NCHSAA Football 2017-18

Football: Important Dates

July 31st First Practice: August 9th First Scrimmage: August 18th First Contest: Seeding: November 4th December 8-9 State Championships: UNC. NC State University. Wake Forest University. Duke University



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Practice Options

- Practice Options: There are set practice options that can be utilized during the football preseason period:

- football preseason period:

 Option A One, three hour practice (which includes "flex time").

 Option B One, three hour practice, followed by a mandatory three hour cool down period, followed by a one hour walk-through.

 Option C (Double Practice) One three-hour, or two-hour practice, followed by a mandatory three-hour cool down period, followed by a two-hour, or three-hour practice (Maximum of five hours of practice time per 24-hour period).

 Option C days must be followed by Option A, Option B, or off-day

 Under no circumstances may you have back-to-back Option C days

 Under no circumstances can the two-hour session of Option C contain any body-to-body contact (Live Action, Thud, and Control).
- The mandatory cool-down period must be held in an air-conditioned environment.

ust, 20	17					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	July 31	August 1	August 2	August 3	August 4	August 5
	ust Day of Practice	and Day of Practice	3rd Day of Practice	4th Day of Practice	gh Day of Practice	6th Day of Practice (set
	 Option A or 	Option A or	 Option A or 	Option A or	Option A or	Day of Contact)
	Option 9	Option B	Option 8	Option 8	Option 8	Option A or
						 Option 8 or
						Option C
August 6	August 7	August 8	August 9	August 10	August 11	August 12
No Practice Allowed	7th Day of Practice	8th Day of Practice	oth Day of Practice (yet	uoth Day of Practice	such Day of Practice	eath Day of Practice
	Option A or	Option A or	Scrimmage Date)	Option A or	Option A or	Option A or
	Option 8 or	Option B or	Option A or	Option Bor	Option Bor	Option 8 or
	Option C	Option C	Option Bor	Option C	Option C	Option C
	• Option C	• upour c	Option C	• Option C	• Option C	• Option C
August 13	August 14	August 15	August 16	August 17	August 18	August 19
No Practice Allowed	In Geason Practice	In-Season Practice	In Season Practice	In-Season Practice	ust Playing Date	In-Season Practice
No Practice Allowed	Option A Only	Option A Only	Option A Only	Option A Only	an raying case	Option A Only
	 Option Actiny 	Option A City	Opean A dray	Option A Only		Option A Daily
August 20	August 21	Appust 22	August 23	August 24	August 25	August 26
No Practice Allowed	In-Season Practice	In-Season Practice	In Season Practice	In-Season Practice	and Playing Date	In-Season Practice
	Option A Only	Option A Only	Option A Only	Option A Only		Option A Only
August 27	August 28	August 29	August 30	August 31		
No Practice Allowed	In-Season Practice	In-Season Practice	In-Season Practice	In-Season Practice		
	 Option A Only 	 Option A Only 	 Option A Only 	Option A Only		
*Option A - One, 1 hour						
*uption A - One, 3 hour	practice (which includes	-pex time-)		a s hour walk-through, or		
*Option B - One, 3 hour ; during walk-through).	oractice, tollowed by a M	ANDATUKT 3 hour cool d	rown period, followed by a	a 1 nour wax-through, or	nce-versa (cannot wear p	estective equipment
ACestes C (Devista Reserv	and Characher and have	annual or fallered by a b	AND ATOMY - New years	down period, followed by		a Olderstandard a become
*Option C (Double Pract	ce) - Une 3 nour or 3 nou	ar practice, tollowed by a p	MANUATURY 3 nour cool	. You must follow an opti	a a nour or 3 nour practic	e (Maximum or 5 hours
off-day, ***The 2 hour of			with an upuen c practice	. Too more ranowan open	are presume with an opti	more how need on you
University Time 2 makes p	ENCORPHISM NOW-C	ONIACI ONE I				
*Day s&z - Headgear, T-	Chims Non-Dadded Doy	es Ecothall Shoar				
*Day 3-5 - May add shou	Mer nada	Annes				
*Day 6 - Full football gea						

