

SPORTS COMMITTEE

Committee Members: Neil Blankenship (Chair), Ronnie Beverly, Tod Morgan, Stephen Gainey, Vernon Aldridge, Joe Franks

Staff: Tra Waters and Chiquana Dancy

AGENDA ITEM	RECOMMENDATION	SUPPORTING INFORMATION
1. 2021-2022 Sports Calendar Change [Triangle 8 Conference]	To change the first contest date of basketball in the 2021-2022 sports calendar from November 22 nd to November 15 th	<p>Rationale: Aligns with the current winter calendar for swimming & diving, indoor track & field, and wrestling. Schools do not need three weeks of practice before the first contest in basketball, which would allow increased flexibility to schedule games a week earlier</p> <p>Budget Impact: Allows schools to schedule 2 of the 22 allotted games a week earlier, which would prevent back-to-back games later in the season and encouraging increased spectator attendance</p> <p>Educational Impact: Reduces the number of back-to-back games, which impacts the amount of study time during school nights</p> <p>Equity Impact: Applies equally to both genders</p> <p>Effective Date: 2021-2022 School Year</p>

AGENDA ITEM	RECOMMENDATION	SUPPORTING INFORMATION
<p>2. <u>Football</u> 8-Quarter Rule</p> <p>[Big South Conference]</p>	<p>To increase the number of 9th and 10th-grade students allowed to utilize the 8-quarter rule in a given season for 3A schools to ten (10)</p>	<p>Rationale: There has been more of a reduction in the number of 3A JV teams than any other level. Adding a few more 8-quartered players could allow schools to keep these players on JV while still dressing them in varsity for emergency reasons</p> <p>Budget Impact: Increased number of JV programs may increase revenues for schools</p> <p>Educational Impact: None</p> <p>Equity Impact: Would allow increased opportunities for JV cheerleading</p> <p>Effective Date: 2021-2022 School Year</p>
<p>3. <u>Basketball</u> 5-Quarter Rule</p> <p>[NCBCA]</p> <p>Attachment S1</p>	<p>To allow 9th and 10th-grade players only to participate in five (5) quarters of basketball games on the same day.</p> <p>Proposed Language: “A student shall not participate in more than five quarters per day and not more than 23 games per season (except if a 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.”</p> <p><i>The Coaches Association would also be amenable to a change that would allow for student-athletes to dress for two (2) basketball contests per day.</i></p>	<p>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.</p> <p>Budget Impact: N/A</p> <p>Educational Impact: N/A</p> <p>Equity Impact: Applies equally to both genders</p> <p>Effective Date: 2021-2022 School Year</p>

AGENDA ITEM4. Swimming & Diving**[Swimming & Diving
Advisory Committee]****RECOMMENDATION**

To extend the scratch period from 30 minutes after the conclusion of each regional competition to 3:00 P.M. on the Monday before the State Championship competitions.

Approve the alternate advancement selection process as follows:

“If the athlete scratching is one of the top six (6) qualifiers from a regional competition, then the next athlete in line from that regional competition will be offered the opportunity to fill the position. If the athlete is one of the at-large qualifiers, then the next fastest qualifier across all regions will be offered the opportunity to fill the position.”

SUPPORTING INFORMATION

Rationale: Currently, if a qualifier scratches after the deadline, then the lane remains empty, even though there is ample time to notify an alternate

Budget Impact: None

Educational N/A

Impact:

Equity Impact: Applies equally to both genders

Effective Date: 2021-2022 School Year

AGENDA ITEM5. Swimming & Diving**[Swimming & Diving
Advisory Committee]**

RECOMMENDATION	SUPPORTING INFORMATION
To require all NCHSAA member schools fielding a Swimming & Diving team to register user accounts with NCPrepSwimming.com by November 15 th of each year at the cost of \$20 per year	<p>Rationale: NCPrepSwimming provides a clearinghouse for results from NCHSAA member schools, including documenting referee certification of results, roster management, identifying athletes qualifying for the post-season, and preparing the post-season entries for use by the Regional Entry Coordinator. The per-school fee will be used to fund user support (registration, meet results upload, roster issues, time-corrections, etc.) and operating costs (servers, hosting, feature development, etc.)</p> <p>Budget Impact: \$20.00 per school per year</p> <p>Educational Impact: N/A</p> <p>Equity Impact: Applies equally to both genders</p> <p>Effective Date: 2021-2022 School Year</p>

AGENDA ITEM6. Cross Country

[NCTCCCA]

Attachment S2

RECOMMENDATION

To change the team qualifying procedure to the State Cross Country Championship meet.

