



HANDBOOK

Guidelines, Rules, Policies, Procedures and Resources

2024 - 2025

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The Catawba Valley Middle School Athletic Conference (CVMSAC) abides by the minimum standards set forth by the NC Department of Public Instruction as outlined in the [NC Middle/Junior High School Athletic Manual](#). Please note that these are minimal standards and the conference may enforce stricter standards. The CVMSAC Handbook was created to provide information and procedures that every school and coach needs to run a successful athletic program along with consistency in policies and procedures throughout all athletic programs.

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CVMSAC General Information

Athletic Offerings

FALL	WINTER	SPRING
Cheerleading	Cheerleading	Baseball
Cross Country	Basketball - Boys & Girls	Soccer - Girls
Football	Wrestling	Softball
Soccer - Boys		
Volleyball		

Calendar of Events

- Football, basketball, volleyball and wrestling begin with the 5th Quarter (preliminary matches for wrestling). However, in the event of inclement weather or any other unforeseen circumstances, the principal of the host school, in conjunction with an administrative designee of the visiting school has the authority to cancel or alter the 5th quarter portion of the contest.
- Most contests will begin at 4:00 PM (Football starts at 4:15) unless otherwise posted.

Fees for Contests

- All persons, Kindergarten and up, are to be charged for admission.
- Admission fees are \$5.00 per person for all events.
- In the event one or more contests are being played simultaneously at the same venue, one admission price will be charged.
- Employees of Catawba County Schools, Hickory Public Schools and Newton-Conover City Schools shall be admitted for free to all Catawba Valley Middle School Athletic Conference events with their school ID badge. Family members shall not be admitted on the employee's pass UNLESS the employee has a "district issued" family pass.
- Catawba County Gold Card passes shall be accepted at all events.
- Media passes shall be accepted at all events.
- North Carolina High School Athletic Association (NCHSAA) coach, official and administrator passes as well as North Carolina Athletic Director Association (NCADA) passes shall be accepted at all events for the cardholder only.

Uniform Schedule

FALL	Home	Away
Football	Dark	White
Soccer	Dark	White
Volleyball	Team choice	
CC	Team choice	
WINTER	Home	Away

Basketball	White	Dark
Wrestling	Team choice	
SPRING	Home	Away
Soccer	Dark	White
Softball/Baseball	White	Dark

Middle/Junior High School Athletic Eligibility

Only students in grades six through eight may participate in middle school (6th, 7th and 8th grades) interscholastic athletic competition. Only students in grades seven through nine may participate in junior high school (7th, 8th and 9th grades) interscholastic athletic competition.

[CCS does not allow 6th graders to participate in middle school sports]

Note: Sixth grade students are ineligible to participate in tackle football.

Eligibility begins for all students with initial entry into the sixth grade regardless of:

- the school organization pattern
- the decision of the LEA to allow 6th grade participation

A student in grades 6 – 12 shall not participate in interscholastic athletics on behalf of a North Carolina public school unless the student has satisfied the eligibility requirements set forth in this Policy. Public school units are authorized to determine whether and to what extent students under their jurisdiction may participate in interscholastic athletics, not inconsistent with the requirements of this Policy.

Academics / Scholastic Requirements

1. In grades six, seven and eight, the student must pass **at least 70 percent of the courses taken in the preceding semester.** (Semester grades)
2. **The student is making sufficient progress toward meeting the academic and curricular requirements of the PSU and the State Board of Education to be promoted to the next grade level or to graduate within the next calendar year.** (Students promoted to the next grade level are automatically eligible the fall semester)
3. If a student is "academically eligible" or "academically ineligible" at the beginning of any semester, that status is retained throughout the full semester.
4. It is the responsibility of the school principal to check the academic status of each student/athlete enrolled in school at the beginning and close of a semester.
5. A principal shall prohibit any student known to be academically ineligible from participating in any competitions. Within eight days (excluding Saturday and Sunday) of the last day of the first semester, a principal shall verify the grades of all students participating in interscholastic athletics. The principal may restore eligibility to any debarred student after he or she has qualified at the end of a semester. Any student who has his or her eligibility restored may participate the day following the completion of the semester of ineligibility.
6. **For the purpose of determining good academic standing during the fall semester, a student may count**

courses that the student passed in a summer school session in which the student was enrolled during the same calendar year toward the total number of courses passed in the preceding spring semester, provided that summer school courses shall not affect the total number of courses attempted in the preceding spring semester.

