

COMBINED RULES AND REGULATIONS

*OF THE N.C. HIGH SCHOOL ATHLETIC ASSOCIATION, INC.
AND THE STATE BOARD OF EDUCATION*

Included in these rules and regulations for the North Carolina High School Athletic Association, Inc., are the Regulations Governing Athletes in the Public Schools of North Carolina adopted by the State Board of Education.

It is mandatory that all member schools which participate in athletics conform to the regulations contained herein. Authority is delegated to the State Superintendent of Public Instruction to see that all schools must, if they participate in any interscholastic sports program, conform to the regulations adopted by the State Board of Education as a minimum of requirements.

The North Carolina High School Athletic Association, Inc., is not an agent of the Board of Education. However, there is a close working relationship, as the organization serves in a supervisory capacity in the realm of athletics. Member schools are required to comply with all NCHSAA rules and regulations, as well as those established by the Board of Education. Any question regarding a NCHSAA member school shall be reviewed and acted upon by the conference or Association before the matter shall be referred to the State Department of Public Instruction.

Women shall not participate on a men's interscholastic athletic team where the school has a women's team in the same sport or where a school sends an entry to the women's state play-offs in the same sport. In cases where women are permitted on a men's team, the school forfeits all participation in the women's play-offs in the same sport. Men's rules will be used where women play on men's teams. Under no condition shall men participate on women's teams in any sport.

Schools may sponsor teams in other sports not listed below (e.g., gymnastics, weightlifting, women's field hockey, men's volleyball, etc.); all students, regardless of the sport, must be certified as eligible by the NCHSAA office prior to dressing or participating in any interscholastic contest.

For reclassification to additional championships, the number of schools offering teams in a sport must meet the requirement for two years before a championship will be implemented.

GENERAL REQUIREMENTS

ORGANIZATION OF SCHOOL

For athletic purposes in determining eligibility, local boards of education may set their own semester dates prior to the opening of school, and a copy of the calendar indicating these dates must be sent to the NCHSAA along with the filing of the school's first eligibility list.

A high school is composed of grades 9-12 inclusive. No student can be approved for an athletic contest unless he is a regularly enrolled member of those grades at the school submitting his eligibility blank. Exceptions: (1) A junior high student who is overage and (2) ninth grade public junior high school students are eligible to participate in any sport on a team at the high school to which they will be assigned whenever the present schools which the students attend do not sponsor a team in the sport.

When, because of inadequate space, senior high school students are temporarily housed in a school other than the senior high school, such students shall be eligible for the senior high school teams.

Ninth graders may play with the high school program or junior high, depending upon local policy.

Once a student begins practicing with a high school team, he may not at a later date move down to the junior high team. A student beginning play with the junior high team may, at a later date, move to the high school team but could not return to the junior high team (again, in a situation

where ninth graders are housed at the high school).

Students on teams below the ninth grade shall not play or practice against interscholastic athletic teams which have members above the ninth grade.

Athletes must always stay within the daily, weekly and seasonal limitations of their prescribed sports.

No administrative unit (county or city) of this state may use students of two or more of its high schools to form a "composite team."

If any school district or unit shall have been officially enlarged (e.g., a city unit), students residing in the newly added territory shall be eligible for approval just as though the new territory had previously been a part of the district or unit.

Parochial non-boarding schools, in addition to subscribing to the general rules of the NCHSAA, must agree to adhere to the following regulations: (a) an all-male student body shall have its enrollment doubled for classification purposes; (b) a student must have been in attendance for the two most recent semesters before being eligible for athletics; and (c) athletes shall not be given scholarship aid or other financial consideration.

The head coach of an interscholastic athletic team should be a bona fide member of the faculty and as such shall be responsible for the supervision of athletic teams during all practices, games, and trips. Local superintendents may employ non-faculty persons as head coaches for varsity or junior varsity teams, with the concurrence of the local board of education and until such time as a suitable bona fide faculty member becomes available to serve as head coach. Individuals authorized to coach in this manner are required to know and follow the rules of the NCHSAA and SDPI, including the sports season regulation. In extenuating circumstances and upon the written request of a school's principal, the North Carolina High School Athletic Association may authorize parents to accompany individual participants in lieu of the coach at state-sponsored play-offs. Unsupervised athletes may not participate in state playoff events.

Any person paid or employed as a principal shall not coach interscholastic athletic teams.

All questions relative to middle/junior high rules and regulations must be directed to the State Department of Public Instruction.

1. ENROLLMENT DATE: Any school which desires to renew membership in the NCHSAA must register and pay the fees before November 1. Late renewals are subject to a \$100 fine.

2. FEES: A check in the amount of 75 cents per pupil for all students enrolled at the high school should accompany the renewal form. Enrollment shall be determined by total enrollment of students at the end of the first school month of the present school year. Each member school shall also pay an annual school fee of \$100. This entitles the school to one rule book in all sports which the National Federation publishes rules and the NCHSAA offers a championship, as well as other materials.

Enrollment of any school shall be determined by the total enrollment of the students at the end of the first school month of the present school year. Deadline for payment is November 1.

ELIGIBILITY

3. ELIGIBILITY BLANKS: The regulations require that all students must be eligible prior to dressing or participating in any interscholastic contest, whether or not the sport is sponsored by the NCHSAA. Only those students listed on the eligibility forms are covered by catastrophe insurance. No student shall be listed on the form unless and until documents substantiating eligibility are on file in the school. Such documents shall be available for inspection until the student's eligibility has ended. The master eligibility blank (pink 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 including Endowment games. Eligibility sheets are no longer required to be filed with the NCHSAA but must be made available upon request.

To join the NCHSAA, an eligible school must pay a \$1000 application fee and fill out the appropriate application form. The Board of Directors may send a delegation to make a site visit after the application is received.

When completing an eligibility list, please enter the proper reference by letter and make all required entries when necessary (if parents do not live in the administrative unit) on the reverse of the pink sheet.

(a) Any student proposed for a contest is eligible at the school to which the local board of education assigns him within the unit of residence of a parent or legal **custodian within this state**.

(b) When two boards of education within North Carolina by mutual agreement assign a student to a different school, he becomes immediately eligible for athletic participation, relative to the qualifications above.

(c) A student is eligible at his assigned school if he has attended school within that administrative unit the previous two semesters.

(d) Legal documents signed by a judge (ward of court) or social services (orphanage/foster home) are required to be submitted along with eligibility forms pertaining to students in these circumstances.

(e) Foreign exchange students (see later in this section).

It shall be the responsibility of the principal to see that no ineligible or noncertified player participates. (See Penalty Code.)

Play-off entry lists: Each year it is necessary to set a deadline for schools to designate individual participants in such sports as cross country, swimming, wrestling, golf, tennis and track. Play-off entry blanks that are accepted after the deadline are subject to a \$50 fine for late entry

4. RESIDENCE: A student is eligible to participate at the school to which he or she is assigned by the local board of education, within the administrative unit of residence.

“Residence” as used for athletic eligibility purposes is defined as the equivalent of the term “domicile” as applied by the courts of North Carolina. Under no circumstances can a student have more than one residence for eligibility purposes. It is the obligation of the school to know the residence status of each athlete and to require compliance with these requirements.

Except as otherwise provided, the residence of any student shall be deemed to be that of his or her parents or the sole surviving parent.

In the event the parents are separated or divorced, the residence of the student shall be that of the parent to whom custody has been awarded by a court of competent jurisdiction. If no custody order has been entered, the residence shall be deemed to be that of the parent who had actual custody immediately upon the separation.

