

2017-18 TRACK & FIELD/CROSS COUNTRY ONLINE RULES SESSION

Presented by:

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Director of Sports, Championships & Student Services



Inspiring individuals, encouraging excellence through education-based athletics.



2018 NFHS TRACK & FIELD RULES POWERPOINT

National Federation of State
High School Associations

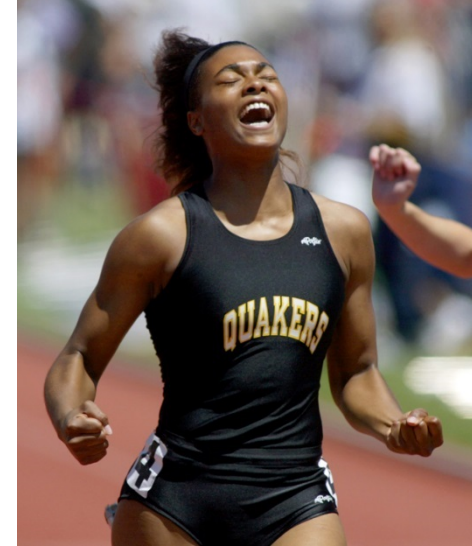


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Rules Changes
Major Editorial Changes
Points of Emphasis

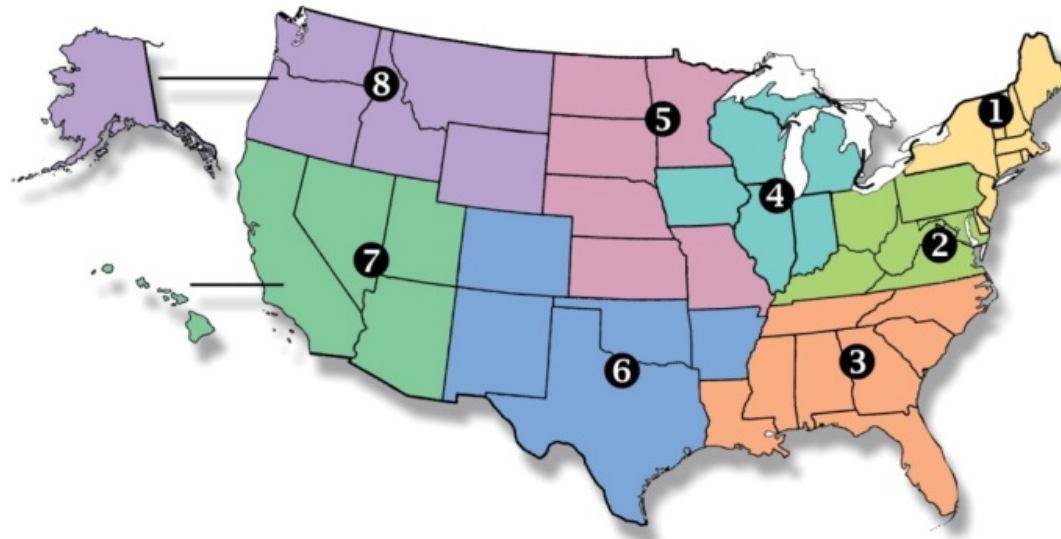
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leadership organization for high school sports and fine arts activities;
 - National authority on interscholastic activity programs.
 - Conducts national meetings;
 - Sanctions interstate events;
 - Produces national publication for high school administrators;
 - National source for interscholastic coach training and national information center.



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- Membership = 50 member state associations and D.C.
- NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.8 million in high school sports.