Age Requirements

1. Each PSU shall determine the age of a student participating in interscholastic athletics based on a preponderance of the evidence known to the PSU.
2. A student who is ineligible to participate at one grade level due to age shall be eligible to participate at the next higher grade level only, provided that a student:
 - a. Shall be eligible to participate at the middle school level for no more than six consecutive semesters, beginning with the student's initial entry into Grade 6.
 - b. Shall be eligible to participate at the high school level for no more than eight consecutive semesters, beginning with the student's initial entry into Grade 9.
 - c. A student shall not participate on a middle school team if the student becomes 15 years of age before August 31 of that school year.
 - d. A student shall not participate on a junior high school team if the student becomes 16 years of age on or before August 31 of that school year.
 - e. A student shall not participate on a high school team if the student becomes 19 years of age on or before August 31 of that school year.
3. Ninth graders can be divided so that some play with the seventh and eighth grades at the middle school. Others play at the senior high level, depending upon local policy.
4. Once a student begins practicing with a high school team, he/she may not, at a later date, move down to the seventh, eighth, or ninth grade (junior high school) team.
5. A ninth grade student beginning play with the junior high school team may, at a later date, move to the high school team, but could not return to the junior high school team.

Attendance

1. The student must have attended at least 85 percent of the total number of instructional days in the PSU during the previous semester. (Principals may waive the 85 percent rule if a student has a hardship or extenuating circumstance)
2. A student must, at any time of any game in which he or she participates, be a regularly enrolled member of the school's student body, according to local policy. If there is no local policy, "regularly enrolled" is defined as enrolled for at least one-half of the "minimum load."
3. It is recommended the student be in school the day of the contest.

Biological Requirements

All students participating in interscholastic athletics shall comply with the biological participation requirements as provided in G.S. 115C-407.59.

Eligibility Lists

1. Each PSU shall require the principal of a participating school to sign and date a list of eligible students for each sport.
<https://drive.google.com/file/d/1B3ZM-oeaMvq1FGIFCius5wHvktq-XEON/view>
2. The PSU shall maintain a copy of the most current list in the principal's office and the office of the superintendent.

3. All eligible students shall be included and all information must be complete and accurate when certified by the principal.
4. It is recommended to keep these lists on file for at least three years.
5. A player shall not dress for a game or scrimmage when he or she is not eligible to participate in the game.
6. Dressing and being in the designated team area shall be interpreted as participating in the game.
7. Any school that uses an ineligible player or a player not included on the eligibility list in any contest is to immediately drop the player from the team and forfeit all games in which the player participated (This includes individual sports).
8. Schools not filing a completed eligibility list with the local superintendent's office or designee for any interscholastic athletic team shall be suspended from playing in that sport until such list is received by the local superintendent's office.

Enrollment Requirements

1. A student who attends a school supervised by a local board of education shall only participate in interscholastic athletics on behalf of the school to which the student is assigned under G.S. 115C-366.
2. A student enrolled in a charter school, regional statewide public school, or school operated by the University of North Carolina shall meet all the enrollment criteria for that school and attend that school.
3. A student who attends a school described in this Subparagraph shall not participate in interscholastic athletics on behalf of that school unless the student's primary residence is within either:
 - a. the county in which the school is located, or
 - b. twenty-five (25) miles of the school as determined by an administering organization.
4. A local board of education may by policy allow a person who is enrolled in Grade 6 through 12 in a home school, as defined in G.S. 115C-563(a), and whose primary residence is within the board's jurisdiction to participate in interscholastic athletics on behalf of a participating school under the board's jurisdiction, provided that the board either agrees to cover any such person whom it allows to participate under its catastrophic athletic accident insurance policy or verifies that the person is independently covered by catastrophic accident insurance.

Felony Policy

1. A student shall not participate in interscholastic athletics after pleading guilty or "no contest" to, or being convicted of, a felony under the laws of North Carolina, the United States, or any other state.
2. Prior to deeming the student ineligible, an administering organization shall receive a certified copy of a criminal record reflecting the conviction and verify that the student is the same individual identified in the criminal record.
3. Such ineligibility shall be immediate and shall prohibit participation in the NC Middle School sports program from the date of conviction or adjudication of delinquency through the end of the student's middle school career.

Name, Image, or Likeness (NIL)

As used in this Rule, the phrase "name, image, or likeness" or "NIL" shall refer to the use of a student's name, image, or likeness for commercial purposes and in exchange for compensation to the student. Compensation may include cash, in-kind gifts, or other tangible benefits to the student.

