

# SPORTS COMMITTEE

**Committee Members:** Brad Craddock – Chair,  
Reggie Peace, Tim Foster, Scarlett Steinert,  
Bobby Wilkins, Joe Franks

**Staff:** Tra Waters, Chiquana Dancy

<b>AGENDA ITEM</b>	<b>RECOMMENDATION</b>	<b>SUPPORTING INFORMATION</b>
<p>1. 2017-2018 NCHSAA Sports Calendar (<b>Attachment S1</b>)</p>	<p>To approve the 2017-2018 Sports/Playoff Calendar</p>	<p><b>Rationale:</b> Will allow schools to begin scheduling for next year.</p> <p><b>Budget Impact:</b> None</p> <p><b>Educational Impact:</b> Will allow teams/conferences to begin planning and scheduling games; helps by avoiding conflicts with school events in relation to the calendar</p> <p><b>Equity Impact:</b> None</p> <p><b>Effective Date:</b> 2017-2018 School Year</p>
<p>2. Football Skill Development Guidelines</p>	<p>To provide an option for skill development for each school in the sport of football:</p> <p>Option A</p> <ul style="list-style-type: none"> <li>- Current skill development guidelines with unlimited number of athletes during the ten (10) day window in May</li> </ul> <p>Option B</p> <ul style="list-style-type: none"> <li>- Allow a maximum of twenty-one (21) athletes a day for skill development after the football season has been completed and outside the established dead</li> </ul>	<p><b>Rationale:</b> Allows school the flexibility to choose the best option that best fits their situation. Size of the school, location, coaches' duties at school may limit access during the 10 days in May for some.</p> <p><b>Budget Impact:</b> None</p> <p><b>Educational Impact:</b> None</p> <p><b>Equity Impact:</b> None</p> <p><b>Effective Date:</b> December 5, 2016</p>

<b>AGENDA ITEM</b>	<b>RECOMMENDATION</b>	<b>SUPPORTING INFORMATION</b>
	<p>periods. The regulations currently in place for other sports will apply for this option.</p>	
<p>3. Baseball Pitch Count Regulations [NCBCA] <b>(Attachments S2 &amp; S3)</b></p>	<p>In order to be compliant with the new NFHS pitch count rule for the 2017 season, the NC Baseball Coaches Association formulated a proposal for approval.</p>	<p><b>Rationale:</b> See Attachment S2  <b>Budget Impact:</b> None  <b>Educational Impact:</b> None  <b>Equity Impact:</b> Yes, males and females would be covered by the new regulations.  <b>Effective Date:</b> Spring, 2017</p>
<p>4. Baseball Pitch Count Regulations <b>(Attachments S2 &amp; S4)</b></p>	<p>In order to be compliant with the new NFHS pitch count rule for the 2017 season, the NCHSAA Sports Medicine Advisory Committee formulated a proposal for approval.</p>	<p><b>Rationale:</b> See Attachment S2  <b>Budget Impact:</b> None  <b>Educational Impact:</b> None  <b>Equity Impact:</b> Yes, males and females would be covered by the new regulations.  <b>Effective Date:</b> Spring, 2017</p>
<p>5. Cross-Country State Meet Qualification Process <b>(Attachments S2 &amp; S5)</b></p>	<p>Change the method in which teams qualify for the NCHSAA State Cross Country Championship Meet from 4 per region, to 25% of teams participating in the regional championship.</p>	<p><b>Rationale:</b> See Attachment S2  <b>Budget Impact:</b> None  <b>Educational Impact:</b> None  <b>Equity Impact:</b> Both Males and Female will be treated equally  <b>Effective Date:</b> Spring, 2017</p>
<p>6. NC Golf Coaches Association Proposal #1</p>	<p>Recognize a 1A state girls golf champion (team and individual).</p>	<p><b>Rationale:</b> The 1A teams should be recognized as a separate champion in classification. Throughout most of their season they are competing against only 1A teams and often on limited budgets with fewer students to choose from.  <b>Budget Impact:</b> Cost of 1 team trophy and 1 individual trophy  <b>Educational Impact:</b> None</p>

<b>AGENDA ITEM</b>	<b>RECOMMENDATION</b>	<b>SUPPORTING INFORMATION</b>
		<p><b>Equity Impact:</b> Would put women's golf in line with men's golf as they have a 1A champion</p> <p><b>Effective Date:</b> 2017-2018 School Year</p>
<p>7. NC Golf Coaches Association Proposal #2</p>	<p>Allow women's golf conference team champions to receive an automatic bid to regional competition, regardless of the average score of the 3<sup>rd</sup> team member.</p>	<p><b>Rationale:</b> The conference team champion should be allowed to go to the regional tournament as a team as they earned that honor by their play.</p> <p><b>Budget Impact:</b> None</p> <p><b>Educational Impact:</b> None</p> <p><b>Equity Impact:</b> All of the men on conference championship teams are allowed to go to the regional competition.</p> <p><b>Effective Date:</b> 2017-2018 School Year</p>
<p>8. NC Golf Coaches Association Proposal #3</p>	<p>In regards for regional qualification, the average score for women's golfers would be calculated using the best five (5) scores from throughout the season.</p>	<p><b>Rationale:</b> Coaches are picking and choosing when to play a student-athlete during the season to help protect her average as they fear that 1 bad round will bring down her average enough to prevent her from making regional competition.</p> <p><b>Budget Impact:</b> None</p> <p><b>Educational Impact:</b> None</p> <p><b>Equity Impact:</b> None</p> <p><b>Effective Date:</b> 2017-2018 School Year</p>
<p>9. NC Golf Coaches Association Proposal #4</p>	<p>Change the current rule for maximum score on a hole in all regular season matches from triple bogey to double par.</p>	<p><b>Rationale:</b> The rule change would give a more realistic representation of a scoring average a student athlete has to make for the regional tournament.</p> <p><b>Budget Impact:</b> None</p> <p><b>Educational Impact:</b> None</p> <p><b>Equity Impact:</b> None</p> <p><b>Effective Date:</b> 2017-2018 School Year</p>

