such as Raleigh, Greensboro, and Charlotte may have access to populations ranging from approximately 1.5 to 2 million residents. In comparison, Nash Central High School, the 4A

member school where I serve as principal, serves a clearly defined attendance zone with an estimated population of approximately 15,000 residents. This represents just 1% or less of the population potentially available to schools without clearly defined attendance zones in the Raleigh, Greensboro, and Charlotte metropolitan areas. While two schools may have comparable enrollment numbers, the geographic population from which they can attract students and student-athletes can be dramatically different. The question that must be asked is whether schools competing under such vastly different enrollment boundaries are truly competing on an equitable playing field.

I recognize that athletic success is influenced by numerous factors, including coaching, facilities, community support, and student participation. However, the significant differences in geographic enrollment opportunities, combined with the disproportionate number of state championships won by schools without clearly defined attendance zones, warrant a closer examination of whether the current playoff classification system provides equitable competitive opportunities for all member schools.

I want to emphasize that this request is not intended to criticize any individual school or diminish the accomplishments of student-athletes and coaches. Rather, it is an effort to ensure that all NCHSAA member schools have an equitable opportunity to compete for state championships, regardless of whether they operate within attendance boundaries established by a PSU.

Proposed Solutions for Competitive Equity

To address these competitive inequities, I respectfully ask the NCHSAA Board of Directors to consider two potential changes to the current playoff classification structure.

Option 1: Establish Two Separate Playoff Classifications

Create two additional playoff classifications specifically for schools without a clearly defined attendance zone established by a Public School Unit (PSU). These classifications would consist of one large-school classification and one small-school classification, based on Average Daily Membership (ADM) or some other formula created by the Board.

This would allow schools without clearly defined attendance zones to compete against schools with similar enrollment opportunities, creating a more equitable competitive environment. Meanwhile, schools with clearly defined attendance zones established by a Public School Unit (PSU) would either retain the existing eight playoff classifications, potentially transition to six playoff classifications, or operate under another playoff model adopted by the Board of Directors.

Option 2: Adjust Playoff Classifications Based on Geographic Population

Maintain the current ADM-based classification system but implement an additional adjustment for schools without clearly defined attendance zones established by a PSU. Under this proposal, the population residing within a 25-mile radius of each school would determine whether that school moves into a higher playoff classification.

The proposed adjustments would be as follows:

Population with a 25-Mile Radius	Classification Adjustment
1,000,000 or more residents	Move up 4 classifications
500,000–999,999 residents	Move up 3 classifications
100,000–499,999 residents	Move up 2 classifications
20,000 - 99,999 residents	Move up 1 classification
Fewer than 19,999 residents	Remain in current classification

For example, a school currently classified as 2A based on ADM but located within a 25-mile radius containing more than one million residents would compete in the 6A playoffs. Likewise, a school currently classified as 4A with access to the same population would compete in the 8A playoffs.

This approach would continue to recognize ADM as the foundation for classification while also acknowledging that schools without clearly defined attendance zones may have access to significantly larger populations from which to attract students and student-athletes.

The intent of this proposal is not to penalize schools for their athletic success or geographic location. Rather, it is to recognize that enrollment numbers alone may not accurately reflect the competitive opportunities available to schools operating under fundamentally different attendance boundaries.

Both options would provide a framework for addressing competitive equity while allowing the NCHSAA to maintain its existing conference structure. These proposed changes would apply specifically to playoff classifications, not necessarily regular-season conference alignments.

Request for Board Action

I am respectfully requesting that the NCHSAA Board of Directors take one or both of the following actions:

1. Survey the NCHSAA membership to determine whether member schools believe competitive inequities exist between schools with clearly defined attendance zones

established by a PSU and schools without such boundaries, and whether either of the proposed playoff classification adjustments should be considered.
2. Establish a committee to formally examine the competitive impact of schools without clearly defined attendance zones, including geographic enrollment boundaries, population accessibility, postseason athletic success, and the potential implementation of either proposed solution.

The NCHSAA has routinely sought membership input on matters such as conference realignment, classification changes, and bylaws. I believe an issue of this significance deserves the same consideration. At a minimum, the membership should have an opportunity to express its position, or a committee should be established to determine whether the current classification system adequately addresses the differences in enrollment boundaries among member schools.

Ultimately, this proposal is about competitive equity. The NCHSAA has a responsibility to ensure that all member schools have a fair opportunity to compete for state championships. I respectfully ask the Board of Directors to give this issue the consideration it deserves rather than allowing a previously tabled proposal to remain unresolved.

Attachment P6
Policy Committee

Requesting BOD approval of the 6th Edition of the pre-participtiion evalation form, with edits suggested by the NCHSAA SMAC.