1. No student participating in interscholastic athletics shall enter into any agreement to use the student's name, image, or likeness in any of the following ways:
 - a. Public appearances or commercials.

- b. Autograph signings.
 - c. Athletic camps and clinics.
 - d. Sale of non-fungible tokens ("NFTs").
 - e. Product or service endorsements.
 - f. Promotional activities, including in-person events and social media advertisements.
2. A student shall not participate in interscholastic athletics after any of the following:
 - a. Graduation from high school, except that the student may continue to participate in playoff and state championship contests in spring sports after graduation;
 - b. Signing a professional athletic contract, except that the student may continue to participate in any sport for which the student has not signed a professional contract.
 - c. Receiving remuneration as a participant in an athletic contest, except that the student may accept a gift, merchandise, or other thing of value, provided that:
 - i. The value does not exceed two hundred-fifty dollars (\$250.00) per student per season;
 - ii. The item is totally consumable and non transferable, or labeled in a permanent manner (e.g., an engraved or monogrammed item); and
 - iii. The item is approved by the principal of the student's school and the local superintendent.
3. Participating on an all-star team or in an all-star game or bowl game that is not sanctioned by the administering organization of which the student's school is a member, provided that the student shall be ineligible only for that sport.
4. A student shall not be deemed ineligible under this Rule for payment by an administering organization, PSU, or athletic booster club affiliated with the student's school or PSU for essential expenses arising from a specific interscholastic athletic contest in which the student participates. Essential expenses shall include the reasonable cost of meals, lodging, and transportation.
5. A student shall not be deemed ineligible under this Rule for receipt of a nominal, standard fee or salary for instructing, supervising, or officiating an organized youth sports program, recreational activities, playground, or camp, whether or not affiliated with a PSU.

Gfeller Waller Concussion Awareness

In order to be eligible for practice or participation in any interscholastic athletic contests:

1. Student-athletes will be provided with the Gfeller Waller NCHSAA Student-Athlete & Parent/Legal Guardian Concussion Information Sheet.
2. Students shall read, initial, sign, and return the Student-Athlete & Parent/Legal Guardian Concussion Information Sheet before beginning participation in practice or participating in interscholastic athletic contests.
3. Parent/Legal Guardians will be provided with the Gfeller Waller NCHSAA Student-Athlete & Parent/Legal Guardian Concussion Information Sheet.
4. Parent/Legal Guardians shall read, initial, sign, and return the Student-Athlete & Parent/Legal Guardian Concussion Information Sheet before the student begins participation in practice or participating in interscholastic athletic contests.
5. School Representatives (parent/coach/volunteer/school nurse/athletic directors/ first responders) will be provided with the Gfeller Waller NCHSAA School & Athletic Personnel Concussion Information Sheet.
6. All above adults shall read, initial and return the Gfeller Waller NCHSAA School & Athletic Personnel Concussion Information Sheet before the student begins participation in practice or participating in interscholastic athletic contests.

Promotion

Promotion is defined as the student making sufficient progress toward meeting the academic and curricular requirements of the PSU and the State Board of Education to be promoted to the next grade level or to graduate within the next calendar year.

1. In grades six, seven and eight, the student must meet state and local promotion standards each semester. This includes all academic requirements listed in this manual.
2. Regardless of the school organization pattern, a student who is promoted from Grade 5 to Grade 6 shall be deemed to have satisfied the requirements set forth in this Paragraph to participate in the first semester of Grade 6.

Residency Requirements

For purposes of this Rule, a student's primary residence shall be determined as follows:

1. If the student lives with both parents, the residence of both parents.
2. If the student lives with a single parent, the residence of that parent.
3. If the student's parents are separated or divorced, the residence of the parent to whom a court of competent jurisdiction has awarded primary custody of the student. If no custody order has been entered, the student's primary residence shall be deemed to be that at which the student is residing more than half-time at the beginning of the school year.
4. If a student lives with an individual to whom a court of competent jurisdiction has awarded legal guardianship of the student, the residence of that individual.
5. If a student has been emancipated in accordance with Chapter 7B, Article 35 of the General Statutes, the student's residence at the time of emancipation.
6. If a student is a foreign national participating in a foreign exchange program authorized by federal and state law, the residence to which the student is assigned by the program or host PSU.