Currently, the top twenty-five percent (25%) of teams that actually compete in the regional meet, or top four teams, whichever is greater, in each classification from each regional qualify to the state meet.

The proposed change is in regard to how the twenty-five percent (25%) is determined. The percentage will be based on the number of schools fielding a team as opposed to those teams that actually compete in the meet.

SUPPORTING INFORMATION

Rationale: The current process does not match the playoff process across sports because it penalizes participating teams for teams who chose not to participate in the regional meet. In other sports, teams can advance regardless of another teams' choice not to participate in the playoffs.

The current system also eliminates some of the strategies involved in the coaching process. Based on the current process, coaches have no prior knowledge of the requirements for advancement until all teams have "toed the line."

Budget Impact: None

Educational

Impact:

Equity Impact: Applies equally to both genders

Effective Date: 2021-2022 School Year



YOUTH BASKETBALL GUIDELINES

HEALTH & WELLNESS PLAYER SEGMENTATION RULES & STANDARDS EXPERTS SUPPORTERS

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

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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

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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

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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

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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

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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

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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

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	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

Attachment S1

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.

Proposal: To change the method that teams qualify for the NCHSAA State Cross Country Championship Meet.

Change the method for the State Cross Country Championship Meet from 25% of those that “toe-the-line” to 25% of the schools that “fielded a team” during the season to determine qualifying spots for the State Championship Meet. A school that “fielded a team” is a school that submitted an eligibility roster to the NCHSAA. (Note: The percentage applied would be rounded up. See Sample Evidence.)

Rationale: Under the current Cross Country State Meet Qualification process, there is an inequity among “play-off” qualifications across sports. The current process does not match the play-off process across sports, because it penalizes participating teams for teams who chose not to participate in the region meet playoff system. In other sports, teams are allowed to advance regardless of another teams’ choice not to participate in the play-offs.

The current system also eliminates some of the strategy involved in the coaching process. Based on the current process, coaches have no prior knowledge of the requirements for advancement until all teams have “toed-the-line.”

The NCHSAA implemented the current proposal for advancement in the Cross Country play-off system. The NCHSAA used a formula for advancement from conference standings to advance to the regional meet. Eligibility rosters were used to determine the number of qualifying teams. This did not penalize schools for those teams not fielding a complete team or choosing not to participate in the conference meet. Coaches had prior knowledge of the number of teams that would advance to the state meet and were permitted to implement team strategies (Sample Evidence A).

Based on statistical evidence below, 7 boys’ teams and 8 girls’ teams were disqualified from the play-off format in 2019 due to other teams choosing not to participate in the region meet (Sample Evidence B).

1. Sample Evidence

A.) The NCHSAA used eligibility rosters to determine play-off advancement in 2020/2021 Cross County season (1A example provided from NCHSAA website).

