

- (f) Expenses: Schools bear their own expenses to the dual team championship.
(g) Awards: At the state finals team plaques will be presented to the champion and runner-up and members of the championship and runner-up teams will receive individual medals (total of 13 medals).

4.12 TRACK AND FIELD

4.12.1 General:

- (a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).
(b) Date of First Practice: Indoor Track November 2; Outdoor Track February 15.
(c) Preseason Scrimmages: Reference 4.1.5
(d) Date of First Meet: Indoor Track November 21; Outdoor Track March 1.
(e) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all the information.
(f) Number of Regular Season Contests:
 (1) No more than three (3) meets may be scheduled per week for both indoor and outdoor.
 (2) An individual is limited to one meet per day, maximum of four events per meet. Any contestant who enters an event must participate.
 (3) If a track team participates in separate events on the same day, each meet will count towards the daily and weekly limitations for the individual and team.
(g) Registering Meets and Meet Results: Regular season meets and results (indoors and outdoors) must be registered on nc.milesplit.com.
 (1) Full meet results must be entered within 48 hours of the completion of the meet (both Indoor and Outdoor).
 (2) Only complete Race Tab or Hy-Tek meet results will be accepted.
 (3) All hand-held times must be rounded up to the nearest tenth of a second.
(h) Conversion Note: Do not convert times before submitting regional and state meet entries, indoor or outdoor, on nc.milesplit.com.
(i) Unattached and Unaffiliated Athletes: See 2.2.14
(j) Contestants: When running "unattached", athletes are not permitted to represent the school or wear school-issued uniforms. Those results may not be used for NCHSAA qualifying standards. See Uniform rule in 1.2.14.
(k) Filming, Videotaping or Video Streaming: Reference 4.1.25.
(l) Officials: Track officials may register with the NCHSAA, as do officials in certain other sports. The NCHSAA encourages each school to have at least one certified track official. Certification can be obtained at the NCCA clinic in July. In order to host a regional, a school must have at least one NFHS/NCHSAA certified official on staff. See Officials Section 3.3.1.a.6.

4.12.2 Regionals:

- (a) Dates and Sites: There is no regional competition in indoor track. Regional competition for outdoor track will be held on May 7 or May 8.
(b) Regional Site Determination: At the regional meet, a meeting of coaches must be held to select a site and a director for the upcoming season. This is a mandatory meeting that will be conducted by the current regional director. The current director will then notify the NCHSAA office within ten (10) days after the completion of the tournament of the host school and director for the next season.
(c) Individual Participation: An individual may participate in a maximum of four events.
(d) Regional Assignments: Regional assignments for outdoor track, along with the most current information about regional sites, dates and times, are posted on the NCHSAA website. Any school planning to field a track team and is not listed in the regional assignments should contact the NCHSAA.
(e) Qualifying Requirements: A list of the minimum times and distances that an individual must have met in order to be eligible to enter a regional is listed on the NCHSAA website.
 (1) If an individual has not recorded the minimum time or distance, coaches will be allowed to submit the best performance of non-qualifiers, who may be used to fill events.
(f) Starting Heights-Pole Vault and High Jump: In regional and state meets (indoor and outdoor), the starting heights for competition for women's and men's pole vault as well as women's and men's high jump will be determined by the meet director.
(g) Pole Vault: In regional and state meets, vaulters will be weighed to verify pole standards.
(h) Qualifiers: In all events the regional director will take all qualifiers, or a maximum of 12 for 6-lane tracks, and 16 for 8-lane tracks using non-qualifiers.
(i) Regional Entries: All regional entries in outdoor track are to be made on nc.milesplit.com by Saturday at 6:00 p.m. the week prior to the regional meet.

- (1) Late entries may be submitted to the NCHSAA and must be in by 3:00 p.m. the Monday prior to the regional. Use the form on the NCHSAA website. A \$50 fee will be assessed for each individual entry. No entries after this will be accepted.
- (2) In indoor and outdoor track, only entries submitted through nc.milesplit.com will be accepted.
- (3) Each school may enter a maximum of three competitors in each individual event and one team per relay event. Only one alternate may be entered per relay team.
- (4) Disqualification: A regional entry who scratches after the meet begins or a participant who qualifies through a regional and then scratches in a specific event in the state meet, is disqualified for the remainder of the meet.
- (j) Protest: Each regional meet has a Games Committee which will hear properly registered protests, and the decision of the committee in these matters is final.
- (k) Supervision: All individuals participating in state playoff competition at any level must be properly supervised. If not, they will be eliminated from competition.
 - (1) Coaches are responsible for seeing that their team members remain at the track site and do not interfere with normal school operations.
 - (2) If anyone besides school personnel accompanies participants, a letter from the principal must be sent to the NCHSAA authorizing this and a copy of the letter must be on hand at the meet.
- (l) Team Championship: A team must have multiple entries (more than one entry) in order to win a team championship.
- (m) Uniform: Each team member shall wear a uniform (jersey and trunks) that complies with NFHS regulations.
- (n) Awards: Plaques will be presented to the regional championship team and regional runner-up team, and individual awards will be given to the top three finishers in each event.
- (o) Admission: Admission is \$7.00 at regionals (outdoor track) (includes a one dollar surcharge for Endowment).
- (p) Expenses: Each school will bear its own expenses to regional competition.
- (q) Outdoor Track Qualifiers to State Meet: The top four finishers in each event (including relays) will qualify from the regionals to the state meet.
 - (1) Substitutes for qualifiers are not permitted, except for relays.
 - (2) All ties at regional level must be broken for advancement to state meet.
 - (3) Only participants qualifying through regional meets may compete.