Semester Rule

1. No student shall be eligible to participate at the middle school level for no more than six (6) consecutive semesters, beginning with the student's entry into Grade 6.
2. The principal shall have evidence of the date of each player's entry into the sixth grade and monitor the six (6) consecutive semesters.

Sports Pre-participation and Medical Examination Form

To be eligible to participate in interscholastic athletic:

1. A student shall receive a medical examination every 395 days by a licensed physician, nurse practitioner, or physician assistant, subject to the provisions of Chapter 90 of the General Statutes.
2. All eligible students must submit to the school athletic director a completed [North Carolina High School Athletic Association Sport Preparticipation Examination Form \(Spanish Version\)](#) prior to participation in any practice or athletic contest.

Students with Identified Disabilities

Students with identified disabilities are eligible for participation in athletic programs at the middle/junior high school level.

1. Ninth graders participating in high school athletics are governed by the North Carolina High School Athletic Association.

2. Participation in athletic team tryouts may not be denied a student with a disability, an IEP, or a 504 plan when accommodations or modifications are necessary to provide the student with an equal opportunity to benefit. For example, a deaf student would require an interpreter for the deaf.
3. A student with a disability, an IEP, or a 504 plan must meet all requirements that apply to the regular education student.

Transfer Requirements

The student must meet the residence criteria of G.S. 115C-366(a).

1. The student may participate only at the school to which the student is assigned by the LEA.
2. Transfers within the same administrative unit may be governed by the local Board of Education policy.
3. A student transferred from one administrative unit to another by mutual agreement, as provided in G.S.115C-366.1 (F), is immediately eligible for athletic participation in the receiving unit.

By conference adoption, Minus a bona fide move, any athlete that has tried out or is currently on a middle school athletic team is not eligible to participate on another middle school team until that sports season is over. They will become eligible the next sports season as long as they meet all other eligibility requirements. Students are limited to one school change per school year.

Hardships

The Superintendent shall be responsible for general oversight of interscholastic athletic activities at participating middle and junior high schools. Public school units shall apply and enforce the rules and policies of the SBE related to interscholastic athletics at participating middle and junior high schools under their jurisdiction. A PSU may also waive any student participation rule as applied to a specific student enrolled at a middle or junior high school under the jurisdiction of the PSU, in accordance with SBE Policy ATHL-005, if it finds that enforcing the requirement:

1. Fails to promote academic progress, health, safety, and fair play;
 2. Works an undue hardship on a student who has lost eligibility due to circumstances that made participation impossible, such as prolonged illness or injury; or
 3. Prevents the reasonable accommodation of a student's disability, as required by the Americans with Disabilities Act, 42 U.S.C. § 12101 et seq.
4. Sixth grade participation in tackle football is not eligible for appeal.
 5. A student, or the student's parent, may appeal a PSU's decision regarding the student's eligibility under ATHL-005 to the Interscholastic Athletics Appeals Board in accordance with ATHL-010. Nothing in this manual or SBE policy, however, shall be construed as restricting a PSU's authority to limit student participation in extracurricular activities, including interscholastic athletics, in accordance with policies adopted by the local board of education under G.S. 115C-47(4).

NOTE: It is to be understood that ordinary cases in ineligibility shall not be considered as coming under the hardship category, and that the conditions which cause the student to fail to meet the eligibility requirements, must have been beyond the control of the school, the student and/or his/her parents. Injuries, illnesses, or accidents which cause the student to fail to meet one of the basic requirements are possible causes for hardship consideration.

Health and Safety

Athletic Injury Management

LEAs shall work toward having a licensed athletic trainer or first responder available for all school practices and games of all sports at both the high school and middle school. Link to NC Administrative Code [16 NCAC 06E.0206 Athletic Trainers](#)

Sports Pre-participation and Medical Examination Form

1. In order to be eligible for practice or participation in any interscholastic athletic contests, the student must receive a medical examination once every 395 days by a duly licensed physician, nurse practitioner, or physician assistant, subject to the provisions of G.S.90-9, 90-18.1, and 90-18.2.
2. All eligible students must submit to the school athletic director a completed [North Carolina High School Athletic Association Sport Preparticipation Examination Form \(Spanish Version\)](#) prior to participation in any practice or athletic contest.
3. Students absent from athletic practice for five or more consecutive days due to illness or injury must receive a medical release either by a physician licensed to practice medicine or his/her designees (nurse practitioner, physician's assistant or licensed athletic trainer) before re-admittance to practice or contests.
 - a. Students with potential head injuries must receive a medical release by a licensed healthcare provider before readmittance to practice or contests. (See Gfeller Waller Concussion Awareness below.)
4. If a student misses five (5) or more consecutive days of practice due to injury or illness, they must participate in at least three (3) separate days of practice before returning to competition. Note: Students absent for other reasons e.g., funeral, quarantine, school suspension, etc. are not subject to this rule."
5. It is recommended that players be covered by adequate medical and accident insurance and that medical aid be immediately available at all times.
6. Schools should have medical release forms on site at athletic events in case medical treatment is required.

