

# 2019-20 NCHSAA Soccer

**Mark Dreibelbis**  
Associate Commissioner

**Brad Alford**  
Director of Sports and Championships



National Federation of State  
High School Associations





# 2019-20 NFHS SOCCER RULES POWER POINT

National Federation of State  
High School Associations



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Welcome to the 2019-20 Soccer Power Point Presentation.



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Iker Casillas

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SOCCER 2019-20

**NATIONAL FEDERATION OF  
STATE HIGH SCHOOL ASSOCIATIONS  
(NFHS)**





## SOC CER ANNOUNCEMENTS

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- Mid-Season Webinars
  - Fall – September 26, 2019; 2:00 p.m.
  - Spring - April 9, 2020; 2:00 p.m.
- Rule Change Proposal Form is now Open for Soccer
- Proposals Due Date – November 1
- Soccer Interpretations – distributed later this month





# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

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## VISION:

The National Federation of State High School Associations (NFHS) is the national leader for education-based high school athletics and activities, which prepare tomorrow's leaders for the next level of life through innovative programs, healthy participation, achievement, and development of positive relationships.





# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

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## MISSION :

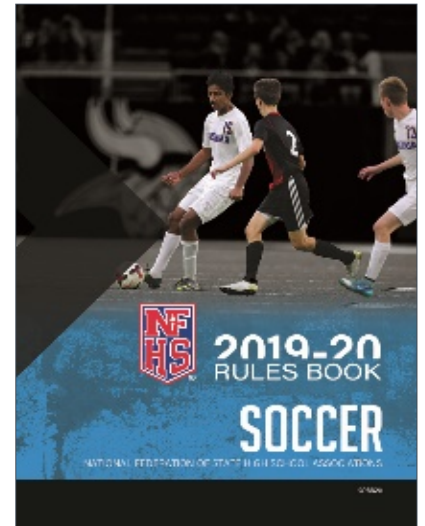
The National Federation of State High School Associations (NFHS) serves its members by providing leadership for the administration of education-based high school athletics and activities through the writing of playing rules that emphasize health and safety, educational programs that develop leaders, and administrative support to increase participation opportunities and promote sportsmanship.



# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

**NFHS** (located in Indianapolis, IN – Est. 1920):

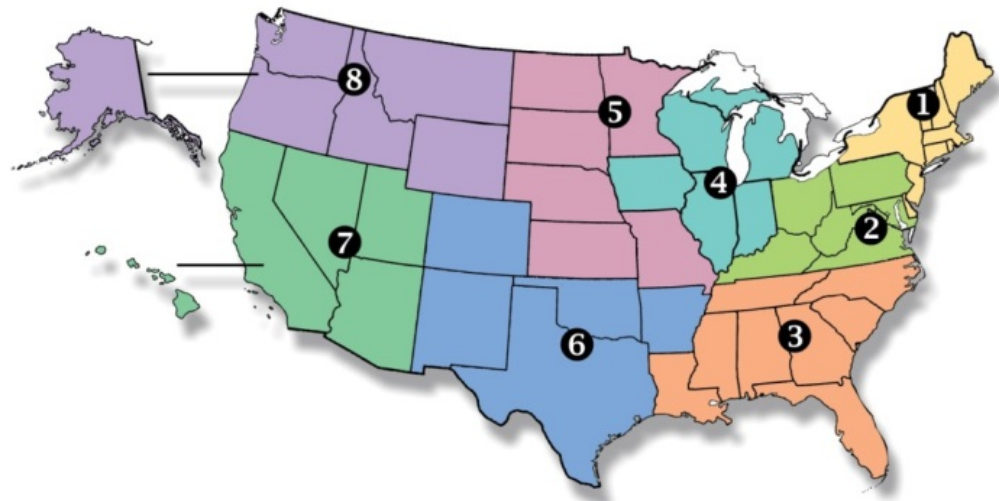
- National leadership organization for high school sports and fine arts activities;
- National authority on interscholastic activity programs.
- Conducts national meetings;
- Sanctions interstate events;
- Produces national publication for high school administrators;
- National source for interscholastic 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 and  
Girls Lacrosse



Bob Colgate  
Football and Sports  
Medicine



Sandy Searcy  
Softball and  
Swimming & Diving



Elliot Hopkins  
Baseball and  
Wrestling



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



James Weaver  
Boys Lacrosse  
and Spirit



Theresa Wynns  
Basketball and  
Soccer

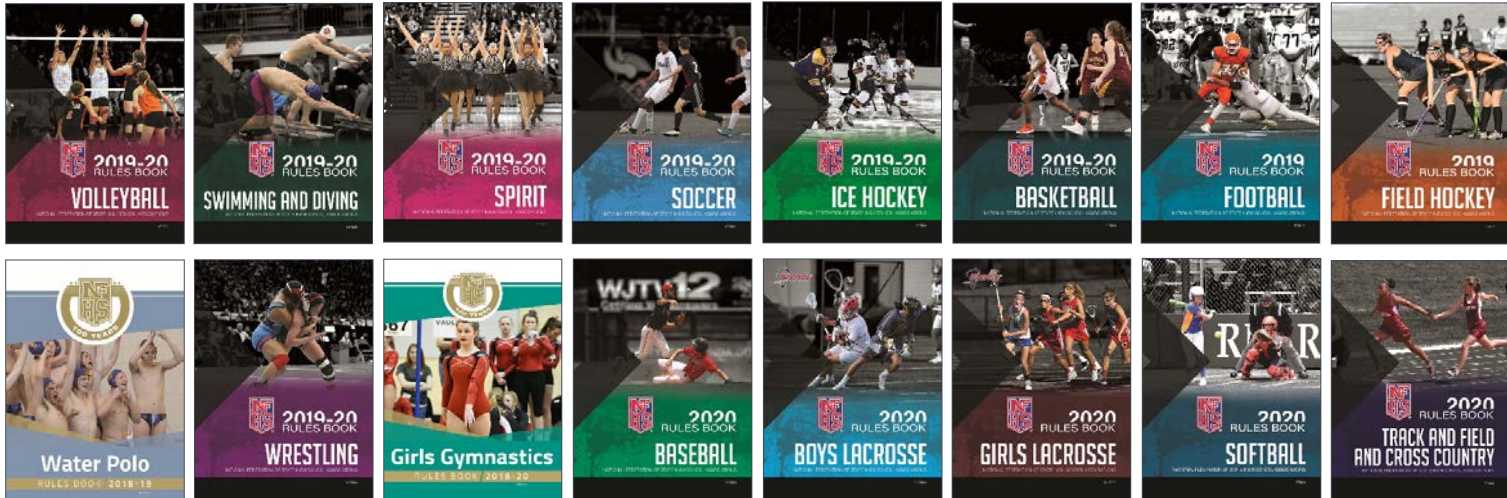


Dan Schuster  
Ice Hockey



# 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.



# NFHS RULES BOOK AS E-BOOKS

National Federation of State High School Associations



## GET NFHS RULES ON YOUR MOBILE DEVICE

Have you been without your printed rules book and needed to find an obscure rule quickly, make a note or highlight a rule?

**E-books Features:**

- Searchable
- Highlight Areas of Interest
- Make Notes
- Easy Navigation
- Adjustable Viewing Size
- Immediate Availability



[www.nfhs.org/ebooks](http://www.nfhs.org/ebooks)

NFHS Rules and Case e-books for \$6.99 each

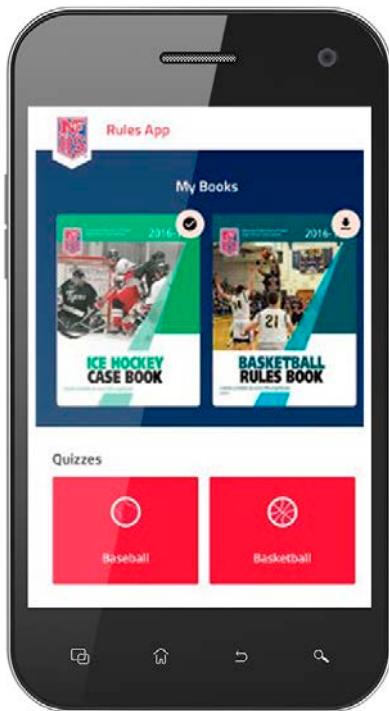
Download from iTunes or Amazon

## E-books features:

- Searchable
- Highlight areas of interest
- Make notes
- Easy navigation
- Adjustable viewing size
- Immediate availability



## NEW NFHS RULES APP



### Rules App features:

- Searchable
- Highlight notes
- Bookmarks
- Quizzes for all sports
- Easy navigation
- Immediate availability
- Free to paid members of the NFHS Coaches and Officials Associations
- [www.nfhs.org/erules](http://www.nfhs.org/erules) for more information





2019-20 NFHS

**SOCCER  
RULES BOOK CORRECTION**




## RULE 2-2-4 CORRECTION

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If the ball becomes deflated during play, it is declared dead where it was last played and the game is resumed by a drop ball between any number of opposing players at the spot where it was last played. If the ball becomes deflated within the goal area, then the ball is dropped between any number of opposing players subject to the provisions of Rule 9-2-2.





## RULE 3-4-3

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The clock shall be stopped when a substitute by the team in the lead is beckoned onto the field in the final five minutes of the second period, **in the fourth quarter (if the game is played in quarters) and in the second period of the overtime.**







## RULE 7-4-3

---

The clock shall be stopped when a substitute by the team in the lead is beckoned onto the field in the final five minutes of the second period only, **the second period of overtime and the fourth period (if the state plays in quarters.)**





**2019-20 NFHS**

**SOCCER  
RULES CHANGES**



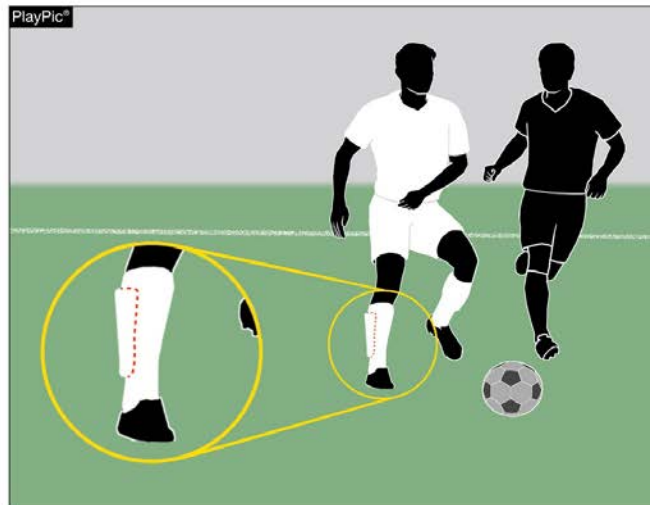
## **RULE 4-3 IMPROPERLY EQUIPPED**

### Improperly Equipped Players (18-1-1u)

- Cautions will not be issued for improperly equipped player(s).
- If not immediately correctable, improperly equipped player(s) shall be instructed to leave the field of play when the ball next ceases to be in play. The player(s) may be replaced. The removed player(s), if not replaced, may re-enter at the next dead ball only after reporting to an official, who shall be satisfied the player's equipment and uniform are in order. Play shall not be stopped for an infringement of this rule except that the referee may stop play immediately where there is a dangerous situation.



