

SPORTS COMMITTEE

Committee Members: Ronnie Beverly (Chair), Troy Lindsey, Brian Carver, John Luciano, Cathy Moore, Joe Franks **Staff:** Tra Waters and Chiquana Dancy

AGENDA ITEM	RECOMMENDATION	SUPPORTING INFORMATION
1. 2022-2023 Sports Calendar Attachment S1	To approve the sports calendar for the 2022-2023 school year	Rationale: N/A Budget Impact: N/A Educational Impact: N/A Equity Impact: N/A Effective Date: 2022-2023 School Year

AGENDA ITEM	RECOMMENDATION	SUPPORTING INFORMATION
2. <u>Basketball</u> 5-Quarter Rule [NCBCA] Attachment S2	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 will not exceed the seasonal limitation of games, 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.” <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>	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: N/A Educational Impact: N/A Equity Impact: Applies equally to both genders Effective Date: 2022-2023 School Year
3. <u>Wrestling</u> Dual Team Seeding [NCWCA]	To use Rankwrestlers to seed the Dual Team Wrestling playoffs	Rationale: The NCHSAA uses MaxPreps rankings to assist in seeding team playoffs. Wrestling does not use MaxPreps, thus the NC Wrestling Coaches Association approached Rankwrestlers to create a dual team ranking formula. The ranking system will be fair and a better indicator of team strength than overall record alone. Budget Impact: None Educational Impact: None Equity Impact: None Effective Date: Immediately

AGENDA ITEM	RECOMMENDATION	SUPPORTING INFORMATION
4. <u>Regional Assignments</u> A. Wrestling [NWCA] B. Discussion of Other Sports Attachment S5	A. To correct the imbalance in the 2A and 3A wrestling regions caused by some regions having fewer participating schools: Shift 2A Midstate conference from Midwest to Mideast, Shift 3A Queen City from West to Midwest B. Discuss current process of assigning schools to regions & concern regarding 1A regional assignments for other sports	Rationale: Currently, the 2A Midwest has 30 participating schools whereas the 2A Mideast has 17 schools participating. In 3A, the 3A Midwest has 23 participating schools whereas the 3A West has 31 schools participating. Shifting schools helps to balance this unevenness. Schools in regions with more schools have a tougher time qualifying from regionals to the state tournament. Budget Impact: Possible travel expenses for impacted schools Educational Impact: N/A Equity Impact: Applies equally to both genders Effective Date: 2021-2022 School Year
5. <u>Wrestling</u> Addition of Women's Wrestling as a Sport [NCWCA] Attachment S3	To discuss the current status of women's wrestling as it relates to being sanctioned as a sport with a state championship, as opposed to an invitational. Reference ByLaw VI.	**Discussion Item**

AGENDA ITEM	RECOMMENDATION	SUPPORTING INFORMATION
6. <u>Cross Country</u> [NCTCCCA]	To modify the NCHSAA Sports Season Dead Period Rule 2.2.14(d)(1)(v) by reducing the end of 2nd semester dead period from the last ten (10) student days of the second semester to the last five (5) days of the second semester	Rationale: This change could be consistent with NCHSAA Sports Season Dead Period Rule 2.2.14(d)(1)(iii) being the “last five (5) student days of the first semester” Budget Impact: None Educational Impact: None Equity Impact: Applies equally to both genders Effective Date: 2021-2022 School Year
7. <u>Cross Country</u> [NCTCCCA] Attachment S4	To modify NCHSAA Sports Season Dead Period 2.2.14(d)(1)(vi) by allowing Cross-Country skill development sessions during the NCCA Clinic Week	Rationale: See Attachment S4 Budget Impact: None Educational Impact: None Equity Impact: Applies equally to both genders Effective Date: July 1, 2022
8. <u>Cross Country</u> [NCTCCCA]	To modify the state championship team qualification procedure from: Basing the number of teams to qualify from each regional from “the number of teams that participate in the regional” to basing that number on the teams that register to participate in the regionals. Registration for regionals is to serve as a “declaration of intent” to participate.	**Discussion Item**

AGENDA ITEM	RECOMMENDATION	SUPPORTING INFORMATION
9. <u>Non-Football Playing Schools & Seeding</u>	To review current NCHSAA Handbook Policy 4.3.1(e)(4) and adjust if necessary: “Special Note for non-football playing schools: Six additional basketball games may be played, for a total of 28. These games must be completed prior to the first playing date for football-playing schools. Those six games will not count for seeding purposes.”	Rationale: NCHSAA Staff has received concerns relative to this rule which does not allow for these games to count in the seeding record. Additionally, these games count in the current MaxPreps RPI rankings as entered. Budget Impact: None Educational Impact: None Equity Impact: Applies equally to both genders Effective Date: 2021-2022 School Year
10. <u>Seeding Process</u>	To review current NCHSAA Handbook Policies 4.1.16 - 4.1.19 and adjust if necessary 1. Volleyball a. 2 out of 3 vs 3 out of 5 2. Football a. “Leap-frog” provision b. Conference opponents in 1st round c. 1 school in classification receiving #1 seeding protection	Rationale: NCHSAA Staff has received concerns relative to the current process after the conclusion of volleyball, men’s soccer, and football seeding. A review of the process for any potential alterations or changes may be necessary Budget Impact: None Educational Impact: None Equity Impact: Applies equally to both genders Effective Date: TBD

2022-2023 NCHSAA Sports Calendar (Attachment S1)

FALL 2022	
First Practice	Aug. 1
First Contest	Aug. 15

WOMEN'S GOLF	
Reporting deadline	Oct. 12; 9pm
Regional	Oct. 17 or 18
State	Oct. 24-25

VOLLEYBALL	
Seeding	Oct. 20
1st Round	Oct. 22
2nd Round	Oct. 25
3rd Round	Oct. 27
4th Round	Oct. 29
Regional	Nov. 1
State	Nov. 5

WOMEN'S TENNIS	
Individual	
Reporting deadline	Oct. 17; 3pm
Regional	Oct. 21-22
State	Oct. 28-29
Dual Team	
Bracketing	Oct. 17
1st Round	Oct. 19
2nd Round	Oct. 25
3rd Round	Oct. 31
Regional	Nov. 2
State	Nov. 5