Heat & Humidity

- + Intensity level of practice
- + Environmental conditions
- The following should be considered when scheduling practice:

 Time of day

 High Temperature and high humidity create a dangerous situation for athletes. High humidity and low temperature can also cause serious heat-related problems.
 - + Water/fluid replacement breaks recommended each 20 or 30 minutes. (depending on practice conditions)
 - Check with your AD on your LEA's and school's policy pertaining to practice on days of extreme heat.



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Heat & Humidity - Wet Bulb Globe Temperature

- WBGT readings must be taken by the AT/FR or designee not more than 30 minutes before the beginning of practice. Subsequent readings must be taken whenever water/rest breaks are taken or every 30 minutes, whichever comes first.
- Added language to the WBGT Index and Athletic Activity Chart in the 90 or Above category for Athletic Activity Guidelines: SUSPEND PRACTICE/MUST INCLUDE MANDATORY BREAKS AS DIRECTED BY GAMEDAY ADMINISTRATOR DURING CONTEST.



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- 1A/2A 10 Athletes Total
- 3A/4A 5 Athletes Total
- · Athletes CANNOT participate in 3 games in a calendar week

 - Monday Saturday
 Postponements to Monday, 8-quarter Thursday/Friday
- Athletes MUST be examined after conclusion of JV game and Pre-Participation paperwork MUST be signed/date by all parties each week and shared with Conference Administrators



Skill Development

- Schools must select Option A or Option B, but if no decision is made by <u>November 3, 2017</u>, the default is option A.
- Option A: From May 7 to the time prior to the state mandated exam period, a school may conduct ten (10) days of football skill development sessions with an unlimited number of players.

- days of football skill development sessions with an unlimited number of players.

 These sessions are subject to the following provisions:

 No sill development on Memorial Day
 Monday through Friday (Saturdays within the established 10 day skill development period may be used as make-up days)

 Monday through Friday (Saturdays within the established 10 day skill development period may be used as make-up days)

 Licensed athelic traine or first responder must be present

 No "body-to-body contact, live action, wrapping, or thudding is allowed (see 4.5.2.b.4).

 Any student-athelies till involved in a spring sport will not be allowed to participate until the end of that sport's season

 No other skill development sessions, in football, are allowed during the school year

 Option B: Schools may do skill development with a maximum or twenty-one (21) athletes per day after the football season has been completed and outside of the established dead periods.

 The regulations currently in place for other sports will apply for this option.

 No "body-to-body contact, live action, wrapping, or thudding is allowed (see 4.5.2.b.4).



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NCHSAA Board Changes 2017-18

Amateur Rule

- Increased allowable merchandise to be received from \$20.00 to \$250.00 per sports season
- Acceptance of money or a forbidden award will cause an athlete to lose athletic eligibility for the semester in which the violation occurred, and the following semester.



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Senior Exceptions

- Students may be allowed to wear school uniforms, including protective equipment, in outside organization competition, so long as the student has exhausted athletic eligibility in that sport and received permission from the member school. Approval from the LEA is strongly recommended.
- Exception to the numbers restrictions for students who have exhausted their eligibility in that sport. Dead period rules will remain.



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Transfer Rule

- Students transferring to a member school where the student's coach has relocated to within a year will be deemed ineligible for a period of 365 days LEA to LEA
- A student's first transfer after initial entry into the 9th grade is not subject to the NCHSAA transfer rule (LEA to LEA). For any transfer thereafter, the student must sit out for 2 consecutive semesters (at least 50% of the current semester + following semester) or 365-days, whichever is less.