## 4-3 IMPROPERLY EQUIPPED



An improperly equipped player is wearing legal equipment that is being worn incorrectly or becomes illegal during play.

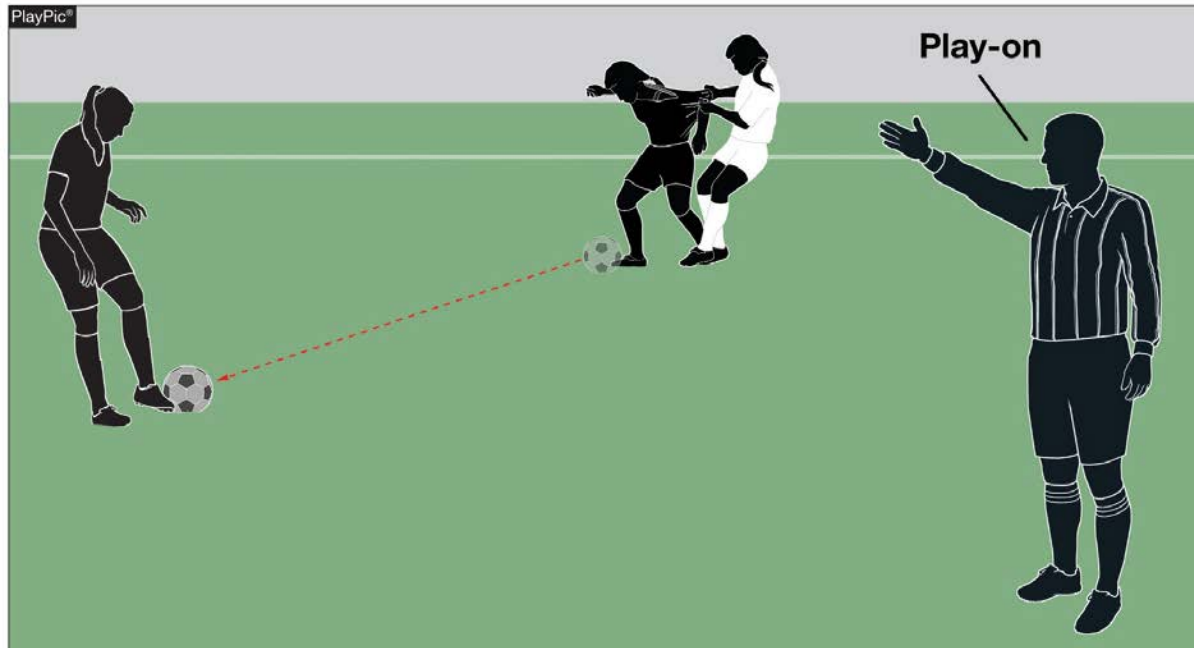
## RULE 5-3-1D ADVANTAGE SIGNAL

The officials shall:

(d) call out "play on" and, with an underswing of one or both arms, indicate a foul which was observed but shall go unpenalized because penalizing the offending team would give an advantage to the offending team. If the referee applies the advantage, which was anticipated but does not develop at that time, the referee shall penalize the original offense.



## 5-3-1d ADVANTAGE SIGNAL



Use of one arm to signal advantage is permitted.

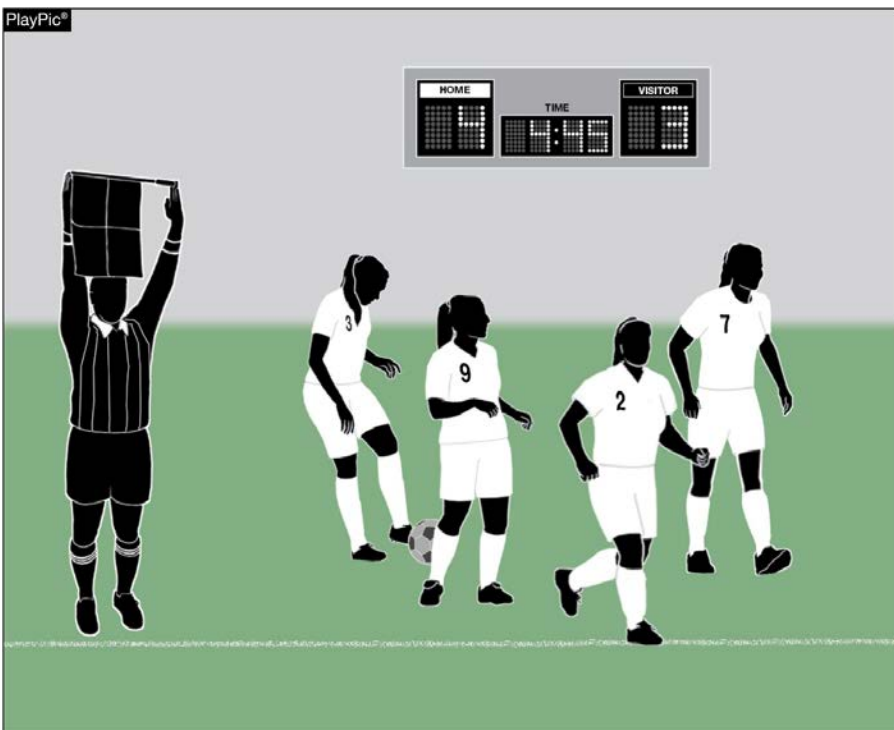
## RULE 7-4-3 TIME-OUT AND IN - NEW

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The clock shall be stopped when a substitute by the team in the lead is beckoned onto the field in the final five minutes of the second period only, **the second period of overtime and the fourth period (if the state plays in quarters.)**



## 7-4-3 TIME-OUT AND IN



The clock shall be stopped when a substitute by the team in the lead is beckoned on the field in the final five minutes of the second period only during regulation time , the second period of overtime and the fourth period (if the state plays in quarters).



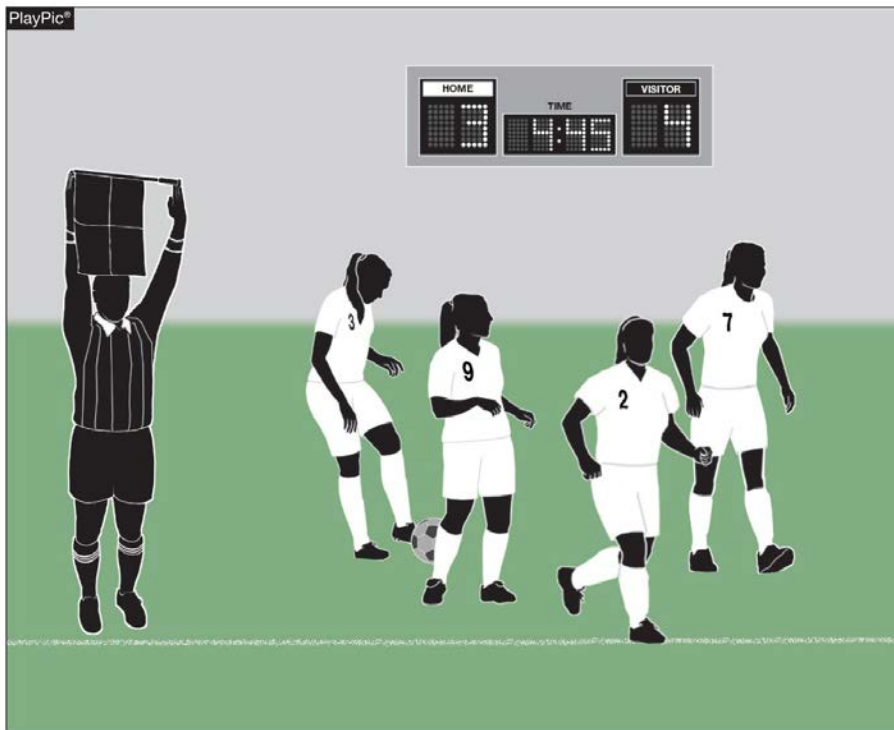
## RULE 3-4-3 SUBSTITUTIONS - NEW

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The clock shall be stopped when a substitute by the team in the lead is beckoned on the field in the final five minutes of the second period only, **in the second period of overtime or in the fourth quarter (when quarters are used.)**



## 3-4-3 SUBSTITUTIONS



- The clock shall be stopped when a substitute by the team in the lead is beckoned onto the field in the final five minutes of the second period, **in the fourth quarter (if the game is played in quarters) and in the second period of the overtime.**

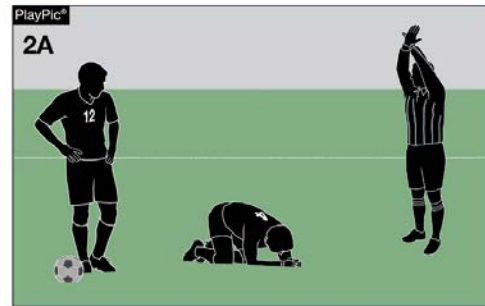
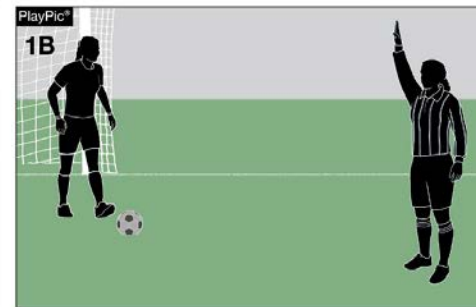
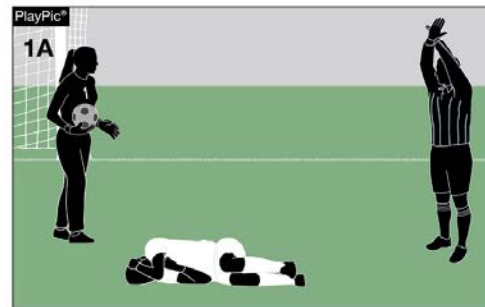
## RULE 9-2-1 DROP BALL

The game is restarted with a drop ball:

- a. when the ball is caused to go out of bounds by two opponents simultaneously;
- b. when the ball becomes deflated;
- c. following temporary suspension of play for an injury or unusual situation **and a goalkeeper is not in possession of the ball.**
- d. when simultaneous fouls of the same degree occur by opponents.



