

SPORTS COMMITTEE

Committee Members: Masanori Toguchi (Chair), Michael Gainey, Mark Byrd, Joe Franks, John Luciano, Fred Lynch

Staff: Tra Waters and Chiquana Dancy

AGENDA ITEM	RECOMMENDATION	SUPPORTING INFORMATION
<p>1. Soccer</p> <p>Playoff Calendar Adjustments (NCSCA) [Previously Tabled Item]</p> <p>**Attachment S1** & **Attachment S2**</p>	To adjust the soccer playoff calendar playing days	<p>Rationale: To allow for additional recovery time between games. Move contests off of Saturdays as this has created a shortage of officials for playoff contests in the past.</p> <p>Budget Impact: None</p> <p>Educational Impact: None</p> <p>Equity Impact: None</p> <p>Effective Date: 2020-2021 School Year</p>
<p>2. Soccer</p> <p>Tied Game Procedure During Soccer Regular Season (NCHSAA/NCSCA) [Previously Tabled Item]</p> <p>**Attachment S2**</p>	<p>To amend the current tie-game procedure for varsity conference games:</p> <p>“If a tie score exists at the end of regulation play during each conference varsity game, there will be two, complete 10-minute periods (not sudden victory). If the score is still tied at the conclusion of the two 10-minute overtime periods, the game will result in a tie.”</p>	<p>Rationale: As this item has been tabled multiple times, NCHSAA staff conducted a comprehensive survey of soccer coaches as directed by the Board of Directors. NOTE: The survey results show that the majority are in agreement with the recommendation.</p> <p>Budget Impact: None</p> <p>Educational Impact: Shortens games allowing students to get home earlier.</p> <p>Equity Impact: Applicable to both Men and Women</p> <p>Effective Date: 2020-2021 School Year</p>

AGENDA ITEM

3. Soccer

Scrimmage Adjustment (NCSCA)

RECOMMENDATION	SUPPORTING INFORMATION
To allow one (1) scrimmage during the regular season that would not count towards the team's record but would still count in the season limitation of games	<p>Rationale: Would serve as an opportunity to play a game to allow players that do not get a lot of time to play some minutes, especially seniors. Additionally, it would allow those players that need experience on the field to get playing time without adversely affecting the team's record.</p> <p>Budget Impact: None</p> <p>Educational Impact: None</p> <p>Equity Impact: Applicable to both Men and Women</p> <p>Effective Date: 2020-2021 School Year</p>
To require coaches to enter all yellow and red cards received by players and/or coaches, into MaxPreps, within 24 hours following the conclusion of the contest.	<p>Rationale: Ensure that schools are following proper protocol when tracking yellow card accumulation and subsequent suspensions when limits have been reached. Coaches, athletic directors and regional supervisors currently have no mechanism for verifying the number of yellow/red cards an individual has accumulated. This uncertainty possibly leads to intentional or unintentional manipulation of NCHSAA Handbook policy.</p> <p>Budget Impact: None</p> <p>Educational Impact: None</p> <p>Equity Impact: Applicable to both Men and Women</p> <p>Effective Date: 2020-2021 School Year</p>

4. Soccer

Yellow/Red Card Tracking (NCSCA)

AGENDA ITEM5. Football

Contact Definitions &
Limitations
(NCFCA & SMAC Joint
Proposal)

****Attachment S3****

RECOMMENDATION

To adjust and clarify current contact definitions and limitations in football skill development, pre-season practice, scrimmages, and regular season practice

Details provided in Attachment S3

SUPPORTING INFORMATION

Rationale: By adding “bump” to the teaching during skill development, it will reduce the amount of Live Action (Level - 4 {Contact}) needed once pre-season practice begins. This will help in the teaching of the game and a potential reduction of injuries.

Budget Impact: None
Educational Impact: None
Equity Impact: None
Effective Date: 2020-2021 School Year

6. Basketball

5-Quarter Rule (NCBCA)

****Attachment S4****

To allow 9th and 10th grade players only to participate in five (5) quarters of basketball games on the same day.

Proposed Language:
“A student shall not participate in more than five quarters per day and in not more than 23 games per season (except if team plays an additional Endowment game), exclusive of Conference Tournaments and State Playoffs. Overtime periods shall be considered an extension of the previous quarter, and participation for any length of time in a quarter shall constitute a full quarter. For the purposes of this rule, participation during the same day in five quarters shall be considered participation in one game.”

Rationale: Schools are struggling to field both varsity and JV programs. This would allow schools to place players on each team commensurate with their playing level and ability, while allowing for the flexibility of adding depth for the varsity contest.

Budget Impact: None
Educational Impact: None
Equity Impact: Applicable to both Men and Women
Effective Date: 2020-2021 School Year

AGENDA ITEM

7. Track & Field

Adjustment of Weekly
Limitation in Indoor Track

****Attachment S5****

8. Wrestling

Addition of Competition
Opportunities for Teams not
Qualifying for the Dual Team
Playoffs (**NCWCA**)

RECOMMENDATION	SUPPORTING INFORMATION
To increase the weekly limitation of contests in the sport of Indoor Track to three (3) meets per week.	<p>Rationale: Refer to **Attachment S5**</p> <p>Budget Impact: None</p> <p>Educational Impact: None</p> <p>Equity Impact: Applicable to both Men and Women</p> <p>Effective Date: 2020-2021 School Year</p>
To allow teams not competing in the Dual Team Playoffs to compete in one (1) multi-team event on the Friday or Saturday immediately following playoff bracketing.	<p>Rationale: With the approval of the calendar adjustment for the dual team playoffs beginning in 2020-2021, it adds three (3) additional days that non-qualifying teams with potential regional tournament participants cannot participate. This addition would not affect the current rule in place during the week of the Dual Team Championships.</p> <p>Budget Impact: Negligible. Most teams had been using these days for Conference Tournaments in the past.</p> <p>Educational Impact: None</p> <p>Equity Impact: None</p> <p>Effective Date: 2020-2021 School Year</p>

AGENDA ITEM

9. Wrestling

NCHSAA Handbook Policy
4.14.6(d) Adjustment (**NCWCA
in Consultation with NCHSAA**)

RECOMMENDATION	SUPPORTING INFORMATION
To add language to the Handbook that clarifies the procedure regarding which teams host Dual Team Wrestling playoff events.	<p>Delete existing language in Handbook Policy 4.14.6(d)(1-3)</p> <p>New Policy 4.14.6(d) Dates & Sites:</p> <p>(1) The 1st/2nd rounds will be conducted on Saturday, January 30th.</p> <ul style="list-style-type: none">a. Default Match Time(s):<ul style="list-style-type: none">i. 3:00 P.M. & 4:30 P.M.ii. Participating schools may mutually agree to adjust with NCHSAA approvalb. Rounds will be hosted at the site of the team with the highest berth (#1, #2, etc.)c. Ties for hosting will be decided in the following order:<ul style="list-style-type: none">i. Head to Head Recordii. Best Overall Winning Percentageiii. Draw amongst the tied teams <p>(2) The 3rd/Regional rounds will be conducted on Wednesday, February 3rd.</p> <ul style="list-style-type: none">a. Default Match Time(s):<ul style="list-style-type: none">i. 6:00 P.M. & 7:30 P.M.ii. Participating schools may mutually agree to submit a request to the NCHSAA for an earlier start time due to extenuating circumstancesb. Rounds will be hosted by the team that creates the least amount of travel (total mileage) amongst the three (3) other schools participating in that region<ul style="list-style-type: none">i. In the event a team cannot host, the team with the 2nd least amount of travel (total mileage) will host and so on. <p>(3) The State Championships will be conducted on Saturday, February 6th and hosted by the NCHSAA at a neutral facility</p>

AGENDA ITEM

10. 2020 - 2021 NCHSAA Sports Calendar - Winter Sports Adjustments

****Attachment S1****

RECOMMENDATION	SUPPORTING INFORMATION
<p>To adjust the 1st practice and 1st competition date for winter sports in the 2020-2021 NCHSAA Sports Calendar as follows:</p> <ul style="list-style-type: none">• 1st Practice Date<ul style="list-style-type: none">○ November 2, 2020• 1st Competition Date<ul style="list-style-type: none">○ November 21, 2020	<p>Rationale: Feedback received from the membership indicated that the traditional practice start date is preferable. 1st Competition date will be moved to the preceding Saturday to provide an additional play date.</p> <p>Budget Impact: None</p> <p>Educational Impact: None</p> <p>Equity Impact: None</p> <p>Effective Date: 2020-2021 School Year</p>
<p>11. Football</p> <p>Future Calendar Considerations (NCHSAA)</p> <p>**Attachment S6**</p>	<p>**Discussion Item**</p>

2020-2021 NCHSAA Sports Calendar (Attachment S1)

FALL 2020	
First Practice	Aug. 1
First Contest	Aug. 17

WOMEN'S GOLF	
Reporting deadline	Oct. 14; 9pm
Regional	Oct. 19 or 20
State	Oct. 26-27

VOLLEYBALL	
Seeding	Oct. 22
1st Round	Oct. 24
2nd Round	Oct. 27
3rd Round	Oct. 29
4th Round	Oct. 31
Regional	Nov. 3
State	Nov. 7

WOMEN'S TENNIS	
Individual	
Reporting deadline	Oct. 12; 3pm
Regional	Oct. 16-17
State	Oct. 23-24
Dual Team	
Bracketing	Oct. 12
1st Round	Oct. 14
2nd Round	Oct. 20
3rd Round	Oct. 26
Regional	Oct. 28
State	Oct. 31