CROSS COUNTRY	
Reporting deadline	Oct. 21; 9pm
Regional	Oct. 29
State	Nov. 5

MEN'S SOCCER	
Seeding	Oct. 28
1st Round	Oct. 31
2nd Round	Nov. 3
3rd Round	Nov. 7
4th Round	Nov. 10
Regional	Nov. 15
State	Nov. 18-19

CHEERLEADING	
Invitational	Dec. 3

FOOTBALL	
First Practice	Aug. 1
First Scrimmage	Aug. 10
Week 1	Aug. 19
Week 2	Aug. 26
Week 3	Sept. 2
Week 4	Sept. 9
Week 5	Sept. 16
Week 6	Sept. 23
Week 7	Sept. 30
Week 8	Oct. 7
Week 9	Oct. 14
Week 10	Oct. 21
Week 11	Oct. 28

FOOTBALL PLAYOFFS	
Seeding	Oct. 29
1st Round	Nov. 4
2nd Round	Nov. 11
3rd Round	Nov. 18
4th Round	Nov. 25
Regionals	Dec. 2
State	Dec. 9-10

WINTER 2022 - 2023	
First Practice (Indoor Track, Swimming & Diving, Wrestling)	Oct. 31
First Contest (Indoor Track, Swimming & Diving, Wrestling)	Nov. 14

INDOOR TRACK	
Reporting deadline	Feb. 4; 9pm
State	Feb. 10-11

SWIMMING & DIVING	
Reporting deadline	Jan. 28; 8pm
Regionals	Feb. 2-4
State	Feb. 8-11

WRESTLING	
Dual team	
Bracketing	Jan. 26
1st/2nd	Jan. 28
3rd/Regionals	Feb. 1
State Championship	Feb. 4
Women's Invitational	Feb. 4

Individual	
Reporting deadline	Jan 26; 3pm
Indiv/Reg	Feb. 10-11
Indiv/State	Feb. 16-18

BASKETBALL	
First Practice	Oct. 31
First Practice (Non-FB)	Oct. 24
First Contest	Nov. 18
First Contest (Non-FB)	Nov. 7
Conference Tournament	Feb. 13-17
Seeding	Feb. 18
1st Round	Feb. 21
2nd Round	Feb. 23
3rd Round	Feb. 25
4th Round	Feb. 28
Regional	Mar. 4
State	Mar. 11

SUMMER DEAD PERIODS 2022	
July 4 - 17, 2022	

SCHOOL YEAR DEAD PERIODS	
August 1 - August 21, 2022	
October 31 - November 20, 2022	
February 13 - March 5, 2023	
Last 5 Student Days of the 1st Semester	
Last 10 Student Days of the 2nd Semester	

SUMMER DEAD PERIODS 2023	
July 3 - 9, 2023	
July 17 - 23, 2023	

SPRING 2023	
First Practice	Feb. 13
First Contest	Feb. 27

MEN'S GOLF	
Reporting deadline	May 3, 9pm
Regional	May 8 or 9
State	May 15-16

MEN' S TENNIS	
Individual	
Reporting deadline	May 1, 3 pm
Regional	May 5-6
State	May 12-13

Dual Team	
Seeding	May 1
1st Round	May 3
2nd Round	May 9
3rd Round	May 15
Regional	May 17
State	May 20

TRACK	
Reporting deadline	May 6; 6pm
Regionals	May 12-13
State	May 19-20

LACROSSE	
Seeding	Apr. 28
1st Round	May 2
2nd Round	May 5
3rd Round	May 9
4th Round	May 12
Regional	May 16
State	May 19-20

WOMEN'S SOCCER	
Seeding	May 12
1st Round	May 15
2nd Round	May 18
3rd Round	May 22
4th Round	May 25
Regional	May 30
State	Jun. 2-3

SOFTBALL	
Seeding	May 8
1st Round	May 9
2nd Round	May 12
3rd Round	May 16
4th Round	May 19
Regional	May 22-27
State	Jun. 2-3

BASEBALL	
Seeding	May 8
1st Round	May 9
2nd Round	May 12
3rd Round	May 16
4th Round	May 19
Regional	May 22-27
State	Jun. 2-3



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

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

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

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.



October 29, 2021

To the NCHSAA,

It's my pleasure to write to you on behalf of the North Carolina Sanction NC Task Force. I trust this note finds you well and off to a great year in your school system.

First I'd like to **thank** the NCHSAA Board of Directors and staff for their leadership, partnership, and support of the women's wrestling movement in North Carolina. Our state has a rich history and tradition in the sport, going back to the pioneer days of Sara McMann (recent NWHOF inductee) and continuing to today.

In recent years momentum and numbers have grown for women in our sport, and the NCHSAA has been responsive to that growth. *You have **always** supported participation for women*, and in recent years your support of the NCHSAA Women's Invitational Championships has provided a catalyst for the explosion we are seeing today.

We are now coming to you asking you to take the **next step forward** for women's wrestling in North Carolina. We are submitting a plan to lead us to full sanctioning of women's wrestling in our state. This would include separate divisions for women as well as a sanctioned championship event to be held alongside the men's tournament.

We have worked with wrestling leaders across the state and nation to develop this plan of action, and we believe **the time for its implementation has come**. We trust that you will consider it and work along side the wrestling community in our state to make the dream of NCHSAA sanctioned women's wrestling a reality

Yours in Wrestling,

Ed Duncan

SanctionNC Task Force

Cheryl Baynard, Sanction NC Chairperson
Coleman Scott, Head Coach, UNC-Chapel Hill
Breonnah Neal, Head Women's Coach,
Gannon University

Chase Holloman, NCWCA Board of Directors
Ed Duncan, NCUSA State Chairperson
Coburn Burroughs, Esquire



SanctionNC

SANCTIONING WOMEN'S WRESTLING PROPOSAL

AUGUST 14, 2021

As presented by
SanctionNC
Women's Wrestling
Task Force

Members

Cheryl Baynard
Coburn Burroughs, Esq.
Ed Duncan
Chase Hollemon
Breonnah Neal
Coleman Scott

SANCTIONING WOMEN'S WRESTLING

"We should not require young girls to test themselves against males in this sport in order to be a competitive wrestler or to be valued as a good wrestler. It is a tough and demanding sport as it is, and young girls deserve the right to compete with other tough female wrestlers. The longer we force girls to compete against boys, the more we prevent the growth of women's wrestling."