## 9-2-1 DROP BALL



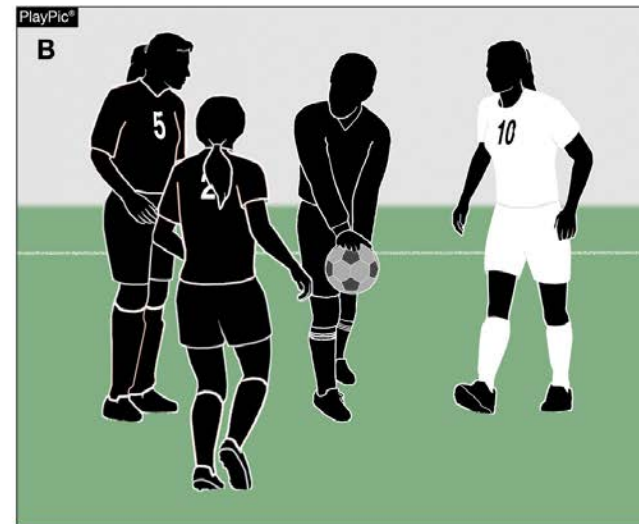
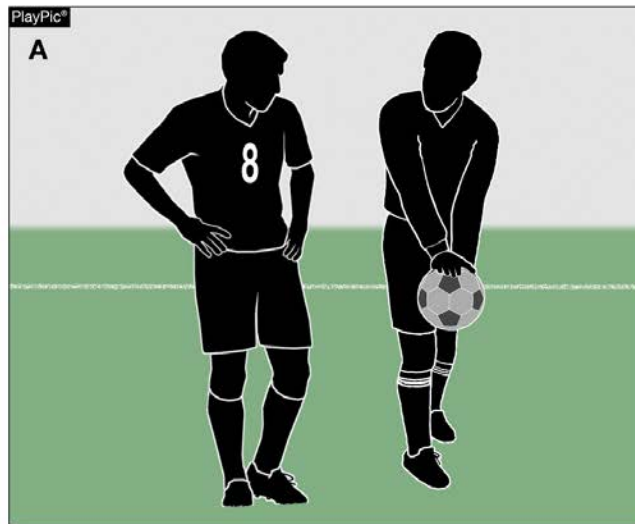
Unless a goalkeeper is in possession of the ball, the restart following a temporary suspension of play for an injury or unusual situation is a drop ball.

## RULE 9-2-3 DROP BALL

The ball is dropped by an official from waist level to the ground. Any number of players may contest a dropped ball (including the goalkeepers); a referee cannot decide who may contest a dropped ball or its outcome.



## 9-2-3 DROP BALL



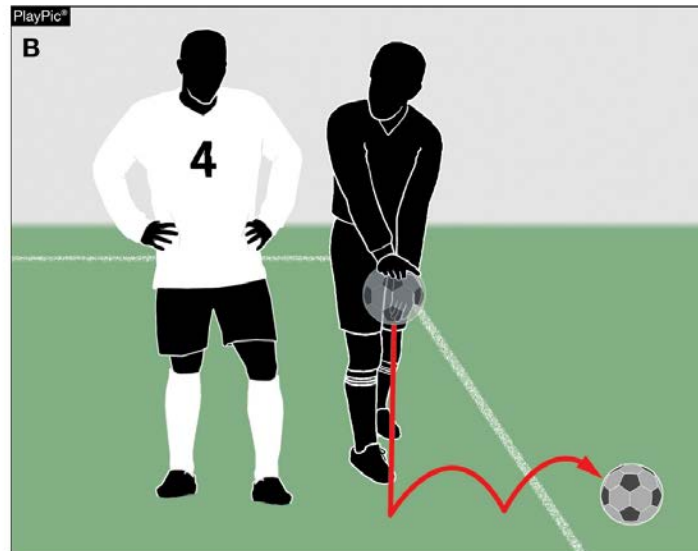
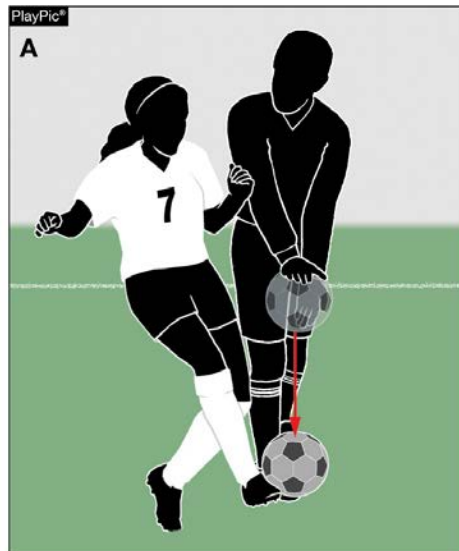
Any number of players may contest a dropped ball, including goalkeepers.

## **RULE 9-2-5 DROP BALL NEW**

The ball shall be dropped again if it touches a player before it touches the ground or leaves the field of play after it touches the ground without touching a player.



## 9-2-5 DROP BALL



The dropped ball is repeated if it touches a player before it touches the ground or it leaves the field of play before it is touched.

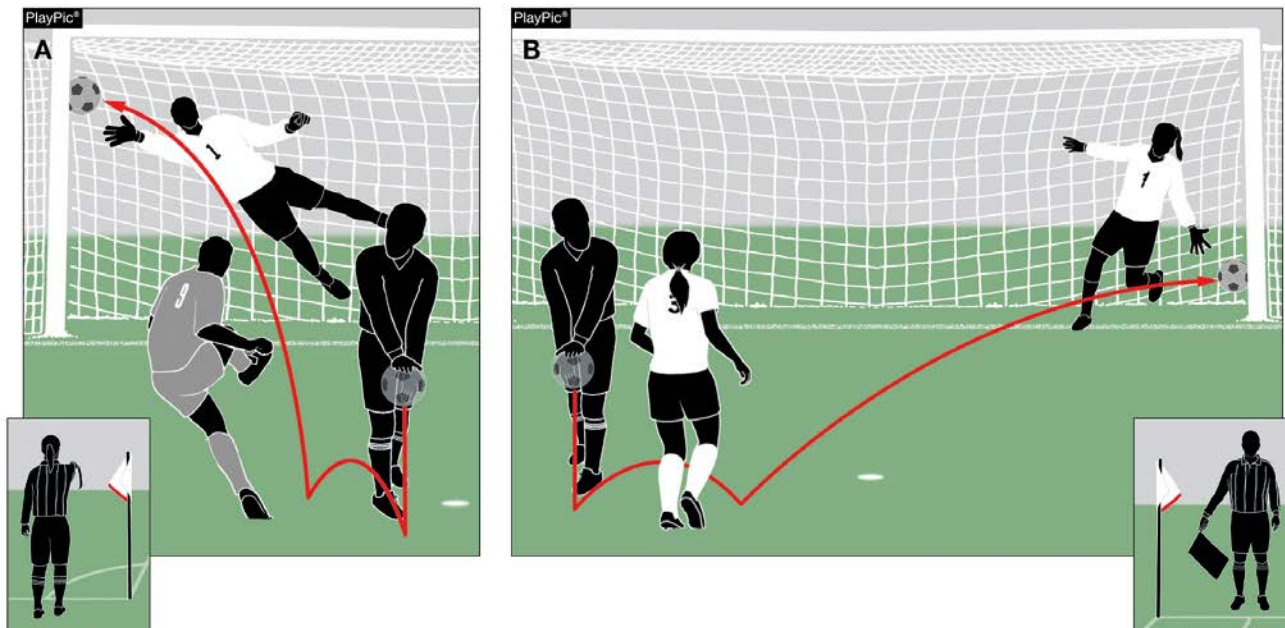


## **RULE 9-2-6 DROP BALL NEW**

If a dropped ball enters the goal without touching at least two players, play is restarted with a goal kick if it enters the opponent's goal or a corner kick if it enters the team's own goal, depending on which player touched the ball last.



## 9-2-6 DROP BALL



A goal cannot be scored directly from a drop ball; the ball must touch at least two players before entering the goal.

## RULE 9-3 DROP BALL

In case of a temporary suspension due to injury or any unusual situation the game shall be started by a drop ball at the point where the ball was when the play was suspended (except as noted in 14-1-7), provided the ball was not in the goal area and not in the possession of the goalkeeper. 12-8-2





**2019-20 NFHS**

**SOCCER MAJOR  
EDITORIAL CHANGE**



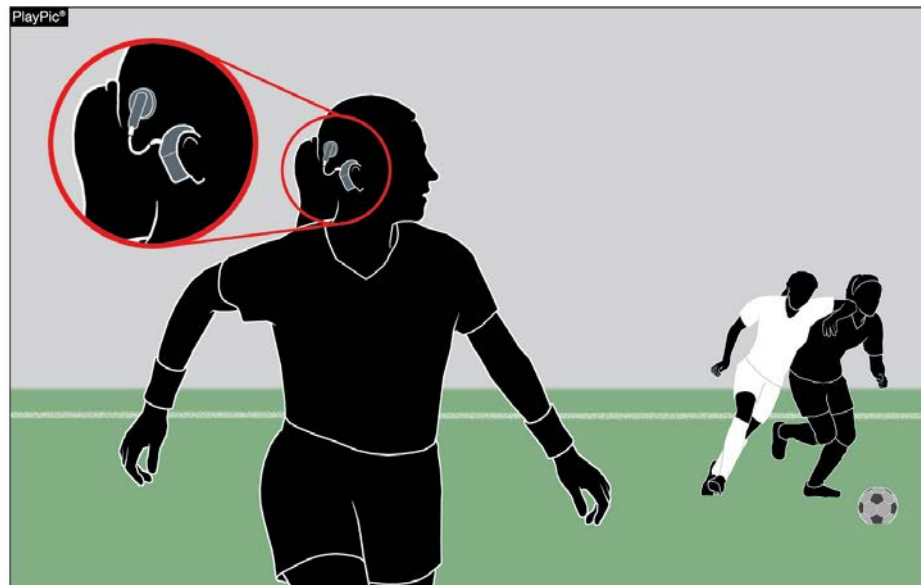
## RULE 4-2-6 OTHER EQUIPMENT

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Hearing aids worn in or behind the ears, including cochlear implants, are legal provided that the device does not create the threat of injury.



## 4-2-4 EQUIPMENT



Cochlear implants can be worn if they do not provide a threat of injury to players.



2019-20 NFHS

## SOCCKER POINTS OF EMPHASIS





## ANTERIOR CRUCIATE LIGAMENT (ACL) INJURY PREVENTION

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(ACL) injuries are devastating to athletes at all levels of competition. An ACL tear requires surgery and results in 6 to 12 months of rehabilitation before return to sports. It also increases the risk of future knee osteoarthritis. The majority of ACL tears are noncontact injuries, occurring while cutting, pivoting, or landing from a jump. The remainder of the injuries result from a direct blow to the knee or leg.







## ANTERIOR CRUCIATE LIGAMENT (ACL) INJURY PREVENTION (CON'T.)

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ACL injuries are more common in girls' soccer than any other high school sport. In soccer, girls are 3 times more likely to tear their ACL than boys. Boys' soccer has the highest rate of ACL injuries of all non-collision boys' sports.





## ANTERIOR CRUCIATE LIGAMENT (ACL) INJURY PREVENTION (CON'T.)

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Given the significant short-term and long-term consequences of ACL injuries, a great deal of research has focused on strategies for injury prevention. Protective bracing does not minimize the risk of injury. In fact, we have no studies showing that “contact” ACL injuries can be prevented. However, we do know that noncontact injuries, the ones that result from cutting, pivoting, or jumping, can be minimized through the use of specific neuromuscular training programs.