NFHS RULES REVIEW COMMITTEE

The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



Davis Whitfield
Chief Operating
Officer



Lindsey Atkinson
Volleyball



Bob Colgate
Football and Sports
Medicine



Sandy Searcy
Softball and
Swimming & Diving



Elliot Hopkins
Baseball and
Wrestling



Julie Cochran
Cross Country,
Field Hockey,
Gymnastics and
Track & Field



James Weaver
Boys and Girls
Lacrosse and Spirit



Theresia Wynns
Basketball and
Soccer



Dan Schuster
Ice Hockey

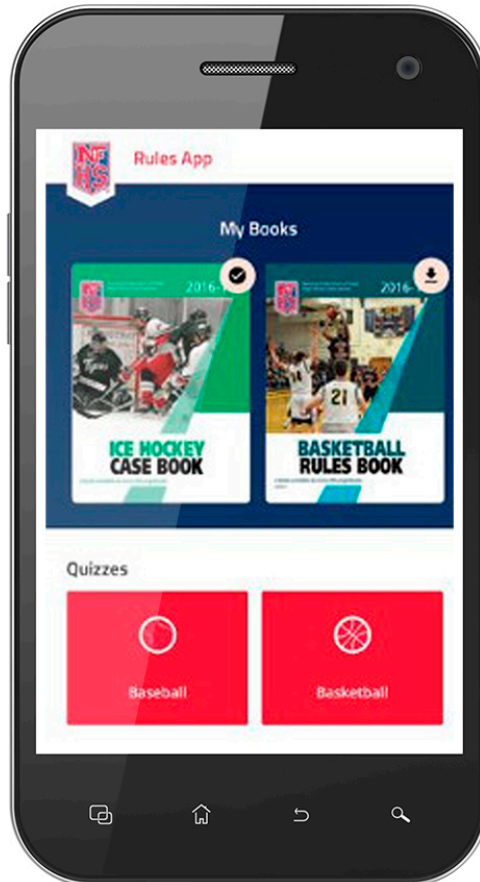


NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
 - Publishes 4 million pieces of materials annually.



NEW NFHS RULES APP




- Rules App features:
 - Searchable
 - Highlight notes
 - Bookmarks
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 - Easy navigation
 - Immediate availability
 - Free to paid members of the NFHS Coaches and Officials Associations
 - www.nfhs.org/erules for more information



NFHS RULES BOOK AS E-BOOKS

National Federation of State
High School Associations

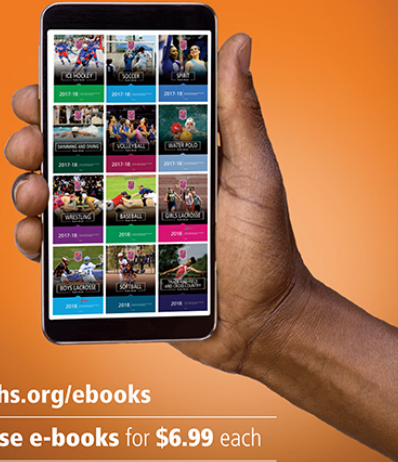


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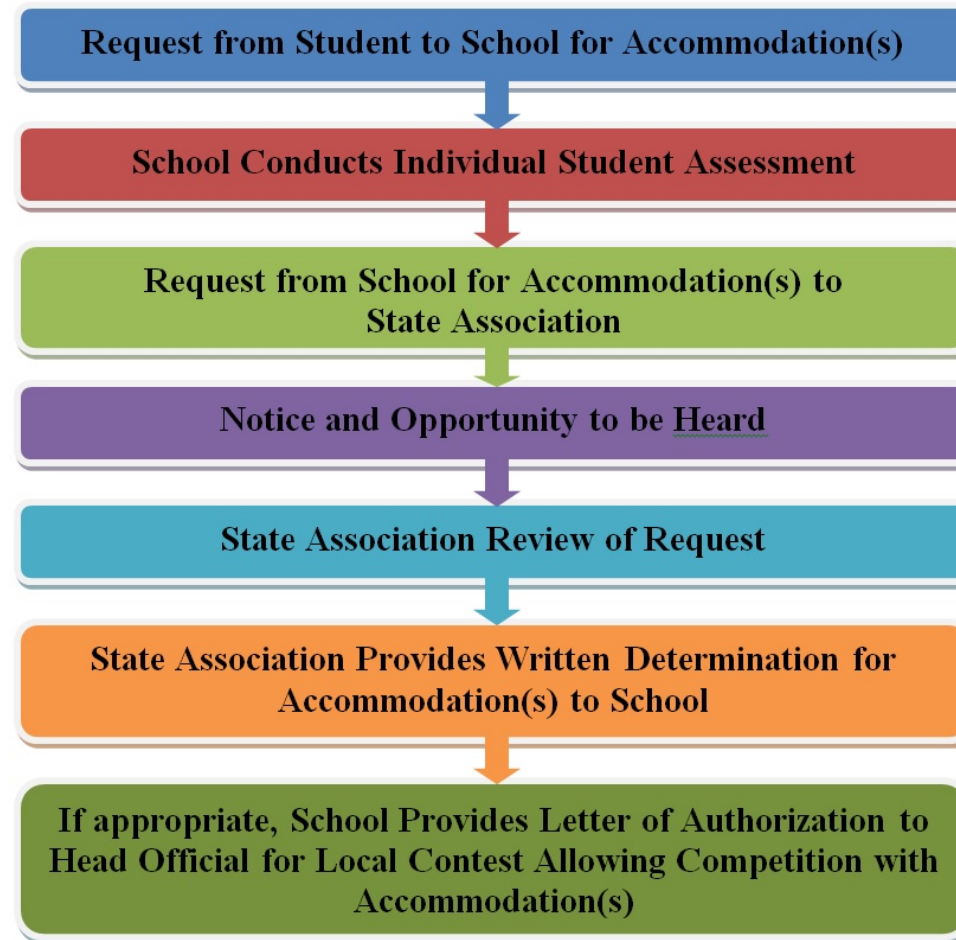
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GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS





Rules Changes

NFHS TRACK & FIELD AND CROSS COUNTRY



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COMPETITOR'S UNIFORM

RULE 4-3-1

- Rule 4-3-1:

Art. 1 . . . The competitor's uniform shall be **school-issued or school-approved**, worn as intended by the manufacturer, and **meets** the following **requirements and** restrictions.

a. Each competitor shall wear shoes both feet.