<b>AGENDA ITEM</b>	<b>RECOMMENDATION</b>	<b>SUPPORTING INFORMATION</b>
<p>10. NC Basketball Coaches Association Proposal <b>(Attachment S2)</b></p>	<p>Grant a 1-year trial for the seeding of basketball only (2017-2018 season) which includes the use of MaxPreps power rankings to seed teams within tiers, rather than using overall winning percentage.</p>	<p><b>Rationale:</b> See Attachment S2</p> <p><b>Budget Impact:</b> None</p> <p><b>Educational Impact:</b> None</p> <p><b>Equity Impact:</b> Applies to both men’s and women’s teams.</p> <p><b>Effective Date:</b> 2017-2018 School Year (1 year trial)</p>
<p>11. 2017-2021 Individual Sports Regional Format</p>	<p>Change the current pre-determination of regional assignment based upon conference to a more equal split based upon the number of participating schools in that sport (exception: tennis).</p>	<p><b>Rationale:</b> Individual sports offered that participate in a regional format often are unbalanced as schools are pre-assigned to a regional based upon their conference for the entirety of a realignment period. The new process will take into account how many teams offer a sport in a given sport, and schools will be assigned by longitude, regardless of conference affiliation</p> <p><b>Budget Impact:</b> May reduce travel for some teams involved in a regional competition.</p> <p><b>Educational Impact:</b> None</p> <p><b>Equity Impact:</b> Both men’s and women’s sports are affected</p> <p><b>Effective Date:</b> 2017-2018 School Year</p>
<p>12. Wrestling Regional Format <b>(Attachment S6) Discussion Only</b></p>		<p><b>Rationale:</b> N/A</p> <p><b>Budget Impact:</b> N/A</p> <p><b>Educational Impact:</b> N/A</p> <p><b>Equity Impact:</b> N/A</p> <p><b>Effective Date:</b> N/A</p>

<b>AGENDA ITEM</b>	<b>RECOMMENDATION</b>	<b>SUPPORTING INFORMATION</b>
13. Seeding and Bracketing Format and Size <b>Discussion Only</b>		<b>Rationale:</b> N/A <b>Budget Impact:</b> N/A <b>Educational Impact:</b> N/A <b>Equity Impact:</b> N/A <b>Effective Date:</b> N/A

2017-2018 NCHSAA Sports Calendar

	2017
<b>WOMEN'S GOLF</b>	
Reporting deadline	Oct. 11; 3pm
Regional	Oct. 16 or 17
State	Oct. 23-24
<b>VOLLEYBALL</b>	
Seeding	Oct. 19
1st Round	Oct. 21
2nd Round	Oct. 24
3rd Round	Oct. 26
4th Round	Oct. 28
Regional	Oct. 31
State	Nov. 4
<b>WOMEN'S TENNIS</b>	
<b>Individual</b>	
Reporting deadline	Oct. 16; 3pm
Regional	Oct. 20-21
State	Oct. 27-28
<b>Dual Team</b>	
Bracketing	Oct. 16
1st Round	Oct. 18
2nd Round	Oct. 24
3rd Round	Oct. 30
Regional	Nov. 1
State	Nov. 4
<b>CROSS COUNTRY</b>	
Reporting deadline	Oct. 20; 3pm
Regional	Oct. 28
State	Nov. 4
<b>MEN'S SOCCER</b>	
Seeding	Oct. 30
1st Round	Nov. 1
2nd Round	Nov. 4
3rd Round	Nov. 8
4th Round	Nov. 11
Regional	Nov. 14
State	Nov. 18
<b>CHEERLEADING</b>	TBD
<b>Start Date</b>	Aug. 1
<b>First Contest</b>	Aug. 14
<b>FOOTBALL</b>	
1st Practice	Jul. 31
1st Scrimmage	Aug. 9
1st Date	Aug. 18
2nd	Aug. 25
3rd	Sept. 1
4th	Sept. 8
5th	Sept. 15
6th	Sept. 22
7th	Sept. 29
8th	Oct. 6
9th	Oct. 13
10th	Oct. 20
11th	Oct. 27
12th	Nov. 3
Seeding	Nov. 4
<b>PLAYOFFS</b>	
1st Round	Nov. 10
2nd Round	Nov. 17
3rd Round	Nov. 24
Regionals	Dec. 1
State	Dec. 8-9

