



2019-20 NFHS WRESTLING RULES POWERPOINT

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2019-20 NFHS WRESTLING RULE CHANGES





UNIFORM RULE 4-1-1a



Female contestants wearing a one-piece singlet shall also wear a form-fitted compression suitable undergarment that completely covers their breasts.



RULE 4-1-1a

- **Change:**
- **ART. 1 . . .** A legal uniform consists of:
- a. a one-piece singlet cut...between the armpit and belt line. A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee.



 **RULE 4-1-1a**

- The one-piece singlet may be worn with full-length tights with stirrups. ~~Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee.~~ The one-piece singlet shall be school-issued.
- NOTE: Female contestants wearing a one-piece singlet shall wear a form-fitted compression suitable undergarment that completely covers their breasts.





RULE 4-1-1a

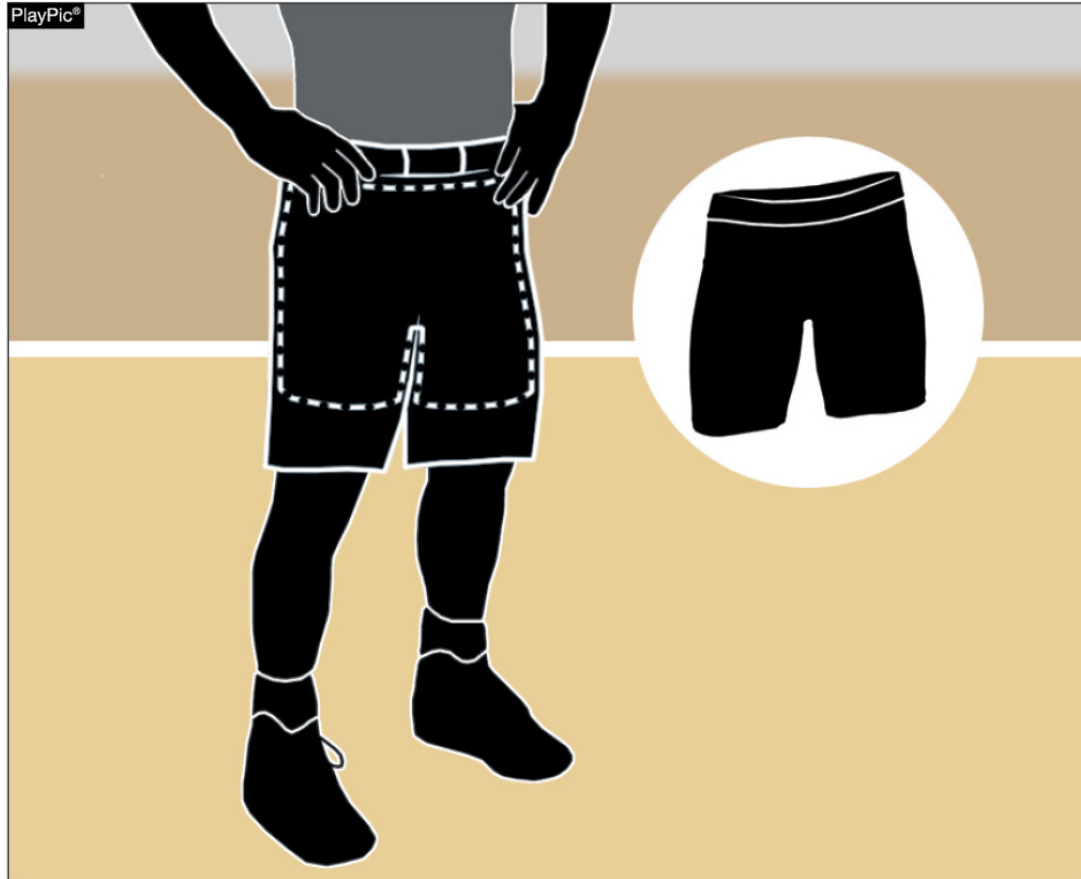
Rationale:

This rule proposal reinforces the importance of how wrestlers should be required to be properly attired on the mat during competition, regardless of gender. Currently, there was no specific requirement for what a wrestler wears under a singlet. Light colored or white singlets become transparent if an undergarment is not worn underneath. This creates a modesty concern that athletes are revealing more than is appropriate.





UNIFORM RULE 4-1-1b



A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under shorts designed for wrestling and compression shorts.

RULE 4-1-1b

- **Change:**
- **ART. 1 . . .** A legal uniform consists of:
 - b. Compression shorts or shorts designed for wrestling shall...snaps, buttons or pockets. A suitable undergarment, which completely covers the buttocks and groin area ~~must~~ shall be worn under shorts designed for wrestling and compression shorts. Shorts designed for wrestling may be worn over the singlet.



RULE 4-1-1b

- Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued.

