NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION

REPORT OF THE SPORTS COMMITTEE

The following action items were recommended by the *Sports* Committee to the full Board of Directors during the May 5-6, 2015 NCHSAA Board of Directors meeting:

Committee Members:
Dwayne Stallings, Chair
Joe Poletti, Vice Chair
Bill Rogers
David Gentry
Teresa Hays
Joe Franks

Staff:
Que Tucker
Tra Waters
Chiquana Dancy

AGENDA ITEMS:

1. **Football**
   a. Recommendation: Change the wording on the recommendation approved at the winter board meeting: allow 10 days of "unlimited number" skill development sessions to begin 10 days prior to the start of exam period for each school, not including Memorial Day **(NC Football Coaches Association)**
   b. Rationale:
   -Many schools are starting their exams prior to the last five days of the school year
   -Will allow all coaches to have their full 10-days of football skill development
   -Will give each school equal opportunity to utilize the 10-days, thereby making a fail situation for everyone
   -Memorial Day—which is not a school day—should be reserved for players, coaches, or support staff to have the opportunity to be with family
   c. Budget Impact: None
   d. Educational Impact: None
   e. Equity Impact: None
   f. Effective Date: May, 2015

Approved _____ Denied _____ Tabled _____

2. **Football**
   a. Recommendation: Reconsider the football rule implemented in December, 2014; Allow schools to exercise Option 1 or 2 for skill development in the off-season: **(Northwest 1A Conference)**
   Option 1: A school can select to take part in the 10-day unlimited numbers during the designated10-day period prior to the start of the exam period for each school
   Option 2: A school must adhere to the previous rule of being able to work with no more than 21 athletes on a given day, at any time after the end of football season, observing dead periods as in the past
   b. Rationale: The new rule handicaps smaller schools that seldom have a problem exceeding the numbers limitation that existed in the old rule; allows schools to select what is best

for itself; allows approximately 14 weeks for different groups to do skill work; Under no circumstances can a school choose both options

- The 10-day period should probably be the time students should be involved in tutoring to prepare for spring exams
- Smaller schools have very few single sport athletes

c. Budget Impact: None
d. Educational Impact: None
e. Equity Impact: None, as this is a football issue and would be fair for males and females participating in football
f. Effective Date: As soon as possible, or at least for the 2015-2016 school year

Approved _____ Denied _____ Tabled _____

3. Men's Golf

a. Recommendation: Keep the number of qualifiers to the state championships at the previous number of 84 golfers per classification—60 team golfers and 24 individual golfers not on one of the top 3 teams qualifying from the regional **(South Piedmont Conference)**
b. Rationale: Will enhance the field with quality individual players; assures that the best teams as well as the best individuals will compete for a state title
c. Budget Impact: May increase an individual school's expenses with the additional golfers qualifiers (hotel accommodations, meals, etc.)
d. Educational Impact: None
e. Equity Impact: None
f. Effective Date: As soon as possible
g. Point of Emphasis:
   i. Will allow long-time supporters of NCHSAA state golf—Pinehurst area golf courses and business communities—to maintain prior revenue levels—golf carts for coaches and spectators, food and beverage revenue, hotel rooms, etc.

Approved _____ Denied _____ Tabled _____

3B. Golf Rules Clinic

a. Recommendation: Add men's and women's golf to the required sports for head coaches to attend one of the NCHSAA rules' clinics in accordance to Rule 2.2.7(d) **(Staff)**
b. Rationale: It is the expectation of the NCHSAA that coaches of member schools to know and play within the rules. Golf is a sport that is self-governed and is the ultimate reflection of integrity. Required clinic attendance would be a step toward maintaining the NCHSAA core values – integrity, fair play and fair competition.
   - By NCHSAA rule, golf currently does not require schools to have officials for any contest. NCHSAA golf play is governed by the United State Golf Association (USGA) Rules of Golf. The NCHSAA distributes USGA Rule Books to each member school when the playing rules are updated, every 4 years
   - The Carolina Golf Association (CGA), a member of the USGA, and have offered to design clinics specifically for NCHSAA coaches in the fall and spring seasons