1. **The shoes** shall have an upper and definitely recognizable sole and heel.
2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
3. **In cross country, the sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch.**

Note: the games committee may also determine the length of spikes allowed on all-weather surfaces. (3-2-4a)

4. The use of slippers or socks does not meet the requirements of the rule.





COMPETITOR'S UNIFORM RULE 4-3-1

- b. Each competitor shall wear a **school-issued or school-approved** full-length track top or one-piece uniform.
- c. Each competitor shall wear a **school-issued or school-approved** track bottom or one-piece uniform.



COMPETITOR'S UNIFORMS RULES 8-6-1(NEW), 4-3

- Duplicate language regarding the uniform has been removed from Rule 8, Cross Country, and all rules regarding the uniform for individuals, relay team members and cross country teams are now all contained in one rule, Rule 4.



FIELD EVENTS

6-2-14 PENALTY(NEW), 6-2-10, 6-2-13

- Several prohibitions regarding the competitors' actions were included, but had no associated penalty should the rule not be followed which created confusion for enforcement.
- The appropriated penalty of disqualification from the event has been added. Penalty: (Articles 10, 13 and 14) Disqualification from the event.



POLE VAULT RULE 6-5-11

- Art. 11 . . . The nonmetal crossbar shall **not be less than 14 feet, 8 inches (4.47m) and not more than** 14 feet, 10 inches (4.52m) in length, of uniform thickness, and shall have a weight of not more than 5 pounds.



Editorial Changes

NFHS TRACK & FIELD AND CROSS COUNTRY





DISQUALIFICATION AND CONDUCT RULES 4-6-1 NOTE 2, 3-1 NOTE

Establishes consistent NFHS language within the rules prohibiting the use of tobacco products and similar items and alcohol by participants, school personnel or officials.

Art. 1 . . . Note 2

No **participant, team personnel, coach or administrator** shall use alcohol or any form of tobacco product (e-cigarettes or similar items) beginning with the arrival at the competition site until departure following the completion of the contest.

3-1 Note

No **contest** official shall use alcohol or any form or tobacco product (e-cigarettes or similar items) beginning with arrival at the competition site until departure following the completion of the contest.





TRACK MARKINGS

RULE 5-3-1

- Provides greater flexibility by expanding the professional positions which are qualified to survey and measure a track.

Art. 1 . . . When races are run in lanes around a turn or turns, the starting lines shall be staggered so that each competitor will run the same distance. When the start is on a turn or when relay exchanges are made on turns, the staggered distances should be determined by a competent **surveyor such as, but limited to, a registered land surveyor, professional engineer or experienced track stripers**. Each lane shall be measured when the staggers are on a curve.



SHOT PUT RULE 6-7-2

- Corrects clerical error in maximum diameter for the boys indoor shot put.

Art. 2 . . .

The maximum diameter for the boys indoor shot is **132.5** mm and for the girls indoor shot is 130 mm to account for the synthetic cover



JAVELIN THROW RULE 6-8-9

- Removes duplicate language 6-8-9 which is covered in Rule 6-2-10 regarding broken javelin.

6-2-10

- a. If a legal implement breaks during a trial in accordance with the rules, no penalty shall be counted against the competitor and a replacement trial shall be awarded.
- b. If a legal implement breaks upon completion of the trial, a replacement trial shall not be awarded and the results shall be recorded, provided it was made in accordance with the rules.



LONG JUMP AND TRIPLE JUMP RULE 6-9-8

- Removes duplicate language 6-9-8 which is covered in Rule 6-2-3 regarding excused competitors.

6-2-3...To accommodate those competitors who may be excused to participate in other events, the head event judge may change the order of competition in the preliminary or final rounds of any jumping or throwing event by any method where the competitor being excused jumps. Throws earlier than the spot at which he/she qualified. Successive trials is but one such method. Excused competitors shall inform the head event judge upon return....



Points of Emphasis

NFHS TRACK & FIELD AND CROSS COUNTRY



POINTS OF EMPHASIS

- Uniforms – Waistbands, Trim, Accents and Compliance
- Providing Fluids to Competitors at Cross Country Competitions
- Entry limits for Individual Contestants
- Officials Safety and Recommendations in the Long Throws



UNIFORMS – WAISTBANDS, TRIM, ACCENTS AND COMPLIANCE

- The of purchasing legal uniforms and officiating the NFHS uniform rule are increasingly more difficult nationwide.
- Nature of the competitive event may lend itself to a different style uniform rather than one style for all.
- Some styles of uniform bottoms are more personal and not redistributed from season to season.
- Variations in product lines from manufacturers may change from year to year that leads to configurations that “almost” match but vary slightly in design, accents, or color.