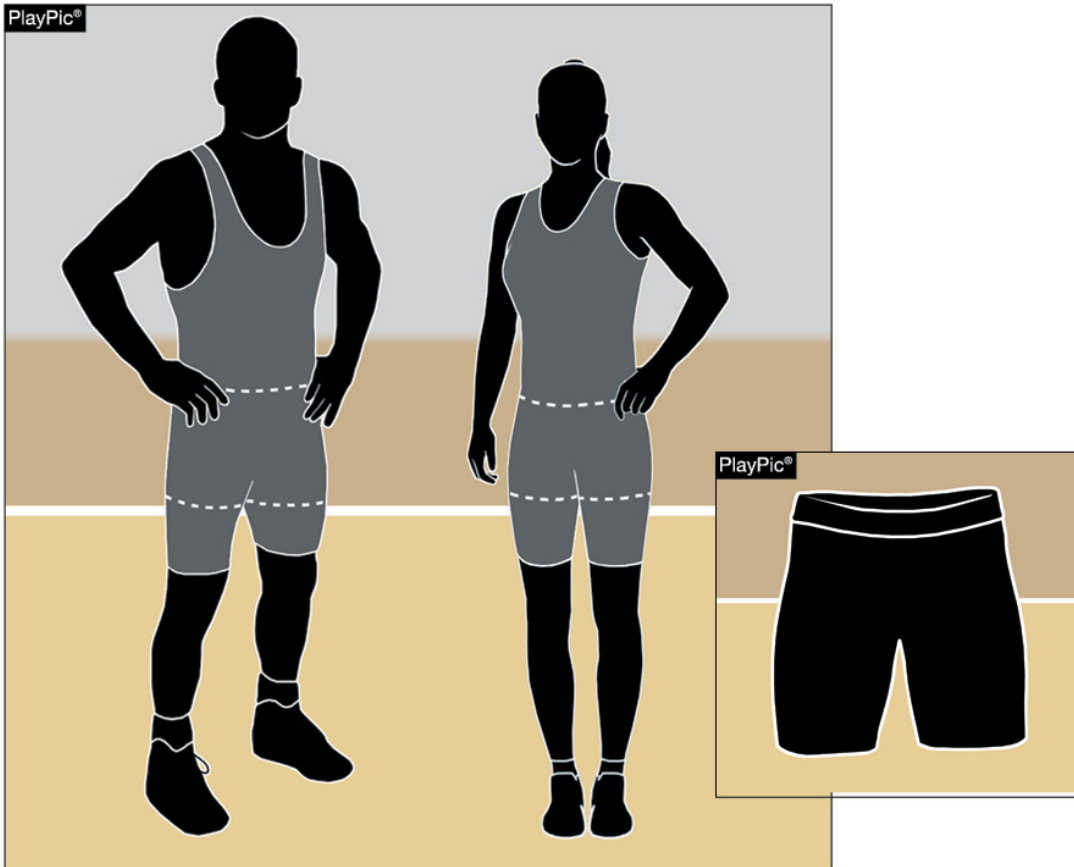
Rationale:

This rule now requires a suitable undergarment to be worn under compression shorts. Light colored or white compression shorts become transparent if an undergarment is not worn underneath.





UNIFORM RULE 4-1-1a, 4-1-1c NOTE



A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee.

RULE 4-1-1c NOTE

- **Change:**

NOTE: Female contestants wearing a one-piece singlet shall wear a suitable undergarment that covers their breasts and minimizes the risk of exposure. All contestants wearing a one-piece singlet shall wear a suitable undergarment which completely covers the buttocks and groin area.





RULE 4-1-1c NOTE

Rationale:

Female wrestlers are required to wear an undergarment that covers the breasts. By adding additional language to minimize the risk of exposure, it will raise the expectation that the suitable undergarment should provide coverage and support during competition.

This rule now requires the contestants to wear a suitable undergarment to cover the buttocks and groin under a singlet. Some light-colored or white singlets become almost transparent and create modesty concerns.





SHOELACES RULES 4-1-3, 7-6-6d



If shoelaces are visible, they shall be secured in an acceptable fashion. Double knotting of the laces is acceptable. If the shoelaces come undone, the penalty would be an automatic stalling call.



 **RULES 4-1-3, 7-6-6d****Change:**

ART. 3 . . . Wrestlers shall wear light heelless wrestling shoes, reaching above the ankles. If the shoes have laces, the laces shall either be taped to the shoe or secured by a locking device on the wrestling shoe in an acceptable fashion. If laces are visible, they shall be secured in an acceptable fashion. If the shoe laces come undone the penalty would be an automatic stalling call.

(NOTE: acceptable secure fashion could be double knotting of the laces)



RULES 4-1-3, 7-6-6D

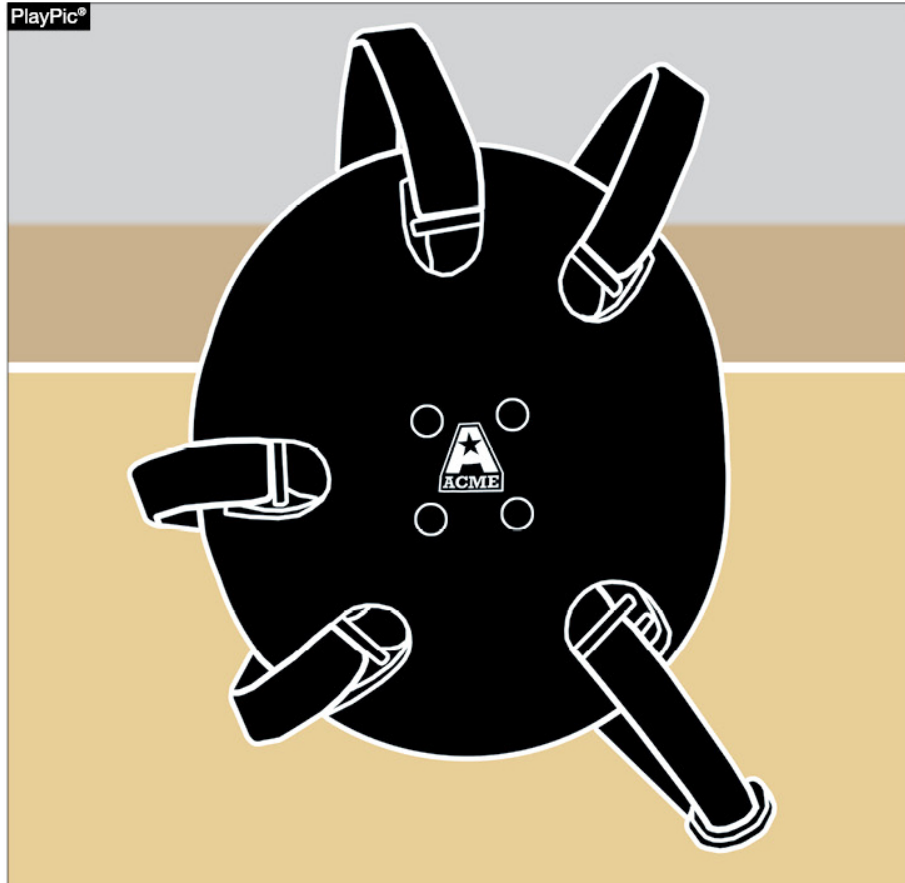
Rationale:

This rule holds the coach and wrestler accountable to verification that they have come to the mat properly equipped. This also allows the usage of double knotting of the laces as another way to secure the shoes.