Any change in residence must be bona fide. Determination of what constitutes a bona fide change of residence depends upon the facts of each case. In order for a change of residence to be considered bona fide at least the following facts must exist: (1) The original residence must be abandoned as a residence; that is sold, rented or disposed of as a residence, and must not be used as residence by any member of the family; (2) The entire family must make the change and take with them the household goods and furniture appropriate to the circumstances; (3) The change must be made with the intent that it is permanent.

Transfers within the same administrative unit may be governed by local Board of Education policy. A student transferred from one administrative unit to another by mutual agreement as provided in G.S. 115C-364.1(j) is immediately eligible for athletic participation in the receiving unit.

No non-parental guardianship will be recognized where a student has a living parent unless: there has been a determination of abandonment of the student by such parent(s) or a determination that the student is a dependent juvenile as defined in G.S.7A-5 17(13) or comparable statute by a court of competent jurisdiction; or the student has been judicially declared a ward of the court or has been identified as an orphan or placed in a foster home by the Division of Social Services

(or a comparable agency if out of state) and custody (not guardianship) has been determined by the court or social service agency. A student whose custody has been established by court order or social services agency decision is eligible for participation at the school to which he or she is assigned by the Board of Education of the local unit where the custodian resides.

The residence of a student who is emancipated shall continue to be his or her residence as of the time of emancipation, unless an exception is granted under the procedures established by the Hardship Rule.

The residence of a student who is in an organized and recognized foreign exchange program shall be considered to be the place to which he or she is assigned by that program, and is eligible to participate at the school to which he or she is assigned by the local education agency. Foreign students who are not part of an organized and recognized foreign exchange program must present extenuating circumstances through the procedure established in the Hardship Rule. A foreign exchange student is eligible only during the first year of residence in the United States. With the exception of this residence rule, foreign exchange students are subject to all other eligibility requirements, including but not limited to, the prohibition on participation after graduation or eligibility for graduation from high school.

In no case will any exception be made to the following principles:

- No student may participate at a second school in the same sport during the same sport season, except in the event of a bona fide change in residence of the parent(s) or legal custodian; change of schools must be contemporaneous with change in residence.
- 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 record with competent jurisdiction will not be accepted.

No student shall be subjected to undue influence by an individual or group of individuals to induce or cause him to transfer from one school to another for athletic purposes. **If allegations of recruiting are made against a school, the burden of proof in substantiated form must be borne by the accusing party. Allegations of recruiting that are substantiated will be processed as infractions under the penalty code.**

For the purposes of this rule, “undue influence” consists of actions taken for the purpose and intent of soliciting or encouraging the enrollment of a student-athlete in a school, including but not limited to the following:

- initiating or arranging communication or contact of any sort (letters, email, phone, etc) with a prospective student-athlete or member of his or her family
- visiting or entertaining a prospective student-athlete or member of his or her family
- providing transportation or arranging for same for a prospective student-athlete or member of his or her family to visit a school or meet with anyone associated with a school
- providing verbal or written material, slide, film or tape presentations to a prospective student-athlete or member of his or her family which states or implies that a school's athletic program is superior to that of any other school with the purpose or intent of soliciting or encouraging the enrollment of the student in that school, or that it would be advantageous for any prospective student-athlete to participate in athletics at that member school as opposed to any other school
- to use non-school athletic teams as a vehicle to solicit or encourage a prospective student-athlete or a member of his or her family to enroll the student-athlete at a different school

The above applies to any individual who coaches at an NCHSAA member school, head

or assistant, paid or non-paid, faculty or non-faculty, parent volunteer, etc., as well as any other persons formally or informally associated with a school's athletic program.

The residence status of any student whose parent(s) do(es) not live in the administrative unit must be identified on the eligibility list as prescribed on the back of that document.

5. ATTENDANCE: (a) A player must have been in attendance for at least 85 percent of the previous semester at an approved high school. Any student must be in membership to be able to make up days missed while in membership (days missed while not in membership may not be made up for athletic eligibility). For a regular 90-day semester, a student may not miss more than 13 days and be in compliance with the 85 percent rule.

(b) A student must, at the time of any game in which he or she participates, be a regularly enrolled member of the school's student body, according to local policy. If there is no local policy, "regularly enrolled" is defined as enrolled for at least one half of the "minimum load." It is recommended the student be in school the day of the contest.

(c) The student must be enrolled within the first 15 days and in regular attendance for the present semester to be eligible for athletics. A student whose family has moved into a school district shall immediately assume the same status in the new district as that from which he moved. Summer school attendance shall not be counted in determining percentage of attendance for athletic eligibility, but approved homebound programs do fulfill the attendance requirement.

(d) At the end of each semester, any participant who has failed to attend school 85 percent of that semester is immediately ineligible.

6. SCHOLASTIC REQUIREMENTS: A student must have passed a minimum load of work during the preceding semester to be eligible at any time during the present semester. The semester is normally considered half of the academic year. All students must also meet local promotion standards, set by the LEA and/or the local school.

A minimum load is defined as five courses in the traditional school schedule and three courses for schools on the "block" format. If the school is on an A/B form of block scheduling, a student must pass six of eight courses during what would traditionally be defined as a semester.

Credit may not be awarded for school bus driving, office assistance, teacher assistance or laboratory assistance.

No work previously passed by a student may be submitted as part of a minimum load. Summer school work used to make up part of the minimum load must be applied to the most recent semester. Credit for summer work is a determination of the local unit.

A student, upon first entering grade nine, is academically eligible for competition on high school teams.

A student not academically eligible at the beginning of the semester is not eligible at any time during the semester. (Exception: a student who receives an incomplete which causes him or her to fail to meet minimum scholastic requirements is ineligible until the course is satisfactorily completed, and eligibility is restored immediately). A student academically eligible at the beginning of a semester remains academically eligible throughout the semester.

Alternative or extended day school students who meet all other eligibility requirements may participate in athletics for the school to which they would normally be assigned, provided the alternative/extended day school has no athletic program. The principal of the school at which the students play shall be responsible for certifying their eligibility and shall have on file all records, including current attendance data, necessary to verify eligibility. Each such student shall be identified on the eligibility list, which shall be accompanied by a letter from the principal stating that these designated students meet all eligibility requirements.

The principal and coach shall have the same authority in player selection and application

of team rules and regulations with alternative school students as with those enrolled in the regular school program.

Pupils enrolled in "exceptional students" classes shall be eligible for participation in interscholastic athletics provided the program of instruction is in accordance with the recommendations of the State Department of Public Instruction, and provided that in the opinions of the principal and teacher, such pupil is making "satisfactory progress." "Satisfactory progress" is defined that the pupil passes a minimum load on his level. All other regulations must be met.

At the end of each semester, a superintendent or principal has eight school days to check grades of students, removing such player immediately upon knowledge of ineligibility and no later than the completion of the eight-day period and restore to eligibility any debarred player after he or she has qualified at the end of a semester. Any student who has his academic eligibility restored may participate the day following the completion of the semester of the ineligibility.

The purpose of the eight-day period is to allow schools ample time to check grades. A player should be removed before the eight-day period is up if the school has knowledge and has verified the student is ineligible.

7. MEDICAL EXAMINATION: In order to be eligible for practice or participation in interscholastic athletic contests, a player must receive a medical examination once every 365 days by a duly licensed physician, nurse practitioner or physician's assistant. A recommended preparticipation form may be found in the Forms Book.

Students absent from athletic practice for five or more days due to illness or injury shall receive a medical release by a physician licensed to practice medicine before readmittance to practice or contests.

It is recommended that players be covered by adequate medical and accident insurance, and that medical aid be immediately available at all times. Schools should have medical release forms on site at athletic events in case medical treatment is required.

8. EIGHT SEMESTER RULE: No student may be eligible to participate at the high school level for a period lasting longer than eight consecutive semesters, beginning with the student's first entry into grade nine or participation on a high school team, whichever occurs first. For students who skip the ninth grade and advance directly to the 10th from the eighth, the year prior to entering the 10th grade is considered the year of first entry into ninth grade for athletics.

