

- for each individual entry. No entries after this will be accepted.
 - (viii) Changes from the submitted entry form are not permitted.
 - (ix) Only one alternate may be entered per relay.
 - (x) When entering consideration times for regionals, this rule applies as well. Enter only the two events the swimmer has the best chance in which to qualify.
- (d) Competition
- (1) Swimming and Diving
 - (i) Participants will be allowed to scratch from a preliminary competition event without penalty, if the scratch is delivered to the meet referee prior to the event being called.
 - (ii) Entry Lists: Entry lists for both regional and state competition will be posted on the NCHSAA website.
 - (2) Preliminary entry lists should be posted early in the week (alphabetical order-with times), and any questions can be addressed by the meet director.
 - (3) After that, the final lists should be posted by Wednesday morning (alphabetical order without times). No corrections can be made after that time.
 - (i) Scoring: Each regional competition shall be scored on the basis of the standard sixteen (16) place scoring and shall include all events competed during the regional competition, including diving, for the purpose of determining the regional team championship. Swimmers not achieving the regional automatic or consideration qualifying standard in the finals will not score in that event.
 - (ii) Order of Events: Women compete first, followed by the men, in each event except for diving where it changes each year. In regional competition there will be timed finals for all events. Schedules will be posted on the website.
 - (iii) Deck Changing: Deck changing is not allowed. Competitors must use locker room facilities, or be subject to disqualification.
 - (iv) Supervision: All individuals participating in playoff competition must be supervised. If not, they will be eliminated from competition. 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 in hand at the tournament.
 - (v) Admission: \$6.00 (includes one-dollar surcharge for Endowment). A special \$5.00 admission is available for non-qualifiers when accompanied by coach. Non-qualifiers are not allowed on deck.
 - (vi) Expenses: Each school will bear its own expenses to the regional meet.
 - (vii) Awards: The winning and runner-up team will receive plaques.
 - (4) Individual awards will be presented to the top three individuals in each event.
 - (5) Awards will be presented after the 50 freestyle, the 200 freestyle relay and at the end of the meet.
 - (6) Coaches should have their swimmers prepared to receive their awards.
 - (7) Regional directors must present the awards as scheduled.
 - (i) Qualifiers to State Championship: Qualifying information for state championships, including times, can be found on the NCHSAA website. Qualifiers include:
 - (a) Top six (6) fastest times from each regional plus the top six (6) times from any region not already qualified for advancement.
 - (b) In order to qualify for and advance to State Championships each swimmer or relay team must have achieved the Regional Qualifying standard (automatic or consideration).
 - (c) Individuals or relay teams qualifying but not intending to participate in an event of the State Championship must notify the State Meet Director by 3:00 p.m. on Monday prior to the State Meet. Remaining alternates will not advance to State Championships after that time.
NOTE: 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.
 - (d) Substitutions for relay participants who qualify to the state meet are allowed, irrespective of the number of events swum in the regional competition, but no substitutions in individual events may be made.
 - (8) Swimming
 - (i) Relay Team Entries: All regionals and state championships will use same method for relay cards. See State Championship section 4.10.3.

- (9) Diving: 11 dives, five required and six optionals (one in each category). No degree of difficulty is required.
 - (i) Two copies of the competitive dive sheets must be brought to the meet. The dive sheet can be found online at: www.diverline.com/EZMEET/Dive-VerifierProgram.html.
 - (ii) Divers must turn sheets in 30 minutes prior to warm-ups. Accuracy is responsibility of coach.
 - (iii) When diver is on the board, a coach may not coach them.
 - (iv) Any teams with divers participating should be prepared to provide table workers and judges at the meet. (Parents should not judge own child's competition).
 - (v) Two failed dives disqualifies the individual from competition.
 - (vi) A diver is disqualified if he does not make a legitimate attempt on each dive.
 - (vii) Format for all regionals will be posted on the NCHSAA website.

4.10.3 State Championship:

- (a) Order of Events: In state competition there will be preliminary and final competition for all events except for the 500 yd freestyle which will be competed as a timed final event. The two fastest heats of the 500 yd freestyle (each gender) will be swum with the evening finals.
- (b) Scoring: 16 places will be scored. No scoring in championship if swimmer does not swim qualifying times.
- (c) Relay Team Entries:
 - (1) Cards will be in packet upon arrival.
 - (2) Turn in cards at coaches meeting; any changes need to be given to the admin before the completion of the relay.
 - (3) Pick-up relay cards after the break and return to the admin with or without any changes (can still make changes before completion of the relay).