CROSS COUNTRY	
Reporting deadline	Oct. 23; 3pm
Regional	Oct. 31
State	Nov. 7

MEN'S SOCCER	
Seeding	Oct. 30
1st Round	Nov. 2
2nd Round	Nov. 5
3rd Round	Nov. 9
4th Round	Nov. 12
Regional	Nov. 17
State	Nov. 20-21

CHEERLEADING	
Invitational	Dec. 5

FOOTBALL	
First Practice	Aug. 1
First Scrimmage	Aug. 11
First Contest	Aug. 21
2nd	Aug. 28
3rd	Sept. 4
4th	Sept. 11
5th	Sept. 18
6th	Sept. 25
7th	Oct. 2
8th	Oct. 9
9th	Oct. 16
10th	Oct. 23
11th	Oct. 30
12th	Nov. 6

FOOTBALL PLAYOFFS	
Seeding	Nov. 7
1st Round	Nov. 13
2nd Round	Nov. 20
3rd Round	Nov. 27
Regionals	Dec. 4
State	Dec. 12

WINTER 2020 - 2021	
First Practice (Basketball-NON-FB)	Oct. 26
First Contest (Basketball-NON-FB)	Nov. 9

First Practice	Nov. 2
First Contest	Nov. 21

INDOOR TRACK	
Reporting deadline	Feb. 6; 9pm
State	Feb. 12-13

SWIMMING	
Reporting deadline	Jan. 29; 8pm
Regionals	Feb. 4-6
State	Feb. 11-13

WRESTLING	
Dual team	
Bracketing	Jan. 28
1st/2nd	Jan. 30
3rd/Regionals	Feb. 3
State Championship	Feb. 6
Women's Invitational	Feb. 6

Individual	
Reporting deadline	Feb. 1; 3pm
Indiv/Reg	Feb. 12-13
Indiv/State	Feb. 18-20

BASKETBALL	
Conference	Feb. 15-19
Seeding	Feb. 20
1st Round	Feb. 23
2nd Round	Feb. 25
3rd Round	Feb. 27
4th Round	Mar. 2
Regional	Mar. 6
State	Mar. 13

SUMMER DEAD PERIODS 2020	
June 29 - July 5, 2020	
July 20 - July 26, 2020	

SCHOOL YEAR DEAD PERIODS	
August 3 - August 23, 2020	
November 9 - November 29, 2020	
February 15 - March 7, 2021	
Last 5 Student Days of the 1st Semester	
Last 10 Student Days of the 2nd Semester	

SPRING 2021	
First Practice	Feb. 15
First Contest	Mar. 1

MEN'S GOLF	
Reporting deadline	Apr. 28, 9pm
Regional	May 3 or 4
State	May 10-11

MEN'S TENNIS	
Individual	
Reporting deadline	Apr. 26, 3 pm
Regional	Apr. 30 - May 1
State	May 7-8

Dual Team	
Bracketing	Apr. 26
1st Round	Apr. 28
2nd Round	May 4
3rd Round	May 10
Regional	May 12
State	May 15

TRACK	
Reporting deadline	Apr. 30; 6pm
Regionals	May 7-8
State	May 14-15

LACROSSE	
Bracketing	Apr. 26
1st Round	Apr. 28
2nd Round	Apr. 30
3rd Round	May 4
4th Round	May 7
Regional	May 11
State	May 14-15

WOMEN'S SOCCER	
Seeding	April 30
1st Round	May 3
2nd Round	May 6
3rd Round	May 10
4th Round	May 13
Regional	May 18
State	May 21-22

SOFTBALL	
Seeding	May 10
1st Round	May 11
2nd Round	May 14
3rd Round	May 18
4th Round	May 21
Regional	May 25-29
State	Jun. 4-5

BASEBALL	
Seeding	May 10
1st Round	May 11
2nd Round	May 14
3rd Round	May 18
4th Round	May 21
Regional	May 25-29
State	Jun. 4-5

Spring 2020 Soccer Survey Results

Responses

377/581 = 64.89%

Coach Type

Both (Boys and Girls) 129 = 34.22%

Boys 126 = 33.42%

Girls 122 = 32.36%

Tie at the End of Regulation Options

End as a Tie 140 = 37.14%

Two Overtime Periods 237 = 62.86%

Overtime Options

Two 7-Minute Periods 165 = 43.77%

Two 10-Minute Periods 212 = 56.23%

Post-Season Schedule

Seeding	Friday
1 st Round	Monday
2 nd Round	Thursday
3 rd Round	Monday
4 th Round	Thursday
Regionals	Tuesday
States	Friday/Saturday

Yes 304 = 80.64%

No 73 = 19.36%

2020 Football Contact Limitation BOD Proposal

Joint Recommendation from a sub-committee comprised of the NC Football Coaches Association Board and members of the NCHSAA Sports Medicine Advisory Committee

1. During the spring skill development period for football, between April 15th and the last ten (10) student days of second semester, Level 3 (Bump) may be used for a maximum of 60 minutes total (Limitation of up to 15 minutes per day).
2. After the conditioning requirements are met for pre-season practice (August), teams are limited to a maximum of 15 minutes of Live Action Contact (Level 4) per group, per day.
3. Pre-season scrimmage time allowance will be reduced from seven (7) hours, to five (5) hours with a required minimum of 48 hours (recommended 72 hours) in between any scrimmages. This competition can be between two (2) schools or with multiple schools.
4. Once the regular season begins (Monday of Play Week #1), teams are limited to a maximum of 15 minutes of Live Action Contact (Level 4) per group, per week.

Editorial Note:**Provisional NCHSAA Handbook 4.5.2.b Update**

Football Drill Categories

- a. Non-Live Action (Allowed at any time outside of established dead periods and Sundays)
 - i. Level 0 (Air)
 1. Players run a drill unopposed without contact
 - ii. Level 1 (Bags)
 1. Players run a drill against a hand-held bag or another soft-contact surface.
 - iii. Level 2 (Control)
 1. Players run a drill at coach-assigned speed
 2. One player is predetermined the “winner” by the coach
 3. Contact remains above the waist and players stay on their feet.
- b. Restricted Non-Live Action (Limitations in place for off-season skill development)
 - i. Level 3 (Bump)
 1. Players run a drill at competitive speed with no wrapping up of a ball-carrier
 2. No predetermined “winner”
 3. Contact remains above the waist, players stay on their feet, and a quick whistle ends the drill
 4. Allowed during the spring skill development period for football
 - a. Between April 15th and the last ten (10) student days of 2nd semester
 - b. May be used for a maximum of 60 minutes total
 - i. Limitation of up to 15 minutes per day
 5. Allowed during in-season practices once acclimatization mandates are met
 - a. No daily/weekly time limitations

- c. Live Action (Allowed during in-season practices once acclimatization mandates are met)
 - i. Level 4 (Full Live Action Contact)
 - 1. Drill is run in game-like conditions and is the only time that players are allowed to be taken to the ground.

NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION

Meeting of the Board of Directors – Agenda Item Submission

Name(s): Greg Grantham (Ex. Director), Henry Drake (President), Scott Harrill (Vice President)

LEA/Conference/Group: NC Basketball Coaches Association

We/I request that the following item be placed on the agenda for the next meeting of the NCHSAA Board of Directors:

Recommendation/Proposal: (State in detail the recommendation/proposal): Basketball (both boys & girls) should have a rule that allows players (9th & 10th graders only) to be allowed to participate in 5 quarters of basketball games on the same day.

Sample wording: A student shall not participate in more than five quarters per day and in not more than 23 games per season (except if team plays an additional Endowment game), exclusive of Conference Tournaments and State Playoffs. Overtime periods shall be considered an extension of the previous quarter, and participation for any length of time in a quarter shall constitute a full quarter. For the purposes of this rule, participation during the same day in five quarters shall be considered participation in one game.

This rule could even be expanded to include that a team can only use a player in 5 quarters in a situation where there are fewer than 11 players listed in the scorebook for that contest. It would/should truly be for situations that would avoid having to end a season because of lack of numbers or potentially end a game with only 4 players on the court for one team.

- **Rationale:** (Why should the board consider and possibly pass this recommendation?)
As a result of the increase in sport specialization, there are a number of schools across the state that are finding it difficult to field both JV and Varsity basketball teams (particularly on the girls side). Schools are starting the season with only 8 or 9 players on the team (either JV or Varsity) and often lose 1 or 2 during the season, leaving them with the unenviable options of either cancelling the season or starting games with only 7 or 8 players dressed for games. In some cases it forces schools to either not field a JV team altogether, or cancel the remainder of the JV season and merge 2 teams into one, thus forcing the younger players to lose valuable playing experience.

There are over 30 other states that allow basketball players to either A) play 5 or 6 quarters on the same day at different levels (JV & Var), or B) allow players to play 2 different basketball games on the same day. In North Carolina, the NCHSAA rules already allow Baseball, Softball and Volleyball players to participate in 2 full contests at different levels on the same day.
- **Budget Impact:** (What does this mean to a school's/athletic department's finances?)
This rule change would have minimal if any budgetary impact on school's athletic department finances.

Attachment S4

- **Educational Impact:** (Does this mean loss of school time? Does it interfere with study time?) There would be no educational impact nor additional loss of school time.
- **Gender Impact:** (Is this proposal fair to males and females?) The rule would be the same for both Boys and Girls Basketball. However, in most cases it would be of greater benefit to Girls Basketball programs as they are seeing a steady decline in JV participation numbers across the state.
- **Effective Date:** (When would this go into effect?) We recommend that this rule go into effect for the 2020-21 School year.