UNIFORMS – WAISTBANDS, TRIM, ACCENTS AND COMPLIANCE

- When evaluating color of uniforms, slight variations in shade of the color should not be considered an automatic violation of Rule 4-3-2.
- It is expected that all relay team members and cross country team members can be clearly identified as representing the same school.





UNIFORMS – WAISTBANDS, TRIM, ACCENTS AND COMPLIANCE

- Examples variations which do not cause a uniform to be noncompliant:
 - Small accent trim
 - Slightly visible pattern of a solid color due to newer materials
 - Addition of small stripe which is in the same direction as existing stipes on earlier models.
- The degree of variation, if any, allowed as examples listed is dependent on the respective state high school association.
- Multiple, visible manufacturer's logos on the uniform item make the item non-compliant with the rules.





PROVIDING FLUIDS FOR COMPETITORS AT CROSS COUNTRY COMPETITIONS

- Properly hydrating will have a positive impact on performance and minimize the risk of heat illness during the season.
- Coaches should ensure that athletes have access to water prior to, during and after practice and encourage all to hydrate whenever they feel it is necessary.
- NFHS Track and Field Rule 3-2-4u grants the Games Committee the authority to provide liquids during a competition.





PROVIDING FLUIDS FOR COMPETITORS AT CROSS COUNTRY COMPETITIONS

- Participating schools should expect the availability of water unless meet organizers have specified otherwise in advance.
- It is the responsibility of the Games Committee, along with host school to provide liquids to athletes on race day.
- This does not limit the coach from providing liquids to his/her athletes in addition.



ENTRY LIMITS FOR INDIVIDUAL CONTESTANTS

- Under Rule 4-2, Participation and Entry Limitations, a contestant shall not compete in more than four events, including relays.
- A contestant exceeds the participation limit whenever he/she reports to the clerk of the course, or the field event judge, in the excess event. The contestant may be listed on relay teams(s) but is not a competitor until he/she reports to the clerk of the course.



ENTRY LIMITS FOR INDIVIDUAL CONTESTANTS

- Contestants may officially enter:

Four Individual events	No relays allowed.
Three Individual events	May be listed on any number of relays but compete in only one relay.
Two Individual events	May be listed on any number of relays but compete in only two relays.
One Individual event	May be listed on any number of relays but compete in only three relays.



OFFICIALS SAFETY AND RECOMMENDATIONS IN THE LONG THROWS

- Risk minimization in the throwing events begins with proper and effective event management:
 1. Event venue is set-up
 2. Monitoring of the warm-up and competition periods
 3. Conduction of the event
- When possible, the events should be staged away from other events, and away from any obstructions that may interfere with the safety of athletes, officials and spectators.

OFFICIALS SAFETY AND RECOMMENDATIONS IN THE LONG THROWS

- Only those marking the attempts and retrieving the implements should be inside the safety zone.
- The head event judge should review with his/her crew how each person's task shall be accomplished and again emphasize the importance of always being alert for his/her own actions and the actions of others during the event's competition and associated warm-ups.



CROSS COUNTRY COURSE

Rule 8-1-3(b)

- Article 3...The race course should include the following features:
 - (b) The use of a painted boundary line, both inside and outside and/or the use of natural or artificial boundary markers may be used as an alternative method to mark the course. Directional flags as described in 8-1-3(a) and/or directional sign posts shall be used.

TRACK AND FIELD UNIFORM REGULATIONS

- During a meet, the clerk of the course has the responsibility to check and enforce uniform, visible apparel and shoe regulations
- Prior to meet the ultimate responsibility rests with the coach
 - No valid reason for athlete to show up in illegal uniform
 - If athlete is purchasing a component of the uniform or permitted attire, coach must make certain the athlete and parents are educated on what will be rule compliant



TRACK AND FIELD UNIFORM REGULATIONS

- Garments worn under the uniform bottom are considered foundation garments, providing they DO NOT extend beyond the knees, and are not subject to color or logo restrictions
- This holds true for sports bras and/or boxer style foundation garments as well



TRACK AND FIELD UNIFORM REGULATIONS

- Two or more members of a relay team or cross country team wearing visible undergarments **extending below the knees shall be** the same single, solid color and unadorned
- The purpose for the specific uniform rules for relay and cross country teams is to ensure that members of the same team are easily identifiable to meet officials and other competitors