	2017-18
<b>INDOOR TRACK</b>	
Reporting deadline	Feb. 3; 9pm
State	Feb. 9-10
<b>SWIMMING</b>	
Reporting deadline	Jan. 27; 8pm
Regionals	Feb. 2-3
State	Feb. 8-10
<b>WRESTLING</b>	
<b>Dual team</b>	
Bracketing	Jan. 29
1st/2nd	Jan. 30
3rd/Regionals	Feb. 1
State Championship	Feb. 3
<b>Individual</b>	
Reporting deadline	Jan. 29; 3pm
Indiv/Reg	Feb. 9-10
Indiv/State	Feb. 15-17
<b>BASKETBALL</b>	
Conference	Feb. 12-16
Seeding	Feb. 17
1st Round	Feb. 20
2nd Round	Feb. 22
3rd Round	Feb. 24
4th Round	Feb. 27
Regional	Mar. 3
State	Mar. 10
<b>Start Date (Basketball-NON-FB)*</b>	<b>Oct. 16</b>
<b>First Contest (Basketball-NON-FB)</b>	<b>Oct. 30</b>
<b>Start Date*</b>	<b>Oct. 30</b>
<b>First Contest</b>	<b>Nov. 13</b>

<b>SUMMER DEAD PERIODS</b>
JULY 3 - 9, 2017
JULY 17 - 23, 2017

	2018
<b>MEN'S GOLF</b>	
Reporting deadline	Apr. 25, 3pm
Regional	Apr. 30-May 1
State	May 7-8
<b>MEN'S TENNIS</b>	
<b>Individual</b>	
Reporting deadline	Apr. 30, 3 pm
Regional	May 4-5
State	May 11-12
<b>Dual Team</b>	
Bracketing	Apr. 30
1st Round	May 2
2nd Round	May 8
3rd Round	May 14
Regional	May 16
State	May 19
<b>TRACK</b>	
Reporting deadline	May 5; 6pm
Regionals	May 11-12
State	May 18-19
<b>LACROSSE</b>	
Bracketing	Apr. 30
1st Round	May 2
2nd Round	May 4
3rd Round	May 8
4th Round	May 11
Regional	May 15
State	May 18-19
<b>WOMEN'S SOCCER</b>	
Seeding	May 7
1st Round	May 9
2nd Round	May 12
3rd Round	May 16
4th Round	May 19
Regional	May 22
State	May 26
<b>SOFTBALL</b>	
Seeding	May 7
1st Round	May 9
2nd Round	May 12
3rd Round	May 15
4th Round	May 18
Regional	May 22-26
State	June 1-2
<b>BASEBALL</b>	
Seeding	May 7
1st Round	May 9
2nd Round	May 12
3rd Round	May 15
4th Round	May 18
Regional	May 22-26
State	June 1-2
<b>Start Date</b>	<b>Feb. 14</b>
<b>First Contest</b>	<b>Feb. 28</b>

## Rationales

### **Agenda Item #3 – Baseball Pitch Count Regulations (NCBCA)**

It was mandated by the NCHSAA. We spent a tremendous amount of time creating this recommendation. First, we created a pitch count committee consisting of our Board of Directors and our Regional Directors. We garnered a tremendous amount of feedback to come up with this proposal. More than 700 baseball coaches from all areas of our state contributed to this proposal. We also communicated with Orthopedic doctors and athletic trainers and utilized several other states for examples and ideas. We saw a wide variety of proposals ranging from a few ultra conservative pitch counts to many high volume pitch counts. We believe ours falls on the conservative side as compared to those other states overall. We were also communicating with the NCHSAA throughout the entire process for feedback and ideas. This proposal was well thought out and well-studied and truly speaks, from our vantage point, as the best recommendation for our student-athletes. Ultimately, we understand the importance of safety and arm care and are well trained in this area.

### **Agenda Item #4 – Baseball Pitch Count Regulations (NCHSAA SMAC)**

The recommendation is based on the guideline set forth by the USA Baseball Pitch Smart program with minor alterations to encompass all high school athletes rather than certain age groups.

Through decades of research, experts have gained insight into the behaviors that put amateurs at an increased risk of injury. In the most recent nationwide study of youth pitchers, research found that youth pitchers were still exhibiting many of these risky behaviors, all of which were associated with increased likelihood of pitching with arm tiredness and arm pain.

USA Baseball and MLB team up to help young players reduce arm injuries by providing a comprehensive resource for safe pitching practices. Baseball is a safe game to play at all ages, but research has shown that pitching too much — particularly at a young age — can increase a pitcher's risk of injury.

The USA Baseball Pitch Smart Advisory Committee consists of world-renowned arm-safety specialists including Dr. James Andrews.

### **Agenda Item #5 – Cross-Country State Meet Qualification Process**

*Under the current Cross Country State Meet Qualification process, there is an inequity of teams that qualify. The current process does not match the growth of the sport and increase in the number of schools per various regions. Some regions are larger than others, yet all regions get four (4) qualifying teams. For example, a region with 15 schools (2A Mideast) gets the same number of qualifiers as a region with 26 schools (2A Midwest). [See Sample Evidence Below] This gives the teams in the 2A Mideast a greater chance of qualifying (26%), regardless of the competitors' times, than those in the 2A Midwest (15%).*

The current system also eliminates some of the higher ranked and better teams from the State Meet because they may be in a larger region. Competition makes athletes better. Those in the larger regions have more competition. Yet they are limited to an automatic top four teams per region going

forward. The status quo does not allow for the best cross country teams in the state to compete for the state championship. (See Statistical Evidence in accompanying document.)