Signature _____ Date 3/31/2020

Additional documentation should include:

- USA Basketball & NBA Health & Wellness guidelines
<https://youthguidelines.nba.com/>
- Results of JV Girls Basketball participation survey
<https://docs.google.com/spreadsheets/d/1IJu7MVQSIlzNTrYeXLXdPOXv4cqReLdmTNJrTMFOc9M/edit?usp=sharing>
- South Dakota 7 quarter reporting form
<https://drive.google.com/open?id=1Jilv7KztYJUijFUex-eKzR4lrw6YIrc3>
- Email responses from other State Associations on how they track/ report violations of extra quarter participation



PARTICIPATION GUIDELINES

Overscheduling of competitive events, overuse injuries and burnout have become too common in youth basketball. The tables below outline **recommended** and **maximum** amounts of youth basketball participation, as well as **rest** guidelines for young athletes, designed to promote a fun and healthy playing experience.

RECOMMENDED PARTICIPATION GUIDELINES

Age	Game Length	# of Games Per Week	Practice Length	# of Practices Per Week
Ages 7-8	20-28 min	1	30-60 min	1
Ages 9-11	24-32 min	1 to 2	45-75 min	2
Ages 12-14	28-32 min	2	60-90 min	2 to 4
Grades 9-12	32-40 min	2 to 3	90-120 min	3 to 4



HEALTH & WELLNESS PLAYER SEGMENTATION RULES & STANDARDS EXPERTS SUPPORTERS

MAXIMUM PARTICIPATION GUIDELINES

Age	# of Games Per Day	# of Hrs. Per Week in Organized Basketball
Ages 7-8	1	3 hours
Ages 9-11	2*	5 hours
Ages 12-14	2*	10 hours**
Grades 9-12	2*	14 hours

The maximum participation guidelines outlined above and guidance on camps and academies below are intended to serve as limits on a young athlete's participation in organized basketball. It is possible that participation in organized basketball within the maximum limits but in excess of the recommendations is also not advisable from a health and wellness standpoint; however, this issue requires further study.

**Youth basketball players, parents, and coaches should demonstrate caution in scheduling or participating in more than one game per day, especially on consecutive days. If young athletes participate in an event or tournament in which more than one game is played per day on consecutive days, players should have additional time off from sports activities following the event to allow for recovery.*

***It is recommended that young athletes in these age ranges who are approaching the maximum hour limits not participate in another organized sport concurrently.*

REST GUIDELINES

Age	Min. # of Rest Days Per Week	Max. Months Per Year in Organized Basketball	Recommended Hours of Sleep Per Night
Ages 7-8	2	4 months	9-12 hours
Ages 9-11	2	5 months	9-12 hours
Ages 12-14	1	7 months	8-10 hours*
Grades 9-12	1	9-10 months	8-10 hours

**For 12 year olds, 9-12 hours of sleep is recommended.*

Timestamp	Your School Name	Classification of your school	Has your school ever fielded a JV Girls Basketball team before this year?	Did your school field a JV Girls Basketball team last school year?	If you did field a JV Girls Basketball team last school year, did you have at least 11 players on both the JV and Varsity teams?	Do you anticipate fielding a JV Girls Basketball team this 2019-20 season?	Have you noticed a decline in overall Girls Basketball participation numbers (across both JV & Varsity) over the past few years? (overall, not just at your school)	Would you be in favor of a rule that would allow 9th & 10th Grade players to participate in 5 quarters on the same day (excluding overtime periods)? For the purposes of this rule, participation during the same day in five quarters shall be considered participation in only one game towards the 23 game season limit.
11/1/2019	A.L. Brown	3A	Yes	Yes	No	Yes	Yes	Yes
11/6/2019	AC Reynolds High School	3A	Yes	Yes	No	Yes	Yes	No
11/4/2019	Albemarle Hugh School	1A	No	No	N/A	Yes	Yes	Yes
11/21/2019	alexander centrl	3A	Yes	Yes	No	No	Yes	Yes
10/31/2019	Anson County	2A	Yes	Yes	No	Yes	Yes	Yes
10/31/2019	Apex Friendship	4A	Yes	Yes	Yes	Yes	Yes	Yes
10/31/2019	Ardrey Kell	4A	Yes	Yes	Yes	Yes	Yes	Yes
11/9/2019	Ashbrook	3A	Yes	Yes	No	Yes	Yes	Uncertain
11/4/2019	Ashe County High School	2A	Yes	Yes	No	Yes	Yes	Yes
11/4/2019	Asheboro High School	3A	Yes	Yes	Yes	No	Yes	Yes
11/5/2019	Asheville	3A	Yes	Yes	Yes	Yes	Yes	Yes
11/1/2019	Ashley High School	4A	Yes	Yes	No	Yes	Yes	Yes
11/4/2019	Avery County High School	1A	Yes	Yes	No	Uncertain at this time	Yes	Yes
11/4/2019	Ayden-Grifton	2A	No	No	N/A	Yes	Yes	Yes
11/5/2019	Bandys High School	2A	Yes	Yes	No	Yes	Yes	Yes
10/31/2019	Bear Grass Charter	1A	No	No	N/A	Yes	Yes	Yes
11/6/2019	Ben L Smith HS	3A	Yes	No	N/A	No	Yes	Yes
11/5/2019	Berry Academy	4A	Yes	Yes	No	Yes	Yes	Yes
11/1/2019	Bertie High	2A	Yes	Yes	No	Uncertain at this time	Yes	Yes
11/3/2019	Bishop McGuinness	1A	Yes	Yes	No	Yes	Yes	Yes
10/31/2019	Broughton	4A	Yes	Yes	Not sure	Yes	Uncertain	Uncertain
10/31/2019	Bunker Hill	2A	Yes	Yes	No	Yes	Yes	Yes

Timestamp	Your School Name	Classification of your school	Has your school ever fielded a JV Girls Basketball team before this year?	Did your school field a JV Girls Basketball team last school year?	If you did field a JV Girls Basketball team last school year, did you have at least 11 players on both the JV and Varsity teams?	Do you anticipate fielding a JV Girls Basketball team this 2019-20 season?	Have you noticed a decline in overall Girls Basketball participation numbers (across both JV & Varsity) over the past few years? (overall, not just at your school)	Would you be in favor of a rule that would allow 9th & 10th Grade players to participate in 5 quarters on the same day (excluding overtime periods)? For the purposes of this rule, participation during the same day in five quarters shall be considered participation in only one game towards the 23 game season limit.
11/4/2019	Bunn High School	2A	Yes	Yes	No	Uncertain at this time	Yes	Yes
11/4/2019	Burns High	2A	Yes	Yes	No	Yes	Yes	Yes
11/5/2019	Butler	4A	Yes	Yes	No	Yes	Yes	Yes
11/1/2019	Camden County HS	1A	Yes	No	N/A	Yes	Yes	Yes
10/31/2019	Cape Fear High School	3A	Yes	Yes	No	Yes	Yes	Yes
10/31/2019	Cape Hatteras	1A	Yes	No	N/A	Yes	Yes	Yes
11/4/2019	Cardinal Gibbons	4A	Yes	Yes	Yes	Yes	Yes	Yes
11/5/2019	Carrboro High	2A	Yes	No	N/A	Yes	Yes	Yes
11/1/2019	Carson High School	3A	Yes	Yes	No	Yes	Yes	Yes
10/31/2019	Cary High School	4A	Yes	Yes	Not sure	Yes	Uncertain	Yes
11/6/2019	Cedar Ridge HS	3A	Yes	No	N/A (no JV team last year)	No	Yes	Yes
11/1/2019	Central Academy of Technology	2A	Yes	Yes	No	No	Yes	Yes
11/1/2019	Central Cabarrus	3A	Yes	Yes	No	Uncertain at this time	Yes	Yes
11/5/2019	Central Davidson High School	2A	Yes	No	N/A	Yes	Yes	Yes
11/4/2019	Chapel Hill High School	3A	Yes	Yes	No	Uncertain at this time	Yes	Yes
11/5/2019	Charles B Aycock	3A	Yes	Yes	Yes	Yes	Yes	Yes
11/1/2019	Chase High School	2A	No	No	N/A	Yes	Uncertain	Yes
10/31/2019	Chatham Central High School	1A	Yes	Yes	Yes	Yes	No	Yes
11/4/2019	Cherokee High School	1A	Yes	Yes	Yes	Yes	No	No
10/31/2019	Cleveland High School	3A	Yes	Yes	No	Yes	Yes	Yes
11/15/2019	Clinton	2A	Yes	No	N/A (no JV team last year)	Yes	Yes	Yes
11/5/2019	Community School of Davidson	1A	Yes	No	N/A (no JV team last year)	No	Uncertain	Yes