The principal shall have evidence of the date of each player's entry into the ninth grade. The North Carolina cumulative record is sufficient.

9. MAXIMUM NUMBER OF SEASONS: No student may be approved for a high school contest if he has taken part in contests during four separate seasons in that sport (one season per year).

Playing as a member of a private or other non-member school team shall be deemed the same as playing a member of a school team. Enforcement of this rule is to begin with entry into ninth grade, however.

A student shall not participate in school athletic contests after graduation from high school. This does not apply to spring sports playoffs.

10. AGE OF PLAYER: No student may be approved for any athletic contest if his or her 19th birthday comes on or before October 16, 2005; i.e., the date of birth was on or before October 16, 1986. The principal shall have on file evidence of the legal birth date of each athlete.

Evidence of legal birth date must be established by a copy of the birth certificate or from one of the following: a record from the State Bureau of Vital Statistics, Raleigh; a record from the county register of deeds office; an infant baptismal record; a recording from the attending doctor's registry or cashbook if specific; a news item at the time of birth from the local newspaper; or an official register sheet from the first grade.

A birth date as shown on a passport is acceptable verification of a foreign student's age.

An eighth or ninth-grade student who is overage for junior high or middle school competition shall be eligible for senior high school participation.

11. AMATEUR RULE: Money or awards having utilitarian value (Example: golf balls, clubs, tennis balls, racket, etc.) may not be given to students for participation in athletics except as noted in the following paragraphs. Students may not accept items by virtue of being on a “free list” or “loan list”. Enforcement of this rule by the NCHSAA begins with a student’s entry in the ninth grade, so to participate as a member of a high school tennis team, for example, an athlete may NOT receive racquets, warm-ups, etc., by virtue of being on a free list or loan list.

A player may accept a gift provided it meets each of these conditions: is available to every member of the team, is totally consumable and nontransferable (e.g., meals, trips, etc.) or is labeled in a permanent manner (i.e., monogrammed, engraved, etc.) and is approved by the local principal and superintendent.

A student may accept a medal, trophy, ribbon, pin, high school letter, sweater, jacket, blazer or blanket. Sweaters, jackets, blazers and blankets must carry the high school letter or other appropriate school emblem. None of the approved awards shall be accepted from an individual or non-school organization unless the giving of such an award has been approved by the principal and superintendent of the school the athlete attends.

Acceptance of money or a forbidden award will cause an athlete to lose athletic eligibility in that particular sport for a period of time to be determined by the Board of Directors.

A member school which has any connection with the presentation of a forbidden award—such as assisting in the selection of the person to receive the award, permitting the award to be given at a school function, or holding the award for a student until he has graduated—shall be subject to penalty.

Accepting a nominal, standard fee or salary for instructing, supervising or officiating in an organized youth sports program or recreation, playground, or camp activities shall not jeopardize amateur status. “Organized youth sports program” includes both school and non-school programs.

A student is entitled to receive “essential expenses” for any particular game, or games, in which

FELONY POLICY

Any student who is subject to the NCHSAA eight semester rule who

(1) is convicted of a crime classified as a felony under North Carolina or federal law,

or

(2) is adjudicated delinquent for an offense that would be a felony if committed by an adult,

is not eligible to participate in the North Carolina High School Athletic Association sports program. Such ineligibility shall be immediate and shall prohibit participation in the NCHSAA sports program from the date of conviction or adjudication of delinquency through the end of the student’s high school career. Appellate or other post-conviction review of the conviction or adjudication of delinquency does not affect the student’s immediate ineligibility.

Note: “Convicted” and “conviction,” for the purpose of this policy, includes the entry of (a) a plea of guilty; or (b) a plea of no contest, nolo contendere, or the equivalent; or (c) a verdict or finding of guilty by a jury, judge, magistrate, or other duly constituted, established, and recognized adjudicating body, tribunal, or official, either civilian or military. A person is “convicted” or “adjudicated delinquent” for the purposes of this policy, in North Carolina state courts, the courts of the United States, another state, the armed services of the United States, or another country.

he participates as a player—that is, meals, lodging and transportation for each particular game. Any remuneration beyond these essential expenses shall debar a student from future contests.

No student shall be eligible for any contest if he competes under a false name.

12. DRESSING FOR GAME OR PRACTICING: A player shall not dress for a game or scrimmage when he is not eligible to participate in the game. Dressing and sitting on the bench shall be interpreted as participating in the game. **Ineligible players are NOT allowed to participate in practice, either in season or during out-of-season workouts.**

13. ALL-STAR, BOWL AND BENEFIT GAMES: (a) No student shall be permitted to participate in an all-star or bowl game unless it is sanctioned by the North Carolina High School Athletic Association and unless he/she has completed high school eligibility in that sport; (b) no individual player is allowed to participate in more than two sanctioned all-star contests during the school year; and (c) any student who fails to comply with the preceding requirements loses athletic eligibility for a period of time to be determined by the Board of Directors.

An all-star/bowl game is defined as any contest (where admission is charged either directly or indirectly) in which one or both teams is composed of players selected from two or more regularly constituted teams. This regulation does not apply to summer baseball and softball.

Any all-star game (in state or out of state) involving NCHSAA athletes must be sanctioned by the NCHSAA. A filing fee of \$250 is required for the game to be considered for sanctioning: if the game is approved then an additional approval fee of \$750 is required. If the request is denied, then all fees shall be refunded. This fee is required for games involving groups not affiliated with the NCHSAA, and only upon initial application.

No member school shall permit use of its equipment, facilities, nor of its employees, directly or indirectly, in the management, coaching, officiating, supervision, promotion or player selection of any unsanctioned all-star team or contest involving high school players.

High school athletes may participate in benefit/fund-raising games provided the athletes are not members of a school team which plays a game the same day as the fund-raising contest and provided there is no loss of school time as a result of the fund-raiser. Teams authorized to participate in fund-raisers must be composed exclusively of players from the same high school.

Students violating the benefit/fund-raising regulation lose athletic eligibility for a period of time to be determined by the Board of Directors.

14. PROFESSIONALS/COLLEGES: No student who has signed a professional contract will be eligible for high school competition in that sport.

No student who has played on a junior college team is eligible to play on a high school team.

A student who has enrolled and attended class in a college will not be eligible for high school competition, but this does not affect a regularly enrolled high school student who is merely taking the college course(s) for advanced credit.

GAME AND SPORT ADMINISTRATION

15. 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 or contest may occur during the work day for teachers after the start of the ten-month teaching calendar, and coaches may not use their vacation or leave time to hold a practice during the teacher work day. This rule also applies to non-faculty coaches. Exception: if a superintendent gives permission for schools in his/her unit to practice prior to the end of a work day DUE TO INCLEMENT WEATHER ONLY.

16. GAME RULES: All high schools participating in interscholastic athletics shall use the game rules as set forth by the National Federation of State High School Associations. Golf and tennis shall

use USGA and USTA rules respectively, except where local modifications apply.

17. ATHLETIC CONTRACTS: Athletic contracts are to be entered into for a period of two years. 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 standard contract has been approved for mandatory use in varsity football and basketball, and is optional in other sports. Copies may be found in the Forms Book.

18. STARTING TIME: The starting time for all regular season and play-off games in all sports shall be determined by the home team, within certain limits. A contest may not usually begin until after the last regularly scheduled instructional period. If an event is held on campus or on school property, the team is considered the “home” team. If the event is held off campus (golf course, etc.), the team is designated the “host” team. The contest may begin before the last regularly scheduled period if a “host” team is involved, but schools are still urged to minimize loss of school time. This rule is designed to be used only if the operator of the facility dictates an early starting time to the host school.