### **Agenda Item #10 – NC Basketball Coaches Association Proposal**

The current seeding process that uses only overall winning percentage encourages coaches to 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. Seven to ten years ago if you looked at the schedules of all NCHSAA-member schools across the board, there were a very small percentage of them that scheduled games against in-state, non-NCHSAA member schools. If you look at the schedules of our member schools this year, you see an increasing number of our member schools scheduling games against in-state, non-NCHSAA member schools. The reason is to schedule against the weakest teams to get more wins. Meanwhile, we have some of our own member schools that cannot fill their own 23 game schedule. Coaches and ADs have learned that if a win is a win and it doesn't matter who the win comes against, they will schedule weaker opponents to get wins - even against non-NCHSAA member opponents.

The NCAA ran into this same issue a few years ago in college Football and now the NCAA does not count wins vs non-FBS opponents in the win total to determine bowl eligibility to prevent this same thing from occurring.

We have to find a system that does not penalize teams as much for playing, and losing to, a strong opponent. The incentive to play games against quality teams just doesn't exist under the current seeding system.

MaxPreps uses an algorithm (compared to RPI & explained on attached sheet) that factors in not only winning percentage of a team, but the winning percentage of their opponents and the winning percentage of their opponents' opponents. 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 and discourage our member schools from scheduling games against non-NCHSAA member schools.



## North Carolina Baseball Coaches Association Pitch Count Recommendation

### MAXIMUM PITCHES ALLOWED PER DAY: 120

The required rest periods are based on the following pitch windows:

\*If a pitcher throws 96-120 or more pitches in a day, five (5) calendar days of rest are required before pitching again.

\*If a pitcher throws 81-95 pitches in a day, four (4) calendar days of rest are required before pitching again.

\*If a pitcher throws 66-80 pitches in a day, three (3) calendar days of rest are required before pitching again.

\*If a pitcher throws 51-65 pitches in a day, two (2) calendar days of rest are required before pitching again.

\*If a pitcher throws 36-50 pitches in a day, one (1) calendar day of rest is required before pitching again.

\*If a pitcher throws 1-35 pitches in a day, zero (0) calendar days of rest are required before pitching again.

-1 day of rest for any pitcher appearing 2 consecutive days (regardless of number of pitches thrown)

-Pitch count applies only to pitches during an at bat

-Allow a pitcher to finish an at bat if he reaches 120

-Accountability forms for tracking (signed by competing coaches, entered into MaxPreps)

-1<sup>st</sup> Round-Regionals: Pitch Count window and days of rest required

(Best of 3 Series scheduled for Tue., Thur., Sat.)

-State Championship Only: Max of 120 pitches for the series

(Best of 3 Series scheduled for Fri.-1, Sat.-2)

-Same scale for JV and Varsity

## **Sports Medicine Advisory Committee Pitch Count Recommendation**

MAXIMUM PITCHES ALLOWED PER DAY: 105

The required rest periods are based on the following pitch windows:

\*If a pitcher throws 76 or more pitches in a day, four (4) calendar days of rest are required before pitching again.

\*If a pitcher throws 61-75 pitches in a day, three (3) calendar days of rest are required before pitching again.

\*If a pitcher throws 46-60 pitches in a day, two (2) calendar days of rest are required before pitching again.

\*If a pitcher throws 31-45 pitches in a day, one (1) calendar day of rest is required before pitching again.

\*If a pitcher throws 1-30 pitches in a day, zero (0) calendar days of rest are required before pitching again.

-1 day of rest for any pitcher appearing 2 consecutive days (regardless of number of pitches thrown)

-Pitch count applies only to pitches during an at bat

-Allow a pitcher to finish an at bat if he reaches 105

-Accountability forms for tracking (signed by competing coaches, entered into MaxPreps)

-Playoffs: Pitch Count window and days of rest required

-Same scale for JV and Varsity

**N. C. TRACK & CROSS COUNTRY  
COACHES ASSOCIATION  
Founded 2002**

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April 5, 2016

**Proposal: To change the method that teams qualify for the NCHSAA State Cross Country Championship Meet.**

Change the method and number of teams qualifying for the State Cross Country Championship Meet from a set number of four (4) per region to a percentage of twenty-five percent (25%) of teams per participating schools qualifying for the State Championship Meet. A participating school is a school that sends an individual or a team to a region meet. (Note: The percentage applied would be rounded up. See Sample Evidence.)

**Rationale:** Under the current Cross Country State Meet Qualification process, there is an inequity of teams that qualify. The current process does not match the growth of the sport and increase in the number of schools per various regions. Some regions are larger than others, yet all regions get four (4) qualifying teams. For example, a region with 15 schools (2A Mideast) gets the same number of qualifiers as a region with 26 schools (2A Midwest). [See Sample Evidence Below] This gives the teams in the 2A Mideast a greater chance of qualifying (26%), regardless of the competitors' times, than those in the 2A Midwest (15%).