-Katherine Shai

5x Women's National Team member
and a board member of the
non-profit
Wrestle Like A Girl



SANCTIONING WOMEN'S WRESTLING

MILESTONES

2004 Sara McMann (McDowell)

1st American woman to medal in the Olympics

2008 Olivia Neal (Rosewood)

1st woman to qualify for the men's state wrestling championships

2018 Heaven Fitch (Uwharrie Charter)

1st woman to win a men's conference title and the MOW

2019 Amber Parker (Parkwood)

1st NC Women's Open Invitational State champion

2020 Heaven Fitch (Uwharrie Charter)

1st woman to win a men's state championship

2021 Reagan Riddick (First Flight)

1st woman to win a men's regional championship and the MOW

2021

258 women on high school rosters

9 women state qualifiers

Heaven Fitch 3rd 1A 106

Hope Horan 4th 1A 106

PURPOSE

The purpose of this proposal, presented to the North Carolina High School Athletic Association, is to formally request that women's wrestling be sanctioned as a high school sport in North Carolina, and be provided a women's NCHSAA championship event.



SANCTIONING WOMEN'S WRESTLING

1. Implementation of Girls Wrestling: The proposed plan is to have a transition period that would permit women the option of participating in both their school's men's lineup and women's lineup during regular season contests only. If a tournament only hosts a men's division, then women will have the option of competing in the men's division. If a tournament offers both a men's and women's division, then women would be required to wrestle in the women's division. After the sanctioning of women's wrestling, women would only participate against women at women-only competition and must participate in the women's postseason only.

2. Weight Classes: The NCHSAA will utilize the NFHS weights for women's wrestling. The women's weight classes will be released to all member schools, by the NCHSAA before the first competition date each season.

3. Contest Limits: Women and men will both follow the same contest limitations as listed in the NCHSAA Board Handbook Rule 44, Article 6.



SANCTIONING WOMEN'S WRESTLING

4. Coaching and Practices: A NCHSAA member school who offers both men's wrestling and women's wrestling are permitted to use the same coaching staff to oversee both teams. Furthermore, both the men's and women's wrestling teams that consist of enrolled students from the same school or an approved cooperative may practice at the same time in the same practice facility under the guidance and leadership of the same coaching staff.

5. Postseason and Qualifying Events:

There will be one classification for the NCHSAA Women's Wrestling Championships. Seeding will be determined by several criteria, including overall record, returning placers from the year before's championship, and placement at selected events throughout the regular season.

Future consideration may be given to the addition of regional qualifying events once merited by increased participation numbers.



SANCTIONING WOMEN'S WRESTLING

NCHSAA Women's State Tournament:

1. The State tournament will be established in an 16-person bracket format
2. The State tournament will be held initially in conjunction with the men's dual team state finals. Preliminary rounds would be conducted on Friday, with championship matches contested on Saturday.
3. The top 4 place finishers at the state tournament will be recognized as state medalists.
4. The top 2 team finishers at the state tournament will be recognized as team trophy winners



SANCTIONING WOMEN'S WRESTLING

The Legacy is Strong



The Future is NOW!



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):

Proposal: Modify NCHSAA Sports Season Dead Period Rule 2.2.14(d) (1) (vi) by allowing Cross country Skill Development Sessions during the NCCA Clinic Week.

Rationale: (Why should the board consider and possibly pass this recommendation?)

Rationale: There is unmeasurable value in knowing the rules and the latest training and coaching techniques that a coach receives from attending any workshop, especially the annual North Carolina Coaches Association Annual Clinic. Skill Development Sessions, commonly known as “workouts” are valuable to the development of the athlete. The week of the NCCA Coaches Clinic is a “Dead Period” in which Sports Development Sessions are prohibited. The week of July 4 is also a “Dead Period.” During the week of the NCCA clinic, a “Dead Period” day of workouts should occur only on the day(s) of an individual sport’s clinic and rules session. For example, cross country sessions are held on Wednesday. Cross country teams should have the right to hold workouts on Monday, Tuesday, Thursday and Friday. The same principle could apply to the other sports. This proposal is geared toward cross country.

Cross country athletes create their “base” during the summer months in order to complete the 3.1-mile race course. The 2021 season’s first day of practice was August 2 with the first meet being held on August 16. For the 2022 season, July 4-July 17 will be “Dead Periods”. Two weeks of the athletes not being able to work-out with their coach is not in the best interest of the athlete. Two weeks of no training for a sprinter, football or volleyball player just prior to the start of the season is not the same as that of a distant runner. They’re not running 3.1 miles non-stop. This also lends itself to the athletes training by themselves unsupervised or with an unqualified individual.

The additional supervised workout days in the July would help the cross country athletes become acclimated to the heat as they prepare for mandatory practices beginning August 1. This is keeping in line with the NCHSAA Fundamentals of Heat Prevention and Management for all Sports. (2.3.2)

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 end of the second semester of the 2021-2022 school year.

Signature  **Date** Oct 25, 2021

Proposal: Allow Cross Country workouts during NCCA Clinic Week
Today's Date: Friday, October 15, 2021

1A Schools			Yes	No
1	1A	Albemarle	0	0
2	1A	Alleghany		
3	1A	Andrews		
4	1A	Atkins		
5	1A	Avery County	1	
6	1A	Bessemer City	1	
7	1A	Bethany Community School	1	
8	1A	Bishop McGuinness	1	
9	1A	Blue Ridge		
10	1A	Camden County		
11	1A	Chatham Charter		
12	1A	Cherokee	1	
13	1A	Christ the King	1	
14	1A	Community School of Davidson		
15	1A	Cornerstone Chartrt	1	
16	1A	East Carteret HS		
17	1A	East Surry		
18	1A	East Wilkes	1	
19	1A	Elkin		
20	1A	Falls Lake	1	
21	1A	Gates County		
22	1A	Gray Stone Day School	1	
23	1A	Hayesville	1	
24	1A	Heide Trask		
25	1A	Highland School of Technology	1	
26	1A	Hiwasee Dam	1	
27	1A	Jones Senior	1	
28	1A	Kenan, James		
29	1A	Kipp Pride HS		
30	1A	Lakewood High	1	
31	1A	Lejeune High		
32	1A	Millennium Charter		
33	1A	Mitchell		1
34	1A	Mount Airy	1	
35	1A	Mountain Heritage	1	
36	1A	Murphy	1	
37	1A	Nantahala	0	0
38	1A	NC Leadership Academy	1	