## ANTERIOR CRUCIATE LIGAMENT (ACL) INJURY PREVENTION (CON'T.)

The goal of such training programs is to teach athletes proper body mechanics in jumping, landing, and running. Through a series of warm-up drills, athletes can improve physical skills and decrease the risk of a noncontact ACL injury. The NFHS is now offering a free online course on “ACL Injury Prevention” on NFHSLearn at <https://nfhslearn.com/courses/61163/acl-injury-prevention> The NFHS Sports Medicine Advisory Committee (SMAC) strongly supports the implementation of this course in high school and middle school soccer programs in effort to decrease the risk of serious knee injuries.



## KNEE INJURY PREVENTION



- The majority of ACL tears are noncontact injuries, occurring while cutting, pivoting or landing from a jump.
- Noncontact injuries can be minimized through the use of specific neuromuscular training programs.
- NFHS is offering a free online course on “ACL Injury Prevention” on NFHSLearn.





## **PRE-GAME COMMUNICATION BETWEEN THE SCHOOL ADMINISTRATION AND GAME OFFICIALS**

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An authorized representative of the host school shall greet the officials upon their arrival. The host school principal, principal's designee or game administrator must indicate to the head official or center referee his/her location should a situation develop where his/her assistance is needed during a contest. The contest coaches should not serve as the principal's designee or game administrator. The expectation is that the principal's designee or game administrator will take positive action to maintain an atmosphere of good sportsmanship within the spectator seating area.



## PRE-GAME COMMUNICATION BETWEEN THE SCHOOL ADMINISTRATION AND GAME OFFICIALS



The site administrator should indicate his/her general location for the contest so that the referees know where to look if there is a need.



## OFFICIALS COMMUNICATING MISCONDUCT TO COACHES

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NFHS Rule 5-3 states that game officials shall communicate the nature of misconduct to coaches, the scorer and other officials when a yellow/red card has been issued. This communication is a notification and not an explanation. It is not intended to be an opportunity for the coach to discuss or dissent the call. It is, however, an educational opportunity for the coach to address and/or correct the behavior of the carded individual.





## OFFICIALS COMMUNICATING MISCONDUCT TO COACHES (CON'T.)

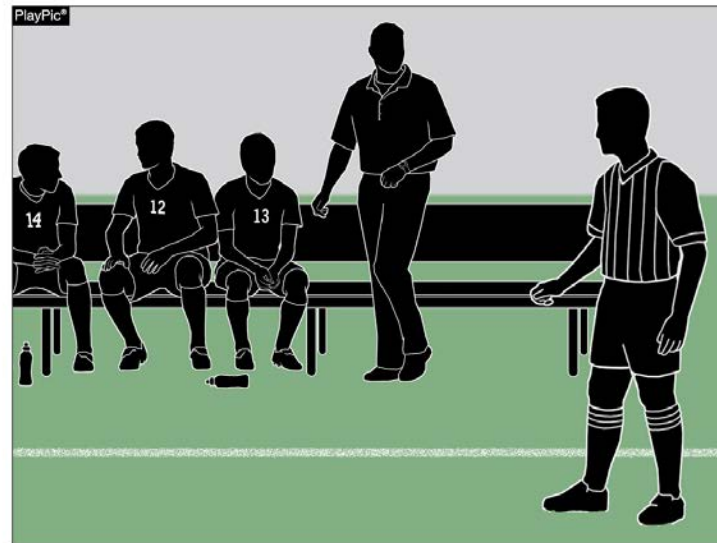
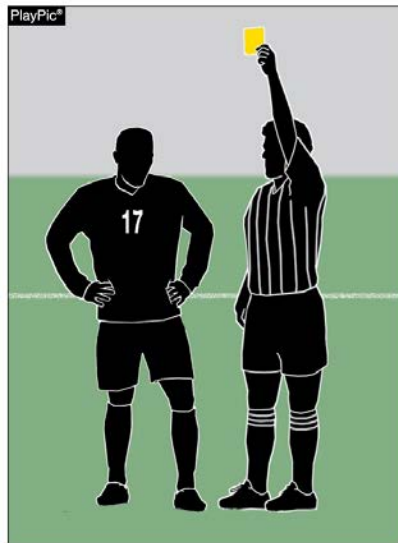
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It is important to note that interscholastic athletics are an extension of the classroom and the behavior of all involved should reflect as such. Coaches and officials are expected to model good sportsmanship and to uphold the honor and dignity of their profession. This includes all interactions with student-athletes, other coaches and officials, school administration and spectators.





## OFFICIALS COMMUNICATING MISCONDUCT TO COACHES



The referee shall communicate the nature of the misconduct to coaches, the scorer and other officials when a yellow/red card is issued.



2019-20 NFHS  
**SOCCER UNIFORMS**



# NFHS SOCCER UNIFORM

## Game Jersey

- Home Team
  - Dark color contrasting white
  - If gray is used, the shading of the gray color should be 70% dark or darker for it to clearly contrast with white (Gray Color Spectrum Chart)
- Visiting Team
  - All-white
  - No color trim
- Only names and patches, emblems, logos or insignias referencing the school are allowed
- 2 ¼ inch square manufacturer's logo allowed
- Team members wear the same color and style uniform
- Goalkeeper's jersey must distinctively different in color from that of team members and opposing team




## NFHS SOCCER JERSEY

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- **Front of Jersey**

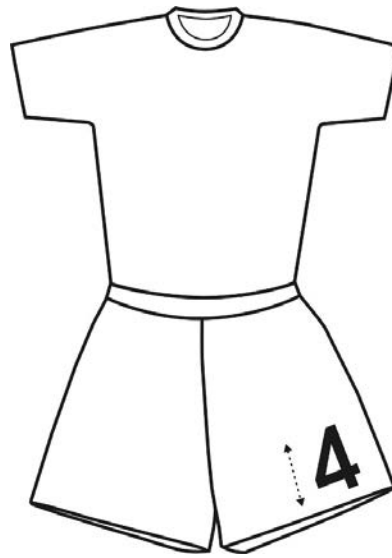
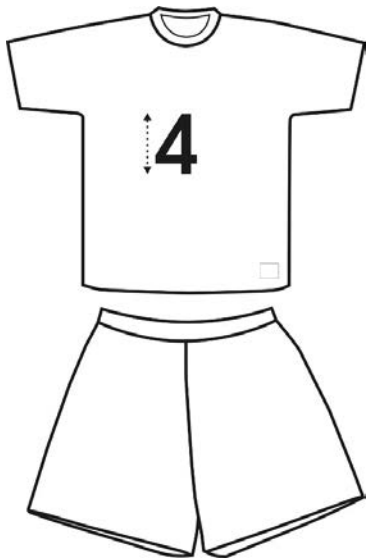
- All jerseys, including the goalkeeper, must be numbered on the front
- Numbers must not be duplicated
- There must be a 4-inch number on the front (jersey or shorts)
- The color of the number must contrast with the color of the jersey or pants, be clearly visible and match the color of the number on the back of the jersey

- **Back of Jersey**

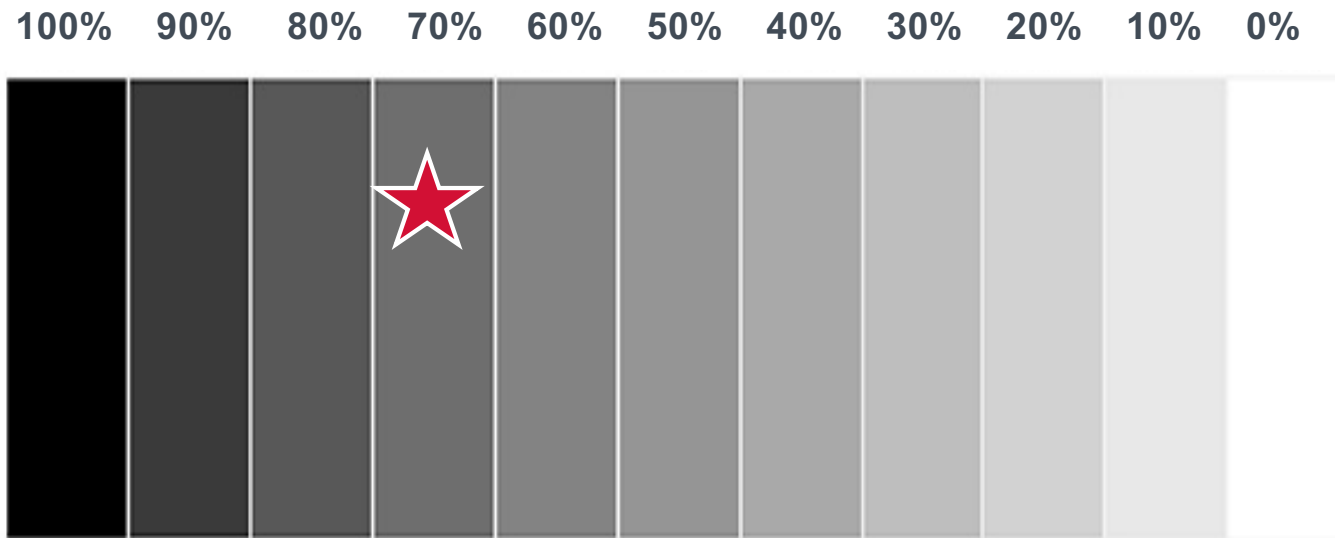
- All jerseys, including the goalkeeper, must be numbered on the back
- Numbers must not be duplicated
- There must be a 6-inch number on the back
- The color of the number must contrast with the color of the jersey, be clearly visible and match the color of the number on the front of the jersey



## NUMBER PLACEMENT



# HOME TEAM JERSEYS GRAY COLOR SPECTRUM CHART




## OTHER ITEMS WORN

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- Socks
  - Home Team
    - Dark color contrasting white
    - Does not need to match the jersey color
    - Both socks must be the same color
  - Visiting Team
    - All white
  - If tape or stays are used, they must be the same color as the socks
  - Manufacturer's logo on both sides of the socks is legal
- Shorts
  - May be of a color unlike that of the jersey
  - May have an appropriately size manufacturer's logo




## OTHER ITEMS

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- Shinguards
  - Must meet the NOCSAE standards at time of manufacture
  - NOCSAE seal and height range permanently mark on front of shinguard
  - Worn with bottom edge no higher than 2 inches above the ankle
  - Age- and size-appropriate
  - Worn under socks
  - Must not be altered
- Undergarments
  - If worn, must be of a similar length for an individual
  - Solid color, all alike for the team, if worn






## OTHER ITEMS

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- Head coverings
  - Goalkeeper may wear a soft-billed baseball-type hat or soft-billed visor
  - Soft-padded headgear is permitted
  - Medical or cosmetic required head coverings must be approved by the State Association
  - Religious required head coverings must be approved by the State Association





2019-20 NFHS

# NFHS OFFICIALS EDUCATION



# SPORTS-SPECIFIC OFFICIATING COURSES

## WWW.NFHSLEARN.COM

The screenshot shows the NFHS Learn for Officials website. At the top, there is a navigation bar with links for DASHBOARD, COURSES, NFHS LEARN FOR YOU, USER LOOKUP, and HELP. Below this is a dark header with the text "NFHSLearn for Officials". The main content area is divided into sections: "Resources" with icons for Video Library, High School Today, Articles, and NFHS Rules Books; "Recommended Courses" with six course cards; and a footer with navigation links and social media icons.