Submitted by: Janna Fonseca - NCHSAA

Request:

NCHSAA Board Action (The Board is requested to take formal action on the matter.)

Consideration:

Adoption of the 6th Edition of the AAP Pre-Participation Evaluation with edits suggested by the NCHSAA Sports Medicine Advisory Committee.

Specific Request:

Current NCHSAA Rule, Policy, Regulation, or Handbook Provision

Basis:

Current NCHSAA Rule, Policy, Regulation, or Handbook Provision

Current Language / Proposed Language:

No language change.

No language change.

Effective Date: Immediately upon approval, if permitted

Rationale:

The AAP and collaborating groups have reviewed and published an updated, evidence-based document for use in the pre-participation exam.

Educational Impact: Provides the most evidence-based approach to the PPE process.

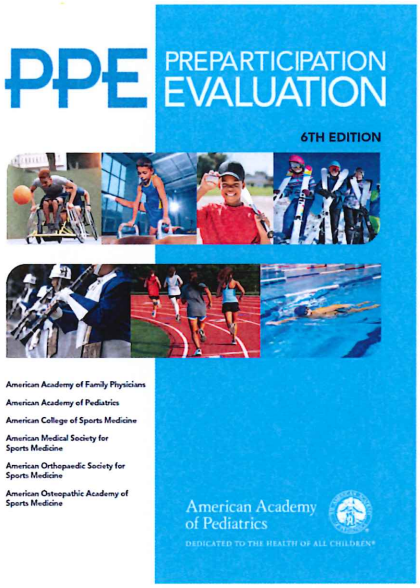
Student Safety Impact: Adoption of this form will positively impact students because the form is the most current version published by experts in the field.

Equity Impact: Adoption of this form will positively impact students because the form is the most current version published by experts in the field.

Financial Impact: None.

Operational and Administrative Impact: There will need to be modifications made to DragonFly and other student registration/eligibility platforms, so that access to health history and medical examination information is limited to only licensed healthcare providers.

Legal or Compliance Considerations: None that have not already been addressed by NCHSAA legal counsel.



What's New in the 6th Edition

- New content on Preventing and Addressing Abuse and Sexual Violence; Cancer Survivors; Sports Nutrition and Dietary Supplements; and Implementation of the PPE in Clinical Practice
- Expanded content on Mental Health and Individuals with Disabilities
- Streamlined History and Physical Examination Forms
- Expanded and user-friendly Medical Eligibility Form to be shared with the schools.
- The title has been changed from Preparticipation Physical Evaluation to Preparticipation Evaluation to reflect the fact that the screening encompasses much more than a physical examination. It involves a comprehensive history, family history, and medical record review.
- The 6th edition is no longer called a monograph. This term was appropriate when the first edition was published in 1992; however, the current work is more properly called a book, as it includes hundreds of pages of critical information and resources.
- The 6th edition has prioritized inclusiveness for all individuals, as the benefits of physical activity are universal. Child, family, societal, and financial barriers to participation need to be addressed by examiners to help reach the goal of inclusion in either sports (including competitive, adaptive, or therapeutic) or recreational activities.

6th Edition Pre-Participation Examination

Edits made to Health History Form

1. Added a line for “school”
2. Added a line that this form has been approved for use for the 2026-27 and 2027-28 school years. This would be edited if the Board chooses not to adopt the form until the spring.
3. Indicated that gender identity question is optional
4. Indicated that questions about menstrual cycle are optional
5. Retained instructions at the top of the form:

   This form should be placed into the individual's medical file and should only be shared with other health care professionals.
   The Medical Eligibility Form is the only form that should be submitted to nonmedical personnel at a school or sports organization.

Edits made to the Physical Examination Form

1. Added “date of exam”
2. Added a line that this form has been approved for use for the 2026-27 and 2027-28 school years. This would be edited if the Board chooses not to adopt the form until the spring.
3. Retained instructions at the top of the form:

   This form should be placed into the individual's medical file and should only be shared with other health care professionals.
   The Medical Eligibility Form is the only form that should be submitted to nonmedical personnel at a school or sports organization.

Edits made to the Medical Eligibility Form

1. Added a “None” option to list of medical issues
2. Added a “please see reverse” line to bottom, as this form was previously only one page.
3. Added a line that this form has been approved for use for the 2026-27 and 2027-28 school years. This would be edited if the Board chooses not to adopt the form until the spring.
4. Added “date of exam”

This form should be placed into the individual's medical file and should *only* be shared with other health care professionals.

The Medical Eligibility Form is the only form that should be submitted to nonmedical personnel at a school or sports organization.

PREPARTICIPATION EVALUATION

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____ Date of examination: _____

Sports and Activities: _____ School: _____

List past and current medical conditions (including mental health disorders such as ADHD, anxiety, depression).

