

No student who has played on a 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

17. 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, contest, or workouts may occur during the work day for teachers during the ten-month teaching calendar, and coaches may not use their vacation or leave time to hold a practice during the teacher work day. On the day following the end of the academic school year calendar, non-mandatory teacher workdays are governed by local policy. 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. Team practice in any sport is prohibited after the sports season ends until the first day following the final day of the school year.

18. 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. Women's lacrosse follows U.S. Lacrosse Association rules.

19. ATHLETIC CONTRACTS: A standard contract is recommended for use in all sports for non-conference competition (with two-year terms for football and basketball). Copies may be found online. 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.

20. 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.), lacrosse (7 p.m.), baseball (7 p.m.), soccer (7 p.m.), and softball (7 p.m.). Teams may play at 6 p.m. in baseball, soccer, lacrosse and softball playoffs if mutually agreed upon. **Any deviation from this must be approved by the NCHSAA.** Recommended starting time in regular season is no earlier than 5:00 pm for baseball, lacrosse, softball, volleyball and soccer. Schools may play earlier than the playoff date designated on the bracket by mutual agreement, and Saturday playoff games may be played earlier than those times listed here by mutual agreement.

21. 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. Football scrimmage rules are different and are spelled out in the football section of this Handbook.

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, lacrosse, 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. Football scrimmage rules are different and are spelled out in the football section of this Handbook.

22. ENDOWMENT GAME: Endowment games, where allowed, are referenced in the individual sports rule sections in this Handbook. In general, each school may play one endowment game per sport, and only one such game may be played in addition to the applicable season game limitation. The NCHSAA may approve additional endowment game requests to assist member schools with scheduling issues; however, under no circumstances may any additional endowment game be played that would otherwise result in any member school exceeding the regular-season game limitation for that sport. No endowment game will be used as a part of the tiebreaking system.

23. 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, tennis, basketball 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 12th playing date in football (see Football section on seeding). No postponed game may be played after the reporting deadline for playoffs. 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). A suspended game may be continued in another week and not count against the weekly limitations.

24. WEEKLY/PLAYER LIMITS: With the exception of volleyball, softball, baseball, tennis and basketball (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. See Football section for specific regulations and limits on football games and participation.

25. 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.

26. 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. Filming for baseball and softball may not be done beyond either first base or third base.

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

28. 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 Commissioner 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.

29. 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 academic school year calendar, inclusive of all weekends, holidays, work days, etc.**

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 DEAD PERIODS: from the start of fall sports practice through midnight Sept. 1; from the start of winter sports practice through midnight Dec. 1; from the start of spring sports practice through midnight March 15; during the week of the Fourth of July (if July 4 is on Saturday, it is the week before July 4; if July 4 is on Sunday, it is the week after); the week of the North Carolina Coaches Association Clinic (Monday through Sunday). 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.** 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 60-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	golf.....	no more than 3
basketball	no more than 4	softball.....	no more than 8
baseball.....	no more than 8	wrestling	no more than 8
volleyball	no more than 5	track	no more than 6
tennis	no more than 4	cross country.....	no more than 4
soccer	no more than 10	swimming	no more than 6
lacrosse	no more than 9 (men)	field hockey	no more than 10
.....	no more than 11(women)		

Open facility and skill development sessions are open only to students enrolled at that school and 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. **Open gym and/or open facility sessions may not be held during a dead period.** Eighth graders are not permitted to participate in open facility or skill development sessions on high school campuses.

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 students 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. Once practice for the fall sports season begins, those restrictions are in place. Ineligible players are NOT allowed to participate in off-season skill development sessions, but could participate in summer workouts with an up-to-date physical.

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).

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.

30. SEASON LIMITATIONS: All regular season games and conference tournaments must be completed before the playoff reporting date. 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, Wells Fargo 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.

31. 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.

32. WEIGHT TRAINING AND CONDITIONING: A program of weight training is permitted at any time, with the exception of the last five student days of each semester. Personnel knowledgeable in this area should be on hand at all times to observe the proper techniques are followed in the weight training and conditioning workouts. All weight training and conditioning should be open to all and required of none. Note: Sports specific equipment cannot be used during weight training/conditioning sessions. On a given day, an athlete is limited to skills development, open facility OR weight training/conditioning during the academic school year calendar, inclusive of all weekends, holidays, work days, etc.

33. 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.); or video streaming;
- \$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).

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. Live internet video streaming of regular season contests, however, is permitted.

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. 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. Time Warner Cable currently holds the rights to state championship games.

34. 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.

35. 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 with appropriate identification. 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.

36. 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.

37. 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.

38. 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. Please call the NCHSAA office for details of the programs.