Playoff games are under the auspices of the NCHSAA, so game times must be reasonable (customarily late afternoon, early evening or night), and are set specifically in football (7:30 p.m.), baseball (7 p.m.), soccer (7 p.m.), and softball (7 p.m.). Recommended starting time in regular season is no earlier than 5:00 pm for baseball, softball, volleyball and soccer. Schools may play earlier than the playoff date designated on the bracket by mutual agreement.

19. PRACTICE GAMES AND SCRIMMAGES: All sports at the high school are permitted two preseason varsity scrimmages, and this competition can be between two schools or with multiple schools.

Two scrimmages may be held in the same preseason week, and the preseason scrimmages must be conducted as events open to the public (no closed scrimmages allowed). Junior varsity scrimmages are allowed in conjunction with varsity scrimmages, at the same time and site.

Scrimmages must be played prior to the first official playing date and are subject to the regular weekly limitations in terms of numbers of contests (exception: football).

For the sports of football, volleyball, soccer, basketball, wrestling, baseball and softball, officials must be used in at least one of the school’s scrimmages so that there will be common exposure to rules situations. Admission may be charged and only eligible athletes may participate. No other contests with outside opponents are permitted prior to the earliest date for a game in each sport season, other than an Endowment game.

Non-school participants may assist the coaching staff in an instructional or demonstrational manner. But any scrimmage-type competition or activity between non-school participants and high school team members is regarded as a game, which is then subject to games-per-week, season limitations, and use of NCHSAA-registered officials.

Any kind of practice game or scrimmage with outside competition during the regular season must be counted as a regular contest and must not exceed daily, weekly or seasonal limits. Schools and/or individuals qualifying from regionals to state may work out or scrimmage one-on-one against students from another school where competition is not available at their own school.

20. ENDOWMENT GAME: These games are optional, one per sport, and may not extend the season. They do not count against the season limitation in that sport and will not be used as part of the tie-breaking system.

Endowment games must be revenue producing, with 25% of the gross revenue going to the Endowment; after expenses, the competing schools divide the remainder. An Endowment game may be played prior to the first regular season contest (exception football with the playing dates established) or in an open date during the season. The game must fall within the weekly limitation criteria. Endowment games must be approved in advance by the NCHSAA; forms for approval are in the Forms Book.

21. POSTPONED AND SUSPENDED 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 in addition to the regular number of contests allowed. No more than three contests may be played in a single week even with postponements and rescheduling (see weekly limits below and exceptions for volleyball, baseball and softball).

Postponed games will be made up in the order of postponement on the next possible date; Saturday will not be used as a makeup day unless mutually agreed upon by the two schools involved, with the exception of the 11th playing date in football {see Football section on seeding}. In soccer, no postponed game will be carried into the week that the playoffs begin. Any deviation from this must be approved by the NCHSAA. 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.**

North Carolina uses the suspended game rule in all sports where appropriate. If a contest is suspended, it is resumed from the point of interruption unless coaches mutually agree to terminate it. (see Baseball, Soccer and Softball for specific applications in those sports).

22. WEEKLY/PLAYER LIMITS: With the exception of volleyball, softball and baseball (refer to those sports sections), no team shall play more than three games in one sport per week, under any circumstances. Both teams and individual players are subject to the daily, weekly and seasonal limitations for each sport.

23. SPLIT SQUADS: A varsity team may not be divided or split for athletic purposes. There may be JV teams, ninth-grade teams, etc. This regulation does not prevent a junior varsity player from playing with the varsity and vice versa, provided he does not exceed specified participation limitations.

24. FILMING AND VIDEOTAPING: Filming or videotaping of a contest or scrimmage by nonparticipating schools, in any sport, is considered unsportsmanlike conduct, subject to a \$300 fine, unless agreed upon by competing teams.

25. EXECUTIVE COMMITTEE: The Executive Committee shall be composed of the President, Vice-President, Executive Director, and four Board of Directors members (one from each of the four classes).

26. POWERS OF THE EXECUTIVE COMMITTEE: The Executive Committee shall act for the Board of Directors on eligibility of players, the arranging of championship games, and other matters delegated to it by the Board of Directors, and the decisions of the Executive Committee shall be in full effect for the remainder of the school year in which they are made.

The Executive Committee shall have the authority to rule on all situations which are not specifically covered in the regulations or are not deemed in the best interest of an individual school or the Association.

The Executive Committee shall have the power to consider all complaints and protests arising in connection with contests and to make such disposal of each as the conditions may appear to warrant. The Executive Committee may not, however, entertain a complaint relating to an alleged error of judgment on the part of any official employed to officiate in any game. No conference shall administer disciplinary action in excess of that provided by the regulations of the NCHSAA. All disciplinary action by conferences shall be subject to review by the Board of Directors.

Should the Executive Director become permanently disabled or die in office, the Executive Committee shall be empowered to conduct the affairs of the Association while naming a Search and Screening Committee to fill the vacancy.

27. SPORTS SEASONS: The sports season for a school is defined as that period of time which begins with the opening date of practice (as called for by each individual school) and goes through the last regular season or playoff game in a particular sport. By defining the length of each sport's

season, an attempt has been made to provide balance to the athletic calendar so that students have an opportunity to compete in a variety of sports throughout the school year. Team practice in any sport is prohibited after the sports season ends until the first day following the final day of the school year. At no time during the school year may any off-season team gather with all positions represented. **Any team practice or game environment created in an OFF-SEASON SKILL DEVELOPMENT SESSION is prohibited during the 180 day school calendar.**

SKILL DEVELOPMENT SESSIONS ARE ALLOWED, BUT SHALL NOT BE HELD DURING ANY TRYOUT PERIOD OF AN IN-SEASON SPORT.

SESSIONS ARE NOT ALLOWED DURING THE FOLLOWING: from the start of fall sports practice to Sept. 1; from the start of winter sports practice to Dec. 1; from the start of spring sports practice to March 15. SESSIONS ARE ALSO NOT ALLOWED DURING THE LAST FIVE STUDENT DAYS OF EACH SEMESTER. THE WEIGHT ROOM MUST ALSO BE CLOSED DURING THE LAST FIVE STUDENT DAYS OF EACH SEMESTER.

All skill development sessions must be voluntary and open to all eligible students. **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. **A STUDENT MUST BE ELIGIBLE UNDER NCHSAA GUIDELINES TO TAKE PART IN OUT-OF-SEASON SESSIONS, AND THOSE INVOLVED IN OUT-OF-SEASON SESSIONS ARE NOT COVERED BY THE NCHSAA CATASTROPHIC INSURANCE POLICY.** Student insurance is strongly recommended for all those involved in athletics, in- season or out-of-season.

SKILL DEVELOPMENT SESSIONS ARE RESTRICTED IN THE NUMBER OF PARTICIPANTS TO ONE LESS THAN A TEAM, ON A DAILY BASIS. THERE IS NO RESTRICTION ON THE NUMBER OF COACHES WHO MAY WORK WITH THE ATHLETES. In basketball only, multiple skill development sessions may be held in a day. Two 45-minute sessions are allowed in a single day for skill development (NONE during dead periods). Four players may be in one session and four different players in the other session.

SEE BELOW: OFF-SEASON SKILL DEVELOPMENT WORKOUTS

SPORT	NUMBER OF ATHLETES ON A GIVEN DAY
football	no more than 21
basketball	no more than 4
baseball.....	no more than 8
volleyball	no more than 5
tennis.....	no more than 4
soccer	no more than 10
lacrosse	no more than 9
golf.....	no more than 3
softball.....	no more than 8
wrestling	no more than 7
track	no more than 6
cross country.....	no more than 4
swimming	no more than 6
field hockey.....	no more than 10

Open facility and skill development sessions may not be held on the same day. An organizational meeting for the purpose of discussing policies, academics, distributing physical forms and the like, or equipment issue prior to the opening date of practice is allowed, but no sports instruction would be permitted in that setting.