Example

School: EXCELSIOR HIGH SCHOOL

1. Susie Chen 2. Nancy Carter 3. Joyce Hidalgo 4. Jamalia Baker Event: 400 Freestyle Relay

- (d) Admission: \$7.00 per session or \$10.00 for an all-day pass. Team members will be admitted upon identification by coach.
 - (1) A special \$5.00 admission is available for non-qualifiers when accompanied by a coach. Non-qualifiers are not allowed on deck.
 - (2) Parents not previously certified by the school administration, and properly submitted to the NCHSAA, as coaches will not be permitted on deck.
 - (3) If schools have assigned more than two coaches, a letter from the principal on official school letterhead must identify any additional coaches.
- (e) Awards: The winning and runner-up team will receive plaques.
 - (1) Individual awards will be presented to the top four individuals in each event and to members of the winning and runner-up teams (total of 20 individual medals).
 - (2) Awards will be presented after the 50 freestyle, the 200 freestyle relay and at the end of the meet.
 - (3) Coaches should have their swimmers prepared to receive their awards.
 - (4) Men's diving awards will be presented during the first awards presentation and women's during the second awards presentation.
- (f) Team Expenses: Travel will be paid at the rate of five cents per mile for each qualifier, including coach, up to a maximum of 35 cents.
- (g) State Diving Schedule: See NCHSAA website.
- (h) State Swimming Schedule:

4A	February 10, 2022	Site: TBD
3A	February 11, 2022	Site: TBD
1A/2A	February 12, 2022	Site: TBD

4.11 TENNIS

4.11.1 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 2 (Women) and February 14 (Men).
- (c) Preseason Scrimmages: Reference 4.1.5
- (d) Date of First Match: August 16 (Women) and February 28 (Men).
- (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: No more than four per week if one is on a non-school day. Four matches in three days are still permissible without using a non-school day (e.g. double-header on a

school day). A two-day individual tournament represents two matches. No more than two dual-team matches are allowed daily (weekly limit still applies). No season limit.

- (g) Sportsmanship: Ethical conduct of players and coaches shall be observed at all times. Player's behavior should be monitored throughout the season.
 - (1) Unsportsmanlike conduct, etc. by players will not be tolerated.
 - (2) If unsportsmanlike conduct occurs, the two competing coaches will deal with the offending player in accordance with USTA regulations.
 - (3) For unsportsmanlike conduct/misconduct other than those meeting ejection criteria, first offense is point penalty; second offense is loss of game; third offense is default.
 - (4) Disqualification can occur at any time.
 - (5) The Code of Conduct penalties are cumulative through the entire event and follow a player or doubles team for the duration of the match or state tournament. Doubles teams accrue points, not individuals.
- (h) Filming, Videotaping or Video Streaming: Reference 4.1.25.
- (i) Equipment: NCHSAA approved balls are recommended for all playoff events beginning with the 2020-2021 season. The NCHSAA strongly recommends their adoption for regular season play.

4.11.2 Regular Season Rules and Regulations for Dual Team:

- (a) Scoring: 1 point is scored for an individual or doubles team win. The first team to win five points wins the match.
 - (1) Singles matches are played first, followed by doubles.
 - (2) Doubles matches start 15 minutes following the conclusion of singles, if any doubles players competed in singles.
- (b) Team Composition: 6 singles competing in flights 1,2,3,4,5 and 6; and 3 doubles teams competing in flights 1 – 3.
 - (1) An individual may compete in both singles and doubles.
 - (2) Any school competing in the NCHSAA dual team tennis playoffs must have participated in an actual regular season schedule for the current year.
- (c) Format:
 - (1) Singles: Two out of three sets in singles. If players split sets in singles, a 10-point tiebreaker (first to 10, win by two) will be played to decide the outcome of that match. A three-minute break is allowed before the tiebreaker, and player(s) may NOT leave the court during this time to confer with their coach.
 - (2) Doubles: Doubles matches are played after singles competition and a 15-minute break (see info under scoring 4.11.2 (a)) and the format is an 8-game pro set. In a tie at the end of the doubles pro set, the set tiebreaker (first to seven and win by two) will be played.
 - (3) If mutually agreed, the match may conclude as soon as one team wins by five points.
- (d) Coaching Regulation: Coaching is allowed only after every odd-game (exception: not after game one) and only by the designated high school coaches (limit 2).
 - (1) The coaches may not enter the court. All coaching must be done from outside the fence. Only the designated high school coaches are permitted to coach.
 - (2) The 90-second period for coaching begins immediately following their last point, not when conversation begins.
 - (3) Coaching is permitted to be continuous throughout the match as long as it does not interfere with play and only during the 90 second changeovers. The purpose of such coaching is solely to offer advice to the player and not in any way to distract or annoy the opponent.
 - (4) All coaches must be compliant with Handbook Rule 2.1.7 to coach during a match.
- (e) Line-ups: Coaches shall exchange both singles and doubles line-ups simultaneously, no later than 15 minutes prior to the match using the **MANDATORY official regular season dual team line-up sheet**.
 - (1) Players shall be ranked in order of ability, the best player on the team playing at the #1 position, the second best at #2 and so on through all positions. This rule shall also apply to doubles play, with the strongest combination listed at #1 and so on.
 - (i) If a player is not available in singles, or a team is not available in doubles, all players/teams must move up in the lineup.
 - (ii) A team appearing with an insufficient number of players shall default matches at the bottom of the line-up (i.e. the six player team appearing with five players must default at the #6 singles position, and in doubles, at the #3 position).
 - (iii) Stacking the line-up is not allowed, is considered cheating, and may be punishable with forfeitures and/or monetary penalties.
 - (iv) Players are only allowed to move one spot up or down in the singles line-up from their position in the previous match. Players may move up more than one position if players are unavailable.