LOGOS ON EAR GUARDS

RULE 4-1-4



Any manufacturer's logo /trademark/ reference that appears on the wrestling ear guards including legal hair covering can be no more than 2-1/4 square inches with no dimension more than 2-1/4 inches and may appear no more than once on ear guards. No additional manufacturer's logo/trademark or promotional reference shall be allowed on the wrestling ear guard.

RULE 4-1-4

- **Change:**
- **ART. 4 . . .** Wrestlers shall wear wrestling ear guards designed by the manufacturer for the sport of wrestling that are rigid and padded, which provide:
 - a. adequate ear protection;
 - b. no injury hazard to the opponent; and,
 - c. an adjustable locking device to prevent it from coming off or turning on the wrestler's head.





RULE 4-1-4

Any manufacturer's logo/trademark/reference that appears on the wrestling ear guards including legal hair covering can be no more than 2 1/4 square inches with no dimension more than 2 1/4 inches and may appear no more than once on ear guards. No additional manufacturer's logo/trademark or promotional reference shall be allowed on the wrestling ear guard.





RULE 4-1-4

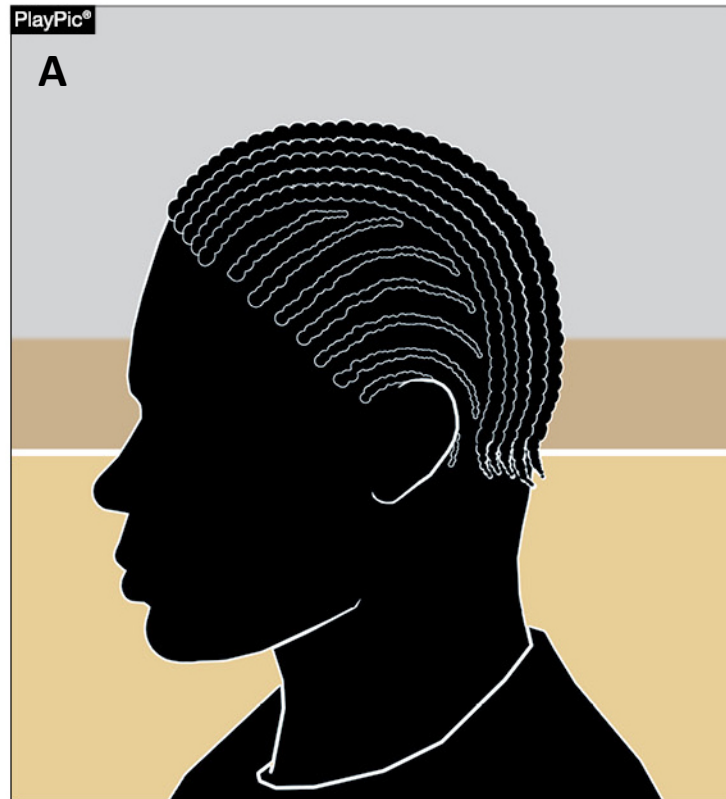
Rationale:

The available space on ear guards has become a blank canvas for non-school issued or non-approved promotional logos or references. The intent of NFHS Rule 4 is to maintain the sanctity of the wrestler's uniform and ear guards by not allowing impractical images that detracts from school-issued equipment and uniforms.





HAIR RULE 4-2-1



The hair in
PlayPics A and B
is legal.



HAIR RULE 4-2-1



If hair is longer than allowed (PlayPic A), a legal hair-controlled device such as a rubber band shall be secured so as not to come out readily during wrestling (PlayPic B).





HAIR RULE 4-2-1



The hair in PlayPic A is legal. A legal hair-controlled device such as a rubber band shall be secured so as not to come out readily during wrestling (PlayPic B).





HAIR RULE 4-2-1



If hair is longer than allowed, a legal hair-controlled device such as a rubber band shall be secured so as not to come out readily during wrestling (PlayPic A). The hair in PlayPic B is legal.



 **RULE 4-2-1**

- **Change:**
- **ART. 1 . . .** During competition all wrestlers shall be clean shaven, with sideburns trimmed no lower than earlobe level. Hair, ~~trimmed and well groomed~~ ~~The hair in its natural state~~, shall not extend below the top of an ordinary shirt collar in the back; and on the sides, the hair shall not extend below earlobe level; in the front, the hair shall not extend below the eyebrows. (Photos 2-3) A neatly trimmed mustache that does not extend



 **RULE 4-2-1**

below the line of the lower lip shall be permissible. If an individual has hair longer than allowed by rule, ~~it may be braided, or rolled if it is~~ it shall be contained in a cover so that the hair rule is satisfied. (Photo 4) Physical hair treatment items that are hard and /or abrasive such as (beads, bobby pins, barrettes, pins, hair clips, etc. or any other hair control device) shall not be permitted. A legal hair- controlled device such as rubber band(s) shall be secured so as not to come out readily during wrestling.

 **RULE 4-2-1**

The legal cover shall be attached to the ear guards...at the site. If an individual has facial hair, it ~~must~~ shall be covered with a face mask. All legal hair covers and face masks will be considered as special equipment. If an individual's hair is as abrasive as an unshaved face, the individual shall be required to shave the head as smooth as a face is required, or wear a legal hair cover.