Timestamp	Your School Name	Classification of your school	Has your school ever fielded a JV Girls Basketball team before this year?	Did your school field a JV Girls Basketball team last school year?	If you did field a JV Girls Basketball team last school year, did you have at least 11 players on both the JV and Varsity teams?	Do you anticipate fielding a JV Girls Basketball team this 2019-20 season?	Have you noticed a decline in overall Girls Basketball participation numbers (across both JV & Varsity) over the past few years? (overall, not just at your school)	Would you be in favor of a rule that would allow 9th & 10th Grade players to participate in 5 quarters on the same day (excluding overtime periods)? For the purposes of this rule, participation during the same day in five quarters shall be considered participation in only one game towards the 23 game season limit.
11/6/2019	Corinth Holders	4A	Yes	Yes	Not sure	Yes	Yes	Yes
11/6/2019	Cox Mill High School	3A	Yes	Yes	No	Yes	Yes	Yes
11/4/2019	Cummings High School	2A	Yes	No	N/A	Yes	Yes	Yes
11/4/2019	Currituck High School	2A	Yes	Yes	No	Yes	Yes	Yes
10/31/2019	Cuthbertson	3A	Yes	Yes	No	Uncertain at this time	Yes	Yes
11/1/2019	Davie Co	4A	Yes	No	N/A	Yes	Yes	Yes
11/6/2019	DH Conley	3A	Yes	Yes	Yes	Yes	Yes	Yes
11/1/2019	Dixon High	2A	Yes	Yes	No	Uncertain at this time	Yes	Yes
11/6/2019	Douglas Byrd High	3A	Yes	No	N/A	Uncertain at this time	Uncertain	Yes
11/6/2019	Durham School of the Arts	2A	No	No	N/A	No	Yes	Yes
11/6/2019	E. E. Smith High	3A	Yes	Yes	No	Yes	Yes	Yes
11/1/2019	East Bladen	2A	Yes	Yes	No	Yes	Yes	Yes
11/4/2019	East Carteret	1A	Yes	No	N/A	Yes	Yes	Yes
11/5/2019	East Davidson	2A	Yes	Yes	No	No	Yes	No
11/1/2019	East Duplin	2A	Yes	Yes	No	Uncertain at this time	Yes	Yes
11/4/2019	East Rowan	3A	Yes	Yes	No	Yes	Yes	Yes
11/4/2019	East Rutherford	2A	No	No	N/A	Yes	Yes	Uncertain
11/1/2019	East Wake Academy	1A	No	No	N/A	Yes	No	No
11/1/2019	Eastern Alamance	3A	Yes	No	N/A	Yes	Yes	No
10/31/2019	Eastern Randolph	2A	Yes	Yes	No	No	Yes	Yes
11/4/2019	Enka High School	3A	Yes	Yes	Yes	Yes	Yes	Yes
11/8/2019	Enloe	4A	No	No	No	No	Yes	Uncertain

Timestamp	Your School Name	Classification of your school	Has your school ever fielded a JV Girls Basketball team before this year?	Did your school field a JV Girls Basketball team last school year?	If you did field a JV Girls Basketball team last school year, did you have at least 11 players on both the JV and Varsity teams?	Do you anticipate fielding a JV Girls Basketball team this 2019-20 season?	Have you noticed a decline in overall Girls Basketball participation numbers (across both JV & Varsity) over the past few years? (overall, not just at your school)	Would you be in favor of a rule that would allow 9th & 10th Grade players to participate in 5 quarters on the same day (excluding overtime periods)? For the purposes of this rule, participation during the same day in five quarters shall be considered participation in only one game towards the 23 game season limit.
11/1/2019	Erwin High	3A	Yes	Yes	Yes	Yes	Yes	Yes
11/1/2019	First Flight High	2A	Yes	Yes	No	Uncertain at this time	Yes	Yes
11/1/2019	Forbush High School	2A	Yes	Yes	No	Yes	Yes	Yes
10/31/2019	Forestview High School	3A	Yes	Yes	No	Uncertain at this time	Yes	Yes
11/1/2019	franklin high school	2A	Yes	Yes	No	Yes	No	Yes
11/19/2019	Franklinton HS	3A	Yes	No	N/A (no JV team last year)	No	Yes	Yes
11/1/2019	Freedom	3A	Yes	Yes	No	Yes	Yes	Yes
10/31/2019	Fuquay-Varina High School	4A	Yes	Yes	Yes	Yes	Yes	Yes
11/6/2019	Gates County	1A	No	No	N/A	No	Yes	Yes
11/4/2019	Glenn HS	4A	Yes	Yes	Yes	Yes	Yes	Yes
11/6/2019	Granville central	1A	Yes	Yes	No	Yes	Yes	Yes
11/1/2019	Gray Stone Day School	1A	Yes	Yes	No	Yes	Yes	Yes
11/1/2019	Gray's Creek High School	3A	Yes	Yes	No	Uncertain at this time	Yes	Yes
11/5/2019	Harnett Central	3A	Yes	Yes	No	Yes	Yes	Yes
11/4/2019	Havelock	3A	Yes	Yes	Yes	Yes	Yes	Yes
11/5/2019	Hayesville	1A	Yes	Yes	No	Yes	Yes	Yes
11/4/2019	Heritage	4A	Yes	Yes	No	Yes	Yes	Uncertain
11/4/2019	Hertford County High	2A	Yes	Yes	No	Yes	Yes	Yes
11/5/2019	Hibriten	2A	Yes	Yes	No	Yes	Yes	Yes
11/1/2019	Hickory Ridge	4A	Yes	Yes	No	Yes	Uncertain	Yes
10/31/2019	Highland School of Technology	1A	No	No	N/A	Yes	Yes	Yes
11/1/2019	Highlands	1A	Yes	Yes	No	Yes	Yes	Yes

Timestamp	Your School Name	Classification of your school	Has your school ever fielded a JV Girls Basketball team before this year?	Did your school field a JV Girls Basketball team last school year?	If you did field a JV Girls Basketball team last school year, did you have at least 11 players on both the JV and Varsity teams?	Do you anticipate fielding a JV Girls Basketball team this 2019-20 season?	Have you noticed a decline in overall Girls Basketball participation numbers (across both JV & Varsity) over the past few years? (overall, not just at your school)	Would you be in favor of a rule that would allow 9th & 10th Grade players to participate in 5 quarters on the same day (excluding overtime periods)? For the purposes of this rule, participation during the same day in five quarters shall be considered participation in only one game towards the 23 game season limit.
10/31/2019	Hoke County High School	4A	Yes	Yes	No	Yes	Yes	No
11/5/2019	J.H Rose High	3A	Yes	Yes	Yes	Yes	Yes	Yes
10/31/2019	Jack Britt High School	4A	Yes	Yes	No	Yes	Yes	Uncertain
11/5/2019	Jacksonville High	3A	Yes	Yes	No	Yes	Yes	Yes
11/6/2019	James B Hunt	3A	Yes	Yes	Yes	Yes	Yes	No
11/5/2019	James Kenan High School	2A	Yes	No	N/A (no JV team last year)	Yes	Uncertain	Yes
11/1/2019	Jay M Robinson High School	3A	Yes	No	N/A	Yes	Yes	Yes
11/4/2019	JF Webb	2A	Yes	Yes	No	Yes	Yes	Yes
11/5/2019	JH Rose HS	3A	Yes	Yes	No	Yes	Yes	Yes
11/7/2019	John A. Holmes	1A	Yes	Yes	No	Yes	Uncertain	Yes
11/5/2019	Jordan High School	4A	Yes	Yes	Yes	Yes	Yes	No
11/1/2019	Kings Mountain High School	3A	Yes	Yes	No	Yes	Yes	Yes
11/6/2019	Kinston High School	2A	Yes	Yes	Yes	Yes	Yes	Yes
11/5/2019	Knightdale High	4A	Yes	Yes	No	Yes	Yes	Yes
10/31/2019	Lake Norman High School	4A	Yes	Yes	No	Yes	Yes	Yes
11/20/2019	Lakewood High School	1A	No	No	N/A (no JV team last year)	Uncertain at this time	Yes	Yes
11/4/2019	Laney High School	4A	Yes	Yes	Yes	Yes	Yes	Yes
10/31/2019	LEDFORD HIGH SCHOOL	2A	Yes	Yes	No	Yes	Yes	Yes
11/1/2019	Leesville Road HS	4A	Yes	Yes	No	Yes	Yes	Yes
11/6/2019	Lincolnton High	2A	Yes	Yes	No	Yes	Yes	Yes
11/1/2019	Lumberton Sr HS	4A	Yes	Yes	No	Yes	Yes	Yes
11/5/2019	Maiden High School	2A	Yes	Yes	No	Yes	Yes	Yes