**Resources**

- Video Library
- High School Today
- Articles
- NFHS Rules Books

**Recommended Courses**

Course Name	Completions	Cost
Interscholastic Officiating	3,008	\$20
Heat Illness Prevention	3,008	Free
Concussion In Sports	3,008	Free
Sportmanship	3,008	Free
Sports Nutrition	3,008	Free
Sudden Cardiac Arrest	3,008	Free

**Footer:** Home, Courses, Resources, Our Organization, Copyright © 2013 NFHS. All rights reserved.

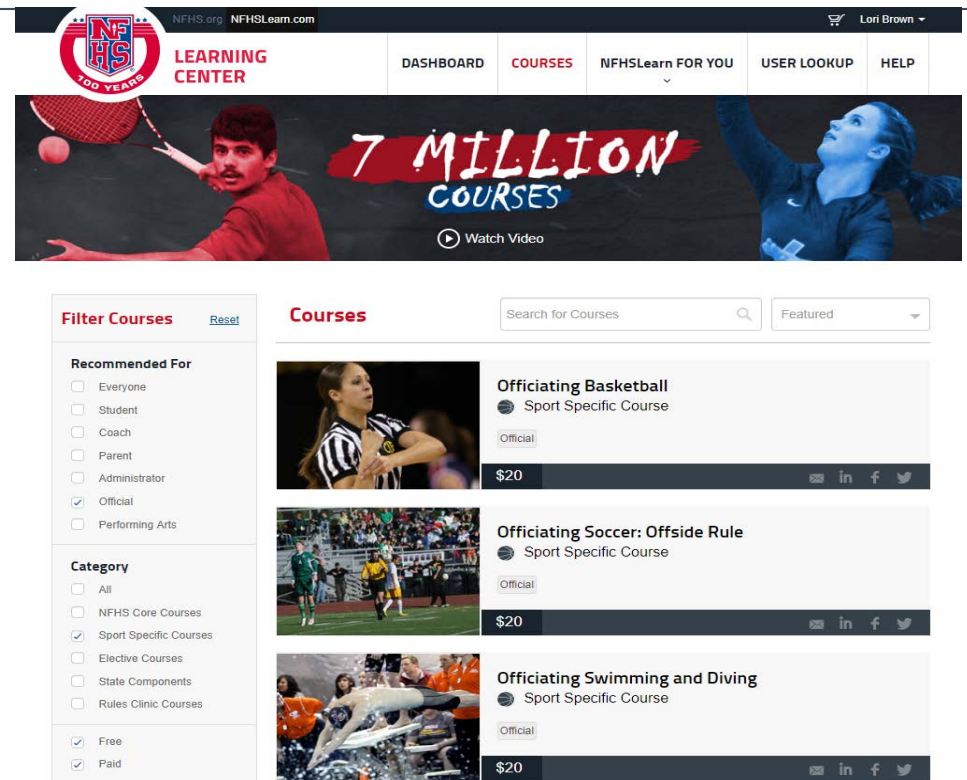
- Introduction to mechanics and techniques used in each sport
- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics vary based on the needs of the officials in the sport
- NFHS Officials Association members cost is \$10
- Non-members - course is \$20
- API available to state associations to collect results



# SPORTS-SPECIFIC OFFICIATING COURSES

## WWW.NFHSLEARN.COM

- Introduction to mechanics and techniques used in each sport
- Ideal for new officials or those in first few years of officiating
- 20-45 minutes to complete
- Topics vary based on the needs of the officials in the sport
- NFHS Officials Association members cost is \$10
- Non-members - course is \$20
- API available to state associations to collect results



The screenshot displays the NFHS Learning Center website. At the top, there is a navigation bar with the NFHS logo, the text "NFHS.org NFHSLearn.com", and a user profile "Lori Brown". Below the navigation bar is a banner for "7 MILLION COURSES" featuring a tennis player and a basketball player, with a "Watch Video" button. The main content area is titled "Courses" and includes a search bar and a "Featured" dropdown. A "Filter Courses" sidebar is visible on the left, with options for "Recommended For" (Official is checked) and "Category" (Sport Specific Courses is checked). The main list shows three courses: "Officiating Basketball" (\$20), "Officiating Soccer: Offside Rule" (\$20), and "Officiating Swimming and Diving" (\$20).

Course Title	Category	Price
Officiating Basketball	Sport Specific Course	\$20
Officiating Soccer: Offside Rule	Sport Specific Course	\$20
Officiating Swimming and Diving	Sport Specific Course	\$20





# Welcome To The New NFHS Video Library! Search For Your Sport Below

### Video Filters

Sort By ▼    Select Categories ▼    Select Sports ▼    Search our videos... 🔍

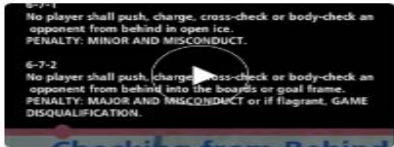
Total videos: 537



Conduct And Interference Baseball



UIL Court Coverage - Center O... Baseball



Ice Hockey Rules Concepts - C... Ice Hockey



NFHS Soccer Rules: Referee Me... Soccer



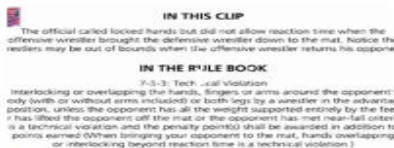
Tracking The Ball As A Hitter Softball



Judging Diving Example: 101A Swimming & Diving



Volleyball Signal 07 - Legal ... Volleyball



Technical Violation Wrestling



Umpire Mechanics Baseball



2019-20 NFHS

# NFHS LEARNING CENTER



# NFHS LEARNING CENTER WWW.NFHSLEARN.COM

- Professional Development For ALL
  - Coaches
  - Officials
  - Administrators
  - Parents
  - Students
  - Performing Arts



# NFHS LEARNING CENTER

## WWW.NFHSLEARN.COM

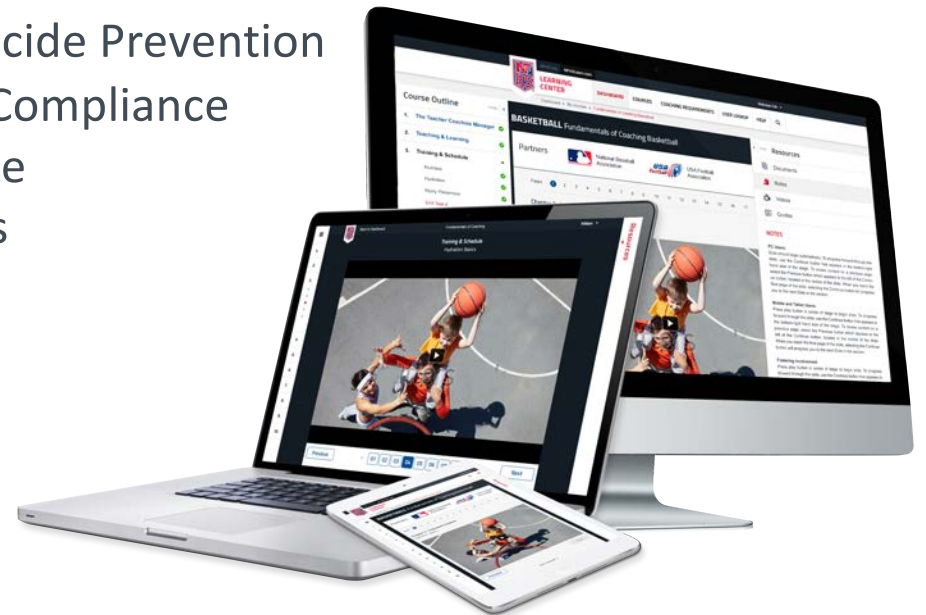
- Over 1.6 Million courses delivered in 2018
- Over 8.2 Million courses since 2007 launch
- Over 70 courses available
- Over 35 at No Cost!





# WWW.NFHSLEARN.COM

- FREE courses include:
  - Bullying, Hazing and Inappropriate Behaviors
  - Student Mental Health and Suicide Prevention
  - Understanding Copyright and Compliance
  - Protecting Students from Abuse
  - Hazing Prevention for Students
  - Coaching Unified Sports
  - ACL Injury Prevention
  - Sportsmanship
  - And many more





2019-20 NFHS

# 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.



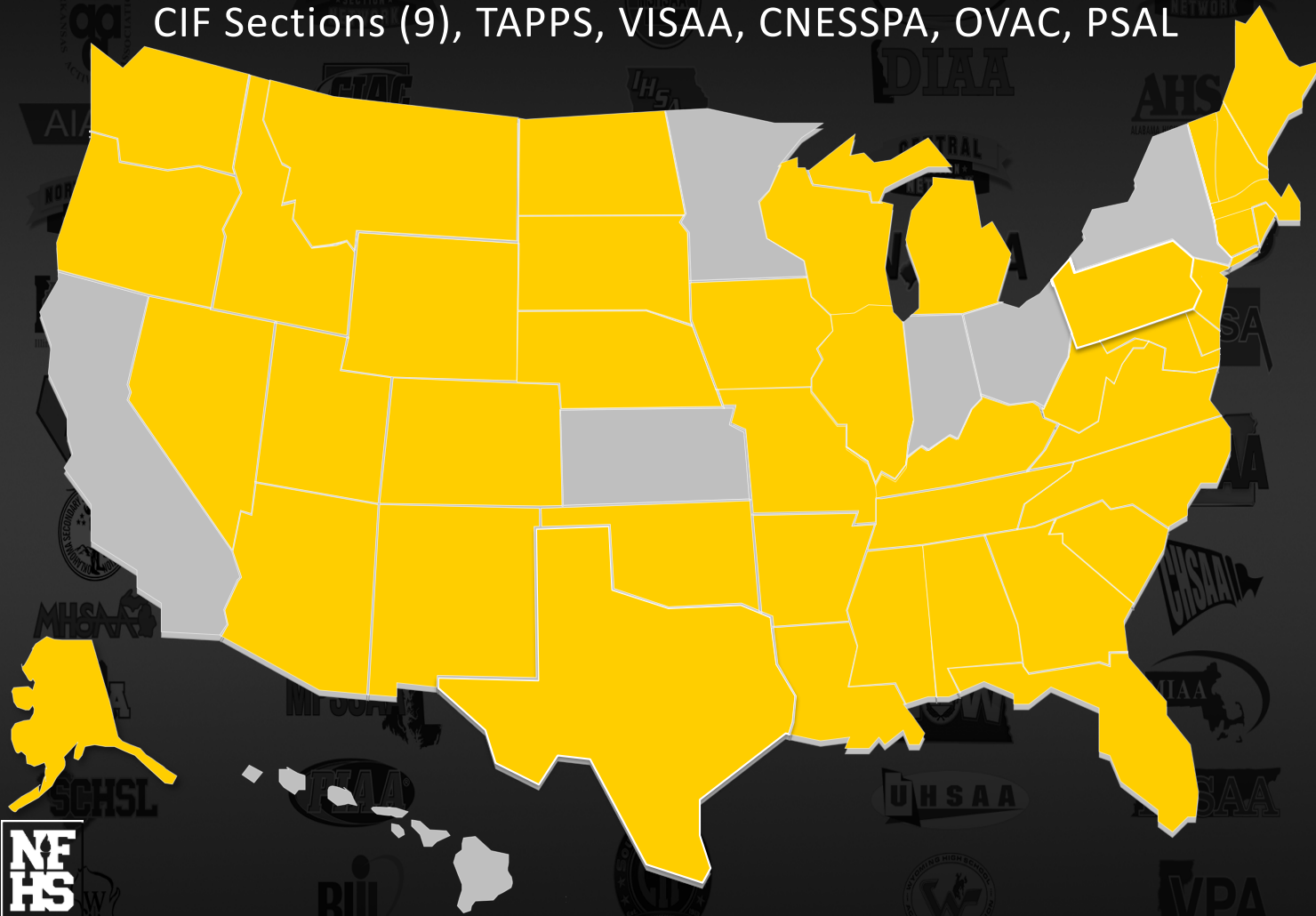
[www.NFHSnetwork.com](http://www.NFHSnetwork.com)