4.12.3 State Championships:

- (a) Dates and Sites:
 - (1) Indoor Track: February 12-13, 2021 at JDL Fast Track indoor facility in Winston-Salem.
 - (2) Outdoor Track: 1A/4A - May 14; 2A/3A - May 15 at North Carolina A&T State University in Greensboro.
- (b) Admission: Indoor \$10.00 — Outdoor \$10.00 for all (includes one dollar surcharge for Endowment). The number of qualifiers will determine the number of coaches to be admitted. Track non-qualifiers (including managers) may be admitted for \$5.00 each and must be with a coach.
- (c) Awards: A plaque will be presented to the winning and runner-up teams. Members of the winning team (10 individual medals for indoor track) and the top four individual finishers in each event will receive awards.
- (d) Expenses: Teams will be paid at a rate of 5 cents per mile for each qualifier, including coach, up to a maximum of 35 cents.
- (e) Protests: The state meet director will form a Games Committee to hear properly registered protests, and the decision of the committee on these matters is final.
- (f) Relay Cards: Each school competing in a relay at the state meet must submit a card at the beginning of the event listing all four names (first and last) of the competitors and the name of that event. These should be presented when reporting to the clerk of course and will be used to help determine numbers from each school for reimbursement purposes.
- (g) Order of Events and Scoring: Will be the same as published in the 2020 NFHS Track and Field Rules Book.
- (h) Indoor Track Minimum Times: Indoor track minimum times for state entry will be posted on the NCHSAA website.
 - (1) Qualifying requirements must be met at official indoor meets or at indoor meets run on outdoor facilities.
 - (2) To host an indoor meet at an outdoor facility, a minimum of five teams is required. Any meet with less than five must be approved by the NCHSAA using the appropriate request form.
- (i) Indoor Track Entries:
 - (1) All indoor entries must be submitted online on nc.milesplit.com.
 - (2) All entries must be received by Saturday at 9 pm, the week prior to the state indoor championships.
 - (3) No one may use times from the previous spring outdoor season to qualify to the state meet.
 - (4) Individuals and relay teams must meet minimum qualifying times and distances to be eligible to enter the state meet.

- (5) Late entries may be submitted to the NCHSAA and must be in by 3:00 p.m. the Monday prior to the championship. Use the form on the NCHSAA website. A \$50 fee will be assessed for each entry. No entries after this will be accepted.
- (6) Scratches may be made prior to the start of the indoor championship. An entry who is scratched after the meet begins is disqualified for the remainder of the meet. Coaches who plan to arrive after the start of the meet must have someone else make their scratches.

4.13 VOLLEYBALL

4.13.1 General:

- (a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).
- (b) Date of First Practice: August 1.
- (c) Preseason Scrimmages: Reference 4.1.5
- (d) Date of First Match: August 17.
- (e) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of Guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all the information.
- (f) Number of Regular Season Contests: Total 23 matches - No more than 4 matches per week, on 4 separate days, if the fourth is on a non-school day; may play 4 in 3 or fewer days. Volleyball is limited to 4 matches a day. Teams are limited to a maximum of two (2) tournaments per year (with no maximum number of sets) that will not count toward the seeding record or MaxPreps ranking.
 - (1) In regular season play, only matches decided by the best three out of five sets will count toward record.
 - (2) Rally scoring will be used in all volleyball dual matches, regular season and playoffs (NFHS rules). The rally scoring format is 25-point sets (no cap) and 15-point deciding (no cap). This format also includes the let serve.
 - (3) It is permissible for an athlete to participate in a junior varsity and a varsity match in the same day; however, those players are still subject to the weekly and seasonal limitations.
 - (4) The following indicates the weekly limit allowance for tournament play during the regular season:
 - (i) 0 – 2 Regular three (3) out of five (5) Matches: One (1) Tournament allowed that week.
 - (ii) 3 – 4 Regular three (3) out of five (5) Matches: No Tournaments allowed that week

Ex. 1: Monday - One (1) regular season best-of-five match
 Wednesday - One (1) regular season best-of-five match
 Saturday - Multi-team tournament with pool play and a best-of-three format = One (1) match
 Total: Three (3) matches for the week and toward the season limit

Ex 2: If Team A plays in a tri-match during a week, versus Team B and C, with a best three out of five format, each contest counts as one (1) match towards your allowed limitations (i.e. Team A vs. Team B = One (1) match; Team A vs. Team C = One (1) match; therefore, a total of two (2) matches on your schedule).

- (5) Junior varsity matches will be two out of three sets, rally scoring (25-point games with no cap for all sets). A conference can choose to cap the third game of a JV Volleyball match at 15 points.
- (6) Junior varsity conference tournament games must count toward the 23-game limit.
- (g) Endowment Games: Reference 4.1.6
- (h) Starting Time: A time no earlier than 5:00 pm is recommended, unless facilities dictate otherwise.
- (i) Schedules: Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by May 15.
- (j) Filming, Videotaping and Video Streaming: Reference 4.1.25.
- (k) Equipment: NCHSAA approved balls are required for all playoff events beginning with the 2020-2021 season. The NCHSAA strongly recommends their adoption for regular season play.

4.13.2 Playoffs:

- (a) Representatives and Ties in Standings: If two or more of the conference's teams are tied for a playoff berth at the end of the regular season,
 - (1) the team that won from the other(s) during the season gets the berth, or
 - (2) if the teams split during the regular season, the approved tie breaking system shall be used (see 4.1.13).
- (b) Reporting Playoff Qualifiers: For reporting potential qualifiers to state playoffs, conference presidents are required to submit the appropriate information on the NCHSAA website immediately upon conclusion of the regular season.