Facilities may be used for out-of-season athletic play on a strictly voluntary basis, open to all students and required of none. For safety purposes, school administrators or other school personnel should be present as supervisors of this free play. While facilities are being used for out-of-season play, they may not be used for individual skill development sessions.

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" or "club" team, whether

head or assistant, and has any athletes from the high school on that outside team, he cannot work with any of them during a dead period, and is limited to no more than the sport-specified limit of them per day in an out-of-season workout.

During the summer, coaches are free to work with individual or multiple players, from their school or their feeder schools, conduct practices, etc. On August 1, the fall sports season begins and those restrictions are in place.

Note that the sports in season should always take precedence for facility use, etc., over those not in season, in keeping with the philosophy of the sports season concept.

Coaches coaching a team outside the sports season but during the school year (basketball, soccer, etc) must still abide by the numbers restrictions above (one less than a team). Exception: baseball/softball (Legion baseball etc) which extends into the summer.

PRINCIPALS, SUPERINTENDENTS AND ATHLETIC DIRECTORS ARE RESPONSIBLE FOR SEEING THAT THIS ENTIRE CONCEPT OF THE SPORTS SEASON IS FOLLOWED WITHOUT EXCEPTION. SEE PENALTY CODE FOR VIOLATIONS.

28. SEASON LIMITATIONS: All regular season games must be completed before state play-offs, and the season ends for all sports with the last regularly scheduled game, completion of the conference tournament or when defeated in the state play-offs. Exceptions for postponed contests which have a bearing on conference standings (for awards, Wachovia 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.

29. SPONSORSHIP OF CONTESTS AND HANDLING OF GATE RECEIPTS: No tournaments or games sponsored by organizations or individuals other than bona fide public schools may be entered. Proceeds from a school-sponsored game or tournament shall not be turned over to an outside organization.

All gate receipts from school at athletic contests must be handled in an appropriate manner by a bonded school treasurer as required by state law.

30. WEIGHT TRAINING: A program of weight training is permitted at any time, with the exception of the last five student days of each semester (see Sports Seasons). Personnel knowledgeable in this area should be on hand at all times to observe that proper techniques are followed and that training is designed for overall muscle development (i.e., not restricted to a specific sport such as football, basketball or wrestling). All weight training should be open to all and required of none. Note: Agility drills designed for a particular sport are not to be a part of authorized weight training.

31. RADIO-TV FEES: Local schools hold the broadcast rights to their regular season games and are encouraged to make their own arrangements with media outlets. The NCHSAA holds the rights to all postseason competition it conducts (broadcast over the air, TV, cable TV or over the internet).

For a live radio broadcast of any single playoff contest, the fee is set at \$50 AM or FM. Since the NCHSAA holds the rights to postseason play, no station can be denied the opportunity to broadcast a playoff contest by a member school without approval of the Association.

The minimum fees for the rights to air a delayed telecast of NCHSAA playoff games are as follows:

- \$300 for a football telecast “over the air” or a combination of over the air and cable television;
- \$150 for a football telecast available only on cable (community access channel, etc.);
- \$100 for other playoff sports for a telecast “over the air” or a combination of over the air and cable television;
- \$75 for other playoff sports for a telecast available only on cable (community access channel, etc.).

A telecast aired on multiple outlets, over the air or cable, is subject to the appropriate fee for each outlet or cable system airing the contest.

All broadcast or telecast fees are payable to the host institution or, at the state championships, to the NCHSAA prior to the beginning of the contest.

The delayed telecast may not begin any earlier than completion of the contest. With written application to the Association, a non-commercial telecast may have the rights fees waived under certain conditions.

Live regular season telecasts of football and basketball games by NCHSAA member schools are prohibited.

A live telecast of a playoff game must be approved by the schools involved and by the NCHSAA and the holder of television rights, if any, which the Association has granted. The minimum fee is \$1000 for a single station and \$2000 when the signal is fed to multiple stations or cable systems.

All telecasts, live or delayed, of any state championship game must be approved by the NCHSAA.

32. TRAVEL CHECKS: Travel checks will be issued to participating schools in all sports with the exception of volleyball, football, soccer, basketball, baseball and softball. These checks are to be issued at the conclusion of the spring sports season.

33. ADMISSION TO STATE PLAYOFFS: Superintendents, high school principals, assistant superintendents and assistant principals who are responsible for athletics will be issued special non-transferable passes by the NCHSAA for admission to state- sponsored playoffs. NCCA passes will be recognized for high school and junior high coaches only; valid press passes are also honored. The Senior Tar Heel Card for senior citizens is also honored for admission to playoff games. Full admission shall be charged and gates manned for all playoff games until conclusion of the contest. Officials' passes will be honored for admission to state playoff games in that particular sport in which the official is registered.

34. CONDUCT AT GAMES: The Board of Directors has the power to penalize the school and its officials, the coach, and the individual players in case sportsmanship is not observed. The penalty is to be decided according to the seriousness of the incidents involved.

Police protection: A law enforcement officer in uniform shall be present at all high school varsity football and basketball games and is recommended for soccer and baseball games, with member schools using their own best judgment as to when and if police are needed in that sport. School management is required to provide escort for officials off the field when law enforcement is not there; and the NCHSAA has the authority to require schools to provide law enforcement officer in uniform at games where it deems necessary.

Code of sportsmanship: It is recognized that public school interscholastic athletic events should be conducted in such manner that good sportsmanship prevails at all times. It is therefore necessary that superintendents, principals and coaches be individually and collectively responsible for taking every possible step to provide the physical arrangements necessary to conduct such events and to promote good sportsmanship at every athletic event. These steps should include the provision of such things as safe and adequate facilities for participants, spectators, and officials; the best possible officials for the events; and adequate control of spectators, players, and pre-game and post-game activities. Every effort should be made to promote a climate of wholesome competition.

When a situation develops which indicates negligence on the part of school personnel to provide conditions which meet minimum standards for the conduct of an athletic event, or when there is evidence of poor sportsmanship, the superintendent and principal of each school involved shall be expected to investigate and take necessary corrective action. When the school or schools involved fail

to take adequate action, the Association will investigate the situation and take the action it deems appropriate. The State Advisory Committee will review all reports of negligence or poor sportsmanship and will recommend additional penalty to the State Superintendent when such penalty is deemed necessary.

35. CATASTROPHIC INSURANCE COVERAGE (MANDATORY): Following an overwhelmingly favorable vote of the membership, the NCHSAA obtained a catastrophe plan for the member schools. In order to get low premium rates, all schools are required to participate in the program. The NCHSAA makes a payment on behalf of the schools, and the coverage is in effect beginning August 1 of each school year. The schools are to send their premium payments to the NCHSAA office before October 1 of that year. The master policy will be on file with the NCHSAA.

The coverage offered under this policy is not meant to replace the basic football or student accident and athletic coverage, but rather is intended to provide benefits for student participants as well as protect member schools against the cost arising out of very serious injuries.

This policy is available to member schools at a cost of \$3.75 per athlete. The deductible amount will be the greater of (a) \$25,000 or (b) the benefits payable from other collectible group insurance.

Details on the program and additional materials describing the policy are sent to the membership at the beginning of each school year.

36. STUDENT ACCIDENT AND ATHLETIC COVERAGE (VOLUNTARY): The NCHSAA is committed to stimulating and sustaining support for a broadly based program, with a primary objective to provide the best student accident and athletic coverage available.