39	1A	Neuse Charter	1	0
40	1A	Northhside HS	1	
41	1A	North Edgecombe		
42	1A	North Moore		
43	1A	North Rowan		
44	1A	North Stokes		
45	1A	Northwest Collegiate and Tech Academy	1	
46	1A	Ocracoke		
47	1A	Oxford Prep.	1	
48	1A	Pamlico County	1	1
49	1A	Pender	1	
50	1A	Perquiman's	1	
51	1A	Princeton		
52	1A	Queen's Grant		
53	1A	Riverside	1	
54	1A	Robbinsville		
55	1A	Rosewood	1	
56	1A	Rosman		
57	1A	South Davidson	1	
58	1A	South Stanly	1	
59	1A	South Stokes	1	
60	1A	Southeast Halifax		
61	1A	Spring Creek		
62	1A	Starmount High		
63	1A	Swain	1	
64	1A	Tarboro		
65	1A	Thomas Jefferson Classical	1	
66	1A	Tri-County Early College		
67	1A	Union Academy		
68	1A	Uwharrie Charter Academy	1	
69	1A	Voyager Academy		
70	1A	Walkertown		
71	1A	Wallace-Rose Hill		
72	1A	Warren County		1
73	1A	Whiteville		
74	1A	Winston-Salem Prep		
75	1A	Woods Charter	1	0
Overall Totals to Date			35	3
38 out of 75 schools voted: 51 %				
35 out of 75 Approve: 47 %				
3 out of 75 disapprove: 4 %				

Proposal: Voluntary Workouts During NCCA Clinic Week
Today's Date: Friday, October 15, 2021

2A Schools			Yes	No
1	2A	Andrews, T.W.	1	
2	2A	Bandys	1	
3	2A	Barlett-Yancey	1	
4	2A	Beddingfield, E.T.		1
5	2A	Brevard		
6	2A	Bunker Hill		
7	2A	Bunn		
8	2A	Burns		1
9	2A	Central Academy of Tech & Arts		
10	2A	Chase		
11	2A	Clinton	1	
12	2A	Community School of Davidson	1	
13	2A	Cummings		
14	2A	Currituck County		
15	2A	Dixon		
16	2A	Draughn		
17	2A	East Burke		
18	2A	East Davidson	1	
19	2A	East Duplin	1	
20	2A	East Lincoln		
21	2A	East Rutherford		
22	2A	Fairmont		
23	2A	Farmville Central	1	
24	2A	Forbush		
25	2A	Forest Hills		
26	2A	Franklin Academy	1	
27	2A	Graham High		
28	2A	Granville Central	1	
29	2A	Heidi Trask	1	
30	2A	Hendersonville	1	
31	2A	Holmes, John		
32	2A	Lexington	1	
33	2A	Lincoln Charter	1	
34	2A	Madison		
35	2A	Maiden		
36	2A	Midway	1	
37	2A	Monroe		
38	2A	Mount Pleasant High		
39	2A	Mt. Heritage		
40	2A	NC School of Science & Math		
41	2A	North Brunswick		

42	2A	North Lenoir	1	
43	2A	North Pitt	0	0
44	2A	North Rowan		
45	2A	North Surry		
46	2A	North Wilkes	1	
47	2A	Northeastern	1	
48	2A	Northside-Onslow		
49	2A	Owen	1	
50	2A	Parkwood		
51	2A	Pine Lake Prep	1	
52	2A	Polk County	1	
53	2A	Princeton	1	
54	2A	Randleman	1	
55	2A	Red Springs High		
56	2A	Reidsville		
57	2A	RS Central	1	
58	2A	Salisbury		
59	2A	Seaforth HS	1	
60	2A	Shelby High	1	
61	2A	South Granville		
62	2A	South Lenoir	1	
63	2A	Southwest Onslow		
64	2A	Southwest Edgecombe		
65	2A	Spring Creek	1	
66	2A	Surry Central	1	
67	2A	Thomasville		
68	2A	Trinity High School		
69	2A	Vance County	1	
70	2A	Walkertown		1
71	2A	Washington	1	
72	2A	Webb, J.F.	1	
73	2A	West Davidson	1	
74	2A	West Lincoln		
75	2A	West Stanly		
76	2A	West Stokes	1	
77	2A	West Wilkes	1	
78	2A	Wheatmore	1	
79	2A	Wilkes Central		
Totals			36	3

39 out of 79 schools voted: @ 49 %

36 out of 79 Approve: @ 45 %

3 out of 79 Disapprove: @ 4 %

Proposal: Allow Workouts During NCCA Clinic Week**Today's Date: October 15, 2021**

3A Schools			Yes	No
1	3A	Ashbrook		
2	3A	Ashe County		
3	3A	Asheboro		
4	3A	Aycock, Charles B.	1	
5	3A	Ayden-Grifton		
6	3A	Berry Academy	1	
7	3A	Byrd, Douglas		
8	3A	Cape Fear	1	
9	3A	Cardinal Gibbons		
10	3A	Cedar Ridge	1	
11	3A	Central Academy of Tech & Arts	1	
12	3A	Central Cabarrus		
13	3A	Central Davidson	1	
14	3A	Concord		
15	3A	Crest		
16	3A	Croatan	1	
17	3A	Durham School of the Arts		
18	3A	East Henderson		
19	3A	East Rowan	1	
20	3A	Eastern Alamance	1	
21	3A	Enka		1
22	3A	Erwin	1	
23	3A	Fike High School		
24	3A	First Flight	1	
25	3A	Foard HS	1	
26	3A	Forestview		
27	3A	Franklin HS	1	
28	3A	Franklinton High	1	
29	3A	Freedom		
30	3A	Havelock	1	
31	3A	Hibriten	1	
32	3A	Hickory		
33	3A	Hunt		
34	3A	Hunter Huss	1	
35	3A	Jacksonville		
36	3A	Jesse C. Carson	1	
37	3A	JF Webb		