_____

Have you ever had surgery? If yes, list all past surgical procedures. _____

_____

Medicines and supplements: List all current prescriptions, over-the-counter medicines, vitamins, and supplements (herbal and nutritional).

_____

Do you have any allergies? If yes, please list all your allergies (eg, medicines, pollens, food, stinging insects).

_____

Sex assigned at birth (F, M, or intersex): _____ **OPTIONAL:** How do you identify your gender? (F, M, nonbinary, or another gender): _____

Patient Health Questionnaire Version 4 (PHQ-4)

Over the past 2 weeks, how often have you been bothered by any of the following problems? (Circle response)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

Over the past 2 weeks, have you had thoughts that you would be better off dead or hurting yourself in some way? (Circle response)

Not at all	Several days	Over half the days	Nearly every day
0	1	2	3

GENERAL QUESTIONS (Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.)	Yes	No
1. Do you have any concerns that you would like to discuss with your provider?		
2. Has a provider ever denied or restricted your participation in sports for any reason?		
3. Have you had any recent illness?		
HEART HEALTH QUESTIONS ABOUT YOU	**Yes**	**No**
4. Have you ever had pain, discomfort, or shortness of breath in your chest during exercise?		
5. Have you ever passed out or nearly passed out during or after exercise, or in response to sudden loud noises?		
6. Has a doctor ever told you that you have any heart problem, heart murmur, or high blood pressure?		
7. Has a doctor ever ordered a test for your heart (for example, electrocardiography [ECG/EKG] or echocardiography [ECHO])?		
8. Have you ever had a seizure?		

HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Unsure	Yes	No
9. Has any family member or relative died or had a disability from heart problems before age 50 or had an unexpected or sudden unexplained death (SUD) before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?			
10. Does anyone in your family have hypertrophic cardiomyopathy (HCM), dilated cardiomyopathy, Marfan syndrome, arrhythmogenic cardiomyopathy (ACM), long QT syndrome (LQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT) or have a pacemaker or an implanted defibrillator?			

This form has been approved for use during the 2026-27 and 2027-28 school years.

BONE AND JOINT QUESTIONS	Yes	No
11. Have you ever had a fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?		
12. Do you have a bone, muscle, ligament, or joint injury that currently bothers you?		
MEDICAL QUESTIONS	**Yes**	**No**
13. Have you ever had a hit or blow that caused confusion, prolonged headache, or memory problems or been diagnosed with a concussion?		
14. Have you ever had numbness, tingling, or weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
15. Are you missing a kidney, an eye, a testicle, spleen, or any other organ? Are any of these organs not functioning properly?		
16. Have you ever become ill while exercising in the heat?		
17. Do you or does someone in your family have sickle cell trait or disease? **Unsure**		
18. Have you ever had or do you have any problems with your eyes or vision?		
19. Do you cough, wheeze, or have difficulty breathing during or after physical activity?		
20. Do you have groin or testicular pain or a bulge or lump in the groin area?		
21. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant *Staphylococcus aureus* (MRSA)?		

MEDICAL QUESTIONS (*CONTINUED*)	Yes	No
22. Are you happy with your current weight?		
23. Do you feel pressured to lose or gain weight?		
24. Do you follow a specific diet plan?		
25. Has anyone ever touched you in a way or pressured you to engage in any physical or sexual acts that made you uncomfortable?		
MENSTRUAL QUESTIONS (Optional)		
26. How old were you when you had your first menstrual period?		
27. When was your most recent menstrual period?		
28. How many periods have you had in the past 12 months?		

Explain "Yes" answers here.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____

Signature of parent or guardian: _____

Date: _____

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This form should be placed into the individual's medical file and should *only* be shared with other health care professionals. The Medical Eligibility Form is the only form that should be submitted to nonmedical personnel at a school or sports organization.

Disclaimer: Athletes who have a current Preparticipation Physical Evaluation (per state and local guidance) on file should not need to complete another examination.

PREPARTICIPATION EVALUATION

PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____

PHYSICIAN REMINDERS

1. **Consider additional questions on more sensitive issues.**
   - Do you feel stressed out or under a lot of pressure?
   - Do you have enough food at home?
   - Do you ever worry about becoming homeless?
   - Do you feel safe at your home/residence, in your neighborhood, at school, and in sports/activities?
   - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
   - During the past 30 days, did you use chewing tobacco, snuff, or dip?
   - Do you drink alcohol or use any other drugs?
   - Do you wear a seat belt, use a helmet, and use condoms?
   - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
   - Have you ever taken any supplements to help you gain or lose weight or improve your performance?

