

- (2) \$150 for a football telecast available only on cable (community access channel, etc.); or video streaming;
 - (3) \$100 for other playoff sports for a telecast “over the air” or a combination of over the air and cable television; or available only on cable; or video streaming (delayed).
 - (c) 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.
 - (d) 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.
 - (e) The delayed telecast may not begin any earlier than completion of the contest.
 - (1) With written application to the Association, a non-commercial telecast may have the rights fees waived under certain conditions.
 - (f) Live regular season telecasts of football and basketball games by NCHSAA member schools are prohibited.
 - (g) Live internet video streaming of regular season contests, however, is permitted.
 - (h) A live telecast of a playoff game must be approved by the NCHSAA and the holder of television rights, if any, which the Association has granted.
 - (1) The minimum fee is \$1000 for a single station and \$2000 when the signal is fed to multiple stations or cable systems.
 - (i) All telecasts, live or delayed, of any state championship game must be approved by the NCHSAA.
 - (1) Time Warner Cable currently holds the rights to state championship games.
- 2.3.18 **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, by July 1.

2.4 COMPETITION

- 2.4.1 **Organizational Meeting:** 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.
- 2.4.2 **Preseason Certification (Eligibility Summary Form):** Each member school must submit its preseason certification information (Eligibility Summary Form) on the NCHSAA website. **(Revised: May 2014)**
- (a) 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.
 - (b) Dates for submission to NCHSAA are September 15 (fall), December 15 (winter), and March 15 (spring).
 - (c) 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.
- 2.4.3 **Reporting Playoff Qualifier:** Schools must enter their complete schedules and game results for the sports of baseball, basketball, football, soccer, softball, volleyball and lacrosse using MaxPreps.com. Conference presidents will then use this information to submit final conference standings to the NCHSAA.
- (a) For reporting potential qualifiers to state playoffs, conference presidents are required to submit the appropriate information online immediately upon conclusion of the regular season. The form includes overall won-loss record and winning percentage for all conference schools. This must be submitted by the appropriate deadlines. The overall winning percentage and finish in conference standings will be considered when determining which schools qualify for wild-card berths in playoffs.
 - (b) All sports with the exception of dual team tennis, dual team wrestling and lacrosse will use seeded brackets (see SEEDING in each appropriate sports section). The sports of dual team tennis, dual team wrestling and lacrosse will use predetermined brackets. (See also, SEEDING 4.1.11)
 - (c) The formula for qualifying for sports using predetermined brackets will be outlined on the NCHSAA website under School Central.
 - (d) 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. NOTE: If a team qualifies for a playoff berth but is ineligible for further competition due to violation of the ejection policy, its position is vacated.

- (e) Failure to comply with the reporting procedure will result in a \$400 fine to the conference.
- (f) Check website for additional information.
- 2.4.4 **Reporting Playoff Advancement:**
 - (a) 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.
 - (b) Failure to report a playoff advancement will result in a \$400 fine to the school. Teams advancing must report advancement no later than 6 a.m. the day following each win.
 - (c) Postponements should also be reported.
- 2.4.5 **Team Championships:** In sports where applicable, a team must have multiple entries in the event to achieve a team championship.
 - (a) An individual may not earn a team title.
 - (b) For reclassification purposes, a school must have a bona fide team to be counted toward the total of schools fielding teams in a classification.
 - (c) A "team" is defined as "two or more students practicing and competing in a regularly scheduled school season."
- 2.4.6 **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:
 - (1) 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).
 - (2) Event that involves non-bordering state(s) if more than five (5) states are involved.
 - (3) Event that involves non-bordering state(s) if more than eight (8) schools are involved.
 - (4) 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").
 - (5) For online registration, go to www.NFHS.org and click on 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:
 - (1) Event only involves state(s) that border North Carolina (Georgia, South Carolina, Tennessee and Virginia)
 - (2) Five (5) or fewer states participating when there is a non-bordering state involved.
 - (3) Eight (8) or fewer schools participating when there is a non-bordering state involved.
 - (4) 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.
- 2.4.7 **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.
 - (a) If such non-conference game shall conflict with the game, or games, necessary to break a conference deadlock, the school concerned shall at once:
 - (1) Cancel its nonconference game;
 - (2) Submit to the drawing, notwithstanding its non-conference scheduled game; or
 - (3) Accept the ruling of the Executive Committee that its former percentage has been canceled.