RULE 4-2-1

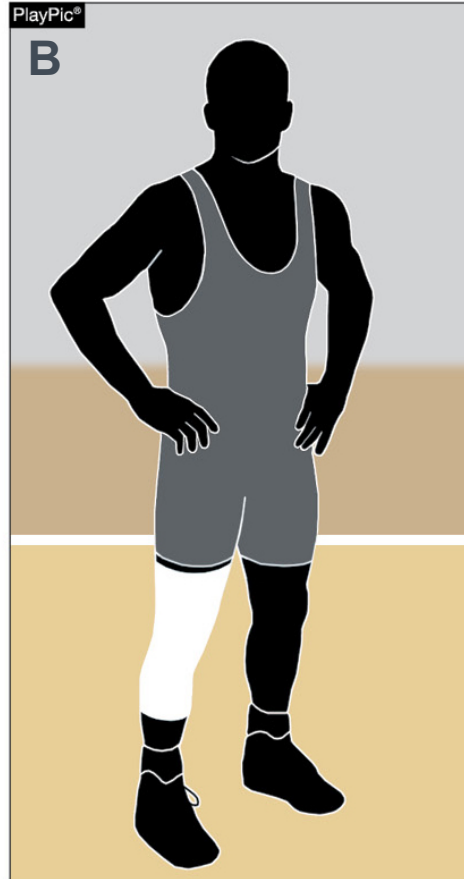
Rationale:

The term "well groomed" is extremely subjective and there is no standard to meet such an arbitrary expectation. Hair that is manipulated poses no threat to either wrestler. It is neither abrasive nor cumbersome. However, physical hair treatments do present a risk to either wrestler due to the hardness, texture (sharpness) or abrasiveness and should not be allowed.





SPECIAL EQUIPMENT RULE 4-3-5



During a match, wrestlers shall not wear arm sleeves (PlayPic A) or leg sleeves (PlayPic B) that do not contain a pad.

RULE 4-3-5

- **Change:**
- **ART. 5 . . .** Wrestlers ~~may~~ shall not wear wristbands, sweatbands, bicep bands or leg or arm sleeves that do not contain a pad during a match.

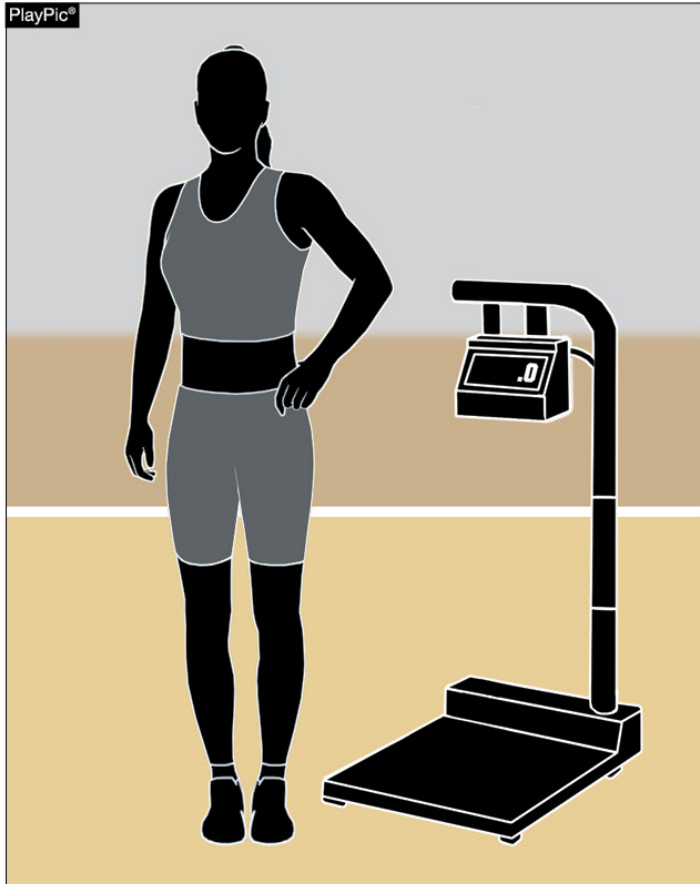
Rationale:

There is no purpose or function for use of a leg or arm sleeve that does not contain a pad for protection. There is no peer review data or research to support their existence. They are intrusive and do not properly fit all wrestlers.





WEIGH IN RULE 4-5-7



At weigh in, female contestants shall wear a suitable form fitted compression undergarment that completely covers their breasts.

 **RULE 4-5-7**

- **Change:**
- **ART. 7 . . .** All contestants shall weigh-in wearing a suitable undergarment that completely covers the buttocks and the groin area. Female contestants ~~must~~ shall also wear a suitable form fitted compression ~~suitable~~ undergarment that completely covers their breasts. Contestants may wear low cut socks that cannot be removed or added if the wrestlers do not make weight.





RULE 4-5-7

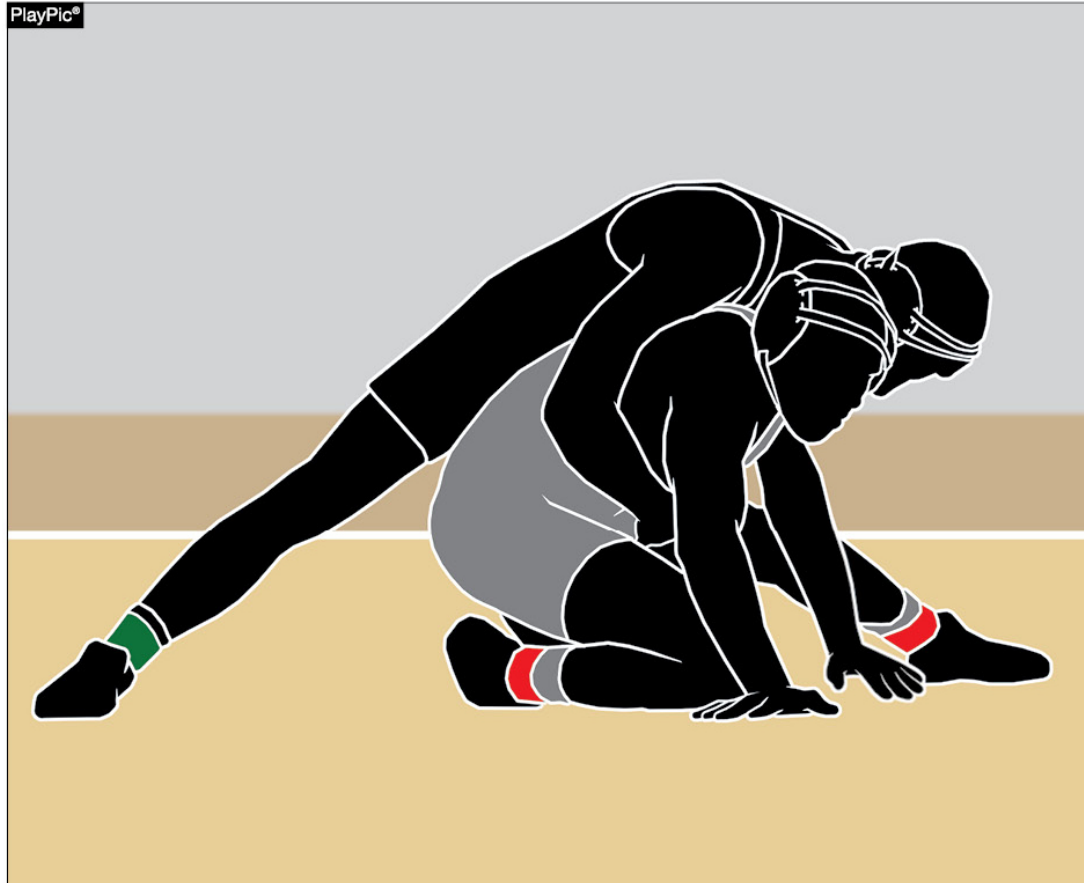
Rationale:

This language requires the use of a foundation garment for female wrestlers. Female wrestlers should wear undergarments that provides appropriate coverage and support.





TAKEDOWN RULE 5-25-2



A takedown shall be awarded when one or both knees of the defensive wrestler are touching the mat beyond reaction time or when the defensive wrestler's legs or torso are controlled and the wrestler's hand(s) touch the mat beyond reaction time.

RULE 5-25-2

- **Change:**
- **ART. 2 . . .** A takedown shall be awarded when one or both knees of the defensive wrestler are touching the mat beyond reaction time or when the defensive wrestler's legs or torso are controlled and the ~~majority of the wrestler's weight is supported by his hands.~~ wrestler's hand(s) touch the mat beyond reaction time.
(photo 31)





RULE 5-25-2

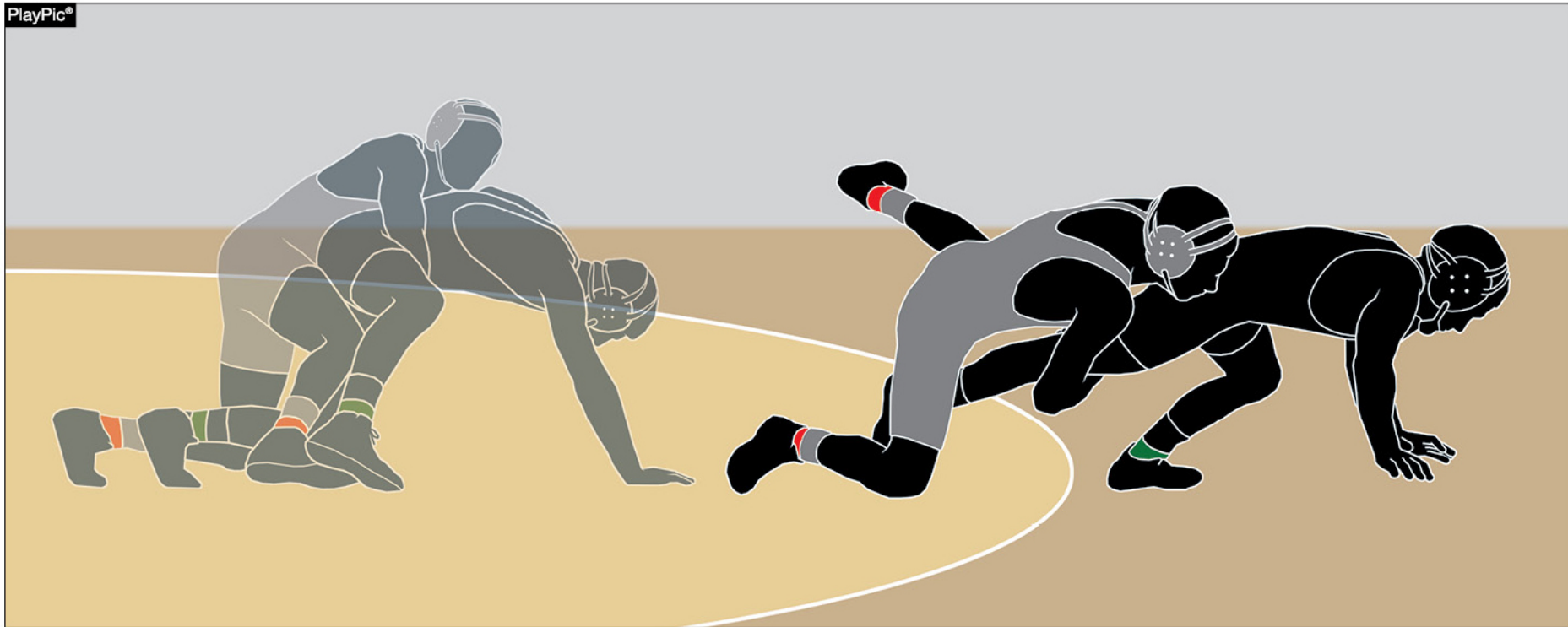
Rationale:

This rule change eliminates a double standard that was created when the definition of a takedown was revised last year. So now we have a double standard in the rulebook. To be consistent we need to say that whenever the hand(s) touch the mat they are considered supporting point(s). By removal of the "majority of the wrestler's weight" criteria, we will eliminate the need for the official to make a judgmental call on weight bearing extremities. In addition, the application of our new rule on "supporting points" becomes consistent throughout the rulebook, not just on or around the 28-foot circle.





TECHNICAL VIOLATION RULE 5-27-1a



If the defensive wrestler intentionally goes out of the wrestling area to avoid an imminent scoring situation, it is a technical violation.