EXAMINATION		
Height: Weight:		
BP: / Pulse: Vision: R 20/ L 20/ Corrected: ☐ Y ☐ N		
MEDICAL	**NORMAL**	**ABNORMAL FINDINGS**
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia)		
Eyes, ears, nose, and throat		
Lymph nodes		
Cardiovascular • Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver) • Pulses (radial and femoral)		
Lungs		
Abdomen • Mass or enlarged liver/spleen • CVA tenderness		
Skin • Herpes simplex virus (HSV), *Staphylococcus aureus*, or tinea corporis		
Neurological		
MUSCULOSKELETAL	**NORMAL**	**ABNORMAL FINDINGS**
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand, and fingers		
Hip and thigh		
Knee		
Leg and ankle		
Foot and toes		
Functional • Consider single-leg squat test and/or box drop test		

Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history and/or examination findings.

Name of health care professional (print or type): _____ Date of Exam:_____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

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This form has been approved for use for the 2026-27 and 2027-28 school years.

The Medical Eligibility Form is the only form that should be submitted to nonmedical personnel at a school or sports organization.

■ PREPARTICIPATION EVALUATION

MEDICAL ELIGIBILITY FORM

Name: _____ Date of birth: _____

SHARED EMERGENCY INFORMATION

Medical Conditions (Check all that apply) ☐ **NONE**

☐ Anaphylaxis ☐ Asthma ☐ Cardiac Condition ☐ Concussion History ☐ Diabetes ☐ Heat Stroke/ Rhabdomyolysis

☐ Missing Organ ☐ POTS ☐ Seizures ☐ Sickle Cell Disease ☐ Sickle Cell Trait ☐ Stinger History

☐ Other (Specify): _____

_____

☐ Known triggers for conditions listed above (eg, exercise, weather): _____

_____

☐ Environmental & Food Allergies: _____

_____

Condition-Specific Activity Guidelines

☐ Emergency Medications (eg, inhaler, EpiPen): _____

☐ Medications used before, during, or after activity (eg, inhaler before exercise, insulin): _____

_____

☐ Activity Modifications (eg, limit exertion, monitor symptoms, extra hydration breaks): _____

_____

☐ Other: _____

For Evaluating Health Care Professional

☐ Medically eligible for all sports and activities without restriction

☐ Medically eligible for all sports and activities without restriction, with recommendations for further evaluation or treatment of: _____

_____

☐ Medically eligible **AFTER** evaluation and clearance for: _____

_____

☐ Medically eligible for certain sports and activities (list the specific sports or type of sports): _____

_____

☐ Not medically eligible for any sports or activities

Recommendations: _____

_____

_____

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): _____ Date: _____

Address:_____ Phone:_____

Signature of health care professional: _____, MD, DO, NP, or PA

Legal Guardian Acknowledgment to Share With Individual's School or Sports Organizations

☐ I acknowledge that this form may contain protected medical information and authorize its sharing with the participant's school, coaches, and relevant personnel.

Legal guardian name (print or type): _____

Signature of legal guardian: _____Date of exam:_____

Emergency contacts: _____

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This form is approved for use for the 2026-27 and 2027-28 school years.

Athletic Eligibility for a Sport Offered in the District but not at the Students Assigned School

Submitted by: Blair Propst - Carteret County Public Schools

Request:

Referral to NCDPI (The Board is requested to take formal action to advance a matter to the North Carolina Department of Public Instruction for consideration.)

Consideration:

The proposal is to revise current athletic eligibility requirements to allow students to participate in sports at the nearest neighboring school within the same district, provided that their home school does not offer that sport. Students are limited to the next closest school in the district that offers the sport, and students/parents are responsible for transportation to the receiving school.

Specific Request:

Current NCDPI/State Board of Education Rule or Policy

Basis:

Current NCDPI/State Board of Education Rule or Policy

Current Language / Proposed Language:

A student enrolled in 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 under G.S. 115C-366.

A student may participate in interscholastic athletics at the nearest neighboring school within the same PSU, provided that the student's assigned school does not offer an athletic activity provided at another school within the PSU. The student is limited to the next closest school in the district that offers the athletic activity, and the onus for transportation to the receiving school is on the student/parents.

Effective Date:

Rationale:

Currently, disparities exist within districts statewide. Many students participate in recreational sports through middle school, developing a passion and aptitude for athletics.

However, when they reach high school, those opportunities often end simply because of the school they are zoned to attend, while peers in the same district continue to compete.

The inability to sustain all athletic offerings across all high schools within a district creates a difficult dilemma for our students: either transfer schools and disrupt their educational and social foundations, or abandon a sport they love. While some districts offer open-enrollment boundaries or allow students to access academic programs not available at their current school, such as JROTC, letting them take advantage of discretionary assignments, other students are completely restricted from transferring to other schools within the district.