Booklets are mailed to each school and representatives are available to discuss the student accident and athletic programs. Here is a breakdown of the insurance program:

North Carolina High School Athletic Association Insurance Program

- High School Catastrophic Insurance
- Officials Accident Medical/Liability/Catastrophic Insurance
- Directors/Officers
- General Liability

*Contact: Mandy Lance, Insurance Administrator
NCHSAA, 800-242-2802, ameradvins@aol.com*

- Student Accident / Athletic Insurance
- Camps and Conferences

*Contact: Lawrence Braxton, President
American Advantage Marketing, 800-232-9601, lawbrax@aol.com*

In the event of an injury, a claim form may be obtained on line at www.k12studentresources.com, or by contacting Mandy Lance or Lawrence Braxton.

COMPETITION

37. OUT-OF-STATE OPPONENTS, COMPETITION AND SANCTION: All individual contests during the sports season, whether home or away and including scrimmages or regular season games involving non-North Carolina schools, are approved, provided there is no loss of school time (unless the LEA approves such a contest).

INTERSTATE COMPETITION REQUIRING STATE SANCTION ONLY: Interstate competition involving more than two schools and from states bordering North Carolina, requires a request for such competition be made through the NCHSAA office a minimum of 30 days in advance of the proposed contest (see NCHSAA Forms Book). This does not require NFHS sanction.

INTERSTATE COMPETITION REQUIRING NATIONAL FEDERATION SANCTION:
a) Any interstate event involving two or more schools which is co-sponsored by or titled in the

name of an organization outside the high school community (e.g., a university, a theme park, an athletic shoe/apparel company).

b) Non-bordering events if five (5) or more states are involved

c) Non-bordering events if more than eight (8) schools are involved

d) Any event involving two (2) or more schools that involve a team from a foreign country. The host school should complete the international sanction application (The exceptions to this rule are Canada and Mexico, which are considered "bordering states".)

International competition must be approved by the NCHSAA, the National Federation, and the national governing body for the sport involved.

Please find forms and further information on sanctioning in the Forms Booki, on line.

38. PRESEASON CERTIFICATION: Each member school must send in its preseason certification form to the NCHSAA student services program prior to the first contest of each sports season. It certifies that student-athletes and their parents have signed the sportsmanship pledge. In addition, each coach must certify signing the code of conduct for coaches.

39. NO SUNDAY PARTICIPATION: No contest under the auspices of the NCHSAA may be staged on Sunday, except for certain cases approved by the NCHSAA in championships.

There shall be no Sunday practice 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.

40. UNPLAYED GAMES AND FORFEITED GAMES: If a conference school plays a part of its schedule, and then withdraws from competition leaving unplayed games, the Executive Committee shall have power, at its discretion, to declare official forfeitures of all unplayed games.

When the use of ineligible players requires forfeiture of games and loss of play-off privileges, then none of the conference games of the school involved shall count in determining a berth in the play-off.

41. TIE GAMES: All tie games shall count one-half game won and one-half game lost whenever a conference champion is determined by percentage standings.

42. TIEBREAKING PROCEDURE: all parts of this procedure are mandatory. The steps should be followed in the order as they appear in the procedure.

(A) DETERMINING CONFERENCE STANDINGS

These rules apply for determining the final regular season standings in any sport in which a conference awards its conference championship on the basis of regular season competition.

(1) The conference standings shall be determined on the basis of the percentage of conference games won by each team at the end of the regular season, based on conference regulations and subject to the tiebreaking procedure which follows. The team finishing in first place shall be recognized as the conference champion; if a tie exists for first place, then conference co-champions, tri-champions, etc., shall be declared.

(2) If two or more teams have equal conference percentages at the end of the season, the team that has the edge in head-to-head competition will get the higher place in the standings. All conference games played against each other would count in the head-to-head competition.

Examples: the intent is to break the tie by using the tied teams. If there is a four-way tie for first and Team A and Team B are 2-1 while Team C and Team D are 1-2, in games among the four of them, A and B would be tied for first by virtue of their 2-1, with C and D tied for third. Then look at head-to-head between the two (A and B) to break that tie, and then between the other two (C and D) to break that remaining tie.

Teams A, B and C are tied for fourth in the conference standings with identical records. In games among the three, A was 3-1, B was 2-2 and C was 1-3. The tie is broken; A is fourth, B is fifth and C sixth.

Any time throughout the whole procedure that a multiple tie is reduced to two

teams, no matter what criteria is being used, use head-to-head competition between those remaining if possible.

(B) DETERMINING CONFERENCE TOURNAMENT SEEDING

The following rules are used to seed conference tournaments on the basis of regular season standings. Use this section only to seed for conference tournaments and only after Part A is completed.

(1) Seed the tournament on the basis of final regular season standings; see Part A.

(2) If two or more teams are tied, and the teams played any non-conference games against each other, the team with the better record in all head-to-head games get the higher conference seed. If there is a multiple tie (three or more teams), all teams must have played each other for non-conference games to be used. Note that use of these non-conference or tournament meetings prior to the conference tournament is ONLY for seeding in the conference tournament (exception C5).

Example: Team A and B split in regular season, but played one another in a non-conference game and A won. A would get the higher seed in the conference tournament. Say A and B were tied for fourth in an eight-team league and this occurred; A would get the higher seed in the tournament. However, the meeting in the conference tournament between A and B would be the tiebreaker between the two for determining NCHSAA playoff representatives (see Part C2).

(3) If there is still a tie for a tournament seed, it will be resolved by comparing how the tied teams fared against the rest of the conference until the tie is broken.

Example: A and B finished with equal conference records and split during the regular season, thereby tying for third place in the standings. They did not play each other in a non-conference game. Go to the number one position in the conference and compare how A and B did against that team. Say the tie cannot be resolved there (both teams split with the number-one team), so go to the number two team. Team A lost twice to the number two but B split with the number-two team. Therefore B would be seeded third and A fourth (even though they finished tied for third in the final standings).

Example: There is a four-way tie for first among A, B, C and D. Team A and B are each 2-1 while C and D are each 1-2 in games among the four. A and B are tied for the first seed, while C and D are tied for third seed. Now look at head to head competition between A and B to break that tie, and head to head between C and B to break the other remaining tie.

(4) If the tie still exists, a draw will be held by the tied teams for the seeds available. All tied teams for a position will draw with the numbers of the spots for which they are tied in a hat.

Example: A and B are tied for third and the tie is not resolved after going through the procedure B3 above. The numbers three and four are put in a hat, and the schools will draw and assume the seed of the number drawn. The drawing will be done in alphabetical order as the schools are listed in the NCHSAA Directory.

(C) DETERMINING NCHSAA PLAYOFF REPRESENTATIVES: The following rules are used to determine which teams earn available berths into the NCHSAA playoffs, awarded on the basis of regular season standings. These are used AFTER completion of the conference tournament, or BEFORE NCHSAA PLAYOFFS if there is no tournament.

(1) Award berths based on final regular season standings (see Section A). Note that if a tie is broken using head to head competition, the tie is broken from that point on and there is no need to use other criteria.

(2) If three or more teams are tied, the team which advanced the furthest in the conference tournament will get the higher berth in the playoffs.

(3) If two are still tied in the final standings, a special playoff game will be played unless the tied teams mutually agree to break the tie by other means.

The playoff game may not violate the weekly limitations, and it could be preliminary game

to the state playoffs or a game in the conference tournament. No playoff game shall be played prior to a conference tournament. A meeting between the tied teams which occurs in any round in the conference tournament would count as the playoff game.

(4) If both teams are eliminated from the conference tournament but can still play the playoff game and not violate the weekly limitations, it shall be played. Exception: If a team advances to the conference tournament finals, even if a playoff game would not violate the weekly limitations, the game will not be played, and the team that advances to the finals gets the higher seed.