2.4.8 **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.

- (3) 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 conference 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; if no conference tournament, proceed to Part C.

- (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 of three or more teams, one team must have beaten all the other teams for these 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 1: 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 2: 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 D 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 or 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 two are tied in the final standings after being eliminated from the conference tournament, 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.
- (3) 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.
- (4) 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.
 - (i) **Split Conference Application Only:** If two or more teams are still tied, and the teams represent different classifications, berths will be awarded by separating teams into their respective classifications. Then head-to-head competition among the teams in the respective classifications must be considered if necessary.
- (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 in conference games. 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.

- 2.4.9 **Uniforms:** School uniforms may not be used for any outside organization competition or by athletes performing "unattached" during the academic school calendar, inclusive of weekends, holidays, workdays, etc.
- (a) During the summer outside the dead periods, school uniforms may be worn for school-related activities.

2.5 **HEALTH AND SAFETY**

- 2.5.1 **Inclement/Hot Weather Guidelines:** Precautions must be taken to prevent heat-related problems. The following should be considered when scheduling practice: time of day, intensity level of practice, equipment worn, and environmental conditions.

- (a) High temperature and high humidity create a dangerous situation for athletes. However, a high humidity and low temperature can cause serious heat-related problems.
- (b) Water should be made available in unlimited amounts throughout practice. Water/fluid replacement breaks are recommended each 20 or 30 minutes, depending on practice conditions.
- (c) Each LEA must have a written policy pertaining to practice on days of extreme heat or early dismissal due to extreme weather conditions.
- (d) Schools must also have a policy in place regarding lightning.
- (e) In addition to these guidelines, schools must have a plan/procedure for all emergency situations. See chart for details.

- 2.5.2 **Heat and Humidity Guidelines:** The fundamentals of a Heat Acclimatization Program are as follows:

- (a) A Certified Athletic Trainer or first responder **MUST** be in attendance at all football practices and games.
- (b) Physical exertion and training activities should begin slowly and continue progressively. An athlete cannot be conditioned in a period of only two to three weeks.
- (1) Begin with shorter, less intense practices and training activities, with longer recovery intervals between bouts of activity.
- (2) Minimize protective gear (helmets only, no shoulder pads) during first several practices, and introduce additional uniform and protective gear progressively over successive days.
- (3) Emphasize instruction over conditioning during the first several practices.
- (c) Keep each athlete's individual level of conditioning and medical status in mind and adjust activity according. These factors directly affect exertional heat illness risk. For example, there is an increased risk if the athlete is obese, unfit, has been recently ill, has a previous history of exertional heat illness, or has Sick Cell Trait.
- (d) Adjust intensity (lower) and rest breaks (increase frequency/duration), and consider reducing uniform and protective equipment, while being sure to monitor all players more closely as conditions are increasingly warm/humid, especially if there is a change in weather from the previous few days.
- (e) Athletes must begin practices and training activities adequately hydrated.
- (f) Recognize early signs of distress and developing exertional heat illness, and promptly adjust activity and treat appropriately. First aid should not be delayed.
- (g) Recognize more serious signs of exertional heat illness (clumsiness, stumbling, collapse, obvious behavioral changes and/or other central nervous system problems), immediately stop activity and promptly seek medical attention by activating the Emergency Medical System. On-site rapid cooling should begin immediately.
- (h) An Emergency Action Plan (EAP) with clearly defined written and practiced protocols should be developed and in place ahead of time.
- (i) Prior to season all coaches, athletic training personnel and first responders working with team should review signs and symptoms of heat illness and the emergency action plan for their school.
- (j) Precautions must be taken to prevent heat-related problems. Please pay particular attention to the following:
- (1) A Heat Index chart should be available at practices and contests.
- (2) A copy of the Emergency Action Plan that outlines steps to take in case of severe environmental conditions, should be on-site.