- Currently CGA conducts a rules clinic at the North Carolina Coaches Association (NCCA) Summer Coaches Clinic in Greensboro. NCHSAA staff is on site during the NCCA clinic and can arrange a time to present NCHSAA material in conjunction with the USGA rule presented by the CGA

c. Budget Impact: The NCHSAA penalty code for 1) failure of head coach to attend a required rules clinic: $400.00 and 2) head coach coaching in contest prior to attending rules clinic: $500.00
d. Educational Impact: Men's and women's golf coaches would be required to attend a clinic that would distribute information on the NCHSAA rules and regulations as well as the playing rules
e. Equity Impact: Men's and women's golf coaches would be held to the same requirements as other sports
f. Effective Date: 2015-2016 School Year

Approved _____ Denied _____ Tabled _____

4. **Late Entry Deadlines**
   a. Recommendation: For all individual sports, keep the late entry deadline on a weekday, but extend to 3:00PM which coincides with the end of the school day **(Staff)**
   b. Rationale: Ensures that NCHSAA staff can send final notifications during an entire school day when coaches are normally at school; should help reduce number of "missed" late entries
   c. Budget Impact: The fine for late entries will remain the same amount
   d. Educational Impact: None
   e. Equity Impact: Proposal is for men's and women's individual sports
   f. Effective Date: 2015 – 2016 school year

Approved _____ Denied _____ Tabled _____

5. **Facility Standards for Hosting NCHSAA Playoffs**
   a. Recommendation: Adopt standards to meeting requirements for hosting NCHSAA Playoffs in all sports: **(Staff)**
   Must be safe and protective of the well-being of all participants and spectators
   Must have seating for participants and spectators; during the playoffs, 1/3 of the available seating must be reserved for the visiting spectators (recommended for regular season); exception is Football, which has its own minimum seating regulations)
   Must satisfy American Disability Act relative to facilities
   Must have restroom facilities
   Must have a means for teams and game officials to dress for competition
   Must be conducive to charging admission
   Must be able to show, upon request, that lighting meets the NCHSAA minimum standards, especially during the playoffs
   b. Rationale: The NCHSAA expects each school to have adequate facilities that will allow it to safely and efficiently host playoffs in all sports; additionally, these measures will help minimize risk to participants and spectators
   c. Budget Impact: May mean some schools will incur expenses to upgrade facilities

d. Educational Impact: None
e. Equity Impact: None
f. Effective Date: 2015-2016 School year

Approved _____ Denied _____ Tabled _____

6. **Playoff Awards (Attachment S1)**
   a. Recommendation: To increase state championships medal distribution to the state champions and runners-up in selected sports
   b. Rationale: A seven member awards committee reviewed a survey sent to all 2014- 2015 champions and runner-up coaches, who felt it was time to recommend increases
   c. Budget Impact: Increase in cost of awards by $2, 753.70
   d. Educational Impact: None
   e. Equity Impact: All sports, both male and female, were surveyed. The only recommendation that differs from male to female in the same sport of soccer. In general, the roster size for women's soccer was less than the men's soccer roster size
   f. Effective Date: 2015-2016 school year

Approved _____ Denied _____ Tabled _____

7. **Sports' Playoff Calendar Correction (Attachment S2)**
   a. Recommendation: Correct the 2015-2016 playoff calendar:, specifically swimming
   b. Rationale: Qualifying deadline should be January 30, 2016 (shows the 2015 deadline)
   c. Budget Impact: None
   d. Educational Impact: Gives correct information for scheduling
   e. Equity Impact: None
   f. Effective Date: 2015-2016 School Year

Approved _____ Denied _____ Tabled _____

8. **Regional Basketball Format (2)**
   a. Recommendation: That the playoff format for basketball be changed from the current format of 3 games the first week, 2 games the second week and 1 game the 3rd week to a format of 2 games each of the first and second weeks with the State Finals being played in a Final Four format (2 games last weekend to win championship). We realize this would require a change in the current venue arrangements. We ask that the first 3 rounds be played at the higher seeded team, then the 4th round be played on Saturday at a neutral site (Crown Arena, Minges Coliseum, LJVM complex, or even larger HS gyms). The Final two games (Final Four) would be played on back-to-back days the 3rd weekend of the playoffs. Because of issues with parking on the campuses of NC State and UNC-Chapel Hill during days they have classes, these final 2 days would need to be played on Saturday and Sunday (Sunday games not to begin before 2pm) **(NC Basketball Coaches Association)**