The current system also eliminates some of the higher ranked and better teams from the State Meet because they may be in a larger region. Competition makes athletes better. Those in the larger regions have more competition. Yet they are limited to an automatic top four teams per region going forward. The status quo does not allow for the best cross country teams in the state to compete for the state championship. (See Statistical Evidence)

**1. Statistical Evidence** (Information gathered from NCRunners.com and includes all four (4) classifications.)

**A. Statistics From Current Qualification Rules:**

- 1.) 2013-2015: 31 Boys Teams and 29 Different Girls Teams have qualified for the state meet
- 2.) 2013-2015: 9 New Boys Teams and 7 New Girls Teams have qualified for the state meet.
- 3.) 2013-2015 9 Boys Teams and 8 Girls Teams were NOT ranked among the top 16 from all regional races combined qualified for the state meet.

**B. Statistics Based On Proposed Revisions**

- 1.) 2013- 2015: 38 Boys Teams and 35 Girls Teams would have qualified.
- 2.) 2013- 2015: 15 New Boys Teams and 15 New Girls Teams would have qualified for the state meet.
- 3.) 2013-2015: All ranked teams would have participated at the state meet.

## 1. Sample Evidence

*Information gathered from NCRunners.com for the 2015 Cross Country Regional and State Meet*

	Current East	Proposed East	Current Mideast	Proposed Mideast	Current Midwest	Proposed Midwest	Current West	Proposed West	State Meet Totals At State Meet
1A Boys	4	5 19 Schools	4	4 17 Schools	4	5 20 Schools	4	4 17 Schools	16 Current 18 Proposed
1A Girls	4	5 19 Schools	4	4 16 Schools	4	5 19 Schools	4	4 17 Schools	16 Current 18 Proposed
2A Boys	4	6 23 Schools	4	4 15 Schools	4	7 26 Schools	4	6 25 Schools	16 Current 23 Proposed
2A Girls	4	6 23 Schools	4	4 15 Schools	4	7 26 Schools	4	6 24 Schools	16 Current 23 Proposed
3A Boys	4	6 23 Schools	4	5 19 Schools	4	7 27 Schools	4	6 24 Schools	16 Current 24 Proposed
3A Girls	4	6 23 Schools	4	5 19 Schools	4	7 27 Schools	4	6 22 Schools	16 Current 24 Proposed
4A Boys	4	5 20 Schools	4	6 25 Schools	4	6 23 Schools	4	6 22 Schools	16 Current 23 Proposed
4A Girls	4	5 20 Schools	4	6 24 Schools	4	6 Schools	4	6 22 Schools	16 Current 23 Proposed

## 2. Race Course Logistics

*(Information gathered from NCHSAA participation statistics and NCRunners.com)*

Cross Country participation has increased dramatically over the past 10 year. The number of schools participating has increased from 320 schools participating in Girls Cross Country to 372. The number of individual girls competing has risen by over 700. In Boys Cross Country, the number of schools has risen from 325 to 374 and the overall number of individual boys has risen to almost 9000 during that same time period. This is a drastic increase from the 5042 that participated in 2005.

This increase in participation has brought about an increase in the number of courses that can host large meets. The proposal will increase the number of teams at the Ivey Redmon Sports Complex from 16 teams to 18-24 teams, depending on the classification. (See Sample Evidence above.) The Ivey Redmon Sports Complex is also the host of the North Carolina Runners Elite Cross Country Invitational. This Invitational hosts more than double the number of schools and individuals. The Complex is very capable of hosting the expansion totals based on the data collected from the 2015 State Championships.

### **3. Budget Logistics**

The protocols in the new proposals represent an increase of 336 athletes maximum which would increase state meet expenses..

1. Ipico ring tags are \$1.09 each (336 x 1.09 = 366.24.) Tax would be estimated to be \$22.70. Estimate of total cost would be \$388.94. The extra ring tags most would not an increase in the bulk shipment.
2. Bibs: An extra 336 bibs at an estimated .30 each would be around \$100.80. Estimated tax of \$7.00; total cost would be \$107.80.
3. Pins: An extra gross (box) of pins is an estimated cost of \$10.00.
4. Total additional expense would be around \$500.00 (\$506.74). This increase that would be absorbed with the additional parking and admissions revenue that would be created because more athletes would be competing. Sixty-five additional patrons would generate \$520.00. This is an average increase of eight (8) patrons per championship meet (4 girls meets and 4 boys meets)

### **4. Implementation**

The proposed timeline for implementation is the 2016 Cross Country season.

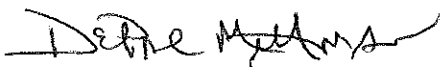
### **5. Summary**

The North Carolina Track and Cross Country Association strongly proposes a change in the current formatting for the qualification criteria to the State Cross Country Championship Meet. The NCTCCA proposes a change from the current 4 team qualification from each region to a set percentage of 25% (rounded up). This change would create true equity by region and meet the growth of the sport. The proposed change would permit the opportunity for all ranked teams to participate in the State Championship and bring an increase in the number of schools being awarded the opportunity to compete. The increase in participation would also create a greater revenue from meet proceeds and the host communities.

\*\*\*The number of individual qualifiers would remain at the current NCHSAA guidelines of seven (7) from non-qualifying teams.