# 27 DIFFERENT SPORTS AND ACTIVITIES

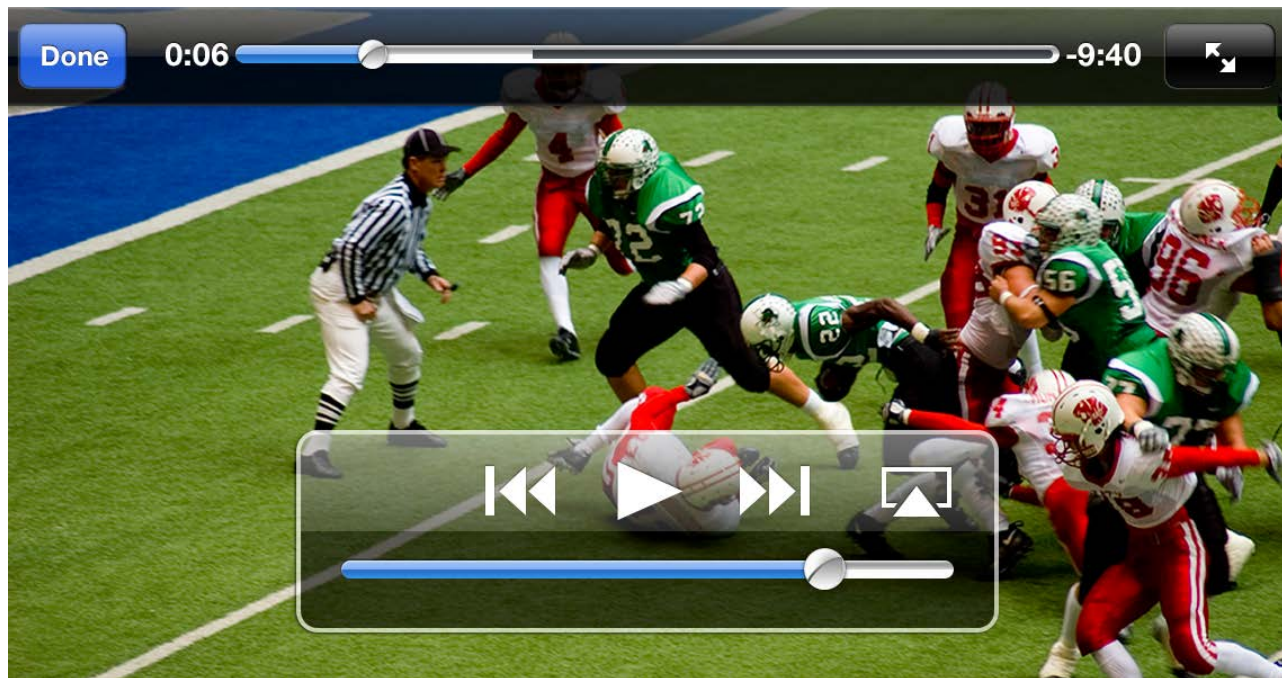


NFHS Network Media Rights States (43)  
CIF Sections (9), TAPPS, VISAA, CNESSPA, OVAC, PSAL



## NFHS NETWORK

- View from mobile...



# THANK YOU AND HAVE A GREAT SEASON

National Federation of State High School Associations

PO Box 690 | Indianapolis, IN 46206

Phone: 317-972-6900 | Fax: 317.822.5700

[www.nfhs.org](http://www.nfhs.org) | [www.nfhslearn.com](http://www.nfhslearn.com)



# General Board Changes

## 2019-20





# Gender of Player

- ▶ The NCHSAA allows participation in interscholastic athletics for all students, regardless of gender or gender identification.



# Gender of Player

- ▶ A student may participate based on the gender noted on the student's certificate of birth.
  - ▶ Women shall not participate on a men's interscholastic athletic team where the school has a women's team in the same sport or where a school sends an entry to the women's state playoffs in the same sport.
    - ▶ In cases where women are permitted on a men's team, the school forfeits all participation in the women's playoffs in the same sport.
    - ▶ Men's rules will be used where women play on men's teams.
    - ▶ Men's shall not participate on women's team's in any sport.



# Gender of Player

- ▶ When a student's gender identity differs from the gender listed on the student's certificate of birth, the Gender Identity Request Form must be submitted by the member school to the NCHSAA prior to any participation by the student under circumstances that would constitute ineligibility.



# Gender of Player

- ▶ The following information should be submitted with the Request:
  - ▶ Documentation from individuals such as, but not limited to, parents/legal guardians appointed by a court of competent jurisdiction, friends, and/or teachers, which affirm that the actions, attitudes, and manner demonstrate the student's consistent gender identification.
  - ▶ A complete list of all the student's prescribed, non-prescribed, or over the counter treatments or medications relative to gender identity.
  - ▶ A complete list of interventions that have happened related to the gender identity of the student.
  - ▶ Written verification from an appropriate healthcare professional (e.g. physician, psychiatrist, psychologist, school nurse, etc.) of the student's consistent gender identification. Include any other social/emotional information from health-care professionals that would help the Committee make a decision about the student. This information must be submitted on office letterhead of the healthcare professional who provides verification with contact information and professional title of the individual.
  - ▶ Any other pertinent documentation or information which the student or parent(s)/legal guardian(s) appointed by a court of competent jurisdiction believe relevant and appropriate.



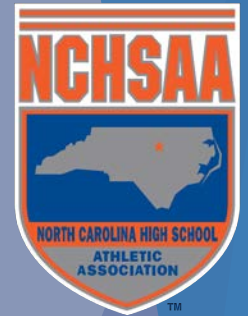
# Gender of Player

- ▶ The NCHSAA will refer the Gender Identity Request to the NCHSAA Gender Identity Committee for consideration.
  - ▶ The NCHSAA Gender Identity Committee will consist of the following:
    - ▶ Current member of the Board of Directors;
    - ▶ LEA or school administrator;
    - ▶ Physician with experience in gender identity health care and/or World Professional Association of Transgender Health (WPATH) Standards of Care;
    - ▶ Psychiatrist, psychologist, or licensed mental health professional familiar with the WPATH.
- ▶ The Committee will approve the Request if it finds that the student genuinely identifies as the gender indicated in the Request.



# Gender of Player

- ▶ The Committee will require that the member school has verified that the student is eligible in all other aspects.
- ▶ The Committee will respect and promote the student's privacy and confidentiality rights under HIPPA and FERPA in the process of considering a Gender Identity Request. Information provided to the Committee will be shared only to the extent necessary to decide the Gender Identity Request; provided that, if a Gender Identity Request is approved, the student's school may share the student's gender identity with other schools as necessary to ensure appropriate accommodations when competing at another school.



# Gender of Player

- ▶ In cases where a Gender Identity Request has been approved:
  - ▶ The student will be declared eligible to participate based on the student's gender identity.
    - ▶ 1.2.4.a is not in effect.
  - ▶ It shall be the responsibility of the school to comply with all state and federal mandates/laws.



# Home School Participation

## Initial Eligibility

- ▶ Home school students
  - ▶ Documentation from the Division of Non-Public Education must be presented upon initial dual enrollment- attendance, immunization, transcript, school number, etc.
  - ▶ Home school students must communicate athletic intent at a member school in which they are domiciled and follow the enrollment and assignment procedures/policies established by the local board of education.
    - ▶ Notice to principal must take place at least ten days prior to the first practice date of each sports season.





# Home School Participation

## Attendance

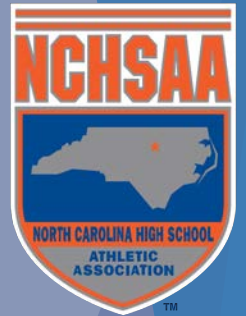
- ▶ Home school students:
  - ▶ Must have been enrolled in the registered home school for 365 days prior to being eligible in a member school.
  - ▶ Once deemed eligible at a member school, the student must maintain continuous dual enrollment.
    - ▶ Unenrollment would render the student ineligible for 365 days.
  - ▶ Must participate in a class schedule that is at least one half of the school's instructional day
    - ▶ At least one class must be on campus each semester or meet LEA requirements.