b. Rationale: The current format forces schools to scramble to play 3 games in the first week, something teams and players seldom do during the regular season. It leaves little opportunity for practice preparation for the next opponent and scheduling transportation and travel. No other sport in NC plays 3 playoff games during a single week of the playoffs
c. Budget Impact: This change should have no negative impact on any school's athletic budget. It may actually help with finding neutral site venues for the 4th round since they would be played only 1 day (Saturday) rather than current Tue thru Sat format. Also, the Raleigh and Chapel Hill Tourism and Sports Bureaus would be more excited about the prospect of heads in beds and increased revenues generated by teams spending Saturday night in town under the Final Four format
d. Educational Impact: None
e. Equity Impact: Would apply the same for males and females; no Title IX issues
f. Effective Date: 2015-2016 school year

Approved _____ Denied _____ Tabled _____

8B. Regional Basketball Format

Recommendation: Consider a variation of a proposed format presented by the NC Basketball Coaches Association at the Spring 2014 meeting: **(Staff)**
-Play first three rounds at home of the higher seed during the first week of the playoffs
-Play round four at the home of the higher seed, provided the higher seed meets a minimum seating standard that allows 1/3 of the host team's seating to be reserved for the visiting team; otherwise NCHSAA will determine a neutral site.
-Play round five at a neutral site to be determined by NCHSAA—Super Saturday format
-Maintain round six—championship game—as currently exist
-Several "large" NCHSAA schools have indicated a willingness to host basketball playoff games as a neutral site

a. Rationale: Can be done for 2 years to coincide with the remaining 2 years of the realignment period, and then evaluate
b. Budget Impact: Will allow member schools to generate additional playoff monies; reduce the cost of weeklong facility expenses associated with coliseum/college venues
c. Educational Impact: Will allow teams to remain in class longer by using member schools in the region
d. Equity Impact: Same format for males and females
e. Effective Date: 2015-2016 basketball season

Approved _____ Denied _____ Tabled _____

9. Other NC Basketball Coaches Association Items (3)

a. Recommendation: Amend the current skill development, keeping the current dead periods in effect during the academic year; outside of the dead period, consider the following:
-No restrictions on the number of athletes a coach can work with
-Could place a 2 hour time limit on sessions, if necessary

-Must be open to all eligible students not participating in an in-season sport, required of none

b. Rationale: Current restriction placed on skill development numbers is driving students to work with non-school affiliated programs so that they can receive training and skill development on a daily basis; it forces coaches to turn away their own students, often giving parents the feeling their student is being discriminated against
c. Budget Impact: None
d. Educational Impact: None
e. Equity Impact: None; would apply to males and females
f. Effective Date: 2015-2016 school year

Approved _____ Denied _____ Tabled _____

9B Playoff Qualification

a. Recommendation: That the current playoff qualifying formula for teams from split conferences be changed. That only the smaller division of a split conference is guaranteed 2 automatic playoff spots. The larger division teams must actually finish 2nd or 3rd overall in the conference to receive the 2nd automatic playoff spot, otherwise they would be placed in the At Large pool to qualify. Also, any 2nd automatic qualifier from the smaller division of a split conference must have an overall winning percentage of at least 30% to automatically qualify; otherwise they would be placed in the At Large pool to qualify.
b. Rationale: The current playoff qualifying formula for split conferences was created to protect the smaller division schools in a split league because they are placed at a numerical disadvantage from an enrollment standpoint. It was never meant to protect the larger division schools that have the numerical advantage. However, larger division schools have benefitted from this rule, often taking a playoff spot from a more deserving team in their classification
c. Budget Impact: None
d. Educational Impact: None
e. Equity Impact: None; same for males and females; no Title IX issues
f. Effective Date: 2015-2016 school year

