

**NCHSAA Handbook, page 127, Section 14**

**14. DRESSING FOR GAME OR PRACTICING:** A player shall not dress for a game or scrimmage when he/she is not eligible to participate in the game. Dressing and ~~sitting on the bench~~ *being in the designated team area* shall be interpreted as participating in the game. *Disqualified or ejected athletes during a contest will remain in the team area for supervision.*