Transfer Rule

- NCHSAA Transfer Committee will be composed of the NCHSAA Executive Committee and at least one (1) non-district affiliated member.
- Modified initial entry interpretation for non-district affiliated schools (Charter and Non-Boarding Parochial) –Rule 1.2.1(a)(2): boundary criteria shall only apply after initial entry into ninth grade.
- Students who want to participate in cheerleading are not subject to the transfer policy, however all current eligibility requirements would remain applicable.



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Residence Rule

- Separate Parents with No Court-Ordered Custody Agreement
 - Residency shall be deemed to be with the parent with whom the student begins the school year (i.e. 1st semester).
- Bona Fide Change: The change must not be solely made for athletics purposes.



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Endowment Games

 The home team will remit twenty-five (25) percent of the gross revenue to the NCHSAA's endowment fund. If a member school plays an endowment game against a non-member school, the member school is responsible for remitting payment to the NCHSAA regardless of where the game is played.



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Partitation	
Facilities	
The NCHSAA has the right to require host teams to find an adequate facility based on expected game/contest attendance and/or quality of	
venue.	
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Fligibility Common Cobmission Dates	
Eligibility Summary Submission Dates	
• Fall – September 15th	
• Winter – December 15th	
Spring – April 1st	
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Coaches' Education	
Coaches Education	
CPR/AED Certification	
All head and paid coaches must be CPR/AED certified	
NFHS Sudden Cardiac Arrest Course	
All non-paid coaches are required to complete the NFHS <u>Sudden</u>	
<u>Cardiac Arrest</u> Course annually (after June 1, 2017 and before the first date of practice).	
Effective August 1, 2017	

Skill Development/Dead Periods

- Changed In-season dead periods from 6 weeks to 3 weeks
 - Option B
- Added new dead period:
 - Last 10 student days of the school year
 - Effective 2017-2018



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Playoff Bracket Size

- Change bracket sizes for baseball, basketball, football, soccer, softball and volleyball to:
 - 1A 48 teams
 - 2A 64 teams
 - 3A 64 teams
 - 4A 48 teams
- Football will still be subdivided 1A/1AA, 2A/2AA, 3A/3AA, 4A/4AA



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Playoff Qualification Process

- Conference automatic qualifiers are determined by the number of teams from a given classification in each conference as follows:
 - 1 4 teams = 1 automatic qualifier
 - 5 8 teams = 2 automatic qualifiers
 - 9 or more teams = 3 automatic qualifiers



Playoff Qualification Process

- Split conference application
 - The highest finishing team from a given classification will automatically qualify, regardless of overall conference finish.
 - Two teams that finish 1st and 2nd overall in the conference from the same classification will automatically qualify regardless of rule 4.1.18(a) (1-3).
 - **Ties for 1-place in the overall conference or for highest finisher in a classification must be broken using the established tie-breaking procedure [rule 4.1.13].



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Playoff Qualification Process

- If too many teams qualify using the above criteria, adjustments to the established bracket size will be made to accommodate the automatic
- If not enough teams qualify using the above criteria, the bracket will be filled by non-automatic qualifiers in that classification
 - Teams in their classification with the highest MaxPreps ranking (or other NCHSAA selected ranking system) will be selected to fill the remaining slots in



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Playoff Seeding

- Once the qualifying teams in each classification are determined, they will be divided into two regions of equal size (East and West) based on the longitude of each school.
 The teams in each region will be seeded as follows:
- - Seed all 1st place automatic berths and highest finishing team in each classification of a split conference by MaxPreps ranking (or other NCHSAA selected ranking system); then
 Seed all 2nd place automatic berths by MaxPreps ranking (or other NCHSAA selected ranking system); then
- selected ranking system); then

 Seed all 3rd place automatic berths by MaxPreps ranking (or other NCHSAA selected ranking system); then

 Seed all conference tournament champions and at-large berths by MaxPreps ranking (or other NCHSAA selected ranking system).

 Once seeding is complete:
- - Existing byes will be awarded to the highest seeds possible.
 The higher seed is the home team unless otherwise determined by the NCHSAA.