Approved _____ Denied _____ Tabled _____

9C Seeding the Playoffs (Attachment S3)

a. Recommendation: That the seeding process be modified to include the use of the MaxPreps rankings to seed teams within each of the tiers (#1s, #2, #3, #4s and At Larges) rather than using overall winning percent
b. Rationale: The current seeding process that uses only overall winning percentageencourages coaches to try and pad their non-conference schedule with weaker opponents in order to improve their winning percentage. Better teams find it difficult to schedule non-conference games because opponents fear adding a loss to their record. The MaxPreps rankings uses and algorithm (explained on attached sheet) that factors in not only winning percentage of a team, but the winning percentage of their opponents and the

margin of victory or loss (with a 15 point maximum to discourage running up the score). This in effect creates a sort of power rating whereby a team can actually benefit from a close loss or losing to a good team. The hope is that this will discourage some of the schedule padding that currently exists.

c. Budget Impact: None
d. Educational Impact: Could reduce travel time due to scheduling teams closer
e. Equity Impact: None; would apply to all teams
f. Effective Date: 2015-2016 school year as a pilot for basketball;

Approved _____ Denied _____ Tabled _____

10. Handbook Adjustments

a. Recommendation: Approve the following "tweaks" and/or additions to the handbook:

-4.5.1 (p) (2) (iv) Football: Clarify with—"Anytime a JV player (9th/10th graders only) must be used as a starter on the varsity team, that player is eligible for either the next JV game or varsity game"; change to "…is not eligible to be used as an 8-quarter player in the following week"

-4.5.4 (b) Football: Add, "Anytime a player participates in 8 quarters of varsity competition, that player is no longer eligible to be an 8-quarter player"

-Rule 4.5.4 (b) Game time for all playoff games shall be 7:30

-Rule 4.11.1(f) Tennis: 4 matches in 3 days are still permissible without using a non-school day (e.g. doubleheader on a school day)

-4.13.1 (g) (3): Tennis--"It is permissible for an athlete to participate in a junior varsity and a varsity match in the same day; however, those players are still subject to the weekly limitations"; add "…and seasonal limitations" to the end of the sentence

4.14.2 (d) (5): Wrestling--New: "once the regular season has concluded, all wrestlers will receive the 2lb growth allowance at their certified weight or higher

-Rule to follow 2.3.13: Add definitions for unattached and unaffiliated athletes:

Unattached: An athlete is unattached if the athlete is not representing his/her high school team in that competition. In order to be unattached by the technical definition of the term, the athlete must be a member of a team, such as an outside club team, but for whatever reason is not representing his/her high school team in the specific competition. Unattached athletes must assume all liability and all expenses for themselves, including transportation, and cannot wear school uniforms in the competition. The North Carolina High School Athletic Association (NCHSAA) does not regulate unattached athletes; it is up to the discretion of the meet director to decide whether to admit unattached athletes. Performances while competing unattached cannot be used to qualify for NCHSAA regional or state meets.

Unaffiliated: An athlete is unaffiliated if the athlete does not have team or does not belong to a governing body. This means that no one is currently monitoring his/her eligibility. Home-schooled athletes who do not belong to an association of some kind (such as Forsyth Home Educators) are considered unaffiliated.

b. Rationale: All recommendations will provide directions/clarity/understanding of the intent of the rule (s) in question; corrects omissions during last years' editing

c. Budget Impact: None
d. Educational Impact: None
e. Equity Impact: None
f. Effective Date: 2015-2016 school year

Approved _____ Denied _____ Tabled _____

11. Sports Medicine Advisory Committee Items

a. Recommendation: Maintain the 365 day requirement for student athlete's physical examination, while adding a one (1) month grace period
b. Rationale: New insurance regulations makes it difficult to receive an updated physical exam within the 365 day period; during the grace period, a team/school would not be penalized if it uses a player with an expired physical
c. Budget Impact: Could save schools from being fined $500 for using an ineligible player due to an expired physical
d. Educational Impact: None
e. Equity Impact: None
f. Effective Date: 2015-2016 school year

Approved _____ Denied _____ Tabled _____

11B Coaches Education

a. Recommendation: Require head cheerleader coaches to take the American Association of Cheerleading Coaches and Administrators Spirit Safety Certification course offered through NFHSlearn.com
b. Rationale: The course will emphasize safety techniques though proper teaching of cheerleading skills
c. Budget Impact: Cost of the course is $75 which will be incurred by the school or coach
d. Educational Impact: None
e. Equity Impact: None
f. Effective Date: By August 1, 2016