The main issue is that smaller high schools are at a distinct disadvantage in offering every sport available at neighboring schools. Smaller schools cannot absorb the significant costs of equipment, travel, and officiating for every potential sport. Their campuses lack the physical space or specialized facilities required for additional sports. Like all schools, smaller schools currently struggle to staff coaching positions. With fewer employees, staff members are already fully engaged with current sport offerings, leaving them unable to staff new coaching positions. Most notably, they lack a student body large enough to fill new rosters, particularly when seasons overlap. Furthermore, while there may not be sufficient aggregate interest to field a full team in a given sport, there are individual students with strong interest who are currently being denied the opportunity to play.

Additionally, this addresses issues that arise when interest in current offerings at any school fluctuates, requiring students to participate at other schools. This has been the case for several schools in the western part of the state with varsity football.

Educational Impact: This eliminates disruption to a student's academic stability and social success within their current feeder pattern for the assigned high school. Students will no longer need to seek discretionary reassignment (if the district allows it) to another school that offers their sport. They can remain within the social structures they built during their primary years of school and limit the potential impact on academic success in their current school assignments.

Student Safety Impact: Students can continue participating in a sport they started before high school. They will continue to enjoy the health benefits of the activity, not only its physical benefits but also the social camaraderie with their peers. The provision also gives students the opportunity to participate in a sport they may not have had the chance to try before reaping the same benefits.

Equity Impact: Students can continue participating in a sport they started before high school. They will continue to enjoy the health benefits of the activity, not only its physical benefits but also the social camaraderie with their peers. The provision also gives students the opportunity to participate in a sport they may not have had the chance to try before reaping the same benefits.

Financial Impact: There is no anticipated cost in this provision. Parents/students using the rule would cover transportation costs to the receiving schools. The proposal mitigates the expense of smaller schools starting new sports with limited financial resources.

Operational and Administrative Impact: Eligibility reporting should be consistent with current rules. Districts can maintain eligibility considerations across the district with access to Infinite Campus.

Legal or Compliance Considerations: The proposal would likely require a revision to NC State Board of Education policy ATHL-005.

CARTERET COUNTY
PUBLIC SCHOOL SYSTEM

Richard L. Paylor
Superintendent

Jody McClenny
Blair E. Propst
Assistant Superintendents

107 SAFRIT DRIVE, BEAUFORT, NC 28516
252-728-4583 / 252-728-3028 FAX
www.carteretcountyschools.org

Board of Education
Katie Statler, Chair
Clark Jenkins, Vice Chair

Kathryn Smith Chadwick
Matt Johnson
Stephanie Krzich
Brittany Wheatly
Kevin White

October 17, 2026

Commissioner Alford and Board of Directors
North Carolina High School Athletic Association
PO Box 3216
Chapel Hill, NC 27515

Re: Proposal for a Revision of Athletic Eligibility within School Districts

Dear Commissioner Alford and Members of the Board,

I am writing to you today in my capacity as Assistant Superintendent for Carteret County Public Schools, where I oversee district athletics. This formal request for a revision to current athletic eligibility rules is submitted on behalf of Carteret County Public Schools and our member high schools: East Carteret High School (represented by Principal Jay Westbrook), West Carteret High School (represented by Principal Justin Holt), and Croatan High School (represented by Principal Chris Davis). Onslow County Schools and Beaufort County Schools also share support for this proposal.

We respectfully request that the Board consider and adopt a policy revision allowing students to participate in a sport at a neighboring school within the same district, provided their home school does not offer that sport.

The Case for Equity and Student Well-being: Currently, disparities exist within our district and across districts statewide. Many students participate in recreational sports through middle school, developing a passion and aptitude for athletics. However, when they reach high school, those opportunities often end simply because of the school they are zoned to attend, while peers in the same district continue to compete. In Carteret County Public Schools, men's and women's lacrosse illustrate disparities within our district. Sanctioning women's flag football and men's volleyball, along with additional athletic offerings, further exacerbates this issue.

The inability to sustain all athletic offerings across all high schools within a district creates a difficult dilemma for our students: either transfer schools and disrupt their educational and social foundations or abandon a sport they love. Some districts allow open-enrollment boundaries or let students access academic programs not offered at their current school, such as JROTC, so they can submit a discretionary assignment request. However, most students are completely restricted from transferring to other schools within the district. We firmly believe that students should not be forced to sacrifice their academic stability and social success within

their current feeder pattern solely to access an athletic program. Without revising this rule, a valid and pressing question remains regarding the equitable treatment of all students within a public school system.