TRACK AND FIELD UNIFORM REGULATIONS



- One logo or two?
- If it fits within 2 ¼ square inches with no dimension greater than 2 ¼ inches, this is a single logo



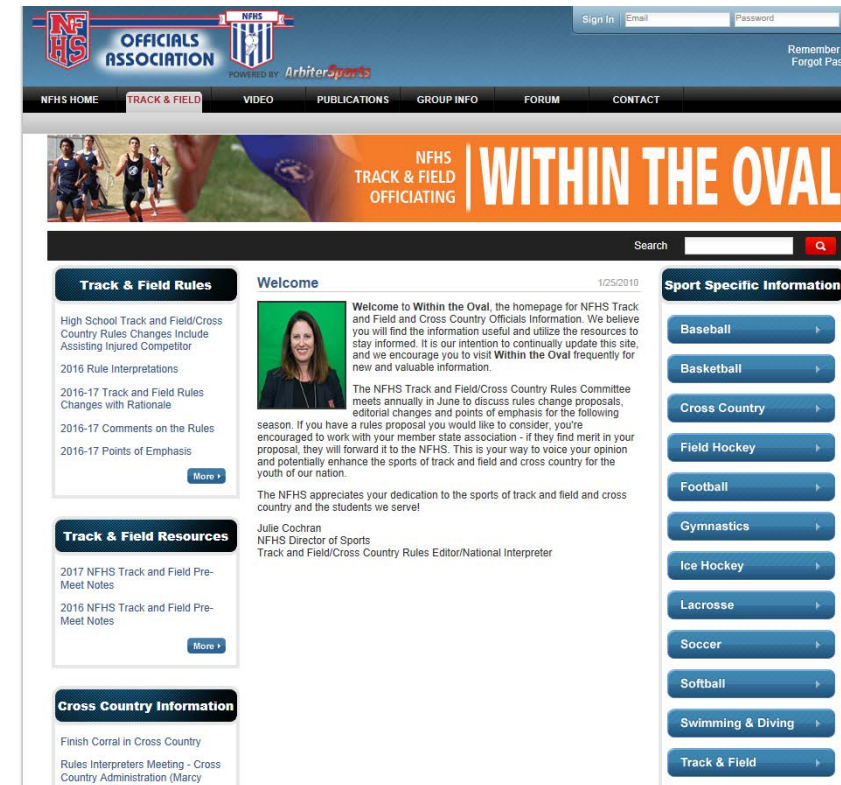
NFHS OFFICIALS ASSOCIATION CENTRAL HUB



NFHS OFFICIALS ASSOCIATION CENTRAL HUB

<https://www1.arbitersports.com/front/105416/Site>

- Contains:
 - Sport information
 - Rules information
 - Rules library
 - Searchable rules book
 - Video content on officiating sport, competition situations and interpretations



NFHS OFFICIALS EDUCATION COURSE AND VIDEOS

- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics include: Basics of Becoming and Staying an Official, Science of Officiating, Art of Officiating
- Course is FREE to NFHS Officials Association members, non-members fee is \$20
- NFHSLearn.com
- Sports such as soccer, basketball and baseball offer direct illustrations of the rules book, including rules references and officials signals
- Animated mechanics videos for softball, and baseball umpires
- Video interpretation of the NFHS Basketball Rules Book created through a partnership with the International Association of Approved Basketball Officials



NFHS OFFICIALS EDUCATION COURSE AND VIDEOS

- Additional courses available in...
 - Officiating Basketball
 - Officiating Volleyball: Ball Handling
 - Umpiring Softball
- Courses Coming Soon...
 - Officiating Swimming and Diving
 - Officiating Soccer: Fouls and Misconduct





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- Over 1.2 Million courses delivered in 2017
- Over 6 Million courses since 2007 launch
- Over 55 courses available
- Over 25 at No Cost!





Course Objectives

- Types of races – sprint and endurance
- Running form – proper posture, arm movement, and leg movement
- Start and Drive phase – block and standing start
- Types of jumps – horizontal and vertical
- Jump elements – approach, take off, flight and landing
- Throwing – basic skills for each event type
- How to teach skills for correct form
- Teaching progressions to combine skills into full movement

Units

- Running
- Jumping
- Throwing

More Information at nfhslearn.com!