Approved _____ Denied _____ Tabled _____

11C Coaches Education

a. Recommendation: Require each head Pole Vault coach to take the NFH Coaching Pole Vault course offered through NFHSlearn.com
b. Rationale: The course will emphasize safety techniques though proper teaching of pole vaulting skills and how to minimize risk associated with Pole Vaulting
c. Budget Impact: None; this is a free course
d. Educational Impact: None
e. Equity Impact: None
f. Effective Date: By August 1, 2016

Approved _____ Denied _____ Tabled _____

11D Cardiac Safety

a. Recommendation: Require all NCHSAA member schools to have a Cardiac Safety Program to include three (3) components:
-Appropriate number of AED's on campus
-AED maintenance program (battery checks, maintain, replace at appropriate intervals)
-Estimated 110 young athletes die per year from SCA, which equates to one death every three days in the USA; AED application within 3-5 minutes of collapse has been shown to increase survival rates
-Required viewing of short AED/CPR video for all supervising adults (teachers, coaches, administrators
b. Rationale: Sudden Cardiac Arrest (SCA) is the leading cause of death amongst youth athletes during sport ; therefore preparation for cardiac emergencies, through proper planning and other policies can aid in the ability to save a cardiac victim
c. Budget Impact: Could require purchasing additional AED's
d. Educational Impact: None
e. Equity Impact: None, same for all schools
f. Effective Date: 2015-2016

11E Football Contact Limitations

a. Recommendation: Limit regular and post-season football practice to a maximum of 90 minutes of full contact per group, per week
-Full contact is defined as live action or thudding
-Live action: contact at game speed where players execute full tackles at a competitive pace, taking players to the ground
-Thud: same as a wrap, but the tempo is competitive with no pre-determined winner and the players are not tackling to the ground
b. Rationale: Based on the recommendations of an NFHS Task Force of medical and scientific experts, some limitation during the season, as well as during the playoffs, minimizes head impact exposure and concussion risk
c. Budget Impact: None
d. Educational Impact: None
e. Equity Impact: Is treated differently than other sports due to the nature of the sport and the risks involved
f. Effective Date: August 1, 2015

Approved _____ Denied _____ Tabled _____

11F Football Contact Safety

a. Recommendation: During the pre-season football practices in August, the two-hour practice session of any double-practice day (Option C), cannot include full contact

b. Rationale: The adolescent brain needs sufficient recovery time following full contact practices
c. Budget Impact: None
d. Educational Impact: None
e. Equity Impact: Is treated differently than other sports due to the nature of the sport and the risks involved
f. Effective Date: August 1, 2015

Approved _____ Denied _____ Tabled _____

12. Miscellaneous Information/Discussion (Attachment S4)

a. Recommendation: NO ACTION. Discussion Only.
b. Points of Emphasis:
   i. Consider seeding dual team tennis and dual team wrestling—discussion topics at regional meetings; survey coaches of both sports
   ii. Consider a neutral site for State Dual Team Wrestling Championships
   iii. Tabled Item from the winter meeting—Women's Golf: agenda item relative to averaging the best eight scores from the season for nine-hole matches, breaking 18-hole matches into two nine-hole scores—received little to no support from coaches
   iv. Schools will be encouraged to optimize the required Emergency Action Plan (EAP)
      1. Provide "Anyone Can Save a Life Program" (via NFHS) to direct EAP preparation
      2. Recommend easy access EAP card (pocket/wallet size OR smartphone app)
      3. Recommend each member school have a 'sports injury protocol' that would designate appropriate triage/acute management of sports injuries (practice/game)

   v. SMAC will provide updated slides for the Eligibility PowerPoint
      1. "What if.." scenarios for discussion, emphasize annual/semi-annual rehearsal, EAP pocket cards
      2. Heat slides (cool first, transport second, etc.)
   vi. NCHSAA will provide each member school a prioritized list of sports in regards to required/recommended medical coverage
   vii. National Events—should the NCHSAA change its rules that would prohibit participation by teams after the state championship date:
      1. Perhaps change rule 2.3.14 (a-d) with provisions:
         a. Must win the state championship in that sport
         b. Limited to "x" number of times in a 2, 3, or 4 year period
         c. Limit number of preparation practices
      2. Perhaps needs to be a Regional Meeting/Membership discussion