Timestamp	Your School Name	Classification of your school	Has your school ever fielded a JV Girls Basketball team before this year?	Did your school field a JV Girls Basketball team last school year?	If you did field a JV Girls Basketball team last school year, did you have at least 11 players on both the JV and Varsity teams?	Do you anticipate fielding a JV Girls Basketball team this 2019-20 season?	Have you noticed a decline in overall Girls Basketball participation numbers (across both JV & Varsity) over the past few years? (overall, not just at your school)	Would you be in favor of a rule that would allow 9th & 10th Grade players to participate in 5 quarters on the same day (excluding overtime periods)? For the purposes of this rule, participation during the same day in five quarters shall be considered participation in only one game towards the 23 game season limit.
11/13/2019	Mallard Creek HS	4A	Yes	Yes	No	Yes	Yes	Yes
11/5/2019	Manteo	1A	No	No	N/A (no JV team last year)	No	Uncertain	Uncertain
11/5/2019	Marvin Ridge	3A	Yes	Yes	Yes	Yes	Uncertain	Yes
11/3/2019	Midway High School	2A	Yes	No	N/A	Yes	Yes	Yes
10/31/2019	Millbrook	4A	Yes	Yes	Yes	Yes	Uncertain	Yes
10/31/2019	Mitchell High	1A	Yes	Yes	No	Yes	Yes	Yes
11/5/2019	Montgomery Central	3A	No	No	N/A	Uncertain at this time	Yes	Yes
11/6/2019	Mount Pleasant	2A	Yes	No	No	Yes	Yes	Yes
10/31/2019	Mountain Heritage	2A	Yes	Yes	No	Yes	Yes	Yes
11/5/2019	Mt Tabor	4A	Yes	Yes	No	Yes	Yes	Yes
11/1/2019	Murphy High School	1A	Yes	Yes	No	Yes	Yes	Yes
10/31/2019	Myers Park High School	4A	Yes	Yes	Yes	Yes	Yes	Yes
11/1/2019	Nash Central High School	2A	Yes	No	N/A	Yes	Yes	Yes
11/15/2019	New Bern High School	4A	Yes	Yes	Yes	Yes	Yes	Yes
11/3/2019	New Hanover High School	3A	Yes	Yes	No	Yes	Yes	Yes
11/6/2019	north brunswick hs	3A	Yes	No	No	No	Yes	Yes
10/31/2019	North Buncombe	3A	Yes	Yes	No	Yes	Yes	Yes
11/5/2019	North Johnston	2A	Yes	No	N/A	No	Yes	Uncertain
11/1/2019	North Lincoln High School	2A	Yes	Yes	No	Yes	Yes	Yes
11/1/2019	North Mecklenburg	4A	Yes	Yes	No	Yes	Yes	Yes
11/5/2019	North Pitt	2A	Yes	Yes	Yes	Yes	No	Uncertain
11/5/2019	North Stanly	1A	Yes	No	N/A	No	Yes	Yes

Timestamp	Your School Name	Classification of your school	Has your school ever fielded a JV Girls Basketball team before this year?	Did your school field a JV Girls Basketball team last school year?	If you did field a JV Girls Basketball team last school year, did you have at least 11 players on both the JV and Varsity teams?	Do you anticipate fielding a JV Girls Basketball team this 2019-20 season?	Have you noticed a decline in overall Girls Basketball participation numbers (across both JV & Varsity) over the past few years? (overall, not just at your school)	Would you be in favor of a rule that would allow 9th & 10th Grade players to participate in 5 quarters on the same day (excluding overtime periods)? For the purposes of this rule, participation during the same day in five quarters shall be considered participation in only one game towards the 23 game season limit.
11/5/2019	North Surry	2A	Yes	Yes	No	Yes	Yes	Yes
11/1/2019	North Wilkes	2A	Yes	Yes	No	Yes	Yes	Yes
11/3/2019	Northern Durham	3A	Yes	No	N/A	Yes	Yes	Yes
11/8/2019	Northern Guilford	3A	Yes	Yes	No	Yes	Yes	No
11/5/2019	Northside- Pinetown	1A	No	No	N/A	No	Yes	Uncertain
11/6/2019	Northwood	3A	Yes	Yes	Yes	Yes	Yes	Yes
11/5/2019	OAK GROVE HIGH	2A	Yes	Yes	No	Yes	Yes	Yes
11/1/2019	Orange	3A	Yes	Yes	Yes	Yes	Yes	Yes
11/6/2019	Overhills	4A	Yes	Yes	Yes	Yes	Yes	Yes
10/31/2019	Page	4A	Yes	Yes	No	Yes	Yes	Yes
11/19/2019	Pamlico County HS	1A	Yes	Yes	Yes	Yes	Yes	Yes
11/5/2019	Panther Creek HS	4A	Yes	Yes	Yes	Yes	Yes	No
11/5/2019	Parkland High School	3A	Yes	No	N/A	No	No	Yes
10/31/2019	Patton	2A	Yes	No	N/A	Yes	Yes	Yes
11/1/2019	Perquimans	1A	No	No	N/A	Yes	Yes	Yes
11/5/2019	Pine Forest High School	4A	Yes	Yes	No	Yes	Yes	Yes
11/5/2019	Pine Lake Prep	1A	Yes	No	N/A	No	Yes	Yes
11/5/2019	Pinecrest High School	4A	Yes	Yes	Yes	Yes	Yes	Uncertain
11/15/2019	Porter Ridge High	4A	Yes	Yes	Yes	Yes	Yes	Yes
11/5/2019	Providence High School	4A	Yes	Yes	No	Yes	Yes	Yes
11/15/2019	Purnell Swett HS	4A	Yes	Yes	No	Yes	Yes	Yes
11/5/2019	Randleman High School	2A	Yes	No	N/A (no JV team last year)	No	Yes	Yes

Timestamp	Your School Name	Classification of your school	Has your school ever fielded a JV Girls Basketball team before this year?	Did your school field a JV Girls Basketball team last school year?	If you did field a JV Girls Basketball team last school year, did you have at least 11 players on both the JV and Varsity teams?	Do you anticipate fielding a JV Girls Basketball team this 2019-20 season?	Have you noticed a decline in overall Girls Basketball participation numbers (across both JV & Varsity) over the past few years? (overall, not just at your school)	Would you be in favor of a rule that would allow 9th & 10th Grade players to participate in 5 quarters on the same day (excluding overtime periods)? For the purposes of this rule, participation during the same day in five quarters shall be considered participation in only one game towards the 23 game season limit.
11/7/2019	Reagan	4A	Yes	Yes	Yes	Yes	Yes	Yes
11/2/2019	Richlands high school	2A	Yes	Yes	Yes	Yes	Yes	Yes
10/31/2019	Riverside Martin	1A	Yes	Yes	No	Uncertain at this time	Yes	Yes
11/1/2019	Robbinsville High School	1A	Yes	Yes	No	Yes	Yes	Yes
10/31/2019	Rockingham County	3A	Yes	Yes	No	Yes	Yes	Uncertain
11/7/2019	Salisbury High School	2A	Yes	Yes	Yes	Yes	Yes	Yes
11/4/2019	Sanderson High School	4A	Yes	Yes	Yes	Yes	Yes	Yes
11/5/2019	Seventy-First High School	4A	Yes	Yes	Yes	Yes	Yes	Yes
10/31/2019	South Central High School	4A	Yes	Yes	No	Yes	Yes	Yes
11/1/2019	South Columbus	1A	Yes	No	N/A	Yes	Yes	Yes
11/1/2019	South Creek High School	1A	Yes	No	N/A	Yes	Yes	Yes
11/1/2019	South Davidson High School	1A	Yes	Yes	No	Uncertain at this time	Yes	Yes
11/5/2019	South Iredell High School	3A	Yes	Yes	Yes	Yes	Yes	Yes
11/21/2019	south lenoir	2A	Yes	Yes	No	No	Yes	Yes
10/31/2019	South Meck	4A	Yes	Yes	Yes	Yes	No	No
11/4/2019	South View High	4A	Yes	Yes	No	Yes	Yes	Yes
11/1/2019	Southeast Halifax	1A	No	No	N/A	Yes	Yes	Yes
11/5/2019	Southern Durham	3A	Yes	No	N/A	Yes	Yes	Yes
11/1/2019	Southern Lee	3A	Yes	Yes	No	No	Yes	Yes
10/31/2019	St Stephens	3A	Yes	No	N/A	Yes	Yes	Yes
11/20/2019	STUART CRAMER HIGH	3A	Yes	Yes	No	Yes	Yes	Yes
11/6/2019	Sun Valley HS	3A	Yes	Yes	No	Yes	Yes	Yes

Timestamp	Your School Name	Classification of your school	Has your school ever fielded a JV Girls Basketball team before this year?	Did your school field a JV Girls Basketball team last school year?	If you did field a JV Girls Basketball team last school year, did you have at least 11 players on both the JV and Varsity teams?	Do you anticipate fielding a JV Girls Basketball team this 2019-20 season?	Have you noticed a decline in overall Girls Basketball participation numbers (across both JV & Varsity) over the past few years? (overall, not just at your school)	Would you be in favor of a rule that would allow 9th & 10th Grade players to participate in 5 quarters on the same day (excluding overtime periods)? For the purposes of this rule, participation during the same day in five quarters shall be considered participation in only one game towards the 23 game season limit.
11/1/2019	Swain High School	1A	Yes	No	N/A	Yes	Yes	Yes
11/2/2019	Swansboro High	3A	Yes	Yes	Yes	Yes	Yes	Yes
10/31/2019	Tarboro High School	1A	Yes	Yes	No	Yes	Yes	Yes
10/31/2019	TC Roberson	3A	Yes	Yes	No	Yes	Yes	Uncertain
11/7/2019	Thomasville High School	2A	No	No	N/A (no JV team last year)	Uncertain at this time	Yes	Yes
10/31/2019	Triton High School	3A	Yes	No	N/A	Yes	Yes	Yes
11/5/2019	Union Academy	1A	Yes	No	N/A (no JV team last year)	No	Yes	Yes
11/6/2019	Union High School	1A	No	No	N/A	No	Yes	No
11/6/2019	Union Pines	3A	Yes	Yes	Yes	Yes	Yes	No
11/1/2019	Uwharrie Charter Academy	1A	Yes	Yes	No	No	Yes	Yes
11/6/2019	Wake Forest HS	4A	Yes	Yes	No	Yes	Yes	Yes
11/1/2019	Walkertown High School	2A	No	No	N/A	Yes	Yes	Yes
11/6/2019	Watauga	3A	Yes	Yes	Yes	Yes	Yes	Yes
10/31/2019	West Caldwell	2A	No	No	N/A	Yes	Yes	Yes
11/5/2019	West Craven High School	2A	Yes	No	N/A	No	Yes	Yes
11/1/2019	West Forsyth	4A	Yes	Yes	No	Yes	Yes	Yes
10/31/2019	West Henderson High School	3A	Yes	Yes	No	Yes	Yes	Yes
10/31/2019	west johnston	3A	Yes	Yes	No	Yes	Yes	Uncertain
10/31/2019	Westover High	3A	Yes	Yes	No	Uncertain at this time	Yes	Yes
11/4/2019	Wheatmore	2A	Yes	No	N/A	Yes	Yes	No
11/18/2019	White Oak	3A	Yes	No	N/A (no JV team last year)	Uncertain at this time	Yes	Yes
11/5/2019	Whiteville HS	2A	Yes	Yes	No	Yes	Yes	Yes