38	3A	Kings Mountain	1	
39	3A	Lake Norman Charter	1	
40	3A	Ledford		1
41	3A	Lee County		
42	3A	McMichael		
43	3A	Nash Central		
44	3A	North Brunswick	1	1
45	3a	North Buncombe	1	
46	3A	North Davidson		
47	3A	North Forsyth		
48	3A	North Gaston		
49	3A	North Henderson		
50	3A	North Iredell	1	
51	3A	North Lincoln	1	
52	3A	Northeast Guilford	1	
53	3A	Northern Nash		
54	3A	Northside-Jacksonville		
55	3A	Northwest Cabarrus	1	
56	3A	Northwood	1	
57	3A	Oak Grove	1	
58	3A	Orange	1	1
59	3A	Overhills		
60	3A	Patton		
61	3A	Person	1	
62	3A	Pisgah	1	
63	3A	Richlands	1	
64	3A	Robinson, Jay M		
65	3A	Rocky Mount HS	1	
66	3A	Rose, J.H.		1
67	3A	Sanford, Terry		
68	3A	Scotland County		
69	3A	Seventy-First		
70	3A	Smith, Ben L	1	
71	3A	Smith, E. E.	1	
72	3A	Smoky Mountain	1	
73	3A	South Brunswick		
74	3A	South Central	1	
75	3A	South Johnston High		
76	3A	South Point		
77	3A	South Rowan	1	
78	3A	Southern Durham		

79	3A	Southern Guilford		
80	3A	Southern Lee	1	1
81	3A	Southern Nash		
82	3A	St. Stephens		
83	3A	Statesville	1	
84	3A	Swansboro		
85	3A	Triton		
86	3A	Tuscola	1	
87	3A	Union Pines		
88	3A	Walkertown	1	
89	3A	West Brunswick	1	
90	3A	West Carteret		1
91	3A	West Charlotte		
92	3A	West Craven		
93	3A	West Henderson	1	
94	3A	West Mecklenburg		
95	3A	West Rowan	1	
96	3A	West Stokes		
97	3A	Western Alamance	1	1
98	3A	Western Harnett		1
99	3A	Westover HS		
100	3A	White Oak		
101	3A	Williams, Walter	0	0
		Totals to Date	46	9
		55 out of 101 schools voted: 54 %		
		46 out of 101 Approve: 46 %		
		9 out of 101 Disapprove: 9 %		

Proposal: Voluntary Workouts During NCCA Clinic Week
Today's Date: Friday, October 15, 2021

4A Schools			Yes	No
1	4A	Alexander Central	1	
2	4A	Apex	1	
3	4A	Apex Friendship		
4	4A	Ardrey Kell	1	
5	4A	Asheville	1	
6	4A	Ashley		
7	4A	Athens Drive		
8	4A	Britt, Jack		
9	4A	Broughton,		
10	4A	Brown, A. L.		
11	4A	Butler, David		
12	4A	Cardinal Gibbons	1	1
13	4A	Cary	1	
14	4A	Chapel Hill	1	
15	4A	Charlotte Catholic		
16	4A	Clayton		
17	4A	Cleveland	1	
18	4A	Conley, D. H.	1	
19	4A	Corinth Holders	1	
20	4A	Cox Mill		
21	4A	Cutherbertson	1	
22	4A	Davie County	1	
23	4A	Dudley		
24	4A	East Chapel Hill		
25	4A	East Forsyth	1	
26	4A	East Mecklenburg		
27	4A	East Wake		
28	4A	Enloe	1	
29	4A	Fuquay-Varina		
30	4A	Garinger		
31	4A	Garner Magnet		
32	4A	Glenn		
33	4A	Gray's Creek	1	
34	4A	Green Hope		
35	4A	Green Level		
36	4A	Grimsley	1	
37	4A	Harding University		

38	4A	Harnett Central		
39	4A	Heritage		
40	4A	Hickory Ridge H.S.		
41	4A	High Point Central		
42	4A	Hillside		
43	4A	Hoggard	1	
44	4A	Hoke County		
45	4A	Holly Springs	1	
46	4A	Hopewell		
47	4A	Hough, W. A.	1	
48	4A	Independence	1	
49	4A	Jordan	1	
50	4A	Knightdale		
51	4A	Lake Norman	1	
52	4A	Laney		
53	4A	Leesville Road		
54	4A	Lumberton		
55	4A	Mallard Creek		
56	4A	Marvin Ridge		
57	4A	McDowell	1	
58	4A	Middle Creek	1	
59	4A	Millbrook	1	
60	4A	Mooreville		
61	4A	Mount Tabor	1	
62	4A	Myers Park	1	
63	4A	New Bern		
64	4A	New Hanover		
65	4A	North Mecklenburg		
66	4A	Northern Durham		
67	4A	Northern Guilford		
68	4A	Northwest Guilford		
69	4A	Olympic		
70	4A	Overhills	1	
71	4A	Page		
72	4A	Panther Creek	1	
73	4A	Parkland		
74	4A	Person		
75	4A	Piedmont	1	
76	4A	Pine Forest		
77	4A	Pinecrest		1
78	4A	Porter Ridge		

79	4A	Providence	1	
80	4A	Ragsdale	1	
81	4A	Reagan	1	
82	4A	Reynolds, A. C.	1	
83	4A	Reynolds, R. J.		
84	4A	Richmond		
85	4A	Riverside-Durham	1	
86	4A	Roberson , T. C.	1	
87	4A	Robinson, Jay M.		
88	4A	Rocky River		
89	4A	Rolesville		
90	4A	Rose		
91	4A	Sanderson	1	
92	4A	South Caldwell	1	
93	4A	South Garner		
94	4A	South Iredell High		
95	4A	South Mecklenburg	1	
96	4A	South View		
97	4A	Southeast Guilford	1	
98	4A	Southeast Raleigh	1	
99	4A	Southern Alamance		
100	4A	Southwest Guilford	1	
101	4A	Sun Valley High	1	1
102	4A	Swett, Purnell		
103	4A	Topsail		
104	4A	Vance, Zebulon	1	
105	4A	Wake Forest	1	
106	4A	Wakefield	1	1
107	4A	Watagua	1	
108	4A	Weddington		
109	4A	West Cabarrus	1	
110	4A	West Forsyth	1	
111	4A	West Johnston		
112	4A	Western Guilford	1	
113	4A	Willow Spring	0	0
Totals to Date			50	4
54 out of 113 schools voted: 48 %				
50 out of 113 Approve: 44 %				
4 out of 113 Disapprove: 4 %				

2021-25 Regional Assignments
W Tennis, Cross-County, Wrestling, M Tennis, M Golf, Track and Field