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Eligibility & Compliance	
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Eligibility	
PowerPoint/Video	
Required viewing for all coaches Should be done with the athletic director	
Includes opportunities to discuss concussions/sudden cardiac arrests/sickle cell, etc.	
directly state een, etc.	
nensaa	
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Eligibility	
Preseason Meeting	
Required attendance by all parents Time to share rules, regulations, expectations, philosophy etc.	
Time to get all required signaturespledges, Gfeller-Waller information, etc.	
Eligibility and Authorization	

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- Eligibility Checklist
 - Use to ensure school has done its due diligence



Clinic Attendance

Head coaches in <u>baseball</u>, <u>basketball</u>, <u>cheerleading</u>, <u>football</u>, <u>golf</u>, <u>lacrosse</u>, <u>soccer</u>, <u>softball</u>, <u>swimming</u>, <u>tennis</u>, <u>track & field</u>, <u>volleyball</u> <u>and wrestling</u> must attend an NCHSAA approved State Rules Clinic.

- Must be completed prior to coaching in the first contest; subject to \$400 fine, in addition to a \$500 fine if he/she actually coaches in the contest
- Can be satisfied at the NC Coaches' Association Clinic being held here in Greensboro—July 17-20



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Clinic Attendance

- If the head coach cannot attend the NCCA clinic or is not hired until afterwards, the requirement can also be met at one of the statewide officials' clinics, which are posted on the NCHSAA Website under clinics. Please note that several volleyball and soccer clinics for officials occur prior to the NCCA Clinic.
- Athletic directors cannot satisfy this requirement by attending a rules' session in place of the head coach



Coaches' Education

NFHS Fundamentals of Coaching Course

- All coaches must satisfy the requirement prior to first contest.
- Complete prior to first contest; subject to a \$500 fine; continuing to coach without completion = another \$500.



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Coaches' Education

Concussion Management Certification

- The NFHS Concussion in Sports Course (free on-line course) or an equivalent course must be completed annually (after June 1, 2017 and before the first date of practice) by all coaches.
- Prior to the first date of practice for that sport; subsequently, the certificate of completion must be on file at the individual school; subject to \$500 fine.



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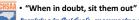
Gfeller-Waller Concussion Law

Requirements of the Law:

• Concussion signs and symptoms

Must be updated annually

- Given prior to participation
- Parents/athletes sign indicating "receipt of" Return to Play (RTP) form signed by a physician licensed to practice medicine
- An up-to-date Emergency Action Plan (EAP)
 Must be on-file
 Must be posted



Cardiac Safety Program

All NCHSAA member schools must have a Cardiac Safety Program to include three (3) components:

- Appropriate number of AEDs on Campus
- AED maintenance program (battery checks, maintain, replacement at appropriate intervals)
- Required viewing of short AED/CPR video for all supervising adults (teachers, coaches, administrators)



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Coaches' Education

Accredited Interscholastic Coach (AIC)

- Requires completion of 4 courses:
 - Fundamentals of Coaching
 - 1st Aid, Health & Safety for Coaches
 - Sport Specific Course or Teaching Sports Skills
 - Concussion in Sports (Free)



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Coaches' Education

Certified Interscholastic Coach (CIC)

- Completion of AIC requirements
- Plus:
- Teaching & Modeling Behavior
- Engaging Effectively with Parents
- Sportsmanship
- Creating a Safe and Respectful Environment
- Strength & Conditioning2 additional courses (User Choice)



THANK YOU

- Get involved with student services
- Visit the NCHSAA website often
- Pick-up your card as you leave today
 - Enter your card as you leave today
 Enter your code into the computer immediately to get credit for attendance
 Mobile device or computer
 All fields required except comments box
 Use same email address that was used for NFHS Courses
 Deadline for entry is August 14, 2017

 Availated 2006 fine for energy repeated.

 - Avoid \$400 fine for your school