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11/1/2019	Wilkes Central	2A	Yes	Yes	Yes	Yes	Yes	Uncertain
11/1/2019	William Amos Hough High	4A	Yes	Yes	No	Yes	Yes	Yes
11/5/2019	Zebulon Vance HS	4A	Yes	Yes	No	No	Yes	Yes
				71.6% respondents did field JVs last year (57 NO/ 144 YES)				
				of those with JVs, only 29% had 11 players on both JV & Var teams (42 of 144)				

STATE	allow more than 4 quarters on same day
Alabama	No
Delaware	No
Florida	No
Maryland	No
Massachusetts	No
Michigan	No
New York	No
North Carolina	No
Oklahoma	No
South Carolina	No
Virginia	No
Alaska	Yes
Arizona	Yes
Arkansas	Yes
Colorado	Yes
Georgia	Yes
Idaho	Yes
Illinois	Yes
Indiana	Yes
Iowa	Yes
Kansas	Yes
Kentucky	Yes
Louisiana	Yes
Maine	Yes
Minnesota	Yes
Mississippi	Yes
Missouri	Yes
Nebraska	Yes
New Hampshire	Yes

New Jersey	Yes
New Mexico	Yes
North Dakota	Yes
Ohio	Yes
Oregon	Yes
Pennsylvania	Yes
Rhode Island	Yes
South Dakota	Yes
Tennessee	Yes
Texas	Yes
Utah	Yes
Vermont	Yes
Washington	Yes
West Virginia	Yes
Wisconsin	Yes
Wyoming	Yes
California	
Connecticut	
Hawaii	

SOUTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION

BASKETBALL ROSTER PARTICIPATION FORM Seven-Quarter Rule

No student shall participate in more than seven (7) quarters of basketball in a given day against any common opponent, regardless of site in which contest is played. Violation of this rule will be a technical foul charged directly to the head coach and removal of the player from the game. Refusal to leave the game results in forfeiture.

_____	_____	_____	_____
High School	vs.	High School	Date
Contestant's Name			# Quarters Played in Preliminary Contest
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

Host Varsity Coach's Signature

Visiting Varsity Coach's Signature

NOTE: Each member school is expected to make additional copies of this form with the understanding that said form will be given to the scorekeepers from each school. The scorekeepers from the host school and visiting school will complete the form as it applies to players from their respective schools. The varsity coaches from both schools will sign the form prior to the start of the varsity contest.

NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION

Meeting of the Board of Directors – Agenda Item Submission

Name(s) : **DePaul Mittman, Executive Director**

School/LEA/Conference/Group: **NC Track & Cross-Country Coaches Association Board of Directors**

We/I request that the following item be placed on the agenda for the next meeting of the NCHSAA Board of Directors:

Recommendation/Proposal: (State in detail the recommendation/proposal)

Allow Indoor Track teams the right to participate in three contests per week.

Rationale: (Why should the board consider and possibly pass this recommendation?) Indoor track is the only winter sport that is often contested outside, and frequently events are postponed or cancelled due to weather. When meets are rescheduled, conflicts are created, especially if the school already has two (2) meets scheduled. The schools are often placed in the situation of having to either back out of local competitions, or cancel what might be their only opportunity to compete on a true indoor track (JDL Fast Track). Qualifying for the Indoor State Championship meet is based entirely on best marks recorded anywhere during the season. One of the goals is to get your best athletes to big meets to find better competition. Competition makes one better! By entering a single athlete into an invitational, this counts as one of the teams two meets for that week. Also, outdoor track and other sports (basketball, soccer, lacrosse, golf) are allowed three contests per weeks. Tennis, Baseball and softball are allowed to compete in four contests per week.

Budget Impact: (What does this mean to a school's/athletic department's finances?) It will not affect the individual school's finances.

Educational Impact: (Does this mean loss of school time? Does it interfere with study time?) It will not affect the school day or loss of time.

Gender Impact: (Is this proposal fair to males and females?) Yes.

Effective Date: (When would this go into effect?) It would go into effect with the 2020-2021 Indoor track season.

Signature



Date



Proposal # 1: Indoor track allowed 3 meets per week.
Final Tally: March 31, 2020

	4A Schools		Yes	No
1	4A	Apex	1	
2	4A	Apex Friendship	1	
3	4A	Ardrey Kell		
4	4A	Ashley		
5	4A	Athens Drive	1	
6	4A	Berry Academy		
7	4A	Britt, Jack	1	
8	4A	Broughton,	1	
9	4A	Butler, David		
10	4A	Cardinal Gibbons	1	
11	4A	Cary	1	
12	4A	Corinth Holders		
13	4A	Davie County	1	
14	4A	East Forsyth		
15	4A	East Mecklenburg		
16	4A	Enloe		
17	4A	Fuquay-Varina		
18	4A	Garinger		
19	4A	Garner Magnet		
20	4A	Glenn	1	
21	4A	Green Hope	1	
22	4A	Grimsley	1	
23	4A	Harding University		
24	4A	Heritage	1	
25	4A	Hickory Ridge H.S.	1	
26	4A	High Point Central	1	
27	4A	Hoggard	1	
28	4A	Hoke County		
29	4A	Holly Springs	1	0
30	4A	Hopewell		
31	4A	Hough, W. A.		
32	4A	Independence		
33	4A	Jordan		1
34	4A	Knightdale	1	
35	4A	Lake Norman		
36	4A	Laney	1	
37	4A	Leesville Road	1	
38	4A	Lumberton		
39	4A	Mallard Creek	1	
40	4A	McDowell		

41	4A	Middle Creek		
42	4A	Millbrook	1	
43	4A	Mooreville		
44	4A	Myers Park		
45	4A	New Bern	1	
46	4A	North Mecklenburg		
47	4A	Northwest Guilford		
48	4A	Olympic		
49	4A	Overhills		
50	4A	Page	1	
51	4A	Panther Creek		
52	4A	Pine Forest	1	
53	4A	Pinecrest	1	1
54	4A	Porter Ridge		
55	4A	Providence	1	
56	4A	Ragsdale	1	
57	4A	Reagan	1	0
59	4A	Reynolds, R. J.		
60	4A	Richmond		
61	4A	Riverside-Durham	1	
62	4A	Rocky River		
63	4A	Rolesville		
64	4A	Sanderson		1
65	4A	Scotland County		
66	4A	Seventy-First		
67	4A	South Caldwell		
68	4A	South Central		
69	4A	South Mecklenburg	1	
70	4A	South View	1	
71	4A	Southeast Raleigh		
72	4A	Southwest Guilford		
73	4A	Swett, Purnell		
74	4A	Vance, Zebulon		
75	4A	Wake Forest		
76	4A	Wakefield		
77	4A	West Charlotte		
78	4A	West Forsyth	1	
79	4A	West Johnston		
80	4A	West Mecklenburg		

Final Tally March 31, 2020

32

Yes

3

No

Proposal # 1: Indoor track allowed 3 meets per week.**Final Tally: March 31, 2020**

3A Schools			Yes	No
1	3A	Alexander Central		
2	3A	Ashbrook		
3	3A	Asheboro		
4	3A	Asheville		
5	3A	Aycock, Charles B.	1	
6	3A	Brown, A. L.	1	
7	3A	Burns		
8	3A	Cape Fear		
9	3A	Cardinal Gibbons		
10	3A	Cedar Ridge	1	
11	3A	Central Cabarrus	1	
12	3A	Central Davidson		
13	3A	Chapel Hill		
14	3A	Charlotte Catholic		
15	3A	Clayton		
16	3A	Cleveland	1	
17	3A	Concord	1	
18	3A	Conley	1	
19	3A	Cox Mill		
20	3A	Crest		
21	3A	Cuthbertson	1	
22	3A	Douglas Byrd		1
23	3A	Dudley	1	
24	3A	East Chapel Hill	1	
25	3A	East Henderson		
26	3A	East Rowan		
27	3A	East Wake	1	
28	3A	Eastern Alamance	1	
29	3A	Eastern Guilford	1	1
30	3A	Eastern Wayne		
31	3A	Enka		
32	3A	Erwin		
33	3A	Fike High School	1	
34	3A	Forestview		
35	3A	Franklinton	1	
36	3A	Freedom		
37	3A	Gray's Creek	1	
38	3A	Harnett Central		
39	3A	Havelock		
40	3A	Hickory		