The Challenges Facing Smaller Schools: Our member principals fully support this revision because the current landscape places smaller schools at a distinct disadvantage. It is not feasible for every high school to offer every sport, specifically due to the following constraints:

- **Financial Limitations:** Smaller schools cannot assume the significant costs associated with equipment, travel, and officiating for every potential sport.
- **Infrastructure:** Many smaller campuses lack the physical space or specialized facilities required for additional sports.
- **Personnel Constraints:** Currently, all our schools struggle to fill coaching vacancies with their current offerings. In smaller schools, staff members are already fully engaged with current sports offerings. Furthermore, smaller schools have fewer employees available to fill coaching vacancies. Adding new athletic teams to a smaller school further exacerbates the difficulty of filling coaching vacancies.
- **Student Body Constraints:** Smaller schools often lack a student body large enough to fill new rosters, particularly when seasons overlap. Furthermore, while aggregate interest may not be sufficient to field a full team in a given sport, some students have strong interest and are currently being denied the opportunity to play. Additionally, interest in current offerings may fluctuate, requiring students to participate at other schools, as has been the case for varsity football in some western districts.

Legislative Awareness and Precedent: We urge the Board to recognize that the state legislature has already addressed this issue. The legislature has considered mandating these revisions, specifically via **Senate Bill 48** during the 2025 general assembly session. The bill stated:

"If a public high school does not offer a particular sport, a student from that school may participate in the sport at the public high school closest to the student's school that has a program in that sport, subject to the terms and conditions applicable to a regularly enrolled member of that high school's student body, except that the high school may charge a reasonable fee for participation by the local board of education in accordance with G.S. 115c-47(6)."

By proactively adopting this stance, the NCHSAA can lead the way in aligning athletic policy with the legislative intent of maximizing student opportunity and equity.

Alignment with NCHSAA Core Values: Finally, we view this request as a direct reflection of the NCHSAA's own charter and core values. This is an opportunity to advance high school athletics in North Carolina by upholding the values of **equity and the education and development of student-athletes.**

If the Association's true goal is equity - fairness, justice, and equitable treatment of all, dealing fairly and equally with all concerned – then we must ensure that all students have access to all sports opportunities within a district, regardless of their residential constraints.

If the Association's true goal is the education and development of student-athletes—where participation in athletics supports the physiological and psychological development of the student-athlete—then we must remove arbitrary barriers that prevent that participation.

We respectfully request a change to the eligibility rules to accommodate these students.

Sincerely,

Blair Propst, Assistant Superintendent, Carteret County Public Schools

In coordination with:

Jay Westbrook, Principal, East Carteret High School

Justin Holt, Principal, West Carteret High School

Chris Davis, Principal, Croatan High School

Cory Braithwaite, County Athletic Director

FILED SENATE
Feb 4, 2025
S.B. 48
PRINCIPAL CLERK

GENERAL ASSEMBLY OF NORTH CAROLINA
SESSION 2025

S **D**

SENATE BILL DRS45030-NH-21

Short Title:	Access to Sports and Extracurriculars for All.	(Public)
Sponsors:	Senators Hise, Ford, and Galey (Primary Sponsors).	
Referred to:		

A BILL TO BE ENTITLED

AN ACT TO PERMIT STUDENTS WHO ATTEND A PUBLIC SCHOOL, PRIVATE SCHOOL, OR HOME SCHOOL WITHOUT AN INTERSCHOLASTIC ATHLETICS PROGRAM IN A GIVEN SPORT OR PARTICULAR EXTRACURRICULAR ACTIVITY TO PARTICIPATE IN THAT ACTIVITY AT A PUBLIC HIGH SCHOOL.

The General Assembly of North Carolina enacts:

SECTION 1. G.S. 115C-407.55(1)b. reads as rewritten:

"b. Enrollment and transfer requirements, including the following:

…

3. If a public high school does not offer a particular sport, a student from that school may participate in the sport at the public high school closest to the student's school that has a program in that sport, subject to the terms and conditions applicable to a regularly enrolled member of that high school's student body, except that the high school may charge a reasonable fee for participation to a student who is not enrolled in the high school as established by the local board of education in accordance with G.S. 115C-47(6).

4. A private school or home school student may participate in a sport at the base public high school for the student's address, subject to the terms and conditions applicable to a regularly enrolled member of that high school's student body. If the student's base public high school does not have a program in a particular sport, the student may participate in the sport at the public high school closest to the student's base public high school that has a program in that sport, subject to the terms and conditions applicable to a regularly enrolled member of that high school's student body. The public high school may charge a reasonable fee for participation to a student who is not enrolled in the high school as established by the local board of education in accordance with G.S. 115C-47(6)."

