

COMPETITION

39. INTERSTATE COMPETITION

A. ONE-ON-ONE OUT OF STATE OPPONENTS: All contests between two (2) teams during the sports season, whether home or away including scrimmage and regular season involving a non-North Carolina school (not applying to foreign country teams), are approved, provided there is no loss of school time (unless the LEA approves such a contest). **NO SANCTION REQUIRED.**

B. INTERSTATE COMPETITION REQUIRING NATIONAL FEDERATION SANCTION: Interstate competition that meets at least one of the following requirements:

- Any interstate (including bordering states) or international event involving two (2) or more schools which is co-sponsored by or titled in the name of an organization outside the school community (e.g., a college/university, a theme park, an athletic shoe/apparel company).
- Event that involves non-bordering state(s) if more than five (5) states are involved.
- Event that involves non-bordering state(s) if more than eight (8) schools are involved.
- Any event involving two (2) or more schools that involves a team from a foreign country. The host school should complete the NFHS Sanction Application. Those would include any event(s) that involves international traveling teams that play multiple games in multiple states. (The exception to this rule are Canada and Mexico, which are considered "bordering states").

*** For online registration, go to www.NFHS.org and click onto Sanctioning.**

C. BORDER/INTERSTATE COMPETITION REQUIRING STATE SANCTION

ONLY: Interstate competition when an event does not meet any of the National Federation Sanctioning requirements but involves at least one of the following:

- Event only involves state(s) that border North Carolina (Georgia, South Carolina, Tennessee and Virginia)
- Five (5) or fewer states participating when there is a non-bordering state involved.
- Eight (8) or fewer schools participating when there is a non-bordering state involved.

See Border/Interstate Sanctioning Form on the NCHSAA website. State sanction request for the above competitions must be made through the NCHSAA office a minimum of 30 days in advance of the proposed contest.

40. PRESEASON CERTIFICATION: Each member school must send in its preseason certification form to the NCHSAA prior to the first contest of each sports season. It certifies that student-athletes and their parents have signed the sportsmanship pledge, and also certifies that their student-athletes are eligible in all respects. (Dates for submission to NCHSAA are September 15 (fall), December 15 (winter), and March 15 (spring).) In addition, each coach must certify signing the code of conduct for coaches, viewing the Eligibility Powerpoint, and that each school has an updated Emergency Action Plan.

IMPORTANT NOTE--COACHING REQUIREMENT: Each non-faculty coach (individual who is not teacher-certified) and each newly hired coach is required to take the "Fundamentals of Coaching" certification course on-line through the National Federation within 60 days of being hired in order to coach an NCHSAA team. All coaching staffs should be certified in this area by the end of the 2015-16 academic year.

In addition, it is recommended that at least one member of each sport/activity staff take and pass the National Federation First Aid for Coaches course, be CPR/AED certified, and be present at all contests and practices. The host school of an event with three or more participating teams is encouraged to have licensed athletic trainer/certified first responder on site at all times during the event.