RULE 5-27-1a

- **Change:**
- **ART. 1 . . .** There are five types of technical violations. Each is penalized without warning as outlined in Rule 7-3.
 - a. Intentionally going out of the wrestling area or forcing an opponent out of the wrestling area to avoid an imminent scoring situation.





RULE 5-27-1a

Rationale:

Now that we have emphasized that pushing or pulling your opponent out of bounds in the neutral position is stalling from last year's rule changes; we need to clarify fleeing and forcing your opponent out of the wrestling area. By adding this language, it will clarify that intentionally going off the mat or forcing your opponent off the mat to avoid wrestling would be stalling. If it occurred to avoid being scored upon, it would be considered a technical violation. This technical violation has been underutilized for years, and hopefully this will give officials the tools and the confidence to distinguish between it and stalling.





TECHNICAL VIOLATION

RULE 7-3-1

- **Change:**
- **ART. 1 . . .** Going out of the wrestling area or forcing an opponent out of the wrestling area, by either wrestler at any time as a means of avoiding ~~wrestling~~ an imminent scoring situation, is a technical violation fleeing the mat. Both wrestlers should make every effort to remain inbounds. When the referee feels that either wrestler has failed to make every effort to stay inbounds during an imminent scoring situation, the offending wrestler shall be penalized for fleeing the mat. There can be no technical violation of fleeing the mat if near-fall points have been earned.





TECHNICAL VIOLATION RULE 7-3-1

Rationale:

The current rule for stalling presents a situational conflict for the official to make one of two calls, fleeing versus stalling for the similar type of action. Fleeing is an automatic point where stalling may be a warning on the first violation and a point on the second violation. This change would allow the referee to only apply the technical violation call of fleeing when the action is related specifically to a scoring situation. All other types of leaving the wrestling area as a means of avoiding wrestling would fall under the rule of stalling.





STALLING RULE 7-6-6d

- **Change:**
- **ART. 6 . . .** It is stalling when either wrestler:
Sub-articles a-c remain the same.
d. Shoelaces become undone.

Rationale:

This rule holds the coach and wrestler accountable to verification that they have come to the mat properly equipped. If shoe laces become undone this impedes the flow of the match and the intent of continual action. This also alleviates the burden on the official to determine if it was intentional and or unintentional.





PENALTIES AND WARNINGS

RULE 8-1-3

- **Change:**
- **ART. 3 . . .** Penalties and Warnings are cumulative throughout the match. Each infraction has its specific penalty. The penalty for an illegal hold/maneuver, technical violation (except false start or incorrect starting position), unnecessary roughness and wrestler's unsportsmanlike conduct in the match is awarding the opponent of the offender one match point on the first and second offenses and two match points on the third offense.





PENALTIES AND WARNINGS

RULE 8-1-3

A fourth offense shall result in disqualification. ~~The first call for stalling will receive a warning prior to the opponent of the offender being awarded a match point.~~ The first two calls for a false start or incorrect starting position will be receive cautions. Following the two cautions, one match point will be awarded to the opponent of the offender for each subsequent violation. (See Penalty Chart)





PENALTIES AND WARNINGS

RULE 8-1-3

Rationale:

Officials need to call stalling more consistently in order to increase the level of aggressive, offensive wrestling. By removing stalling from the progressive penalty sequence, officials will be able to penalize wrestlers more freely without complicating the matter when it is combined with other penalties (locked hands, fleeing, grasping clothing, etc.) Removing the stalling call from the penalty progression will allow officials more freedom to call stalling earlier, more consistently and without hesitation when they feel it is warranted.





WARNING AND PENALTIES FOR STALLING

RULE 8-1-4

Change: New Penalty Chart and new Stalling Penalty Chart

- **ART. 4 . . .** Warnings and Penalties for stalling are cumulative throughout the match and are penalized independent of the progressive penalty chart. On the first offense the wrestler will receive a warning. The opponent of the offender will be awarded one match point on the second and third offense, two match points and choice of position on the next restart for the fourth offense. A fifth offense shall result in disqualification. (See Penalty Chart)





WARNING AND PENALTIES FOR STALLING

RULE 8-1-4

PENALTY CHART (Available in PDF format on www.NFHS.org)

	Rule	Warning	First Penalty	Second Penalty	Third Penalty	Fourth Penalty
Illegal Holds/Maneuvers	7-1	No	1 Pt.	1 Pt.	2 Pts.	Disqualify
Technical Violations	7-3	No				
Unnecessary Roughness	7-4-1	No				
Unsportsmanlike Conduct by Contestants During a Match	7-4-2	No				
Not Reporting to Scorer's Table Properly Equipped	8-1-1	No				
False Start or Incorrect Starting Position	8-1-3		Following two cautions there is a 1-point penalty for each subsequent infraction			
Coach Misconduct (during the match)	5-5, 6-6-6, 7-5-4, 8-1-5	Yes	Deduct 1 Team Point	Removal of head coach from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day.		
Unsportsmanlike Conduct – Contestants (not during the match), Coaches and Other Team Personnel	7-4-2, 7-5-3, 8-1-4	No	Deduct 1 Team Point	Remove from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the event, day/dual meet or tournament.		
Flagrant Misconduct – Contestants	7-4-3, 8-1-6	No	Disqualify on first offense, deduct 3 team points and remove from premises immediately for the duration of the event. Contestant is eliminated from further competition for the remainder of a dual meet, multiple school event or tournament and no team points can be earned in an individual tournament. In dual-meet competition, any team points earned shall be negated.			
Flagrant Misconduct – Coaches and Other Team Personnel	7-5-5, 8-1-3, 8-1-6	No	Remove from premises immediately on first offense and deduct 3 team points. Removal is for the dual meet, remainder of a multiple school event or tournament.			
Greasy Substance on Body or Uniform, Improper Grooming, Objectionable Pads and Braces, Illegal Equipment or Uniform	7-3-5, 8-1-1	No	Any contestant reporting to the scorer's table in violation of this article shall be disqualified if not removed or corrected within the 1½-minute injury time. If corrected within the 1½-minute injury time, a technical violation shall be assessed against the offending wrestler.			
Summary of Technical Violations Going out of Wrestling Area (Fleeing) (7-3-1) Grasping Clothing, Etc. (7-3-2) Interlocking Hands (7-3-3) Leaving Wrestling Area Without Permission (7-3-4) Reporting to the Scorer's Table Not Properly Equipped or Not Ready to Wrestle (7-3-5)	NOTE 1: Disqualification due to technical violation, illegal hold/maneuver, unsportsmanlike conduct during a match or unnecessary roughness does not eliminate a contestant from further competition in tournaments. Disqualification for unsportsmanlike conduct not during the match eliminates a contestant or coach for the remainder of the event. Disqualification for flagrant misconduct will disqualify any individual for the remainder of a multiple school event or tournament. They are removed for the duration of the event. NOTE 2: Points for unnecessary roughness, grasping clothing, locking hands or fleeing the mat are awarded in addition to points earned. NOTE 3: Disqualification due to stalling does not eliminate a contestant from further competition in tournaments.					