Coaching Pole Vault

Course Objectives

- Starting a beginner – teaching proper standing grip height, width of hands on pole, and position of hands on pole
- How to instruct beginning level pole-vaulters through skill development drills and build confidence
- Maintaining a safe practice and competition environment – proper pad placement and securing of vault mat pads

Units

- | | |
|----------------------------------|--------------------------|
| ■ Starting a Beginner | ■ Problem Solving |
| ■ Basic Laws of Physics | ■ Equipment and Facility |
| ■ Drills and Coaching Techniques | ■ Interactive Exercise |

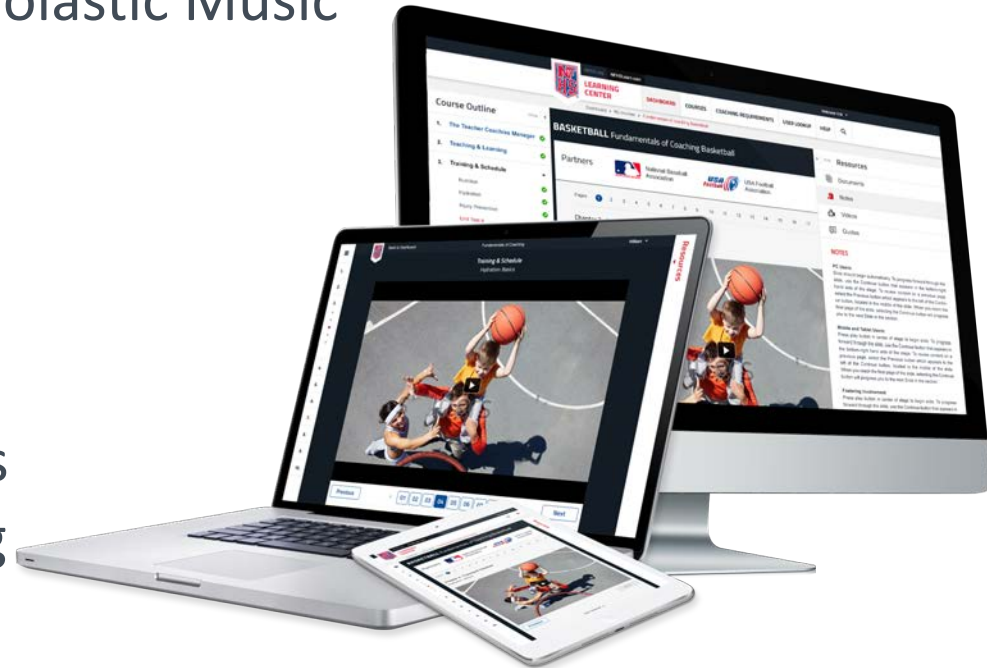
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Examples of FREE courses include:

- Bullying, Hazing and Inappropriate Behaviors
- Social Media
- Introduction to Interscholastic Music
- Concussion in Sports
- Heat Illness Prevention
- Sudden Cardiac Arrest
- Sportsmanship
- Sports Nutrition
- Coaching Unified Sports
- Positive Sport Parenting
- NCAA Eligibility





NFHS NETWORK



NFHS NETWORK

- By 2020, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.



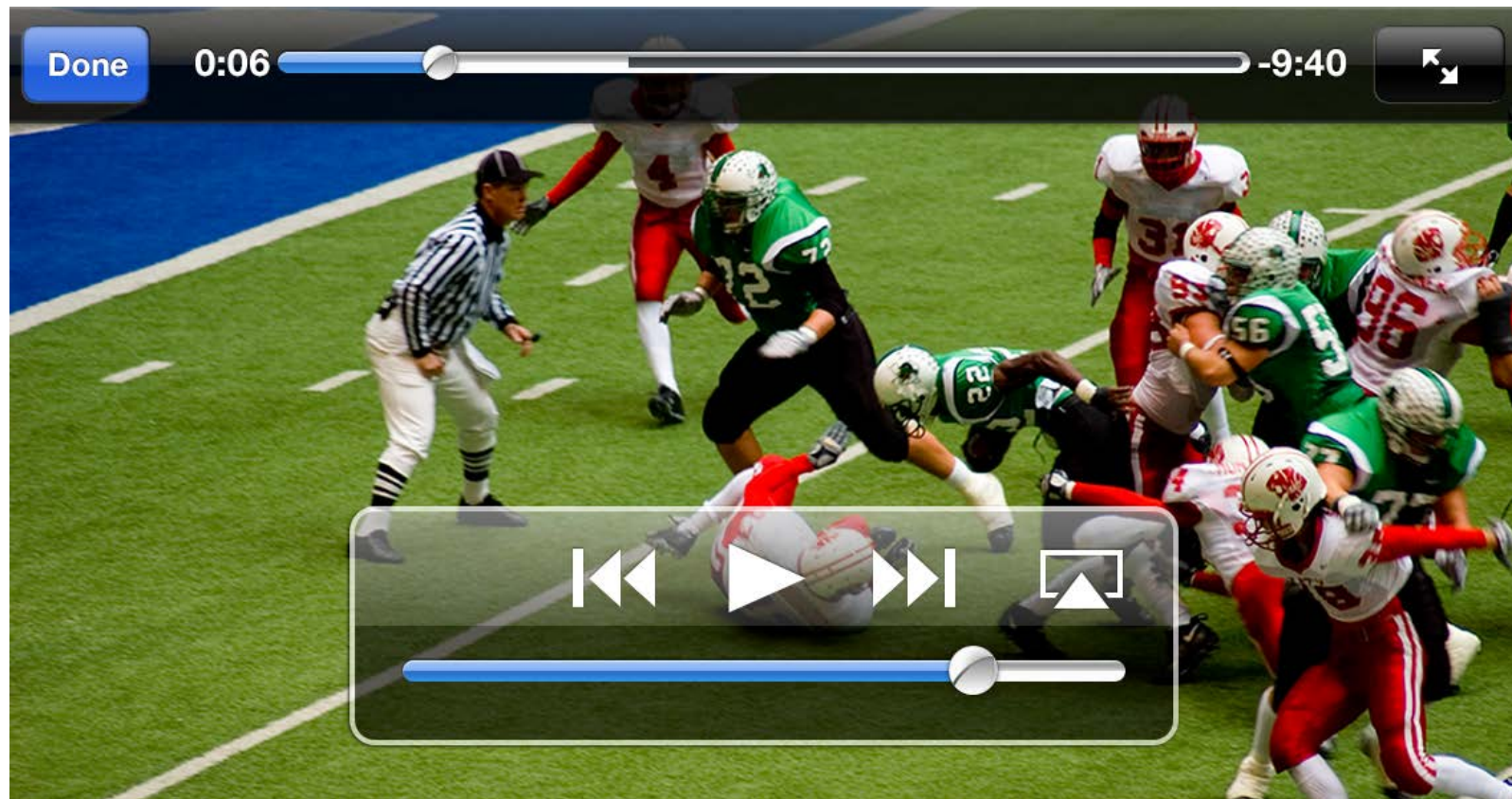
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NCHSAA RULES & REGULATIONS



