

DaldwellHighSchool BallantyneRidgeHighSchool E.E.SmithHighSchool JohnT.HoggardHighSchool SouthGranvilleHighSchool NorthGastonHighSchool
CramerHighSchool SouthernGuilfordHighSchool CarolinaInternationalHighSchool NorthHendersonHighSchool Fuquay-VarinaHighSchool
RedellHighSchool RobertL.PattonHighSchool CarolinaInternationalHighSchool WhiteOakHighSchool HopewellHighSchool
HighSchool RaleighCharterHighSchool RichardJ.ReynoldsHighSchool HighlandSchoolofTechnology ChathamCentralHighSchool
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BASKETBALL PRE-SEASON REMINDERS



NOVEMBER 5, 2024

RHONDA DREIBELBIS – ASSISTANT COMMISSIONER
SPORTS, CHAMPIONSHIPS



SPORTS CALENDAR

First Practice:	October 30
First Practice (Non-FB)	October 23
First Contest:	November 15
First Contest (Non-FB)	November 4
Conference Tournament:	February 17 - 21
Seeding:	February 22
1 st Round:	February 25
2 nd Round:	February 28
3 rd Round:	March 4
4 th Round:	March 7
Regional Finals and State Championships	March 10 -15



DEAD PERIODS

2024-2025 School Year Dead Periods

- July 31 – August 20, 2024
- October 30 – November 19, 2024
- February 12 – March 4, 2025
- Last 5 student days of the 1st semester
- Last 10 student days of the 2nd semester

Summer 2025 Dead Periods

- June 30 - 6, 2025
- July 21 - 27, 2025



REQUIRED COACHES EDUCATION

- NFHS Fundamentals of Coaching
 - All Coaches
 - Prior to first contest
 - One time only
- NFHS Concussion in Sports
 - All coaches
 - Prior to first practice
 - Annual requirement
- NCHSAA Eligibility PowerPoint
 - All coaches
 - Prior to the first practice
- NCHSAA Rules Clinic
 - Head varsity coach
 - Prior to first play date
 - Annual requirement
- CrashCourse Concussion Video
 - All coaches
 - Prior to the first practice
 - Annual requirement
- CPR/AED Certified
 - All coaches
 - Must maintain certification



NUMBER OF REGULAR SEASON CONTESTS

No more than three per week may be scheduled.

- 1) Teams are limited to 24 games (inclusive of conference, non-conference, and regular season tournament games)
- 2) A student-athlete is limited to no more than one game per day (**Exception freshman and sophomores who are 5-quartered**)
- 3) Junior varsity conference tournament games count toward the 24-game limit.
- 4) Varsity conference tournament games are considered part of state playoffs.



5 – QUARTER GUIDELINES

Only freshman and sophomores can be used for 5-quarter purposes

If a junior or senior dresses out for both junior varsity and varsity games on the same day, it is a violation.

The 5-quarter information should be reported in DragonFly as soon as possible upon the completion of the game



5 – QUARTER FORM

Will now be completed through DragonFly.

1. Click on the game from the game schedule
2. Documents
3. Create Document
4. NCHSAA Basketball 5 Quarter Form (2024-25)

The screenshot shows the DragonFly Game Schedules interface. The 'Game Schedules' tab is active, displaying a list of games. The game 'TBD vs NC Test School 1' is selected. The 'Documents' tab is open, showing a 'Create Document' menu with options: Ejection Report, NCHSAA Basketball 5 Quarter Form (2024-25), Request Sanctioning, Payment Vouchers, and Security Report. The 'Sanctioning' section shows 'There is currently no sanctioning.' and the 'Game Documents' section shows 'There are currently no game documents to show.'



UNIFORM REMINDER

As a reminder, official school name and logo are the only wording allowed on uniforms



EXAMPLES OF LEGAL AND ILLEGAL UNIFORMS SUCH AS BUT NOT LIMITED TO:

Legal

- Official School Name: **Rosepine Eagles**
 - **Rosepine or Eagles** can be on the front of the jersey
- Official School Name: **Merryville Warriors**
 - **Merryville or Warriors** can be on the front of the jersey

The word "THE" is not allowed on the front or back of a jersey

Illegal:

The Nest (Location)

The Swamp (Location)

King, Manning (Street Names)

Roll Tide (Not official school name or mascot)

**** Any of the above can be on a warm-up top but not the uniform top or shorts**



SCHEDULES AND REPORTING

All HOME games should be entered in DragonFly

All game results should be entered in DragonFly or MaxPreps upon conclusion of the game being played

Please do not wait to enter game results as not having scores in adversely affects RPI rankings throughout the year.



QUESTIONS

Contact Rhonda Dreibelbis, Assistant Commissioner,
Sports and Championships

Email: Rhonda@nchsaa.org

Office Phone: 919-240-7373