Gfeller Waller Concussion Awareness

For purposes of this Rule, a concussion is defined as a traumatic brain injury caused by a direct or indirect impact to the head that results in disruption of normal brain function, which may or may not result in loss of consciousness.

1. An administering organization shall, on an annual basis, provide a concussion and head injury information sheet to all coaches, school nurses, athletic directors, first responders, volunteers, students who participate in interscholastic athletic activities, and the parents or legal guardians of those students. The information must include:
 - a. The definitions and symptoms of concussions and head injuries;
 - b. A description of the physiology and the potential short-term and long-term effects of concussions and other head injuries;
 - c. The medical return-to-play protocol for post-concussion participation in interscholastic athletic activities; and
 - d. Any other information deemed necessary by the PSU.

2. School employees, first responders, volunteers, and students shall sign the information sheet and return it to the coach before participating in interscholastic athletic activities, including tryouts, practices, or competition.
3. Parents shall sign the information sheet and return it to the coach before a child may participate in any such interscholastic athletic activities.
4. The PSU shall maintain a copy of the signed sheets in the principal's office and the office of the superintendent.

When an injury occurs:

1. If a student participating in an interscholastic athletic activity exhibits signs or symptoms consistent with a concussion (even if not formally diagnosed), the student-athlete is to be removed from the activity at the time and shall not be allowed to return to play or practice that day.
2. Student-athletes are encouraged to report their own symptoms, or to report if peers may have concussion symptoms. Coaches, parents, volunteers, first responders, school nurses, licensed athletic trainers (if available), are responsible for removing a student-athlete from play if they suspect a concussion.
3. A student removed from play for exhibiting signs or symptoms consistent with concussion shall not return to play or practice on a subsequent day until the student is evaluated by and receives written clearance for such participation from one of the following:
 - a. A physician licensed under Chapter 90, Article 1 of the General Statutes with training in concussion management;
 - b. A neuropsychologist licensed under Chapter 90, Article 18A of the General Statutes with training in concussion management and working in consultation with a physician licensed under Chapter 90, Article 34 of the General Statutes;
 - c. An athletic trainer licensed under Chapter 90, Article 34 of the General Statutes;
 - d. A physician assistant, consistent with the limitations of G.S. 90-18.1; or
 - e. A nurse practitioner, consistent with the limitations of G.S. 90-18.2.
4. Any student athlete who suffers a head injury that results in a concussion or ANY symptoms associated with a concussion must submit to his/her coach or athletic director a completed and signed NCHSAA Concussion Return to Play Form before resuming any athletic activities.

Emergency Action Plan:

Each school shall develop a venue-specific emergency action plan to deal with serious injuries and acute medical conditions in which the condition of the patient may deteriorate rapidly. The plan must be:

1. In writing;
2. Reviewed by an athletic trainer licensed under Chapter 90, Article of the General Statutes;
3. Approved by the principal of the school;
4. Distributed to all appropriate personnel;
5. Posted conspicuously for community and parental awareness at all athletic-sponsored venues; and
6. Reviewed and rehearsed annually by all licensed athletic trainers, first responders, coaches, school nurses, athletic directors, and volunteers for interscholastic athletic activities.

Each participating school's emergency management plan shall include:

1. A delineation of roles;
2. Methods of communication;
3. Available emergency equipment; and
4. Access to and plan for emergency transport.

Each school shall maintain complete and accurate records of its compliance with the requirements of this Rule.

A copy of all required Gfeller-Waller Concussion Awareness Act can be found at:

<https://www.nchsaa.org/concussion-awareness/>

A copy of the required NCHSAA Return to Play form can be found at:

<https://www.nchsaa.org/concussion-awareness/>

Inclement/Hot Weather Guidelines for Outdoor Sports

All outdoor sports should follow the Inclement/Hot Weather/**Lightning** Guidelines found at:

<https://www.nchsaa.org/handbook>

These guidelines are reviewed/revised annually by the Sports Medicine Advisory Committee of the NCHSAA.