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Board Changes 2017-18

Amateur Rule

- Increase 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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Board Changes 2017-18

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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Board Changes 2017-18

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.



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Board Changes 2017-18

Transfer Rule

- NCHSAA Transfer Committee will be composed of the NCHSAA Executive Committee and at least one (1) non-district affiliated member.
- Modify 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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Board Changes 2017-18

Residence Rule

- No Custody
 - 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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Board Changes 2017-18

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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Board Changes 2017-18

Wet Bulb Globe Temperature

- Add 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.

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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Board Changes 2017-18

Coaches Education

- Annual requirements must be completed after June 1, 2017 and before the first date of practice.
- NFHS Sudden Cardiac Arrest
 - To require all non-paid coaches to complete the NFHS Sudden Cardiac Arrest Course annually and prior to the first contest. Effective Date: August 1, 2017



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Board Changes 2017-18

Eligibility Summary Submission Dates

- Fall – September 15th
- Winter – December 15th
- Spring – April 1st



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Board Changes 2017-18

Skill Development/Dead Periods

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



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Board Changes 2017-18

Cross Country – Team Qualifiers to State Championship

- The top twenty-five percent (25%) of teams in each classification from each regional will qualify to the state meet.
 - Number of teams will be based on 25% of the teams that participate in the regional championship



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Important Dates: Cross Country

- Date of 1st Practice: July 31st
- Date of 1st Contest: August 14th
- Entry Deadline: October 20th at 3:00pm (*NC MileSplit*)
- Regional: October 28th
- State Championship: November 4th



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Important Dates: Indoor Track & Field

- Date of 1st Practice: October 30th
- Date of 1st Contest: November 13th
- Reporting Deadline: February 3rd at 9:00pm (*NC MileSplit*)
- State Championship: February 9-10, 2018



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Important Dates: Outdoor Track & Field

- Date of 1st Practice: February 14, 2018
- Date of 1st Contest: February 28, 2018
- Reporting Deadline: May 5, 2018 at 11:59pm (*NC MileSplit*)



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Dead Periods

Summer 2017	July 3-July 9 July 17-23
Fall 2017	July 31-August 19
Winter 2017	Oct 30 (Oct 16 for non-football schools) through November 18
Last five (5) days of the first semester	
Last ten (10) days of the second semester	
Summer 2018	July 2-July 8 and July 16-July 22



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Season Limitation

- **Cross Country:**

- No more than three (3) meets may be scheduled per week
- An individual is limited to one contest a day (no season limit)

- **Track & Field:**

- An individual is limited to one (1) meet per day, maximum of four (4) events per meet.
- Indoor: No more than two (2) meets may be scheduled per week
- Outdoor: No more than three (3) meets may be scheduled per week

- **NOTE:** If a team participates in separate events on the same day, each meet will count towards the daily and weekly limitations for the individual and team.