1A East	
Atlantic 5 1A	Bear Grass Charter
Atlantic 5 1A	Cape Hatteras
Atlantic 5 1A	Columbia
Atlantic 5 1A	Mattamuskeet
Atlantic 5 1A	Ocracoke
Coastal Plains 1A/2A	Jones Senior
Coastal Plains 1A/2A	Lejeune
Coastal Plains 1A/2A	Northside (Pinetown)
Coastal Plains 1A/2A	Pamlico County
Coastal Plains 1A/2A	Southside
Four Rivers 1A	Bertie
Four Rivers 1A	Gates County
Four Rivers 1A	North East Carolina Prep
Four Rivers 1A	Perquimans
Four Rivers 1A	Riverside (Martin)
Four Rivers 1A	South Creek
Four Rivers 1A	Tarboro
Four Rivers 1A	Washington County
Tar Roanoke 1A	KIPP Pride
Tar Roanoke 1A	North Edgecombe
Tar Roanoke 1A	Northampton County
Tar Roanoke 1A	Northwest Halifax
Tar Roanoke 1A	Rocky Mount Prep
Tar Roanoke 1A	Southeast Halifax
Tar Roanoke 1A	Warren County
Tar Roanoke 1A	Weldon
Tar Roanoke 1A	Wilson Prep

1A Mideast	
Carolina 1A	Hobbs
Carolina 1A	Lakewood
Carolina 1A	Neuse Charter
Carolina 1A	North Duplin
Carolina 1A	Rosewood
Carolina 1A	Union
Central Tar Heel 1A	Chatham Charter
Central Tar Heel 1A	Clover Garden
Central Tar Heel 1A	River Mill
Central Tar Heel 1A	Southern Wake Academy
Central Tar Heel 1A	Triangle Math and Science
Central Tar Heel 1A	Woods Charter
Mid-Carolina 1A/2A	Chatham Central
Mid-Carolina 1A/2A	North Moore
Super Six 1A/2A	East Wake Academy
Super Six 1A/2A	Falls Lake Academy
Triangle North 1A	Eno River Academy
Triangle North 1A	Henderson Collegiate
Triangle North 1A	Oxford Prep
Triangle North 1A	Roxboro Community
Triangle North 1A	Vance Charter
Triangle North 1A	Voyager Academy
Waccamaw 1A/2A	East Columbus
Waccamaw 1A/2A	Pender
Waccamaw 1A/2A	West Columbus

1A Midwest	
Central Carolina 1A/2A	North Rowan
Central Carolina 1A/2A	South Davidson
Central Carolina 1A/2A	Thomasville
Metro 8 1A	Apprentice Academy
Metro 8 1A	Bradford Prep
Metro 8 1A	Cabarrus Charter
Metro 8 1A	Carolina International
Metro 8 1A	Corvian Community
Metro 8 1A	Piedmont Community Charter
Metro 8 1A	Queens Grant
Metro 8 1A	Sugar Creek
Northwest Piedmont 1A	Bethany Community
Northwest Piedmont 1A	Bishop McGuinness
Northwest Piedmont 1A	Carver
Northwest Piedmont 1A	Cornerstone Charter
Northwest Piedmont 1A	Millennium Charter
Northwest Piedmont 1A	NC Leadership Academy
Northwest Piedmont 1A	Winston-Salem Prep
Piedmont Athletic 1A/2A	Eastern Randolph
Piedmont Athletic 1A/2A	Uwharrie Charter
Yadkin Valley 1A/2A	Albemarle
Yadkin Valley 1A/2A	Gray Stone Day
Yadkin Valley 1A/2A	South Stanly
Yadkin Valley 1A/2A	Union Academy

1A West	
Catawba Shores Athletic 1A/2A	Christ the King
Catawba Shores Athletic 1A/2A	Langtree Charter
Catawba Shores Athletic 1A/2A	Mountain Island Charter
Northwest 1A	Alleghany
Northwest 1A	East Wilkes
Northwest 1A	Elkin
Northwest 1A	Mount Airy
Northwest 1A	North Stokes
Northwest 1A	South Stokes
Northwest 1A	Starmount
Smoky Mountain 1A	Andrews
Smoky Mountain 1A	Blue Ridge Early College
Smoky Mountain 1A	Cherokee
Smoky Mountain 1A	Hayesville
Smoky Mountain 1A	Highlands
Smoky Mountain 1A	Hiwassee Dam
Smoky Mountain 1A	Murphy
Smoky Mountain 1A	Nantahala
Smoky Mountain 1A	Robbinsville
Smoky Mountain 1A	Swain County
Smoky Mountain 1A	Tri-County Early College
Southern Piedmont 1A/2A	Bessemer City
Southern Piedmont 1A/2A	Cherryville
Southern Piedmont 1A/2A	Highland Tech
Southern Piedmont 1A/2A	Thomas Jefferson
Western Highlands 1A/2A	Avery County
Western Highlands 1A/2A	Draughn
Western Highlands 1A/2A	Mitchell
Western Highlands 1A/2A	Mountain Heritage
Western Highlands 1A/2A	Rosman

2021-25 Regional Assignments
W Tennis, Cross-Country, Wrestling, M Tennis, M Golf, Track and Field

2A East	
Coastal Plains 1A/2A	East Carteret
East Central 2A	East Duplin
East Central 2A	James Kenan
East Central 2A	Kinston
East Central 2A	North Lenoir
East Central 2A	South Lenoir
East Central 2A	Southwest Onslow
East Central 2A	Wallace-Rose Hill
Eastern Plains 2A	Ayden-Grifton
Eastern Plains 2A	Farmville Central
Eastern Plains 2A	Greene Central
Eastern Plains 2A	North Pitt
Eastern Plains 2A	SouthWest Edgecombe
Eastern Plains 2A	Washington
Eastern Plains 2A	West Craven
Neuse 6 2A	Beddingfield
Neuse 6 2A	Eastern Wayne
Neuse 6 2A	Goldsboro
Neuse 6 2A	North Johnston
Neuse 6 2A	Princeton
Neuse 6 2A	Spring Creek
Northeastern Coastal 2A/3A	Camden County
Northeastern Coastal 2A/3A	Hertford County
Northeastern Coastal 2A/3A	Holmes
Northeastern Coastal 2A/3A	Manteo
Northeastern Coastal 2A/3A	Northeastern
Northeastern Coastal 2A/3A	Pasquotank County