Sanitary and Safety Measures

While the risk for blood-borne infectious diseases, such as HIV/Hepatitis B, remains low in sports, proper precautions are needed to reduce the risk of spreading diseases. Along with these issues are skin infections that occur due to skin contact with competitors and equipment.

Universal Hygiene Protocol for All Sports

1. Shower immediately after all competition and practice
2. Wash all workout clothing after practice
3. Wash personal gear, such as knee pads, periodically
4. Don't share towels or personal hygiene products with others
5. Refrain from (full body) cosmetic shaving

Infectious Skin Diseases

Means of reducing the potential exposure to these agents include:

6. Notify guardian, athletic trainer and coach of any lesion before competition or practice.
7. Athlete must have a health-care provider evaluate lesion before returning to competition.
 - a. If an outbreak occurs on a team, especially in a contact sport, consider evaluating other team members for potential spread of the infectious agent.
 - b. Follow NFHS or NCHSAA guidelines on "time until return to competition."
8. Allowance of participation with a covered lesion can occur if approved by health-care provider and in accordance with NFHS or NCHSAA guidelines.

Blood-Borne Infectious Diseases

Means of reducing the potential exposure to these agents include;

9. Bleeding must be stopped immediately and all wounds covered. All blood-soaked clothing must be removed before continuing competition or practice.
10. Contaminated clothing must be cleaned before using again.
11. Athletic trainers or caregivers need to wear gloves and take other precautions to prevent blood-splash from contaminating themselves or others.
12. Immediately wash contaminated skin or mucous membranes with soap and water.
13. Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves with cleaning.

14. Any blood exposure or bites to the skin that break the surface must be reported and evaluated by a medical provider immediately.

These procedures were obtained and revised by the NFHS (August 2005)

NOTE: A bucket or squeeze bottle with a 10 percent bleach solution or isopropyl alcohol solution and rubber gloves should be placed at each sporting event for cleaning purposes. Surfaces should be cleaned using the above solution and disposable clean-up materials should be placed in a sealed plastic bag for discarding.

NOTE: It is important that any time there is blood present, even on uniforms, that it is treated with care regarding its ability to transmit infectious diseases.

Tobacco

The use of all tobacco products, including but not limited to e-cigarettes and all vaping products, by any person in school buildings, in school facilities, on school campuses, and in or on any other school property owned or operated by the local school administrative unit is prohibited.

General Rules and Regulations Governed by the State Board of Education

The Superintendent shall be responsible for general oversight of interscholastic athletic activities at participating middle and junior high schools. Public school units shall apply and enforce the rules and policies of the SBE related to interscholastic athletics at participating middle and junior high schools under their jurisdiction.

LEAs have the authority to be more strict than NC Administrative Code 16 NCAC 06E.0204 Interscholastic Athletics if they so choose.

Administration and Supervision of Games

1. The school administration is responsible for adequate supervision of athletic contests to secure safety and proper conduct of athletes, coaches, fans, and officials.
2. It is recommended that officials be escorted to safety at the end of every game.

Cheerleading

1. Cheerleading is an activity that comes under the control of the LEA and conference.
2. CVMSAC schools follow the National Federation of State High School Associations' spirit rules and guidelines.
3. Cheerleading Tryouts can only occur after the last Spring Sport has completed the season. No practices are allowed until after the last day of school for students.
4. The CVMSAC prohibits cheerleaders from entering the field/court of play at the end of contests.

Composite Teams

When an administrative unit is experiencing difficulties in organizing interscholastic athletic teams at the middle/junior high school levels, a local board of education may form composite teams with students from different schools within the administrative unit.

Conforming Rules

To align middle/junior high school athletic rules with rules governing high school athletics, the following shall apply:

1. In defining participation in middle/junior high school athletics, dressing and sitting on the bench shall be interpreted as playing in the game.
2. Girls are allowed to participate on a boys' interscholastic athletic team where the school does not have a girls' team in the same sport. (Fastpitch softball is not the same as baseball).
3. Boys are not allowed to participate on any girls' team, as defined by interpretation of the Office for Civil Rights interpretation of Title IX in 1994.
4. By conference adoption,
 - a. The policies and procedures outlined in the Catawba County Board of Education Code of Student Conduct, the Hickory Public Schools Code of Student Conduct and the Newton-Conover City Schools Code of Student Conduct shall be in place before, during and after all athletic contests, practices, meetings, camps, and at all locations where the school(s) is represented.
 - b. Student athletes receiving one half day of in-school-suspension (ISS) as a disciplinary action from the school administration may attend his/her team's athletic practice or contest but may not participate.
 - c. Student athletes who receive out-of-school-suspension (OSS) as a disciplinary action from the school administration may not be in attendance at his/her team's athletic practice, contest or anywhere the team is represented during the time of suspension including, but not limited to all facilities operated by Hickory Public Schools, Newton-Conover City Schools or Catawba County Schools.