1A Regional Qualification Based on Conference

	Boys	Boys	Boys	Boys	Girls	Girls	Girls	Girls		
	# of Schools	Individual	# of 2020	Team	# of Schools	Individual	# of 2020	Team		
Conference	# of Participants	Qualifiers**	Teams*	Qualifiers	# of Participants	Qualifiers**	Teams*	Qualifiers	Regional Qualifying Formula	
Atlantic S	2	1	2	1	2	1	1	1	# of Teams w/ at least 5 participants	# of Qualifying Teams
Alabama's Athletic	4	2	3	2	5	2	2	1		
Coastal S	3	1	2	1	3	1	2	1		
Coastal Plains	4	2	3	2	4	2	2	1		
Tar Heel State	2	1	2	1	0	0	0	0		
1A East	15	7	12	7	14	6	7	4		
Carolina	6	3	4	2	6	3	3	2		
Three Rivers	0	0	0	0	0	0	0	0		
North Carolina	3	1	2	1	2	1	1	1		
North Central Athletic	6	4	7	4	9	4	5	3		
Central Tar Heel	4	2	4	2	4	2	3	2		
1A Midwest	22	10	17	9	21	10	12	8		
Yadkin Valley	9	4	7	4	9	4	4	2		
Northwest	6	3	4	2	6	3	4	2		
Pac 7	7	3	6	3	7	3	6	3		
Independent	3	1	3	2	3	1	1	1		
1A Midwest	25	11	20	11	25	11	15	8		
Mountain Valley	4	2	2	1	4	2	1	1		
Southern Piedmont	7	3	7	4	6	3	6	3		
Western Highlands	3	1	3	2	3	1	3	2		
Smoky Mountain	10	5	8	4	9	4	5	3		
1A West	24	11	20	11	22	10	15	9		
Notes:										
* A team consists of at least 5 runners based on the 2020 Eligibility Summary data.										
** The number of individual qualifiers is half the number of schools in a conference that has athletes participating in cross country this season, regardless of the number of students.										
REMARKER: Individuals MUST finish in the top 12 to qualify for regionals. For split conferences, individuals must finish in the top 12 of their classification to qualify for regionals.										

B.) Statistical evidence of teams disqualified in 2019 due to other teams choosing not to participate in their assigned region meet.

Information gathered from NCRunners.com for the 2019 Cross Country Regional Season. 2020/21 season numbers were not used due to COVID-19 adjustments.

	Number Of Schools	Number Of Schools "Fielding a Team"	Current Number Of Schools That "Toed-the-Line"	Current Qualification Number Based On "Toeing the Line"	Proposed Qualification Based On "Fielding a Team"	Number Of Teams Left Out Under Current Standards
1A East Boys	29	15	14	4	4	0
1A ME Boys	30	23	19	5	6	1
1A MW Boys	30	20	14	4	5	1
1A West Boys	26	18	13	4	5	1
Total	115	76	60	17	20	3

	Number Of Schools	Number Of Schools "Fielding a Team"	Current Number Of Schools That "Toed-the-Line"	Current Qualification Number Based On "Toeing the Line"	Proposed Qualification Based On "Fielding a Team"	Number Of Teams Left Out Under Current Standards
1A East Girls	29	14	8	4	4	0
1A ME Girls	30	16	14	4	4	0
1A MW Girls	30	17	12	4	4	0
1A West Girls	26	15	11	4	0	0
Total	115	62	45	16	16	0

	Number Of Schools	Number Of Schools "Fielding a Team"	Current Number Of Schools That "Toed-the-Line"	Current Qualification Number Based On "Toeing the Line"	Proposed Qualification Based On "Fielding a Team"	Number Of Teams Left Out Under Current Standards
2A East Boys	30	21	17	4	5	1
2A ME Boys	25	16	9	4	4	0
2A MW Boys	29	26	21	5	7	2
2A West Boys	32	29	26	7	7	0
Total	116	92	73	20	23	3

	Number Of Schools	Number Of Schools "Fielding a Team"	Current Number Of Schools That "Toed-the-Line"	Current Qualification Number Based On "Toeing the Line"	Proposed Qualification Based On "Fielding a Team"	Number Of Teams Left Out Under Current Standards
2A East Girls	30	15	13	4	4	0
2A ME Girls	25	15	8	4	4	0
2A MW Girls	29	24	19	5	6	1

2A West Girls	32	28	22	6	7	1
Total	116	82	62	19	18	2

	Number Of Schools	Number Of Schools "Fielding a Team"	Current Number Of Schools That "Toed-the-Line"	Current Qualification Number Based On "Toeing the Line"	Proposed Qualification Based On "Fielding a Team"	Number Of Teams Left Out Under Current Standards
3A East Boys	28	28	26	7	7	0
3A ME Boys	26	21	20	5	5	0
3A MW Boys	29	25	22	6	6	0
3A West Boys	27	27	23	6	7	1
Total	110	101	91	24	25	1