2A Mideast	
Mid-Carolina 1A/2A	Bartlett Yancey
Mid-Carolina 1A/2A	Cummings
Mid-Carolina 1A/2A	Graham
Mid-Carolina 1A/2A	Jordan-Matthews
Mid-Carolina 1A/2A	Seaforth
Northern Lakes Athletic 2A/3A	Granville Central
Northern Lakes Athletic 2A/3A	J.F. Webb
Northern Lakes Athletic 2A/3A	South Granville
Southeastern Athletic 2A	Clinton
Southeastern Athletic 2A	East Bladen
Southeastern Athletic 2A	Fairmont
Southeastern Athletic 2A	Midway
Southeastern Athletic 2A	Red Springs
Southeastern Athletic 2A	St. Pauls
Southeastern Athletic 2A	West Bladen
Super Six 1A/2A	Franklin Academy
Super Six 1A/2A	NCSSM
Super Six 1A/2A	Raleigh Charter
Super Six 1A/2A	Research Triangle
The Big East 2A/3A	Bunn
The Big East 2A/3A	Louisburg
The Big East 2A/3A	Nash Central
The Big East 2A/3A	Roanoke Rapids
Waccamaw 1A/2A	Heide Trask
Waccamaw 1A/2A	South Columbus
Waccamaw 1A/2A	Whiteville

2A Midwest	
Central Carolina 1A/2A	East Davidson
Central Carolina 1A/2A	Lexington
Central Carolina 1A/2A	Salisbury
Central Carolina 1A/2A	West Davidson
Foothills 2A	East Surry
Foothills 2A	Forbush
Foothills 2A	North Surry
Foothills 2A	North Wilkes
Foothills 2A	Surry Central
Foothills 2A	West Wilkes
Foothills 2A	Wilkes Central
Mid-State 2A	McMichael
Mid-State 2A	Morehead
Mid-State 2A	North Forsyth
Mid-State 2A	Reidsville
Mid-State 2A	T.W. Andrews
Mid-State 2A	Walkertown
Mid-State 2A	West Stokes
Piedmont Athletic 1A/2A	Providence Grove
Piedmont Athletic 1A/2A	Randleman
Piedmont Athletic 1A/2A	Southwestern Randolph
Piedmont Athletic 1A/2A	Trinity
Piedmont Athletic 1A/2A	Wheatmore
Rocky River 2A/3A	Anson
Rocky River 2A/3A	Forest Hills
Rocky River 2A/3A	Monroe
Rocky River 2A/3A	West Stanly
Yadkin Valley 1A/2A	Jay M. Robinson
Yadkin Valley 1A/2A	Mount Pleasant
Yadkin Valley 1A/2A	North Stanly

2A West	
Catawba Shores Athletic 1A/2A	Community School of Davidson
Catawba Shores Athletic 1A/2A	Lincoln Charter
Catawba Shores Athletic 1A/2A	Pine Lake Prep
Catawba Valley Athletic 2A	Bandys
Catawba Valley Athletic 2A	Bunker Hill
Catawba Valley Athletic 2A	East Burke
Catawba Valley Athletic 2A	Lincolnton
Catawba Valley Athletic 2A	Maiden
Catawba Valley Athletic 2A	Newton-Conover
Catawba Valley Athletic 2A	West Caldwell
Catawba Valley Athletic 2A	West Lincoln
Mountain Foothills 7 2A	Brevard
Mountain Foothills 7 2A	Chase
Mountain Foothills 7 2A	East Rutherford
Mountain Foothills 7 2A	Hendersonville
Mountain Foothills 7 2A	Patton
Mountain Foothills 7 2A	Polk County
Mountain Foothills 7 2A	R-S Central
Southern Piedmont 1A/2A	Burns
Southern Piedmont 1A/2A	East Gaston
Southern Piedmont 1A/2A	Shelby
Western Highlands 1A/2A	Madison
Western Highlands 1A/2A	Owen

2021-25 Regional Assignments
W Tennis, Cross-County, Wrestling, M Tennis, M Golf, Track and Field

3A East	
Big Carolina 3A/4A	Havelock
Big Carolina 3A/4A	J.H. Rose
Big Carolina 3A/4A	Jacksonville
Big Carolina 3A/4A	Northside (Jacksonville)
Big Carolina 3A/4A	South Central
Coastal 3A	Croatan
Coastal 3A	Dixon
Coastal 3A	Richlands
Coastal 3A	Swansboro
Coastal 3A	West Carteret
Coastal 3A	White Oak
Mideastern 3A/4A	North Brunswick
Mideastern 3A/4A	South Brunswick
Mideastern 3A/4A	West Brunswick
Northeastern Coastal 2A/3A	Currituck County
Northeastern Coastal 2A/3A	First Flight
Quad County 3A	C.B. Aycock
Quad County 3A	East Wake
Quad County 3A	Fike
Quad County 3A	Hunt
Quad County 3A	Smithfield-Selma
Quad County 3A	South Johnston
Quad County 3A	Southern Wayne
Quad County 3A	West Johnston

3A Mideast	
All American 3A/4A	E.E. Smith
All American 3A/4A	Harnett Central
All American 3A/4A	Terry Sanford
All American 3A/4A	Triton
All American 3A/4A	Western Harnett
All American 3A/4A	Westover
Central 3A	Cedar Ridge
Central 3A	Eastern Alamance
Central 3A	Northwood
Central 3A	Orange
Central 3A	Person
Central 3A	Western Alamance
Central 3A	Williams
Northern Lakes Athletic 2A/3A	Carrboro
Northern Lakes Athletic 2A/3A	Durham School of the Arts
Northern Lakes Athletic 2A/3A	Southern Durham
Northern Lakes Athletic 2A/3A	Vance County
Sandhills 3A/4A	Lee County
Sandhills 3A/4A	Scotland
Sandhills 3A/4A	Southern Lee
Sandhills 3A/4A	Union Pines
The Big East 2A/3A	Franklinton
The Big East 2A/3A	Northern Nash
The Big East 2A/3A	Rocky Mount
The Big East 2A/3A	Southern Nash
United 8 3A/4A	Cape Fear
United 8 3A/4A	Douglas Byrd
United 8 3A/4A	Seventy-First

3A Midwest	
Mid Piedmont 3A	Asheboro
Mid Piedmont 3A	Central Davidson
Mid Piedmont 3A	Ledford
Mid Piedmont 3A	Montgomery Central
Mid Piedmont 3A	North Davidson
Mid Piedmont 3A	Oak Grove
Mid-State 3A	Atkins
Mid-State 3A	Ben L. Smith
Mid-State 3A	Dudley
Mid-State 3A	Eastern Guilford
Mid-State 3A	High Point Central
Mid-State 3A	Northeast Guilford
Mid-State 3A	Rockingham County
Mid-State 3A	Southern Guilford
Rocky River 2A/3A	Central Academy
Rocky River 2A/3A	Parkwood
South Piedmont 3A	Central Cabarrus
South Piedmont 3A	Concord
South Piedmont 3A	East Rowan
South Piedmont 3A	Jesse Carson
South Piedmont 3A	Lake Norman Charter
South Piedmont 3A	Northwest Cabarrus
South Piedmont 3A	South Rowan
South Piedmont 3A	West Rowan