# Home School Participation

## Scholastic Requirements:

- ▶ A student must have passed a minimum load of work during the preceding semester to be eligible at any time during the present semester. The semester is normally considered half of the academic year. All students must also meet local promotion standards, set by the LEA and/or the local school. **Home school students must be on grade level according to a nationally standardized achievement test(s) indicating grade level.**
- ▶ A minimum load is defined as five courses in the traditional school schedule and three courses for schools on the “block” format. If the school is on an A/B form of block scheduling, a student must pass six of eight courses during what would traditionally be defined as a semester. Any student, including seniors must pass that minimum load, even if they need fewer for graduation. **Home school student must pass all public school courses in which he/she is enrolled.**



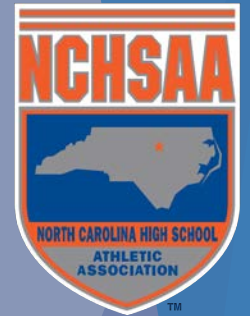
# Transfer Policy

- ▶ Students transferring to the same member school where the student's coach has relocated within a calendar year will be deemed ineligible in any sport in which the coach is involved.
  - ▶ Now applies to within LEA as well as from LEA to LEA.
- ▶ If deemed ineligible due to athletic purposes, the student will only be ineligible in that sport(s) in which "athletic purposes" was reason for not authorizing



# Foreign Exchange Students

- ▶ After the first year of participation as a Foreign Exchange Student
  - ▶ Student can be eligible subsequently, based on the two-semester rule
    - ▶ Applies to the same school of initial enrollment



# Ejection Policy

- ▶ Clarified this policy:
  - ▶ Leaving the bench and coming on to the playing area during a fight (whether they participate in the fight or not)



# Unpaid Fines

- ▶ Unpaid fines will be posted for NCHSAA membership view only



# Eligibility Summary Forms

## ▶ Deadline Changes

- ▶ Fall - September 1
- ▶ Winter - December 1
- ▶ Spring - March 15



# Post-Season Participation

- ▶ Clarification:

- ▶ Independent NCHSAA member schools are eligible for post-season ONLY in individual sports, based on the sport





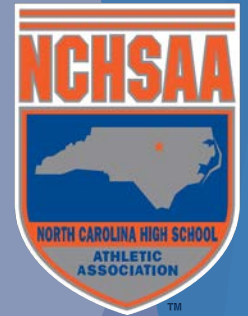
# Wilson Game Balls

## 2019-20

- ▶ No change, required at State Championships

## 2020-21

- ▶ Required use of the official and adopted Wilson game balls in ALL playoff events
- ▶ Strongly recommend the use of the official and adopted Wilson game balls during the regular season



# Wilson Game Balls

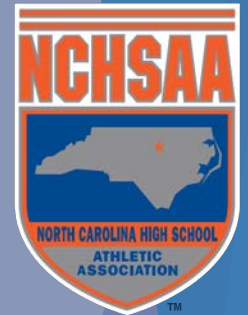
## Official Wilson Adopted Game Balls & Approved for Play Wilson Balls Beyond 2018-19 Year



	2018-2019	2019-2020		2020-2021	
		Approved for Regular Season Play	State Championship Ball	Approved for Regular Season Play	State Championship Ball
<b>Soccer</b>	Forte 2 (WTE9905) MSRP: \$99.99	Veza MSRP: \$59.99  Forte 2 (WTE9905) MSRP: \$99.99	Forte 2 (WTE9905) MSRP: \$99.99	Veza MSRP: \$59.99  Forte 2 (WTE9905) MSRP: \$99.99	Forte 2 (WTE9905) MSRP: \$99.99

# Pre-Game EAP Review

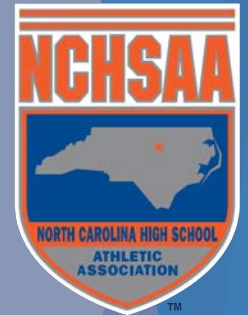
- ▶ Purpose
  - ▶ Effective communication of Emergency Action Plan
    - ▶ EAP is required by Law (Gfeller-Waller)
  - ▶ Guide for administrators, coaches, officials and LAT/FR
- ▶ Conducted by the Game Day Administrator or Designee
  - ▶ The NCHSAA recommends that a hard copy or electronic copy of the venue specific EAP be provided to both the lead official and visiting team personnel.



# Pre-Game EAP Review Card

## All Events

- ▶ Who is the gameday administrator and what is their contact information?
- ▶ Is there a Licensed Athletic Trainer (LAT) and/or First Responder (FR) on site and what is their contact information? If a LAT or FR is not on site who is the most qualified person to provide CPR and first aid care?
- ▶ Has the Emergency Action Plan (EAP) been reviewed and where is the posted venue specific EAP located?
- ▶ What first aid and emergency equipment is available at the venue and where is it located? (e.g., first aid kit, AED/CPR equipment, spinal injury stabilization equipment, exertional heat illness management equipment, etc.)



# Pre-Game EAP Review Card

## Outdoor Events

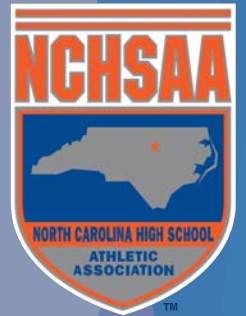
- ▶ Who will be monitoring environmental and field/facility conditions during the event? (e.g., thunder and lightning, Wet Bulb Globe Temperature)
- ▶ Who will notify officials of unsafe environmental or field/facility conditions?
- ▶ Has the lightning or thunder disturbances safe shelter and evacuation route been identified?
- ▶ What is the Wet Bulb Globe Temperature, if available, at the beginning of the contest?



# NCHSAA Points of Emphasis & Requested Topics by NCSCA

- Seeding/Playoffs
- Realignment
- Wilson Game Balls (Board Action)
- Extreme Weather Contingency Plans

2019-20



# Required Coaches Education

- ▶ NFHS Fundamentals of Coaching
  - ▶ All coaches (paid and volunteer)
  - ▶ Prior to first play date
  - ▶ One-time requirement
- ▶ NFHS Concussion in Sports
  - ▶ All coaches (paid and volunteer)
  - ▶ Prior to first practice
  - ▶ Annual requirement
- ▶ CPR/AED Certified
  - ▶ All head and paid coaches
  - ▶ Must maintain certification
- ▶ NFHS Sudden Cardiac Arrest
  - ▶ All non-paid coaches
  - ▶ Prior to first practice
  - ▶ Annual requirement
- ▶ NCHSAA Rules Clinic
  - ▶ Head Varsity Coach
  - ▶ Prior to first play date
  - ▶ Annual Requirement



# Calendar

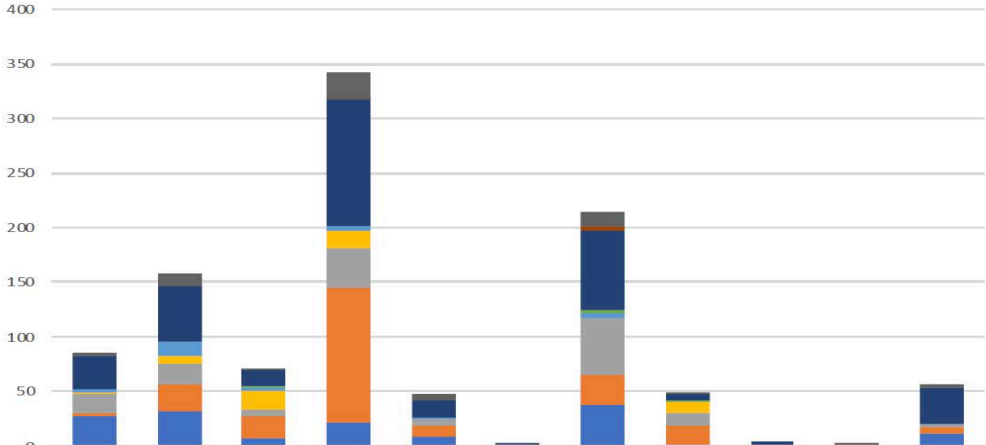
	<u>Men's Season</u>	<u>Women's Season</u>
<b>Start:</b>	Thursday, August 1	Wednesday, February 12
<b>1<sup>st</sup> Contest:</b>	Monday, August 19	Monday, March 2
<b>MaxPreps Entry Deadline:</b>	Saturday, November 2 <i>11:59 p.m.</i>	Saturday, May 9 <i>11:59 p.m.</i>
<b>Seeding:</b>	Monday, November 4	Monday, May 11
<b>Playoff Dates:</b>		
<b>1<sup>st</sup> Round</b>	Wednesday, November 6	Tuesday, May 12
<b>2<sup>nd</sup> Round</b>	Saturday, November 9	Friday, May 15
<b>3<sup>rd</sup> Round</b>	Wednesday, November 13	Wednesday, May 20
<b>4<sup>th</sup> Round</b>	Saturday, November 16	Saturday, May 23
<b>Regionals:</b>	Tuesday, November 19	Tuesday, May 26
<b>State Championships:</b>	Friday-Saturday, November 22-23	Friday-Saturday, May 29-30





# Sportsmanship/Ejections

2018-19 Ejection Report - Reason and Sport

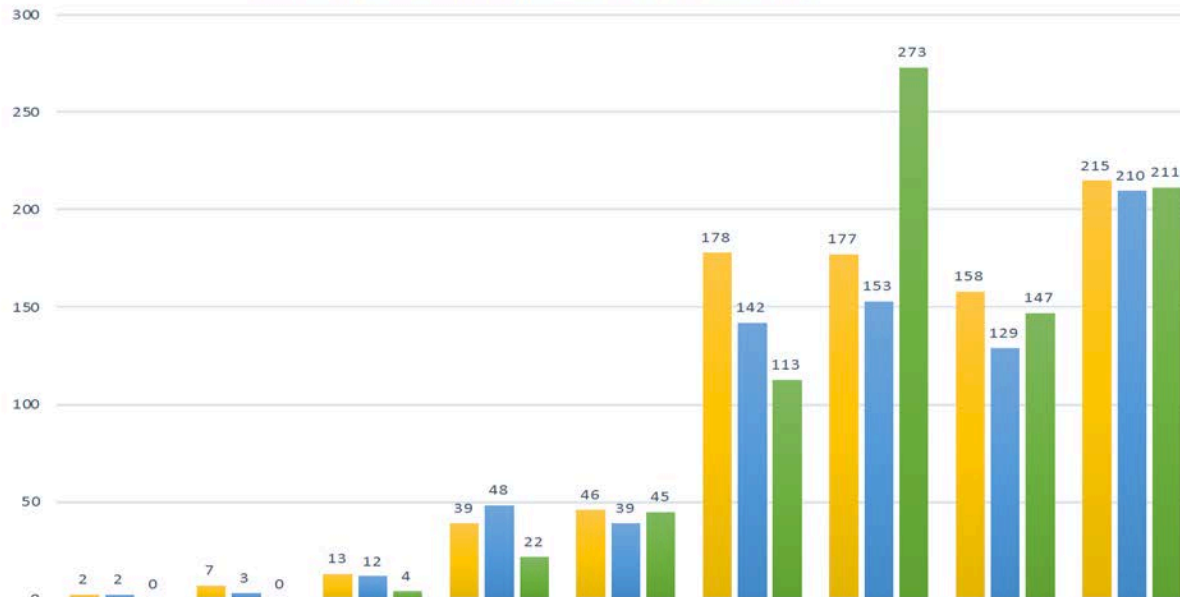


	Baseball	Basketball , Men	Basketball , Women	Football	Lacrosse, Men	Lacrosse, Women	Soccer, Men	Soccer, Women	Softball	Volleyball	Wrestling
■ Taunting or Baiting	3	12	2	24	5		14	2		1	2
■ Spitting on or toward an opponent, coach or official				1			4				
■ Profanity	31	50	14	115	16	1	72	5	2		34
■ Obscene gestures			1				4	1			
■ Leaving the bench area-coming onto the playing area when there is not a fight	3	14	4	5	1		3				
■ Leaving the bench area as if to participate in a fight (contact or no contact)	2	6	17	16	1			11			
■ Flagrant Contact	17	20	6	36	6	2	53	12			3
■ Fighting	3	24	20	123	9		28	16		1	5
■ Disrespectfully addressing or contacting an official	27	32	7	22	9		37	2	2	1	12

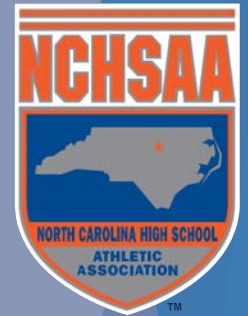


# Sportsmanship/Ejections

NCHSAA Ejection Reasons 2016 to Current



	Spitting	Biting	Obscene Gestures	Leaving the Bench (when there is not a fight)	Taunting and Baiting	Disrespectfully addressing official	Profanity	Flagrant Contact	Fighting
2016-17 (835 Total)	2	7	13	39	46	178	177	158	215
2017-18 (738 Total)	2	3	12	48	39	142	153	129	210
2018-19 (815 YTD)	0	0	4	22	45	113	273	147	211



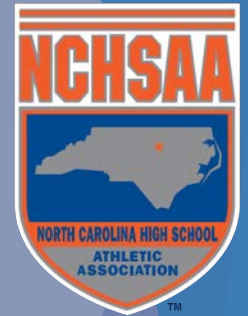
# Yellow Card Tracking Survey Results

- ▶ 471 Total Responses

- ▶ Coach                    273   58%
- ▶ Athletic Director    171   36%
- ▶ Principal                27    6%

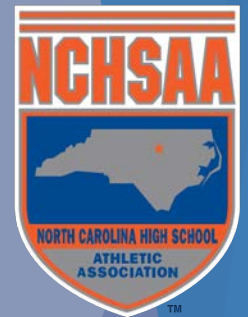
- ▶ Do you think "rough play" is being officiated effectively by game officials?