Approved by the NCTCCA Board of Directors: February 28, 2016  
Presented to the NCHSAA: April 5, 2016

Respectively submitted,



DePaul Mittman  
NCTCCA Executive Director

**Proposal: To change the method that teams qualify for the State Cross Country Championship Meet.**

Totals to Date April 4, 2016

1A Schools			Yes	No
1	1A	Albemarle		
2	1A	Alleghany		
3	1A	Andrews		
4	1A	Atkins	1	
5	1A	Avery County	1	
6	1A	Bishop McGuinness	1	
7	1A	Blue Ridge		
8	1A	Camden County	1	
9	1A	Chatham Charter	1	
10	1A	Cherokee		1
11	1A	Community School of Davidson		
12	1A	East Carteret HS		
13	1A	East Surry		1
14	1A	East Wilkes		
15	1A	Elkin		1
16	1A	Gates County	1	
17	1A	Granville Central		
18	1A	Gray Stone Day School	1	
19	1A	Hayesville		
20	1A	Heide Trask		
21	1A	Highland School of Technology		1
22	1A	Hiwasee Dam		
23	1A	Kenan, James		
24	1A	Kipp Pride Hs		
25	1A	Lakewood High		
26	1A	Lejeune High	1	
27	1A	Mitchell		
28	1A	Mount Airy		
29	1A	Murphy	1	
30	1A	Nantahala		

			Yes	No
31	1A	North Edgecombe	1	
32	1A	North Moore	1	
33	1A	North Rowan		
34	1A	North Stokes	1	
35	1A	Ocracoke	1	
36	1A	Pamlico County	1	
37	1A	Pender		
38	1A	Princeton		
39	1A	Queen's Grant	1	
40	1A	Riverside		1
41	1A	Robbinsville	1	
42	1A	Rosewood		
43	1A	Rosman		
44	1A	South Davidson	1	
45	1A	South Stanly		
46	1A	Southeast Halifax	1	
47	1A	Spring Creek		
48	1A	Starmount High		
49	1A	Swain		
50	1A	Tarboro	1	
51	1A	Tri-County Early College	1	
52	1A	Union Academy		
53	1A	Uwharrie Charter Academy	1	
54	1A	Walkertown		
55	1A	Wallace-Rose Hill		
56	1A	Whiteville		
57	1A	Winston-Salem Prep	1	0
58	1A	Totals to Date April 4, 2016	22	5
59		<b>27 out of 57 schools voted: 47%</b>		
60		<b>22 out of 27 Approve: 81%</b>		
		<b>5 out of 27 Disapprove: 19%</b>		

**Proposal: To change the method that teams qualify for the State Cross Country Championship Meet.**

**Totals to Date April 4, 2016**

2A Schools					Yes	No						Yes	No	
1	2A	Andrews, T.W.			36	2A	North Rowan							
2	2A	Ashe County	1		37	2A	North Surry	1						
3	2A	Bandys	1		38	2A	Northeastern	1						
4	2A	Beddingfield, E.T.			39	2A	Northside-Onslow	1						
5	2A	Brevard			40	2A	Owen							
6	2A	Bunker Hill	1		41	2A	Parkwood							
7	2A	Central Academy of Tech & Arts	1		42	2A	Polk County							
8	2A	Chase			43	2A	Randleman	1						
9	2A	Croatan	1		44	2A	Red Springs High							
10	2A	Cummings			45	2A	Reidsville	1						
11	2A	Currituck County	1		46	2A	RS Central							
12	2A	Dixon	1		47	2A	Salisbury	1						
13	2A	Draughn			48	2A	Shelby High							
14	2A	Durham School of the Arts			49	2A	Smoky Mountain							
15	2A	East Davidson	1		50	2A	South Granville							
16	2A	East Lincoln			51	2A	South Lenoir	1						
17	2A	East Rutherford			52	2A	South Stokes							
18	2A	Farmville Central	1		53	2A	Southwest Onslow	1						
19	2A	First Flight	1		54	2A	Southwest Edgecombe							
20	2A	Forbush	1		55	2A	Surry Central					1		
21	2A	Forest Hills	1		56	2A	Thomasville							
22	2A	Franklin			57	2A	Trinity High School							
23	2A	Franklinton High			58	2A	Washington	1						
24	2A	Graham High	1		59	2A	West Davidson	1						
25	2A	Hendersonville	1		60	2A	West Lincoln							
26	2A	Holmes, John			61	2A	West Stanly							
27	2A	Lexington			62	2A	West Stokes							
28	2A	Madison			63	2A	West Wilkes							
29	2A	Maiden			64	2A	Wheatmore	1						
30	2A	Monroe			65	2A	Wilkes Central	1						
31	2A	Mount Pleasant High	1		66	2A	<b>Totals to Date April 4, 2016</b>	<b>25</b>				<b>1</b>		
32	2A	Mt. Heritage			67		<b>26 out of 65 schools voted: 40%</b> <b>25 out of 26 Approve: 96%</b> <b>1 out of 26 Disapprove: 4%</b>							
33	2A	NC School of Science & Math	1		68									
34	2A	North Brunswick	1		69									
35	2A	North Pitt			70									