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General Information

- All NFHS and NCHSAA rules should be practiced throughout the regular season, including the uniform rules.
- Regional Assignments:
 - Posted on the respective web pages for Cross Country and Track & Field
 - Still missing some regional hosts for both
- Indoor Track Survey – Qualifying to the State Meet
 - No change in current process
 - BOD has asked the staff to conduct further research that would facilitate a new process



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General Information

- Use form provided on NCHSAA website to request to host an indoor meet on an outdoor facility
- Entry into the state meet
 - Submitted by regional directors for Cross Country and Outdoor Track & Field; by coaches for Indoor Track
 - Allowed to enter one alternate per relay team if not already a qualifier
- Wheelchair opportunities--must satisfy regionals/state qualifying standards and must participate during regular season to advance
 - The NCHSAA must be informed if you have a wheelchair participant.



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Entry Process

Cross Country Regionals

- Teams and individuals must be entered into regionals by coach using NC MileSplit (nc.milesplit.com)

NOTE: Coaches must enter athletes into the regional meet (outdoor) and state meet (indoor); it is not automatically entered.



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Entry Process

- Track & Field (Indoor and Outdoor)
 - Regular season meets must be entered online at NC MileSplit
 - Any school hosting a meet and does not post results are subject to penalties
- Complete results from all meets (indoor and outdoor) **MUST** be entered using meet management software (i.e. RaceTab or Hy-Tek)
 - No handwritten/Excel/Word files accepted
 - Only entries submitted through the approved database will be accepted for regional and state meet qualifying



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Late Entry Process

- Procedure for Cross Country, Indoor and Outdoor Track & Field
 - May be submitted to the NCHSAA and must be in by 3:00pm the Monday prior to the regional (**state championship for indoor track**)
 - Use late entry form on NCHSAA website to fax or email prior to deadline; once reviewed AND if accepted
 - A \$50 fee will be assessed for each individual entry; check made payable to NCHSAA
 - No entries after this will be accepted



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MileSplit/NC Runners

EARLY

- Create/update your rosters and team information at the beginning of the season
- You can enter your athletes into the regional (outdoor) and state (indoor) meets as they hit the **qualifying standards**. You **should not** wait until the end of the season.
- Web administrator: Jason Creasy (jcreasy@milesplit.com or jason.creasy11@gmail.com)



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Sportsmanship

The quality of responsible behavior characterized by a spirit of generosity and a genuine concern for opponents, officials and teammates.

- Wholesome athletic environment
- Good Sportsmanship > Victory
- Modest in victory, gracious in defeat
- Respecting judgment and integrity of game officials
- Role modeling good behavior



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Ejection Policy

- Fighting
- Leaving the bench area
- Flagrant contact
- Biting
- Taunting, baiting or spitting toward an opponent or official
- Profanity
- Obscene gestures
- Disrespectfully addressing an official



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Ejection Follow-Up

- Teaching & Modeling Behavior Course
 - Required for any coach ejected during a contest
 - Required for any coach who has player (s) ejected for fighting
- NFHS Sportsmanship Course
 - For any ejected/disqualified player
 - Free, on-line course (nfhslearn.com)
- All certificates must be sent to NCHSAA



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Inclement/Hot Weather Guidelines

The following should be considered when scheduling practice:

- Time of day
- Intensity level of practice
- Equipment worn
- Environmental conditions
- 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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ELIGIBILITY & COMPLIANCE



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Eligibility

PowerPoint

- Required viewing for all coaches
- Should be done with the athletic director
- Includes opportunities to discuss concussions/sudden cardiac arrests/sickle cell, etc.



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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 signatures--pledges, Gfeller-Waller information, etc.
- Eligibility and Authorization



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Eligibility

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



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Clinic Attendance

Head coaches in baseball, basketball, cheerleading, football, golf, lacrosse, soccer, softball, swimming, tennis, track & field, volleyball and wrestling 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**



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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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Coaches' Education

CPR/AED Certification

- All head and paid coaches must be CPR/AED certified
 - Effective August 1, 2017

NFHS Sudden Cardiac Arrest Course

- All non-paid coaches are required to complete the NFHS Sudden Cardiac Arrest Course annually (*after June 1, 2017 and before the first date of practice*).
 - Effective August 1, 2017



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Gfeller-Waller Concussion Law

Requirements of the Law:

- Concussion signs and symptoms
 - 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
 - Must be updated annually

- **“When in doubt, sit them out”**

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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

“Education is a journey, not a destination”



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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 & Conditioning
 - 2 additional courses (User Choice)



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Transfer Policy

- If a bona fide change of residence—no transfer waiver necessary
- Transfer packet with forms are on-line; password protected
- Work with athletic director to ensure students meet residence rule requirements



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THANK YOU

- Get involved with Student Services Programs
- Visit the NCHSAA website often



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