(5) If the tie is not broken after (4), all previous head-to-head competition is used to break the tie (cannot be used with multiple ties).

(6) If there is still a tie, it will be resolved by comparing how the tied team fared against the rest of the conference, starting with the number one team and moving down, if necessary, throughout the conference until the tie is broken.

Example: A and B finished with equal conference records and split during the regular season, thereby tying for third place in the standings. A playoff game could not be played and they did not play each other in a non-conference game. Go to the number one position in the conference and compare how A and B did against that team. Say the tie cannot be resolved there (both teams split with the number-one team), so go to the number two team. Team A lost twice to the number two but B split with the number-two team. Therefore B would be seeded third and A fourth (even though they finished tied for third in the final standings).

(7) If the tie still exists, a draw will be held by the tied teams for the seeds available. All tied teams for a position will draw with the numbers of the spots for which they are tied in a hat.

Example: A and B are tied for third and the tie is not resolved after going through the procedure through B3 above. The numbers three and four are put in a hat, and the schools will draw and assume the seed of the number drawn. The drawing will be done in alphabetical order as the schools are listed in the NCHSAA Directory.

43. GAMES WITH NON-CONFERENCE OPPONENTS: No game which has been scheduled with a non-conference opponent shall be allowed to interfere with the breaking of a tie between, or among, conference teams or with a conference tournament or playoff game. If such non-conference game shall conflict with the game, or games, necessary to break a conference deadlock, the school concerned shall at once. (a) cancel its nonconference game; (b) submit to the drawing, notwithstanding its non-conference scheduled game; or (c) accept the ruling of the Executive Committee that its former percentage has been canceled.

44. CONFERENCE CHANGES: The Executive Committee shall have the authority to require a conference to accept a school into its membership where it is impractical for that school to belong to any other conference. (See Bylaws, Article VI, Classifications.)

Conference changes will be considered during the winter meeting of the Board of Directors following the completion of the normal two-year football contract period.

Non-conference football contracts shall not be made until the winter meeting of the Board of Directors the year contracts expire.

When a conference change is desired or indicated, a school must submit a letter of intent to the Executive Director prior to that winter meeting of the Board of Directors. Copies of the letter must be sent to the president of the conference in which the school holds membership and to the president of the conference in which membership is desired.

The requested change must receive the approval of the Board of Directors.

A school requesting a change in conferences must meet the terms of any existing athletic contracts, unless the contract is terminated by mutual agreement.

A conference must have at least five members fielding a team in a sport in order to be guaranteed a position in the play-offs for that sport.

The Board of Directors is responsible for setting up the playoff program and for designating the number of participating teams from each conference. The Board has endorsed the method of determining number of representatives from a conference on a percentage basis over a four-year realignment period. The percentage of teams in a classification making the playoff, the berths over the four-year period and the subsequent bracketing are all completed on a four-year basis.

45. TEAM CHAMPIONSHIPS: In sports where applicable, a team must have multiple entries in the event to achieve a team championship. An individual may not earn a team title. For reclassification purposes, a school must have a bona fide team to be counted toward the total of schools fielding teams in a classification. A “team” is defined as “two or more students practicing and competing in a regularly scheduled school season.”

46. RESTITUTION RULE: A member school shall be assessed the full cost including, but not limited to, court costs, counsel fees and actual expenses, of any litigation instituted by, or on behalf of, the school, its staff, coach(es), team(s), or participant(s), that unsuccessfully challenges a rule, by-law or article of incorporation of the Association or any decision of the Executive Director or Board of Directors. A member school shall likewise be assessed such costs resulting from any unsuccessful litigation brought against the Association when the school is made a necessary co-defendant or a third-party defendant in the litigation.

Any member school that does not make full payment of such costs within sixty days of the assessment shall be prohibited from playoff participation in all sports. The restriction shall continue until the full amount plus interest at the statutory rate is paid.

47. NCHSAA ATHLETIC PASSES: Each member school will be issued four passes and each central office two, per NCHSAA Board policy. An additional pass is provided for the chairperson of the local Board of Education. These passes may be signed for and picked up at regional meetings.

48. REPORTING PLAYOFF QUALIFIERS AND ADVANCEMENT: For reporting potential qualifiers to state playoffs, conference presidents are required to submit the appropriate written form immediately upon conclusion of the regular season. The form includes conference record and overall won-loss record and winning percentage for all conference schools. This must be submitted prior to the conference tournament (if one is played). The overall winning percentage and records will be considered when determining which schools qualify for wild-card berths in playoffs. Check the playoff format chart in the back of the Handbook for the number of berths for each conference and wild-card qualifier procedures.

Upon conclusion of the conference tournament, the conference president will immediately submit the adjusted overall records of all teams. These are the records that will be listed on the brackets themselves when playoff qualifiers are posted.

Failure to comply with the reporting procedure will result in a \$400 fine to the conference.

After schools have qualified for the playoffs, it is their responsibility to report advancement by the appropriate method and deadline as designated by the NCHSAA. Failure to report a playoff advancement will result in a \$400 fine to the school. The playoff line number is (919) 918-1336 (reporting may also be online) and teams advancing must contact the NCHSAA no later than 8 am the day following each win. Postponements should also be reported.

Check website for additional information.

FACILITIES

49. COURT AND FIELD DIAGRAMS: The NCHSAA has adopted the playing rules of the National Federation of State High School Associations for most sponsored sports. Diagrams for the court or field for each sport are contained in the respective rulebooks. The National Federation also publishes a Court and Field Diagram Guide covering all sports.

A copy of rule books for individual sports or of the comprehensive guide may be obtained directly from the National Federation or through the NCHSAA.

50. LIGHTING STANDARDS: The Board of Directors has adopted standards for the lighting of events sponsored by the NCHSAA or any member school.

These standards incorporate the most current data available regarding the lighting, electrical and structural issues that apply to the installation and maintenance of safe, effective lighting systems.

These standards were developed by a Standards Advisory Committee made up of experienced engineers, architects, electrical contractors, attorneys and insurance underwriters. They are divided into recommended minimums and desirable features. The minimums establish criteria which are important to the safe conduct of sponsored activities. The desirable features are intended to provide guidelines for lighting systems that give added values of durability, energy-efficiency, environmental sensitivity and cost effectiveness.

NCHSAA playoff events will be held only at sites that meet the minimum standards.

A copy of the revised lighting standards may be obtained from the NCHSAA office.

TOBACCO PRODUCTS, ALCOHOLIC BEVERAGES AND CONTROLLED SUBSTANCES

The North Carolina High School Athletic Association emphatically opposes the use of tobacco, alcohol and other drugs by student-athletes, coaches (including volunteer coaches) and officials.

Participants, coaches and other team representatives and officials, including chain crew, official scorers and timers, should not use any tobacco product, alcoholic beverage or controlled substance at a game site; **during state playoff competition, violators of the policy will be ejected from the contest.**

Member schools are encouraged to make all school property, vehicles including charter buses used by participants, and particularly game sites, tobacco-free and alcohol-free zones. They are also encouraged to cooperate fully with police agencies in the enforcement of the criminal laws prohibiting the sale or use of tobacco products, alcoholic beverages, and controlled substances to minors.

In order to minimize health and safety risks to North Carolina's student athletes, maintain ethical standards as well as reduce liability risks, school personnel and coaches should never knowingly supply, recommend or permit the use of any drug, medication or food supplement solely for performance enhancing purposes.

HARDSHIP RULES

The following addition to the athletic code has been approved by the State Board of Education: except for the eligibility rule in regard to age, the Board of Directors shall have the authority to set aside the effect of any eligibility rule when, in the opinion of the Board, the rule fails to accomplish the purpose for which it is intended and when the rule works an undue hardship upon the student.