3A West	
Big South 3A	Ashbrook
Big South 3A	Crest
Big South 3A	Forestview
Big South 3A	Hunter Huss
Big South 3A	Kings Mountain
Big South 3A	North Gaston
Big South 3A	South Point
Big South 3A	Stuart Cramer
Mountain 7 3A	East Henderson
Mountain 7 3A	Franklin
Mountain 7 3A	North Henderson
Mountain 7 3A	Pisgah
Mountain 7 3A	Smoky Mountain
Mountain 7 3A	Tuscola
Mountain 7 3A	West Henderson
Northwestern 3A/4A	Ashe County
Northwestern 3A/4A	Freedom
Northwestern 3A/4A	Hibriten
Queen City 3A/4A	West Charlotte
Queen City 3A/4A	West Mecklenburg
The Mountain 3A/4A	Enka
The Mountain 3A/4A	Erwin
The Mountain 3A/4A	North Buncombe
Western Foothills 3A	East Lincoln
Western Foothills 3A	Fred T. Foard
Western Foothills 3A	Hickory
Western Foothills 3A	North Iredell
Western Foothills 3A	North Lincoln
Western Foothills 3A	St. Stephens
Western Foothills 3A	Statesville
Western Foothills 3A	West Iredell

2021-25 Regional Assignments
W Tennis, Cross-County, Wrestling, M Tennis, M Golf, Track and Field

4A East	
Big Carolina 3A/4A	D.H. Conley
Big Carolina 3A/4A	New Bern
CAP 6 4A	Athens Drive
CAP 6 4A	Broughton
CAP 6 4A	Cardinal Gibbons
CAP 6 4A	Enloe
CAP 6 4A	Leesville Road
CAP 6 4A	Sanderson
Greater Neuse River 4A	Clayton
Greater Neuse River 4A	Cleveland
Greater Neuse River 4A	Corinth Holders
Greater Neuse River 4A	Fuquay-Varina
Greater Neuse River 4A	Garner
Greater Neuse River 4A	South Garner
Greater Neuse River 4A	Southeast Raleigh
Greater Neuse River 4A	Willow Spring
Mideastern 3A/4A	Ashley
Mideastern 3A/4A	Hoggard
Mideastern 3A/4A	Laney
Mideastern 3A/4A	New Hanover
Mideastern 3A/4A	Topsail
Northern Athletic 4A	Heritage
Northern Athletic 4A	Knightdale
Northern Athletic 4A	Millbrook
Northern Athletic 4A	Rolesville
Northern Athletic 4A	Wake Forest
Northern Athletic 4A	Wakefield

4A Mideast	
All American 3A/4A	Overhills
All American 3A/4A	Pine Forest
DAC-VII 4A	Chapel Hill
DAC-VII 4A	East Chapel Hill
DAC-VII 4A	Hillside
DAC-VII 4A	Jordan
DAC-VII 4A	Northern Durham
DAC-VII 4A	Riverside (Durham)
DAC-VII 4A	Southern Alamance
Sandhills 3A/4A	Hoke County
Sandhills 3A/4A	Pincrest
Sandhills 3A/4A	Richmond
Southwest Wake 4A	Apex
Southwest Wake 4A	Apex Friendship
Southwest Wake 4A	Cary
Southwest Wake 4A	Green Hope
Southwest Wake 4A	Green Level
Southwest Wake 4A	Holly Springs
Southwest Wake 4A	Middle Creek
Southwest Wake 4A	Panther Creek
United 8 3A/4A	Gray's Creek
United 8 3A/4A	Jack Britt
United 8 3A/4A	Lumberton
United 8 3A/4A	Purnell Swett
United 8 3A/4A	South View

4A Midwest	
Central Piedmont 4A	Davie County
Central Piedmont 4A	East Forsyth
Central Piedmont 4A	Glenn
Central Piedmont 4A	Mount Tabor
Central Piedmont 4A	Parkland
Central Piedmont 4A	R.J. Reynolds
Central Piedmont 4A	Reagan
Central Piedmont 4A	West Forsyth
Greater Metro 4A	A.L. Brown
Greater Metro 4A	Cox Mill
Greater Metro 4A	Hickory Ridge
Greater Metro 4A	Lake Norman
Greater Metro 4A	Mooresville
Greater Metro 4A	South Iredell
Greater Metro 4A	West Cabarrus
Metro 4A	Grimsley
Metro 4A	Northern Guilford
Metro 4A	Northwest Guilford
Metro 4A	Page
Metro 4A	Ragsdale
Metro 4A	Southeast Guilford
Metro 4A	Southwest Guilford
Metro 4A	Western Guilford
Southern Carolina 4A	Cuthbertson
Southern Carolina 4A	Marvin Ridge
Southern Carolina 4A	Piedmont
Southern Carolina 4A	Porter Ridge
Southern Carolina 4A	Sun Valley
Southern Carolina 4A	Weddington

4A West	
Northwestern 3A/4A	Alexander Central
Northwestern 3A/4A	South Caldwell
Northwestern 3A/4A	Watauga
Queen City 3A/4A	Hopewell
Queen City 3A/4A	Hough
Queen City 3A/4A	Mallard Creek
Queen City 3A/4A	North Mecklenburg
Queen City 3A/4A	Vance (Chambers)
So Meck 4A	Ardrey Kell
So Meck 4A	Berry Academy
So Meck 4A	Harding University
So Meck 4A	Myers Park
So Meck 4A	Olympic
So Meck 4A	South Mecklenburg
Southwestern 4A	Butler
Southwestern 4A	Charlotte Catholic
Southwestern 4A	East Mecklenburg
Southwestern 4A	Garinger
Southwestern 4A	Independence
Southwestern 4A	Providence
Southwestern 4A	Rocky River
The Mountain 3A/4A	A.C. Reynolds
The Mountain 3A/4A	Asheville
The Mountain 3A/4A	McDowell
The Mountain 3A/4A	T.C. Roberson