- ▶ Yes                        278   59%
- ▶ No                         193   41%



# Yellow Card Tracking Survey Results

ANSWER CHOICES	RESPONSES
Maintaining the current system Coaches/Athletic Directors responsible for tracking Yellow Cards accumulated by their players. Five (5) Yellow Card accumulated by the same player will result in a suspension (miss the next contest) - Yellow Cards are reset to zero once Playoffs begin - Three (3) Yellow Cards in the Playoffs, a player is suspended for the next contest.	68.37% 322
Any player receiving two (2) Yellow Cards in a game must: Miss the remainder of that contest and Be suspended for next game.	31.42% 148
Reduce the Yellow Card accumulation total for a season to four (4) A player will automatically reduce his/her yellow card accumulation total by one Yellow Card each time he/she appears in Four (4) consecutive matches without receiving a Yellow Card, Red Card or supplemental discipline in such matches. A player cannot have a negative yellow card accumulation total (cannot go below zero). The "Good Behavior" Incentive can only reset to a zero-card total. This incentive will be automatically applied a maximum of three (3) times throughout the course of the Regular Season.	19.96% 94
Total Respondents: 471	



# Tied Games

## Suspended Game (NFHS Rule)

- ▶ If a game is suspended due to bad weather, light failure, etc.:
- ▶ If suspended in the first half, even if one team is ahead, the game is picked up from the point of interruption unless coaches agree to end it.
- ▶ If suspended at half time or beyond, the game is over. If the score is tied when the game is suspended, then the game ends in a tie. If one team is ahead when the game is suspended, then it is the winner.



# Tied Games

## NCHSAA Rule

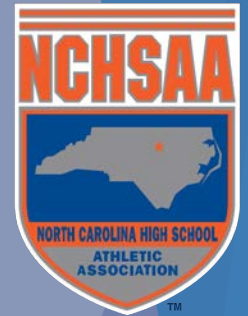
- ▶ Ties must be broken in all conference matches, which would include a conference tournament if one is held. If a tie score exists at the **end of regulation** play during each conference varsity game, there will be two, complete five (5)-minute overtime periods-not sudden victory. If the score is still tied at the conclusion of the two five (5)-minute overtime periods, the tie will be broken by kicks from the penalty mark.



# Tied Games

## NCHSAA Rule

- ▶ All regular season, non-conference games that are tied at the end of regulation will result in a tie.
- ▶ In non-conference tournament play and NCHSAA Playoffs, tied games must be resolved by the NFHS Tie-Breaking Procedure, and those decisions count in a team's won-loss record. One goal is added to the winning team's score, and an asterisk may be placed by the team advancing to indicate advancement was the result of the progression format.
- ▶ Junior varsity teams do not play overtime periods



# Playoffs/Seeding - Bracket Sizes

- (a) Baseball, Soccer, and Softball
  - (1) 1A & 4A: 48-team brackets
  - (2) 2A & 3A: 64-team brackets
- (b) Basketball and Volleyball
  - (1) 4A: 48-team brackets
  - (2) 1A, 2A & 3A: 64-team brackets
- (c) Football
  - (1) 1A & 4A: 48-team brackets
    - (i) Subdivided into 1A, 1AA, 4A, 4AA (24-team brackets)
  - (2) 2A & 3A: 64-team brackets
    - (ii) Subdivided into 2A, 2AA, 3A, 3AA (32-team brackets)
- (d) Tennis, Wrestling
  - (1) 1A: 24-team bracket
  - (2) 2A, 3A, & 4A: 32-team brackets
- (e) Lacrosse
  - (1) Men's 1A/2A/3A and 4A: 32-team bracket
  - (2) Women's: 40-team bracket





# Playoffs/Seeding - Berths and Qualifications

- (a) Lacrosse, Tennis and Wrestling will use pre-determined brackets which will be posted on the NCHSAA Website when they become available.
- (b) Conference automatic qualifiers are determined by the number of teams from a given classification in each conference as follows:
  - (1) 1 - 4 teams = 1 automatic qualifier
  - (2) 5 - 8 teams = 2 automatic qualifiers
  - (3) 9 or more teams = 3 automatic qualifiers
- (c) Conference tournament champions automatically qualify
  - (1) If the regular season champion also wins the tournament, no additional berth will be awarded.
  - (2) If a team other than the regular season champion wins the tournament, it will automatically qualify for the playoffs. The team will be seeded as an at-large berth in the playoffs unless already automatically qualified based upon their regular season conference finish.
- (d) Split conference application
  - (1) The highest finishing team from a given classification will automatically qualify, regardless of overall conference finish.
  - (2) 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).  
**NOTE:** Ties for 1st 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].
- (e) If too many teams qualify using the above criteria, adjustments to the established bracket size will be made to accommodate the automatic qualifiers.
- (f) If not enough teams qualify using the above criteria, the bracket will be filled by non-automatic qualifiers in that classification.
  - (1) Teams in their classification will be selected to fill the remaining slots in the bracket based upon conference finish then the highest Adjusted MaxPreps ranking.  
**NOTE:** Under no circumstances may a team "leap-frog" a higher finishing team in its own conference. For this procedure split conferences will have their classifications treated as separate entities.



<b>Conference A</b>	<b>AMPR</b>		<b>Conference B</b>	<b>AMPR</b>		<b>Conference C</b>	<b>AMPR</b>
Team 1	1		Team 1	2		Team 1	3
Team 2	5		Team 2	4		Team 2	6
Team 3	12		Team 3	11		Team 3	9
Team 4	8		Team 4	7		Team 4	10
Team 5	14		Team 5	11		Team 5	13
Team 6	15		Team 6	17		Team 6	19
Team 7	16		Team 7	20			
Team 8	18						
Team 9	21						
Team 10	22						

Green highlights = Automatic Qualifiers

The top non-automatic qualifiers from each conference are compared:

Team 4

Team 3

Team 3



<u>Conference A</u>	<u>AMPR</u>		<u>Conference B</u>	<u>AMPR</u>		<u>Conference C</u>	<u>AMPR</u>
Team 1	1		Team 1	2		Team 1	3
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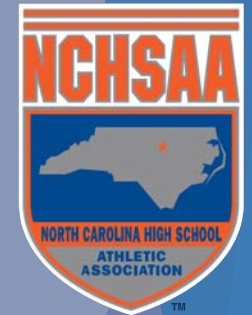


Green highlights = Automatic Qualifiers

The top non-automatic qualifiers from each conference are compared:

Team 5                      Team 3                      Team 3

<b>Conference A</b>	<b>AMPR</b>		<b>Conference B</b>	<b>AMPR</b>		<b>Conference C</b>	<b>AMPR</b>
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<b>Conference A</b>	<b>AMPR</b>		<b>Conference B</b>	<b>AMPR</b>		<b>Conference C</b>	<b>AMPR</b>
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Team 3

Team 5

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Team 4

Team 5

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Team 6	15		Team 6	17		Team 6	19
Team 7	16		Team 7	20			
Team 8	18						
Team 9	21						
Team 10	22						



# Playoffs/Seeding - Assigning Seeds

- (a) 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.
- (b) The teams in each region will be seeded as follows:
  - (1) Seed all 1st place automatic berths by Adjusted MaxPreps ranking (or other NCHSAA selected ranking system); then  
**NOTE:** The highest finishing team in its half of a split conference must finish in 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place overall and/or have an overall winning percentage of .500 or higher in order to be seeded as a #1. Otherwise, the team will be seeded with all other at-large teams.
  - (2) Seed all 2nd place automatic berths by Adjusted MaxPreps ranking (or other NCHSAA selected ranking system); then
  - (3) Seed all 3rd place automatic berths by Adjusted MaxPreps ranking (or other NCHSAA selected ranking system); then
  - (4) Seed all conference tournament champions and at-large berths by Adjusted MaxPreps ranking (or other NCHSAA selected ranking system).
- (c) Once seeding is complete:
  - (1) Existing byes will be awarded to the highest seeds possible.
  - (2) The higher seed is the home team unless otherwise determined by the NCHSAA.





# 2021-2025 Realignment

- ▶ The Board of Directors instructed NCHSAA Staff to delay the Realignment process by one year
  - ▶ Eliminating the “lame duck year” of the alignment period
  - ▶ Decision was to give various committees the opportunity to review the realignment process and the Association’s current classification structure while providing the necessary time for the Board and membership to make any necessary changes to implement their recommendations



# Inclement Weather

- ▶ Emergency Measures By The Board of Directors
- ▶ Spring 2019
- ▶ “In light of the recent weather issues spring sports have experienced, and knowing that bad weather is a possibility moving forward this spring, the Board of Directors unanimously approved the following measures, effective immediately through the end of the regular season:
- ▶ In baseball and softball, by mutual agreement, two member schools may agree to play two five-inning games in a doubleheader. (Note: this does not violate NFHS playing rules and is permissible by state association adoption) This would not remove the current option of playing a double header as two seven-inning games, or until a regulation game is completed.
- ▶ In lacrosse and **women’s soccer**, amend the weekly limitation to allow for a fourth game/match in a week, provided the fourth game/match is on a non-school day.”

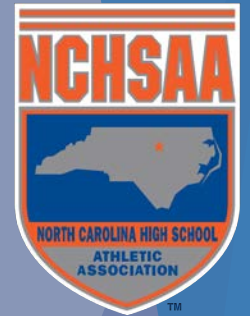


# DAITH PIERCINGS

- ▶ Not approved by NCHSAA and NFHS Sports Medicine Advisory Committees
- ▶ No special waiver will be given even with a physician's note/authorization.
- ▶ No waiver - no participation.



# DAITH PIERCING



Thank You!