**Proposal: To change the method that teams qualify for the State Cross Country Championship Meet.**

3A Schools			Yes	No
1	3A	Ashbrook		
2	3A	Asheboro		
3	3A	Asheville		
4	3A	Aycock, Charles B.	1	
5	3A	Ayden-Grifton		
6	3A	Burns	1	
7	3A	Cardinal Gibbons		
8	3A	Cedar Ridge	1	
9	3A	Central Cabarrus	1	
10	3A	Central Davidson		
11	3A	Chapel Hill		
12	3A	Cleveland	1	
13	3A	Concord		
14	3A	Cox Mill	1	
15	3A	Corinth Holders		1
16	3A	Crest		
17	3A	Cutherbertson		
18	3A	Douglas Byrd		
19	3A	East Henderson	1	
20	3A	East Rowan	1	
21	3A	Eastern Alamance		
22	3A	Enka	1	
23	3A	Erwin		
24	3A	Fike High School	1	
25	3A	Forestview		1
26	3A	Freedom		
27	3A	Gray's Creek		
28	3A	Havelock	1	
29	3A	Hibriten		
30	3A	Hickory		
31	3A	Hickory Ridge H.S.		
32	3A	Hunt		
33	3A	Jacksonville	1	
34	3A	Jesse C. Carson	1	
35	3A	JF Webb		
36	3A	Kings Mountain		
37	3A	Ledford		
38	3A	Lee County		
39	3A	Marvin Ridge	1	
40	3A	McMichael		
41	3A	Nash Central	1	
42	3A	North Buncombe	1	
43	3A	North Forsyth		
44	3A	North Gaston		
45	3A	North Henderson	1	
46	3A	North Iredell	1	



47	3A	North Lincoln	1	
48	3a	Northeast Guilford	1	
49	3A	Northern Guilford	1	
50	3A	Northern Nash	1	
51	3A	Northwest Cabarrus	1	
52	3A	Northwood	1	
53	3A	Orange		
54	3A	Overhills		
55	3A	Patton		
56	3A	Piedmont		
57	3A	Pisgah		
58	3A	Reynolds, A. C.		1
59	3A	Richlands	1	
60	3A	Robinson, Jay M		
61	3A	Rocky Mount HS	1	
62	3A	South Brunswick	1	
63	3A	South Iredell High	1	
64	3A	South Johnston High	1	
65	3A	South Point		
66	3A	South Rowan		
67	3A	Southern Durham		
68	3A	Southern Guilford		
69	3A	Southern Nash	1	
70	3A	Statesville		
71	3A	St. Stephens	1	
72	3A	Sun Valley High	1	
73	3A	Swansboro	1	
74	3A	Terry Sanford		
75	3A	Topsail	1	
76	3A	Triton		
77	3A	Tuscola		
78	3A	Union Pines	1	
79	3A	Weddington		
80	3A	West Brunswick	1	
81	3A	West Carteret	1	
82	3A	West Craven	1	
83	3A	West Henderson		
84	3A	West Rowan	1	
85	3A	West Stokes	1	
86	3A	Western Alamance	1	
87	3A	Western Guilford		
88	3A	Western Harnett	1	
89	3A	Westover HS		
90	3A	White Oak	1	
91	3A	Williams	0	0
	3A	<b>Totals to Date April 4, 2016</b>	<b>43</b>	<b>3</b>
		46 out of 91 schools voted: 51%		
		43 out of 46 Approve: 93%		
		3 out of 46 Disapprove: 7%		

**Proposal: To change the method that teams qualify for the State Cross Country Championship Mee**

4A Schools			Yes	No
1	4A	Alexander Central	1	
2	4A	Apex	1	
3	4A	Ardrey Kell	1	
4	4A	Ashley	1	
5	4A	Athens Drive	1	
6	4A	Berry Academy		
7	4A	Britt, Jack		
8	4A	Broughton,	1	
9	4A	Brown, A. L.		
10	4A	Butler, David	1	
11	4A	Cape Fear		
12	4A	Cardinal Gibbons		1
13	4A	Cary	1	
14	4A	Charlotte Catholic		
15	4A	Clayton	1	
16	4A	Conley, D. H.	1	
17	4A	Davie County		
18	4A	Dudley	1	
19	4A	East Chapel Hill		
20	4A	East Forsyth		
21	4A	East Mecklenburg		
22	4A	East Wake		
23	4A	Enloe		
24	4A	Fuquay-Varina	1	
25	4A	Garinger		
26	4A	Garner Magnet	1	
27	4A	Glenn		
28	4A	Green Hope	1	
29	4A	Grimsley	1	
30	4A	Harding University		
31	4A	Harnett Central	1	
32	4A	Heritage		
33	4A	High Point Central		
34	4A	Hillside		
35	4A	Hoggard	1	
36	4A	Hoke County		
37	4A	Holly Springs	1	
38	4A	Hopewell		
39	4A	Hough, W. A.		
40	4A	Independence	1	
41	4A	Jordan		
42	4A	Knightdale		
43	4A	Lake Norman	1	