41	3A	Hillside		
42	3A	Hunt	1	
43	3A	Huss	1	
44	3A	Jacksonville	1	
45	3A	Jesse C. Carson	1	
46	3A	Kings Mountain	1	
47	3A	Ledford		
48	3A	Lee County	1	
49	3A	Marvin Ridge		
50	3A	McMichael		
51	3A	Monroe		
52	3A	Morehead		
53	3A	Mount Tabor		1
54	3A	Nash Central		
55	3A	New Hanover		
56	3A	North Brunswick	1	
57	3A	North Buncombe	1	
58	3A	North Forsyth		
59	3A	North Gaston		
60	3A	North Henderson	1	
61	3A	North Iredell	1	
62	3A	Northeast Guilford	1	
63	3A	Northern Durham		
64	3A	Northern Guilford		
65	3A	Northern Nash		
66	3A	Northside High Jacksonville	1	
67	3A	Northwest Cabarrus	1	
68	3A	Northwood	1	
69	3A	Orange		1
70	3A	Parkland	1	
71	3A	Parkwood		
72	3A	Patton		
73	3A	Person		
74	3A	Piedmont		
75	3A	Pisgah		
76	3A	Reynolds, A. C.	1	
77	3A	Richlands		
78	3A	Roberson , T. C.	1	
79	3A	Robinson, Jay M		
80	3A	Rockingham County		
81	3A	Rocky Mount HS		
82	3A	Rose, J. H.		
83	3A	Smith, Ben L	1	
84	3A	Smith, E. E.	1	

85	3A	Smithfield-Selma	1	
86	3A	South Brunswick		
87	3A	South Iredell High		
88	3A	South Johnston High		
90	3A	South Point		
91	3A	South Rowan		
92	3A	Southeast Guilford	1	
93	3A	Southern Alamance		
94	3A	Southern Durham		
95	3A	Southern Guilford		
96	3A	Southern Lee		
97	3A	Southern Nash		
98	3A	Southern Wayne		
99	3A	Southwest Guilford	1	
100	3A	Southwestern Randolph		
101	3A	St. Stephens	0	0
102	3A	Statesville	1	
103	3A	Stuart Cramer		
104	3A	Sun Valley High		
105	3A	Swansboro	1	
106	3A	Terry Sanford		
107	3A	Topsail	1	
108	3A	Triton		
109	3A	Tuscola		
110	3A	Union Pines	1	
111	3A	Watagua	1	
112	3A	Weddington		
113	3A	West Brunswick		
114	3A	West Caldwell		
115	3A	West Carteret	1	
116	3A	West Craven		
117	3A	West Henderson	1	
118	3A	West Johnston		
119	3A	West Rowan		
120	3A	West Stokes		
121	3A	Western Alamance		
122	3A	Western Guilford	1	
123	3A	Western Harnett		
124	3A	Westover	1	1
125	3A	White Oak	1	
126	3A	Williams		1
Final Tally March 31, 2020			48	6

Proposal # 1: Indoor track allowed 3 meets per week.**Final Tally: March 31, 2020**

2A Schools			Yes	No
1	2A	Andrews, T.W.	1	0
2	2A	Anson	1	
3	2A	Ashe County		
4	2A	Atkins	1	
5	2A	Ayden-Grifton	1	
6	2A	Bandys		
7	2A	Bartlett Yancey		
8	2A	Beddingfield, E.T.		
9	2A	Bertie		
10	2A	Brevard	1	
11	2A	Bunker Hill	1	
12	2A	Bunn	1	
13	2A	Burns		
14	2A	Carrboro		
15	2A	Carver		
16	2A	Central Academy of Tech & Arts	1	
17	2A	Central Davidson		
18	2A	Chase		
19	2A	Clinton		
20	2A	Croatan		
21	2A	Cummings	1	
22	2A	Currituck County		
23	2A	Dixon	1	
24	2A	Draughn		
25	2A	Durham School of the Arts		
26	2A	East Bladen		
27	2A	East Burke	1	
28	2A	East Davidson		
29	2A	East Duplin		
30	2A	East Gaston		
31	2A	East Hendersoon		
32	2A	East Lincoln		
33	2A	East Montgomery		
34	2A	East Rutherford		
35	2A	Eastern Randolph	0	0
36	2A	Fairmont		
37	2A	Farmville Central		
38	2A	First Flight	1	
39	2A	Foard	1	
40	2A	Forbush	1	
41	2A	Forest Hills		

42	2A	Franklin	1	1
43	2A	Goldsboro		1
44	2A	Graham High	1	
45	2A	Greene Central		
46	2A	Heide Trask		
47	2A	Hendersonville		
48	2A	Hertford County		
49	2A	Hibriten		
50	2A	Jordan-Matthews		
51	2A	Kenan, James		
52	2A	Lake Norman Charter		
53	2A	Ledford	1	
54	2A	Lenoir		
55	2A	Lexington	1	
56	2A	Lincolnton	1	
57	2A	Madison	1	
58	2A	Maiden		
59	2A	Midway		
60	2A	Mount Pleasant	1	
61	2A	Mt. Heritage		
62	2A	Nash Central	1	
63	2A	NC Science & Math		
64	2A	Newton-Conover	1	
65	2A	North Davidson	1	
66	2A	North Johnston	1	
67	2A	North Lenoir		
68	2A	North Lincoln	1	
69	2A	North Pitt	1	1
70	2A	North Rowan		
71	2A	North Surry	1	
72	2A	North Wilkes	1	
73	2A	Northeastern	1	
74	2A	Northside-Onslow		
75	2A	Oak Grove	1	
76	2A	Owen		
77	2A	Parkwood		
78	2A	Pasquotank		
79	2A	Patton		
80	2A	Pisgah		
81	2A	Providence Grove		
82	2A	Randleman		
83	2A	Red Springs High		
84	2A	Reidsville		
85	2A	Richlands	1	
86	2A	Roanoke Rapids		

87	2A	RS Central	1	
88	2A	Salisbury		
89	2A	Shelby		
90	2A	Shelby High		
91	2A	Smoky Mountain		
92	2A	South Columbus		
93	2A	South Granville		
94	2A	South Lenoir		
95	2A	South Point		
96	2A	South Rowan		1
97	2A	Southwest Edgecombe		
98	2A	Southwest Onslow		
99	2A	Spring Creek		
100	2A	St. Pauls		
101	2A	Surry Central	1	
102	2A	Thomasville	1	1
103	2A	Trinity High School		
104	2A	Vance County		
105	2A	Walkertown		
106	2A	Wallace-Rose Hill		
107	2A	Warren County		
108	2A	Washington		
109	2A	Webb	1	
110	2A	West Bladen		
111	2A	West Caldwell		
112	2A	West Craven		
113	2A	West Davidson		
114	2A	West Lincoln		
115	2A	West Stanly		
116	2A	West Stokes	1	
117	2A	West Wilkes	1	
118	2A	Wheatmore	1	
119	2A	Whiteville		
120	2A	Wilkes Central		

Final Tally March 31, 2020**39****5**

Proposal # 1: Indoor track allowed 3 meets per week.
Final Tally: March 31, 2020

1A Schools			Yes	No
1	1A	Albemarle		
2	1A	Alleghany		
3	1A	Andrews		
4	1A	Avery County	1	
5	1A	Bessemer City		
6	1A	Bishop McGuinness		
7	1A	Camden County		
8	1A	Cape Hatteras		
9	1A	Chatham Central	1	
10	1A	Cherokee		
11	1A	Cherryville HS	1	
12	1A	Community School of Davidson		
13	1A	East Carteret HS		
14	1A	East NC School for the Deaf		
15	1A	East Surry		
16	1A	East Wilkes		
17	1A	Elkin	1	
18	1A	Franklin Academy	1	
19	1A	Gates County		
20	1A	Granville Central	1	
21	1A	Gray Stone Day School		
22	1A	Hayesville		
23	1A	Henderson Collegiate		
24	1A	Highland School of Technology		
25	1A	Highlands		
26	1A	Hiwasee Dam		
27	1A	Hobbton		
28	1A	Holmes, John		
29	1A	Jones		
30	1A	Kipp Pride Hs		
31	1A	Lakewood High	1	
32	1A	Lejeune High	1	
33	1A	Lincoln Charter	1	
34	1A	Louisburg	1	
35	1A	Manteo		
36	1A	Mattamuskeet		
37	1A	Mitchell		
38	1A	Mount Airy		
38	1A	Mountain Island Charter	1	
39	1A	Murphy	1	
40	1A	Nantahala		

41	1A	NC School for Deaf		
42	1A	Neuse Charter	1	
43	1A	North Duplin		
44	1A	North Edgecombe		
45	1A	North Moore		
46	1A	North Rowan		
47	1A	North Stanley	1	
48	1A	North Stokes		
49	1A	Northampton County		
50	1A	Northside-Princeton	1	
51	1A	Northwest Halifax		
52	1A	Ocracoke		
53	1A	Oxford Preparatory		
54	1A	Pamlico County		
55	1A	Pender		
56	1A	Perquimans	1	
57	1A	Pine Lake Preparatory		
58	1A	Polk County	1	
59	1A	Princeton		
60	1A	Queen's Grant	1	1
61	1A	Raleigh Charter		
62	1A	Research Triangle		
63	1A	Riverside	0	0
64	1A	Robbinsville		
65	1A	Rocky Mount Preparatory		
66	1A	Rosewood		
67	1A	Rosman		
68	1A	South Creek		
69	1A	South Davidson	1	
70	1A	South Robeson		
71	1A	South Stanly		
72	1A	South Stokes		
73	1A	Southeast Halifax		
74	1A	Southside		
75	1A	Spring Creek		
76	1A	Starmount		
77	1A	Sugar Creek		
78	1A	Swain	1	
79	1A	Tarboro		
80	1A	Thomas Jefferson Classical Academy		
81	1A	Tri-County Early College		
82	1A	Union		
83	1A	Union Academy	1	
84	1A	Uwharrie Charter Academy	1	
85	1A	Voyager Academy		