- (v) The positions paired at the number-one doubles positions (e.g., #1 and #3 = 4) must add up to an equal or lower number than those paired at the number two doubles (e.g., #2 and #4 = 6).
- (vi) The number two doubles pairing must add up to an equal or lower number than those paired at #3 doubles (e.g., #5 and #6 = 11).
- (vii) A number one singles player may NOT play at number three doubles.
- (viii) Any player NOT in the top 6 will be considered a #7 player for the purpose of placement in doubles.
- (2) Any change in the singles line-up must be in accordance with the regulations.
- (3) A coach is permitted to substitute for a doubles team player provided it is a lower ranked player not already in the doubles line-up. The doubles team with a substituted player is NOT subject to the doubles pairing regulation only if the substitution was due to a legitimate injury/illness.
- (f) MaxPreps Data Entry: All rosters, individual results and team results must be entered on the school's MaxPreps team page within 72 hours of completion of a match.

4.11.3 Playoffs (Dual Team):

- (a) Dates and Sites: All rounds of play through the regionals will be played at the home site of the designated representatives. The dual team state final match in all four classifications for women and men will be held at the Burlington Tennis Center.
 - (1) The dual team playoff dates are as follows:

	Women's	Men's
Deadline for Reporting	October 17, 11:59 p.m.	April 24, 11:59 p.m.
First Round	October 20	April 27
Second Round	October 26	May 3
Third Round	November 1	May 9
Regional Round	November 3	May 11
State Championship	November 6	May 14
 - (2) Facilities and Equipment: The host school is responsible for providing the playing facilities (hard courts unless moved inside for rain or mutual agreement to play on soft courts). Matches must begin no earlier than 4:00 pm without permission of the NCHSAA. You must set up matches to be played on courts, which have lights or lighted courts must be available for use.
- (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.
 - (1) The information includes overall won-loss record and winning percentage for all conference schools. This must be submitted prior to appropriate deadlines. The overall winning percentage and finish in conference standings will be considered when determining which schools qualify for wild-card berths in playoffs.
 - (2) Upon conclusion of the conference tournament, the conference president will immediately submit the adjusted overall records of all teams. These are the records that will be listed on the brackets themselves when playoff qualifiers are posted.
 - (3) Failure to comply with the initial reporting procedure will result in a \$400 fine to the conference.
 - (4) Check NCHSAA website for additional information.
- (c) Qualifiers: Brackets will be seeded with 32 qualifiers in each classification.
- (d) Playoff Brackets: Will be posted on the NCHSAA Website once bracketing is complete.
- (e) Official Line-ups: All schools must submit dual team lineup sheets three weeks prior to the reporting deadline (Women - September 22; Men - April 4). Any appeals to those lineups must be submitted within five (5) business days to the NCHSAA. All appeals will be heard by an appeals committee composed of high school coaches from all classifications selected by the NCHSAA and NCTCA. No further lineup changes will be allowed after this point. Schools must also update the final records of their players prior to the reporting deadline (Women - October 18; Men - April 25). Failure to submit lineups by the established deadline(s) will result in a monetary penalty to the member school.
 - (1) Players must have played 50% of the total team matches in order to be eligible for the playoffs unless there is an approved issue (injury or illness). Proof must be provided on the line-up sheet for any such injury or illness.
 - (2) Coaches shall exchange both singles and doubles line-ups simultaneously, no later than 15 minutes prior to the match using the official post-season dual team line-up sheet.
 - (3) Players shall be ranked in order of ability, the best player on the team playing at the #1 position, the second best at #2 and so on through all positions. This rule shall also apply to doubles play, with the strongest combination listed at #1 and so on.
 - (4) If a player is not available in singles, or a team is not available in doubles, all players/teams must move up in the lineup.