The purpose of the hardship rule is to provide due process, and the Board of Directors has established the following procedure for filing requests for exemption.

1. Requests for exemption must be made prior to any participation by the student under circumstances that would constitute ineligibility. Requests will go initially to the Executive Director for action by the staff. The appropriate form is in the Forms Book and must be filled out in its entirety for

consideration.

2. A school wishing to appeal the decision may appeal to the Hardship Committee. Requests to the Hardship Committee are acted upon twice during each school year. The first meeting for the consideration of exceptions is during the winter meeting of the Board of Directors and the second meeting is during the Board of Directors' spring meeting. The school is assessed the actual cost of the appeal. If a school wishes to appeal a previous decision at one of the two regular Hardship Committee meetings, it should notify the Executive Director 10 days prior to those meeting dates.

3. If a school wishes to appeal the decision made but does not wish to wait until a regular meeting of the Hardship Committee, it has the following options:

(a) to submit information to the Committee for decision by mail ballot; or

(b) conference telephone hook-up, with the school paying for the actual cost of the conference call.

In both (a) and (b), the school waives its right to further appeal. The decision of the Hardship Committee will be final, and the school is assessed the actual cost of the appeal.

4. Each application for consideration must be made in writing by the school principal, with the approval of the superintendent, and should contain all of the facts pertaining to the case, including sufficient data to make it possible to reach a decision without further investigation. All correspondence and documents pertinent to the case must be submitted for review, including a photostatic copy of the student's cumulative folder, which shows all scholastic and attendance data since first entry in the ninth grade. In cases involving medical questions, the request for exception must be accompanied by the statement(s) of one or more qualified medical expert(s) explaining the medical aspect of the case.

5. A personal appearance of the principal and/or superintendent may be requested.

6. Ignorance of the rule on the part of school personnel, the student and/or his parents shall not be considered sufficient cause for setting aside the effects of a rule.

7. It is to be understood that ordinary cases of ineligibility shall not be considered under the hardship category and that the conditions which cause the student to fail to meet the eligibility requirement must have been beyond the control of the school, the student and/or his parents. Injury, illness, or accident which cause the student to fail to meet one of the basic requirements is possible cause for hardship consideration. The appropriate time for hardship application is when the hardship situation is discovered, not after he or she has completed eight consecutive semesters.

8. Inability to participate due to illness, injury or other medical causes shall not be considered a hardship. Requests for exception may be considered in those cases where the ineligibility exists because the student was unable to attend, or was prohibited from attending, school due to medical treatment.

Note that hardship cases involving the attendance rule will not be considered unless at least 50% of the absences are attributable to documented medical reasons. Documentation should be gathered during the medical situation on an ongoing basis, rather than after the fact in an effort to justify the absences.

9. In cases of transfers which are requested on a hardship basis, the principals and the superintendents of the two schools involved must each write a letter in support of the request and there must be no evidence of recruiting.

10. A copy of the request to the Hardship Committee shall be sent to each member of the conference in which the school holds membership.

11. Procedures governing exception requests:

(a) The superintendent or principal is to notify the Executive Director in writing at least 10 days prior to the two scheduled Hardship Committee meetings;

(b) The Hardship Committee, after hearing the case, will, if requested, advise the school of the recommendation it plans to make to the full Board of Directors in regard to the Hardship request;

(c) The school shall have the right to appear before the full Board to appeal the Hardship Committee's ruling. The hearing shall be de novo with members of the Hardship Committee ineligible to vote; and

(d) It is the responsibility of the school submitting the Hardship request to have translated any documents that might be in a language other than English, and to forward both the original document and the translation for Hardship consideration.

INFECTIOUS DISEASE

The North Carolina High School Athletic Association has adopted a policy in an effort to minimize the possibility of transmission of any infectious disease during a high school athletic practice or contest. Copies of the policy have been made available to member schools, and additional copies can be obtained from the NCHSAA office. Each school is strongly encouraged to develop its own action plan for the prevention of the transmission of infectious diseases.

REDUCING THE RISK OF CONTRACTING BLOODBORNE INFECTIONS (HIV and Hepatitis B Virus)

Universal Hygienic Precautions for the Athletic Setting

- 1) Before competing, cover any open wounds you might have to reduce the transfer of blood from one open wound to another.
- 2) Athletes should render first-aid to themselves and cover their own wounds, whenever possible. This reduces the risk of transmitting a bloodborne virus from one person to another.
- 3) When rendering first-aid to others, wear protective gloves any time blood or other body fluids containing visible blood, open wounds, or mucous membranes are involved. Clean gloves should be worn for each athlete or the recurrence of an injury with the same athlete if any practice or competition has occurred following initial treatment.
- 4) If you get someone else's blood or other body fluids containing visible blood on yourself, wear protective gloves and wipe it off with a disposable towel using a solution known to inactivate bloodborne pathogens. Soap and water or antiseptic hand cleaner in conjunction with clean cloth/paper towels or antiseptic towelettes, are recommended by OSHA. Cloth towels should be used only once before laundering and disposable towels/towelettes should be discarded properly. Proper disposal would be the use of a plastic-lined container with a lid, labeled with a biohazardous waste label.
- 5) If blood or other body fluids containing visible blood are present during practice or competition, play should be stopped, the injured athlete removed from the activity and given proper attention, and any contaminated surfaces should be cleaned. A uniform saturated with blood should be changed. Any open wounds should be cleaned, the bleeding should be stopped, and the wounds should be covered before the athlete is allowed to continue participation.
- 6) Do not use common towels to clean surfaces contaminated with blood or other body fluids containing visible blood. The use of common towels any time during athletics is a very poor health habit. Personalize towels, cups, and water bottles with the individual's name or number.
- 7) When cleaning contaminated surfaces, use a solution of household bleach and water or a commercially-prepared, EPA-approved solution. The household bleach solution should be mixed fresh daily and should be a dilution of 9 parts water to 1 part bleach.

- 8) All blood contaminated linen such as uniforms and towels should be pre-soaked and then washed in hot, soapy water.
- 9) Wash all soiled uniforms, towels, and other dirty linen in warm or hot soapy water. Use a normal laundry cycle and follow the washer and detergent manufacturer's recommendations.
- 10) In general, use good hygienic practices. Shower after each practice or competition, using a liberal amount of soap and water. Avoid sharing towels, cups, and water bottles.

HAZING

The NCHSAA encourages coaches and other school personnel to create and vigorously enforce rules against hazing and similar practices.

Hazing is defined as deliberately subjecting another person to physical injury as part of an initiation or prerequisite for membership ... (House Bill 171). It is against North Carolina Law (G.S. 14.35). Regardless of a student's willingness to participate, hazing and other humiliating activities expected of a student to belong to a team or group, have many negative consequences. It obstructs the development of good citizens, escalates the risks of participation, negates positive contributions, and destroys respect for self, others and a "wholesome athletic environment."

In light of continued questions and concerns about the use of creatine and androstenedione, the Board supports and endorses the same stance of the National Federation of State High School Associations: "In order to minimize health and safety risks to student-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or permit the use of any drug, medication or food supplement solely for performance-enhancing purposes"

SPORTSMANSHIP

THE QUALITY OF RESPONSIBLE BEHAVIOR CHARACTERIZED BY A SPIRIT OF GENEROSITY AND A GENUINE CONCERN FOR OPPONENTS, OFFICIALS AND TEAMMATES

Students and spectators should:

- realize you represent the school as does a member of a team; therefore, you have an obligation to be a true sportsman, encouraging through this behavior the practice of good sportsmanship by others
- recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team
- remember that the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social and emotional well being of the players through the medium of contest
- be modest in victory and gracious in defeat
- respect the judgment and integrity of game officials