44	4A	Laney	1	
45	4A	Leesville Road	1	
46	4A	Lumberton	1	
47	4A	Mallard Creek		
48	4A	McDowell		
49	4A	Middle Creek	1	
50	4A	Millbrook	1	
51	4A	Mooreville		
52	4A	Mount Tabor		
53	4A	Myers Park	1	
54	4A	New Bern	1	
55	4A	New Hanover	1	
56	4A	North Davidson		
57	4A	North Mecklenburg		
58	4A	Northern Durham		
59	4A	Northwest Guilford	1	
60	4A	Olympic		
61	4A	Overhills		
62	4A	Page	1	
63	4A	Panther Creek	1	
64	4A	Parkland		
65	4A	Person		
66	4A	Pine Forest		
67	4A	Pinecrest	1	
68	4A	Porter Ridge		
69	4A	Providence	1	
70	4A	Ragsdale		1
71	4A	Reagan		1
72	4A	Reynolds, R. J.		
73	4A	Richmond		
74	4A	Riverside		
75	4A	Roberson , T. C.		
76	4A	Robinson, Jay M.		
77	4A	Rocky River		
78	4A	Rolesville		
79	4A	Rose		
80	4A	Sanderson	1	
81	4A	Scotland County	1	
82	4A	Seventy-First		
83	4A	Smith, Ben L		
84	4A	Smith, E. E.	1	
85	4A	South Caldwell		
86	4A	South Central		
87	4A	South Mecklenburg		
88	4A	South View		
89	4A	Southeast Guilford	1	
90	4A	Southeast Raleigh	1	

91	4A	Southern Alamance	1	
92	4A	Southwest Guilford	1	1
93	4A	Swett, Purnell		
94	4A	Vance, Zebulon		
95	4A	Wake Forest	1	
96	4A	Wakefield	1	
97	4A	Watagua	1	
98	4A	West Charlotte		
99	4A	West Forsyth	1	
100	4A	West Johnston	1	
101	4A	West Mecklenburg		
	4A	Totals to Date April 4, 2016	45	4
49 out of 101 schools voted: 49% 45 out of 49 Approve: 92% 4 out of 49 Disapprove: .08%				

## Regional Seeding Criteria for North Carolina Wrestling – Plan A

The regional seeding format will be based on a point system that is formulated using the following criteria. The first criteria will be winning percentage. The second criteria will be previous year's state finish/state qualifier. For purposes of the state criteria, the formula will include a graduated point system for all wrestlers who placed in the top six at the previous year's state tournament. All other state qualifiers will receive the same amount of points toward regional seeding. The number of points gained through winning percentage and state placement/qualification will be combined to give each wrestler a total that will be used to seed the regional tournament.

**Criteria 1:** (Winning Percentage) A wrestler's winning percentage will be determined by dividing the number of wins by the total number of matches wrestled. This percentage will be based on a 15 match minimum.

*Example 1:* Wrestler A has a 15-5 record. He/she would have a .750 winning percentage which would earn them 75 points toward the regional seeding formula.

*Example 2:* Wrestler B has an actual record of 8-2. He/she would have a .533 (8 divided by 15) winning percentage due to the minimum match rule of 15 matches. As a result, they would receive 53.3 points toward the regional seeding formula.

**Criteria 2:** (State Placer/Qualifier – Previous Year) A wrestler who placed in the previous year's state tournament would earn additional points based on the quality of their placement. These points would be added to the wrestler's winning percentage total. The state points would be based on the following ladder:

State Champion	50
State Runner-up	45
3 <sup>rd</sup> Place	40
4 <sup>th</sup> Place	35
5 <sup>th</sup> Place	30
6 <sup>th</sup> Place	25
State Qualifier (Non-Placer)	20

*Example 1:* Wrestler C has a 40 -1 record and placed third in the previous year's state tournament. He/she would gain 97.6 points due to their winning percentage and an additional 40 points for placing 3<sup>rd</sup> in the previous year's state tournament. The total points used for seeding Wrestler C would be 137.6.

**Tiebreaking criteria:** All ties will be broken with the same criteria as in past years. The first criteria is head to head, then total number of matches, followed by a coin flip.

## Regional Seeding Criteria for North Carolina Wrestling – Plan B

Regional seeding will be done based on winning percentage as well as previous year's state and regional placement and current year's head to head wins over wrestlers who have the top five winning percentages in their current weight class. Everyone else in the region will be seeded based on winning percentage only. To be eligible for a top five seed, the wrestler must have placed in the previous year's state or regional tournament and/or have one of the five highest winning percentages in the region. The determination for seeding will take place at the regional seeding meeting held on the week of the regional tournament. Coaches will be required to enter their wrestlers previous year's state/regional placement information into Trackwrestling. They will also need to enter any wins over a wrestler who has a top five winning percentage in their weight class during the current year. During the regional seeding meeting, the coaches will determine the top five seeds. All other wrestlers will be seeded based on winning percentage using a 15 match minimum.

Example 1:

120 Seeds

1<sup>st</sup> Seed (25-2 record, State 3<sup>rd</sup> at 120 lbs., Beat 2 and 4 seed)

2<sup>nd</sup> Seed (26-1 record, State Qualifier, Beat 3 seed)

3<sup>rd</sup> Seed (23-4 record, Beat 4 seed, lost to 2 seed)

4<sup>th</sup> Seed (25-3 record, State Qualifier, lost to 1 seed and 3 seed)

5<sup>th</sup> Seed (26-6 record, State 6<sup>th</sup> at 106 lbs.)

6<sup>th</sup> Seed (26-5 record, beat no one in the top five)

7<sup>th</sup> Seed (27-7 record)

ETC.