Filming and Videotaping

Filming or videotaping of a contest by non-participating schools, in any sport, is considered unsportsmanlike conduct, unless agreed upon by competing teams.

Practice

There shall be no athletic practice during the regular school day.

1. This means no individual or team practice or contest may begin until after the last regularly scheduled instructional period.
2. No authorized practice, contest, or workouts may occur during the work day for teachers during the ten-month teaching calendar, and coaches may not use their vacation or leave time to hold a practice during the teacher work day.
3. There shall be no Sunday practice or contest in any sport. This regulation includes the assembling of members of athletic squads for purposes of viewing films, chalk talks, or other matters pertaining to coaching.
4. Once the students' school calendar year ends, non-mandatory teacher workdays are governed by local policy.

5. This rule also applies to non-faculty coaches.

Exception: if a superintendent gives permission for schools in his/her unit to practice prior to the end of a work day DUE TO INCLEMENT WEATHER ONLY.

6. Team practice in any sport is prohibited after the sports season ends until the first day following the final day of the school year.

Games and Contests

There shall be no athletic contests during the regular school day.

1. Evening contests and/or games shall start no later than 7:00 p.m. when followed by a school day. The exception is for tournaments.

Non - school team preseason scrimmages and games are not permitted in any sport. One (1) pre-season scrimmage is permitted with other school teams in each sport in an academic year.

2. The scrimmage does not count as one of the seven (7) football regular season games or one of the 14 regular season contests in a specific sport.

Season Limitations:

Regular Season

3. Teams and individuals shall not participate in more than seven (7) football games and fourteen (14) athletic contests during the regular season in baseball, basketball, cross country, golf, gymnastics, soccer, softball, tennis, track and field, volleyball, and wrestling in an academic year.

Post Season

4. Teams and individual students are permitted to participate in one school tournament or play-off championship game in each sport in an academic year.
5. Conferences may play up to two additional games (except football that may play one) in lieu of a conference tournament or play-off championship game in each sport in an academic year.

Weekly Limitations:

6. Teams and/or individuals may participate in only one regularly scheduled football game per week.
7. In other sports, students may participate in two regularly scheduled contests per week, except as noted in Sports Regulations for the sports of baseball, softball, volleyball and wrestling.
8. During tournament play a third game will be permitted.

Emergency Exception:

9. A single contest postponed because of an emergency may be rescheduled and played in addition to the number of contests permitted per week.
10. This decision should be made by the principals of both schools in conjunction with conference officers.

Make-up Games:

11. Any single contest postponed because of emergency reasons (e.g. inclement weather, epidemics, mid-term exams, etc.) may be rescheduled and played, in addition to the regular number of contests allowed per week.
12. With the exception of wrestling, volleyball and softball games, no team or athlete shall play more than three games in one sport per week.
13. Postponed games will be made up in the order of postponement on the next possible date.

14. Saturday will not be used as a makeup day, unless mutually agreed upon by the principals of the two schools involved.

All Star Teams / Games

15. Participation on any all-star team or in any all-star game in which a student is representing the Middle School is prohibited.
16. Students are prohibited from wearing any and all school uniforms, including all protective equipment, while competing on any all-star team, in any all-star game or in any athletic event outside the purview of this manual.

Game Rules

Schools shall use the adopted rules in this manual from the North Carolina Department of Public Instruction.

1. The adopted rules are defined in each sport section. General Statute 115C-47(4) makes it the responsibility of the local board of education to regulate extracurricular activities, including athletics.
2. LEAs have the responsibility of monitoring National Federation of State High School Associations (NFHS) rules and guidelines and incorporating them into local policy yearly.
3. All CVMSAC contests that include a "halftime" will be eight (8) minutes in length.

Head Coaches

In accordance with SBE policy, the head coach of an interscholastic athletic team shall be a bona fide member of the faculty and as such, shall be responsible for supervision of athletic teams during all practices, games, and trips.