86	1A	Walkertown	1	
87	1A	Wallace-Rose Hill		
88	1A	Washington County		
89	1A	Weldon		
90	1A	West Columbus		
91	1A	West Montgomery		
92	1A	Whiteville		
93	1A	Winston-Salem Prep		
94	1A	Woods Charter		
	Final Tally March 31, 2020		23	1
			Yes	No

Football Calendar #1 (Current) 10/11 Contests in 12 Weeks Playoff Brackets - 8 Subdivisions of 32 Teams		
	2021	2022
First Practice	August 2nd	August 1st
First Live Action Practice	August 7th	August 6th
First Scrimmage	August 11th	August 10th
Week 1	August 20th	August 19th
Week 2	August 27th	August 26th
Week 3	September 3rd	September 2nd
Week 4	September 10th	September 9th
Week 5	September 17th	September 16th
Week 6	September 24th	September 23rd
Week 7	October 1st	September 30th
Week 8	October 8th	October 7th
Week 9	October 15th	October 14th
Week 10	October 22nd	October 21st
Week 11	October 29th	October 28th
Week 12	November 5th	November 4th
Playoffs - Seeding	November 6th	November 5th
Playoffs - 1st Round	November 12th	November 11th
Playoffs - 2nd Round	November 19th	November 18th
Playoffs - 3rd Round	November 26th	November 25th
Playoffs - Regional Finals	December 3rd	December 2nd
State Championships	December 11th	December 10th

Football Calendar #2 10/11 Contests in 11 Weeks Playoff Brackets - 8 Subdivisions of 32 Teams		
	2021	2022
First Practice	August 2nd	August 1st
First Live Action Practice	August 7th	August 6th
First Scrimmage	August 11th	August 10th
Week 1	August 27th	August 26th
Week 2	September 3rd	September 2nd
Week 3	September 10th	September 9th
Week 4	September 17th	September 16th
Week 5	September 24th	September 23rd
Week 6	October 1st	September 30th
Week 7	October 8th	October 7th
Week 8	October 15th	October 14th
Week 9	October 22nd	October 21st
Week 10	October 29th	October 28th
Week 11	November 5th	November 4th
Playoffs - Seeding	November 6th	November 5th
Playoffs - 1st Round	November 12th	November 11th
Playoffs - 2nd Round	November 19th	November 18th
Playoffs - 3rd Round	November 26th	November 25th
Playoffs - Regional Finals	December 3rd	December 2nd
State Championships	December 11th	December 10th

Key Dates		
Traditional School Begins	August 23rd	August 29th
Labor Day	September 6th	September 5th
Columbus Day	October 11th	October 10th
Veteran's Day	November 11th	November 11th
Thanksgiving	November 25th	November 24th
ACC Football Championship	December 4th	December 3rd
NCHSAA State Championships	December 11th	December 10th
NC/SC Shrine Bowl	December 18th	December 17th

Key Dates		
Traditional School Begins	August 23rd	August 29th
Labor Day	September 6th	September 5th
Columbus Day	October 11th	October 10th
Veteran's Day	November 11th	November 11th
Thanksgiving	November 25th	November 24th
ACC Football Championship	December 4th	December 3rd
NCHSAA State Championships	December 11th	December 10th
NC/SC Shrine Bowl	December 18th	December 17th

Football Calendar #3 10/11 Contests in 12 Weeks Playoff Brackets - 4 Classifications of 64 Teams		
	2021	2022
First Practice	August 2nd	August 1st
First Live Action Practice	August 7th	August 6th
First Scrimmage	August 11th	August 10th
Week 1	August 20th	August 19th
Week 2	August 27th	August 26th
Week 3	September 3rd	September 2nd
Week 4	September 10th	September 9th
Week 5	September 17th	September 16th
Week 6	September 24th	September 23rd
Week 7	October 1st	September 30th
Week 8	October 8th	October 7th
Week 9	October 15th	October 14th
Week 10	October 22nd	October 21st
Week 11	October 29th	October 28th
Week 12	November 5th	November 4th
Playoffs - Seeding	November 6th	November 5th
Playoffs - 1st Round	November 12th	November 11th
Playoffs - 2nd Round	November 19th	November 18th
Playoffs - 3rd Round	November 26th	November 25th
Playoffs - 4th Round	December 3rd	December 2nd
Playoffs - Regional Finals	December 10th	December 9th
State Championships	December 18th	December 17th

Football Calendar #4 10/11 Contests in 11 Weeks Playoff Brackets - 4 Classifications of 64 Teams		
	2021	2022
First Practice	August 2nd	August 1st
First Live Action Practice	August 7th	August 6th
First Scrimmage	August 11th	August 10th
Week 1	August 20th	August 19th
Week 2	August 27th	August 26th
Week 3	September 3rd	September 2nd
Week 4	September 10th	September 9th
Week 5	September 17th	September 16th
Week 6	September 24th	September 23rd
Week 7	October 1st	September 30th
Week 8	October 8th	October 7th
Week 9	October 15th	October 14th
Week 10	October 22nd	October 21st
Week 11	October 29th	October 28th
Playoffs - Seeding	October 30th	October 29th
Playoffs - 1st Round	November 5th	November 4th
Playoffs - 2nd Round	November 12th	November 11th
Playoffs - 3rd Round	November 19th	November 18th
Playoffs - 4th Round	November 26th	November 25th
Playoffs - Regional Finals	December 3rd	December 2nd
State Championships	December 11th	December 10th

Key Dates		
Traditional School Begins	August 23rd	August 29th
Labor Day	September 6th	September 5th
Columbus Day	October 11th	October 10th
Veteran's Day	November 11th	November 11th
Thanksgiving	November 25th	November 24th
ACC Football Championship	December 4th	December 3rd
NCHSAA State Championships	December 11th	December 10th
NC/SC Shrine Bowl	December 18th	December 17th

Key Dates		
Traditional School Begins	August 23rd	August 29th
Labor Day	September 6th	September 5th
Columbus Day	October 11th	October 10th
Veteran's Day	November 11th	November 11th
Thanksgiving	November 25th	November 24th
ACC Football Championship	December 4th	December 3rd
NCHSAA State Championships	December 11th	December 10th
NC/SC Shrine Bowl	December 18th	December 17th

Football Calendar #5 9/10 Contests in 11 Weeks Playoff Brackets - 4 Classifications of 64 Teams		
	2021	2022
First Practice	August 2nd	August 1st
First Live Action Practice	August 7th	August 6th
First Scrimmage	August 11th	August 10th
Week 1	August 20th	August 19th
Week 2	August 27th	August 26th
Week 3	September 3rd	September 2nd
Week 4	September 10th	September 9th
Week 5	September 17th	September 16th
Week 6	September 24th	September 23rd
Week 7	October 1st	September 30th
Week 8	October 8th	October 7th
Week 9	October 15th	October 14th
Week 10	October 22nd	October 21st
Week 11	October 29th	October 28th
Playoffs - Seeding	October 30th	October 29th
Playoffs - 1st Round	November 5th	November 4th
Playoffs - 2nd Round	November 12th	November 11th
Playoffs - 3rd Round	November 19th	November 18th
Playoffs - 4th Round	November 26th	November 25th
Playoffs - Regional Finals	December 3rd	December 2nd
State Championships	December 11th	December 10th

Football Calendar #6 9/10 Contests in 10 Weeks Playoff Brackets - 4 Classifications of 64 Teams		
	2021	2022
First Practice	August 2nd	August 1st
First Live Action Practice	August 7th	August 6th
First Scrimmage	August 11th	August 10th
Week 1	August 27th	August 26th
Week 2	September 3rd	September 2nd
Week 3	September 10th	September 9th
Week 4	September 17th	September 16th
Week 5	September 24th	September 23rd
Week 6	October 1st	September 30th
Week 7	October 8th	October 7th
Week 8	October 15th	October 14th
Week 9	October 22nd	October 21st
Week 10	October 29th	October 28th
Playoffs - Seeding	October 30th	October 29th
Playoffs - 1st Round	November 5th	November 4th
Playoffs - 2nd Round	November 12th	November 11th
Playoffs - 3rd Round	November 19th	November 18th
Playoffs - 4th Round	November 26th	November 25th
Playoffs - Regional Finals	December 3rd	December 2nd
State Championships	December 11th	December 10th

Key Dates		
Traditional School Begins	August 23rd	August 29th
Labor Day	September 6th	September 5th
Columbus Day	October 11th	October 10th
Veteran's Day	November 11th	November 11th
Thanksgiving	November 25th	November 24th
ACC Football Championship	December 4th	December 3rd
NCHSAA State Championships	December 11th	December 10th
NC/SC Shrine Bowl	December 18th	December 17th

Key Dates		
Traditional School Begins	August 23rd	August 29th
Labor Day	September 6th	September 5th
Columbus Day	October 11th	October 10th
Veteran's Day	November 11th	November 11th
Thanksgiving	November 25th	November 24th
ACC Football Championship	December 4th	December 3rd
NCHSAA State Championships	December 11th	December 10th
NC/SC Shrine Bowl	December 18th	December 17th