SECTION 2. G.S. 115C-47(6) reads as rewritten:

"(6) To Regulate Fees, Charges and Solicitations. – Local boards of education shall adopt rules and regulations governing solicitations of, sales to, and fund-raising activities conducted by, the students and faculty members in schools under their jurisdiction, and no fees, charges, or costs shall be

collected from students and school personnel without approval of the board of education as recorded in the minutes of said board; provided, this subdivision shall not apply to such textbooks fees as are determined and established by the State Board of Education. The local board of education shall publish a schedule of fees, charges, and solicitations approved by the local ~~board~~ board, including fees established to allow students not enrolled in a particular public high school to participate in sports and other extracurricular activities, on the local school administrative unit's Web site by October 15 of each school year and, if the schedule is subsequently revised, within 30 days following the revision."

SECTION 3. This act is effective when it becomes law and applies beginning with the 2025-2026 school year.

Attachment P8

Policy Committee

NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION

Meeting of the Board of Directors – Agenda Item Submission

Name(s) : Tripp Rogers on behalf of NC Wrestling Coaches Association and Sanction NC.

School/LEA/Conference/Group: NC Wrestling Coaches Association

We/I request that the following item be placed on the agenda for the next meeting of the NCHSAA Board of Directors:

Recommendation/Proposal: (State in detail the recommendation/proposal)

Proposal for the NCHSAA to sanction a girls dual team championship.

Rationale: (Why should the board consider and possibly pass this recommendation?)

After 3 years of sanctioned girls wrestling, there are enough viable girls programs to sanction a subdivided dual team championship. The NC Wrestling Coaches Board has sponsored an Dual Invitational inviting the top ranked teams in the state in two divisions and it has been overwhelmingly successful. It shows it can be done. Feedback has been positive, with coaches commenting on how great an experience it was for their athletes.

Our board recommendation, based on participation numbers and number of schools with six or more wrestlers, is offering dual championships in 1A-4A, 5A-6A, 7A-8A. These divisions try to maintain equity in school enrollment sizes while also providing for a deep enough field for a high level championship. 2025-2026 schools with 6 or more wrestlers are as follows: 1A-4A: 49; 5A-6A: 49; 7A-8A: 45. We expect those numbers to be higher for the 2026-27 seasons.

Budget Impact: (What does this mean to a school's/athletic department's finances?)

Any travel cost associated with traveling to playoff rounds.

Educational Impact: (Does this mean loss of school time? Does it interfere with study time?)

It does not change or affect loss of school time.

Gender Impact: (Is this proposal fair to males and females?)

Creates equity in that girls are able to compete for a dual team championship just as the boys are.

Effective Date: (When would this go into effect?)

2026-27 Wrestling Season

Signatures:

President - Tripp Rogers (Hough HS) forestw.rogers@cms.k12.nc.us
Vice President - Chase Holleman (Havelock HS) havelockramswrestling@gmail.com
Treasurer - David Perry (Croatan HS) davidp@bluewaternc.com
Secretary - Mark Harris (Enka HS) mark.harris@bcsemail.org
Billy Baker (St. Stephens HS) billy_baker@catawbaschools.net
Jamie Belk (Piedmont HS) jamie.belk@ucps.k12.nc.us
Ian Roper (Swain HS) iroper@swainmail.org
Butch Ross (West Lincoln HS) butchross90@gmail.com
Justin Shuffler (Newton-Conover HS) justin.shuffler@n-ccs.org
Byron Sigmon (Fred T Foard HS) byron_sigmon@catawbaschools.net
Jacob Tutterow (Cary HS) rtutterrow@wcpss.net
Heang Uy (North Henderson HS) khuy@hcpsnc.org

Submitted on March 28, 2026

Attachment P9

Policy Committee

NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION

Meeting of the Board of Directors – Agenda Item Submission

Name(s) : Tripp Rogers on behalf of NC Wrestling Coaches Association and Sanction NC.

School/LEA/Conference/Group: NC Wrestling Coaches Association

We/I request that the following item be placed on the agenda for the next meeting of the NCHSAA Board of Directors:

Recommendation/Proposal: (State in detail the recommendation/proposal)

Proposal that girls must only compete against girls in regular season and postseason wrestling.

Rationale: (Why should the board consider and possibly pass this recommendation?)

Girls wrestling in North Carolina is entering its fourth year as a sanctioned sport. The grace period for schools to build schedules and coaching staffs should be expired and girls have ample opportunities to compete across the state. Continuing to allow girls on boys teams is unfair to the athletes and creates confusion for many coaches when submitting records for regional seeding. Though the rules are clear, nearly every regional has a coach that did not know they must count on their record a girl who wrestles against a boy.

A constant question that the Wrestling Coaches Board gets asked is if a girl can compete in a girls dual and boys dual in the same evening. Prohibiting girls from competing against boys eliminates that possibility without having to write a rule or clarification from the NCHSAA.

Budget Impact: (What does this mean to a school's/athletic department's finances?)

None

Educational Impact: (Does this mean loss of school time? Does it interfere with study time?)

It does not change or affect loss of school time.