	Number Of Schools	Number Of Schools "Fielding a Team"	Current Number Of Schools That "Toed-the-Line"	Current Qualification Number Based On "Toeing the Line"	Proposed Qualification Based On "Fielding a Team"	Number Of Teams Left Out Under Current Standards
3A East Girls	28	25	19	5	6	1
3A ME Girls	26	20	15	4	5	1
3A MW Girls	29	22	19	5	6	1
3A West Girls	27	26	21	5	7	2
Total	110	93	74	19	24	5

	Number Of Schools	Number Of Schools "Fielding a Team"	Current Number Of Schools That "Toed-the-Line"	Current Qualification Number Based On "Toeing the Line"	Proposed Qualification Based On "Fielding a Team"	Number Of Teams Left Out Under Current Standards
4A East Boys	21	20	16	5	5	0

4A ME Boys	23	21	19	5	5	0
4A MW Boys	19	17	15	4	4	0
4A West Boys	17	15	11	4	4	0
Total	80	72	61	18	18	0

	Number Of Schools	Number Of Schools "Fielding a Team"	Current Number Of Schools That "Toed-the-Line"	Current Qualification Number Based On "Toeing the Line"	Proposed Qualification Based On "Fielding a Team"	Number Of Teams Left Out Under Current Standards
4A East Girls	21	20	18	5	5	0
4A ME Girls	23	18	16	4	5	1
4A MW Girls	19	14	14	4	4	0
4A West Girls	17	12	10	4	4	0
Total	80	64	58	17	18	1

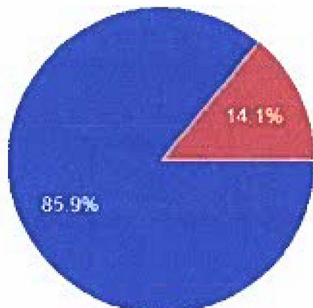
3. Results Of Poll Conducted By The NCTCCA To Support The Proposal

(Results from poll are attached)

Total Vote

The 25% advancement from the Region Meet to the State Meet should be determined from _____.

279 responses



- those that fielded a team and submitted an eligibility roster to the NCHSAA
- those teams that toe-the-line at the Region Meet

Current Alignment			
	Total Schools Voted	"Toe The Line"	"Fielded A Team"
1A	65	9	56
2A	72	10	62
3A	76	10	66
4A	66	10	56
Total	279	39	240
Proposed Realignment			
	Total Schools Voted	"Toe The Line"	"Fielded A Team"
1A	57	7	50
2A	62	11	51
3A	72	8	64
4A	88	13	75
Total	279	39	240

4. Implementation

The proposed timeline for implementation is the 2021 Cross Country season.

5. Summary

The North Carolina Track and Cross Country Association strongly proposes a change in the current formatting for the qualification criteria to the State Cross Country Championship Meet. The NCTCCA proposes a change from the qualification format used in 2019 season to a similar format that was used by the NCHSAA in 2020/2021 for play-off advancement in Cross Country. Advancement to the state meet from the region meet would be based on 25% of the schools that fielded a team during the season and submitted an eligibility roster to the NCHSAA. This change would create true equity by sport and not penalize schools for schools that choose not to participate in the region meet. The proposed change would permit equal opportunity for advancement to the State Championship in both Boys' and Girls' Cross Country and bring an increase in the number of schools being awarded the opportunity to compete. The increase in participation would also create a greater revenue from meet proceeds and the host communities.

***The number of individual qualifiers would remain at the current NCHSAA guidelines of seven (7) from non-qualifying teams.

Current Alignment			
	Total Schools Voted	"Toe The Line"	"Fielded A Team"
1A	65	9	56
2A	72	10	62
3A	76	10	66
4A	66	10	56
Total	279	39	240
Proposed Realignment			
	Total Schools Voted	"Toe The Line"	"Fielded A Team"
1A	57	7	50
2A	62	11	51
3A	72	8	64
4A	88	13	75
Total	279	39	240