STALLING PENALTY CHART

Stalling	Rule	Warning	First Penalty	Second Penalty	Third Penalty	Fourth Penalty
* (Plus opponent will have choice of position on next restart)	7-6, 8-1-4	Yes	1 Pt.	1 Pt.	2 Pts.	Disqualify





WARNING AND PENALTIES FOR STALLING

RULE 8-1-4

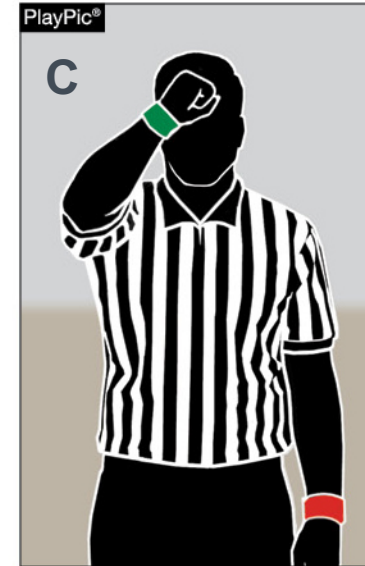
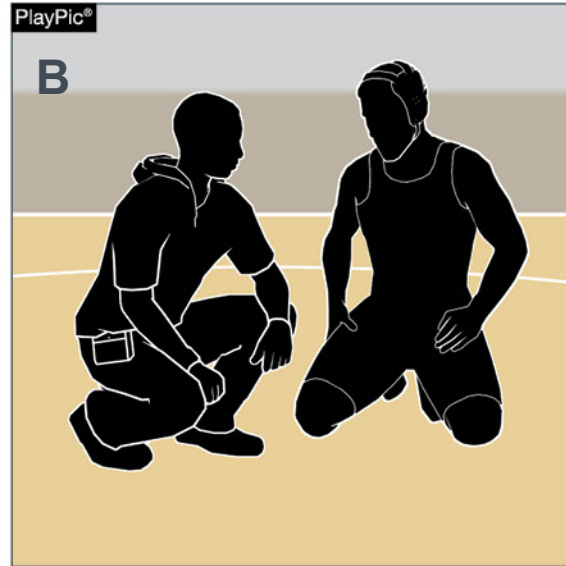
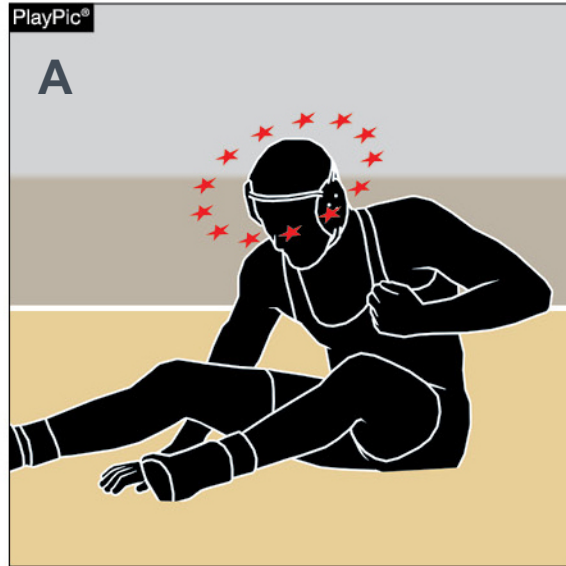
Rationale:

Officials need to call stalling more consistently in order to increase the level of aggressive, offensive wrestling. By removing stalling from the progressive penalty sequence, officials will be able to penalize wrestlers more freely without complicating the matter when it is combined with other penalties (locked hands, fleeing, grasping clothing, etc.) Removing the stalling call from the penalty progression will allow officials more freedom to call stalling earlier, more consistently and without hesitation when they feel it is warranted.





INJURY TIME RULES 8-2-4a, 8-2-4b-1, 8-2-4b-2, 8-2-4b-3



When an athlete suffers a suspected injury involving the head neck, cervical column and/or nervous system only (PlayPic A) and an appropriate health-care professional is present (PlayPic B), the referee should give the signal to the timer to indicate evaluation time may be extended to a maximum of 5 minutes





INJURY TIME

RULES 8-2-4a, 8-2-4b-1, 8-2-4b-2, 8-2-4b-3

Change:

ART. 4 . . .

a.Any contestant who exhibit signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the match and shall not return to competition until cleared by an appropriate health-care professional. (See NFHS Suggested Guidelines for Management of Concussion in Sports, in Appendix B.)





INJURY TIME

RULES 8-2-4a, 8-2-4b-1, 8-2-4b-2, 8-2-4b-3

- b. The following modifications to injury time-outs will be used in all competition regarding injuries to the head and neck involving cervical column and/or nervous system:
- (1) In the absence of appropriate health-care professional, (physician and/or certified athletic trainer) all injuries to the head and neck involving the cervical column and/or nervous system will be covered by the same time frame as other injuries. (See 5-28-6, 8-2-1)



INJURY TIME

RULES 8-2-4a, 8-2-4b-1, 8-2-4b-2, 8-2-4b-3

(2) When appropriate health-care professional(s) are present, they have jurisdiction to extend the allowed time limit to a maximum of five (5) minutes for evaluation of the injuries to the head and neck involving cervical column and/or nervous systems only, at which time the athlete would be required to prepare without delay for continuation or default the match.