Gender Impact: (Is this proposal fair to males and females?)

Creates equity in that girls compete against their gender and are not forced into situations where they have to compete on a boys team for team points.

Effective Date: (When would this go into effect?)

2026-2027 Wrestling Season

Signatures:

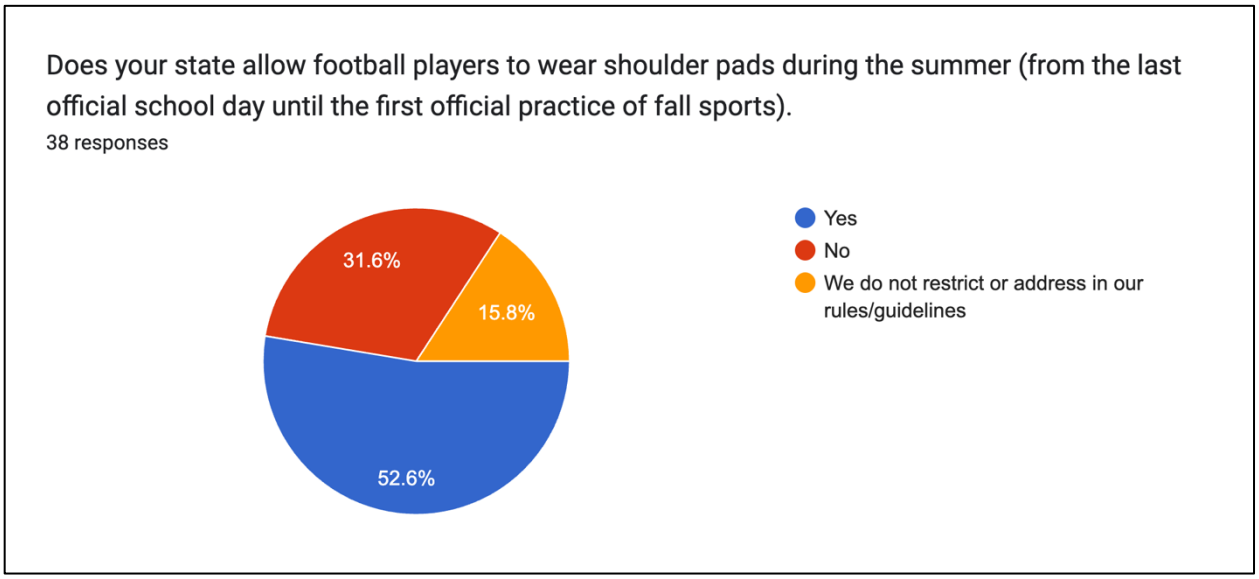
President - Tripp Rogers (Hough HS) forestw.rogers@cms.k12.nc.us
Vice President - Chase Holleman (Havelock HS) havelockramswrestling@gmail.com
Treasurer - David Perry (Croatan HS) davidp@bluewaternc.com
Secretary - Mark Harris (Enka HS) mark.harris@bcsemail.org
Billy Baker (St. Stephens HS) billy_baker@catawbaschools.net
Jamie Belk (Piedmont HS) jamie.belk@ucps.k12.nc.us
Ian Roper (Swain HS) iroper@swainmail.org
Butch Ross (West Lincoln HS) butchross90@gmail.com
Justin Shuffler (Newton-Conover HS) justin.shuffler@n-ccs.org
Byron Sigmon (Fred T Foard HS) byron_sigmon@catawbaschools.net
Jacob Tutterow (Cary HS) rtutterrow@wcpss.net
Heang Uy (North Henderson HS) khuy@hcpsnc.org

Submitted on March 28, 2026

Attachment P10

Policy Committee

NCHSAA Staff conducted a survey of other states' use of shoulder pads during summer. Summer was defined as the period between the last official school day until the first official practice of fall sports.



Regulatory Approach	States Included	Core Framework / Key Requirements
Prohibited in the off-season	AL, AZ, CA, GA, MS, OH, SC, TN	Absolute ban on shoulder pads during summer break; CA explicitly mandates this via state law.
Local Regulation	MA, MD, ME, NV, NJ, VA	The state association does not restrict or address summer pads; decisions are left to local school boards/districts.
Exceptions for Camps	AR, FL, IA, MI, OK, SD, UT	Shoulder pads are allowed exclusively for approved team or instructional camps (e.g., MI restricts to NCAA/NAIA campuses).
Mandatory Acclimatization Progressions	IL, NE, WV	Pads are allowed but require a strict phased buildup (e.g., Days 1–2 helmets only, pads introduced on Day 3).
Day / Hourly Limits	CO, CT, ID, IN, MT, WY	Capped at strict limits (e.g., IN/WY allow 10 days, ID allows 7 days, CT limits to 2 days/week, 2 hours/day).