(3) A second occurrence of injury to the head and neck involving cervical column and/or central nervous system in the same match shall require the wrestler to default the match.





INJURY TIME

RULES 8-2-4a, 8-2-4b-1, 8-2-4b-2, 8-2-4b-3

- NOTE: When this provision is used, the time consumed for the injury will in no way affect time used, or available, for other types of injuries.





INJURY TIME

RULES 8-2-4a, 8-2-4b-1, 8-2-4b-2, 8-2-4b-3

Rationale:

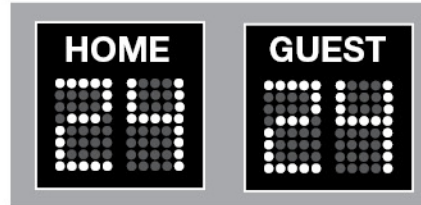
This rule change allows additional time to evaluate concussions when an appropriate health-care provider is present. If one is not present, the regular injury time is used. It can only be used once to avoid fake injuries. Recovery and blood time are not extended under this new rule.

It cannot be used for any other types of injuries. An extension of time to five minutes is reasonable and has been proven to be successful for the last 27 years in a Midwestern state.





TEAM SCORING RULE 9-2-2f



Guest Forfeits

Home Forfeits

The dual meet ends with a tied team score. The tiebreaker went to the fifth criteria, forfeits. Since the home team forfeited more bouts than the guest, the guest wins the dual.





TEAM SCORING RULE 9-2-2f

- **Change:**
- **ART. 2 . . .** In dual-meet competition, if teams have identical scores, the following team tie-breaking system shall be used to determine the winner.
- Criteria a-e remain the same.
- f. The team giving up the least number of forfeits.
- Criteria shall be re-labeled through q.





TEAM SCORING RULE 9-2-2f

Rationale:

This rule change maintains that forfeits should not be encouraged by rules that give the forfeiting team an advantage. Teams should be encouraged to put a wrestler on the mat for every weight class - not penalized by the likelihood of giving up scoring events counting against them (criteria H and beyond).





NFHS WRESTLING OFFICIAL'S SIGNAL

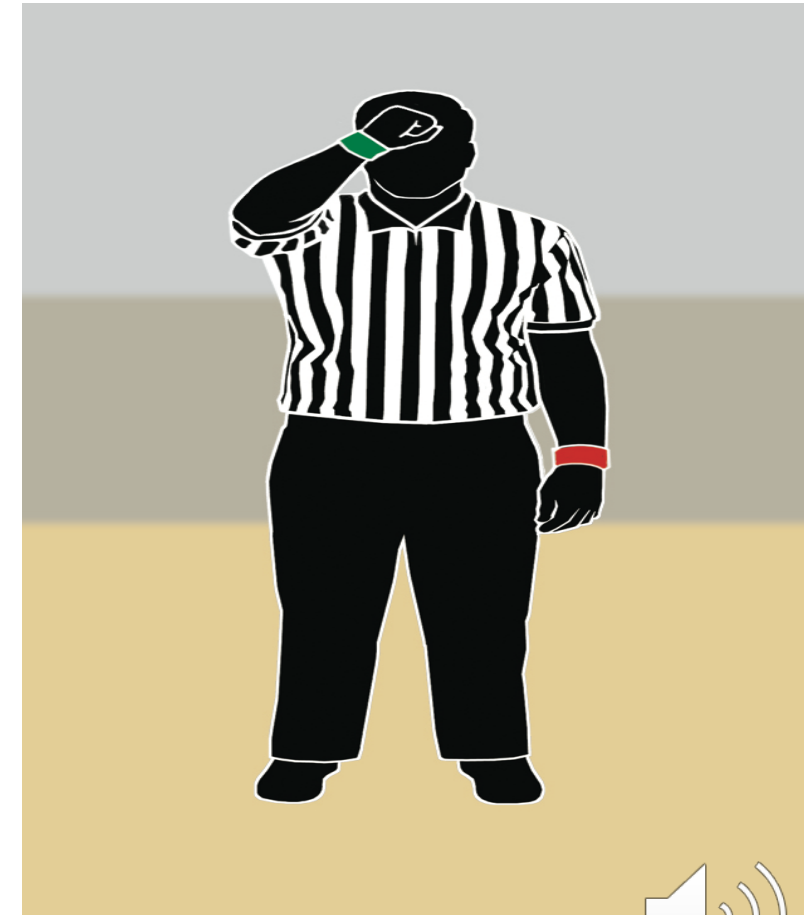


OFFICIAL SIGNAL #28

- Tapping the front of the head with a balled-up fist of either hand to indicate that the five (5) minute Head/Neck/Cervical Column Evaluation time is to begin.

Rationale:

To support the new rule change to indicate that Head/Neck/Cervical Column evaluation time has begun. Recovery and blood time are not extended under this new rule.





General Board Changes

2019-20



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



Post-Season Participation

▶ Clarification:

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

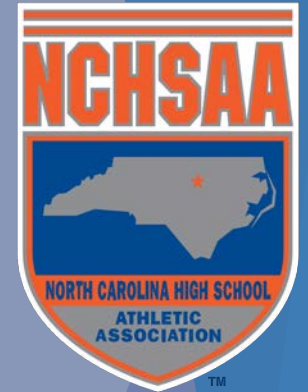


Pre-Game EAP Review

- ▶ 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.)



2021-2025 Realignment

- ▶ The Board of Directors instructed NCHSAA Staff to delay the start of the Realignment process by one year
 - ▶ Will take the ADM numbers from Fall, 2020 instead of Fall, 2019.
 - ▶ Eliminating the “lame duck year” of the alignment period
 - ▶ New alignment will still begin for the 2021-2022 school year
 - ▶ 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



Thank You!