1. The local superintendent may, with the concurrence of the local board of education, designate non-faculty persons as head coaches until such time as a suitable bona fide faculty member becomes available.
2. Any person paid or employed as a principal shall not coach interscholastic athletic teams.
3. The head coach is responsible for the conduct of assistant coaches, players, and bench personnel.
4. It is recommended that the head coach attend a rules clinic in the sport he/she coaches.
5. It is recommended that all coaches, paid and volunteer, take the following free NFHS courses annually:
<https://www.nfhslearn.com/>
 - a. Concussion in Sports
 - b. Sudden Cardiac Arrest
 - c. Heat Illness Prevention
 - d. The Collapsed Athlete
 - e. Sportsmanship

Officiating

Officials are recommended to be obtained through a satellite-booking agent of the NCHSAA.

1. Complaints about officiating are to be filed with the booking agent making the assignment.
2. Under no circumstances shall a game be played when officials are taken from the audience of spectators or from school personnel. (Exception: In an emergency situation, North Carolina High School Athletic Association certified officials may be used when permission is acquired from the office of the local superintendent of the home team or host school.)
3. To eliminate any real or perceived conflict of interest, booking agents should not officiate in the sport which they are responsible for booking.
4. Officials should be instructed to inform school officials when ejections occur.

5. It is recommended that officials be escorted to safety at the end of play in all games.

Out-of-State Competition

The local superintendent shall make the decision involving schools playing in out-of-state athletic contests.

Recruiting and Undue Influence

No student, coach, professional educator, or other employee of a PSU or administering organization shall subject a student to undue influence by any other student, coach, principal, local superintendent, or other PSU employee for the purpose of inducing or causing the student to transfer from one participating school to another to participate in interscholastic athletics on behalf of the receiving school.

1. For purposes of this Policy, “undue influence” means communication or conduct undertaken for the purpose and intent of soliciting or encouraging a student to enroll in a participating school, including the following:
 - a. Initiating or arranging communication or contact in any form, including letters, email, or phone calls, with the student or a member of the student’s family.
 - b. Visiting or entertaining the student or a member of the student’s family.
 - c. Providing or arranging for transportation for the student or member of the student’s family to visit a participating school or meet with anyone associated with the participating school.
 - d. Communicating to a student or a member of the student’s family, either implicitly or explicitly, that a participating school’s athletic program or sports team is superior to that of another participating school, or that it would be advantageous for the student to participate in athletics at a specific participating school. Such communication may be oral, written, or audiovisual in format.
2. A party alleging undue influence shall direct the initial inquiry or report to the appropriate administering organization in accordance with the procedures adopted by the administering organization. The party alleging undue influence bears the burden of proving undue influence by a preponderance of the evidence.
3. If the administering organization finds by a preponderance of the evidence that the accused party has engaged in undue influence, the administering organization shall impose penalties consistent with its regulations and with SBE Policy ATHL-004.

Skill Development Sessions

Definition of Off-Season Skill Development: occurs outside of the sports season during the school year

Off-season skill development sessions are allowed during the school year for sixth, seventh and eighth graders.

Definition of Summer Skill Development: occurs outside of the sports season and outside of the school year

1. Skill development sessions shall not be held during any tryout period of an in-season sport.
2. All skill development sessions must be voluntary and open to all students with a current and valid sports pre-participation physical and medical examination form.
3. Student insurance is strongly recommended for all those involved in athletics, in season and out-of-season.
4. At no time may a coach require skill development sessions as a measure of potential or continued participation on a team for any student.
5. The primary focus of off-season skill development should be on individual student athletes, not team.

6. Skill development sessions are not restricted in the number of participants on a daily basis.
7. There are no restrictions on the number of coaches who may work with the athletes.
8. Skill development sessions are open to only students enrolled at that school.
9. Any team practice or game environment, including scrimmages, created in an off-season skill development session is prohibited during the students' school calendar year.
10. Team practice in any sport is prohibited after the sports season ends until the first day following the final day of the school year.
11. During the summer, working with individuals, including rising and eligible sixth, seventh and eighth graders, will be allowed, as long as it is not required.
12. For safety purposes, school administrators or other school personnel should be present as supervisors during any skill development session or open facility.

Any individual who coaches at a middle school, head or assistant, paid or non-paid, faculty or non-faculty, parent volunteer, etc., must abide by the skill development, out of season workout rules.

13. If a **middle school** coach, regardless of the sport (basketball, soccer, etc.) he or she coaches at the middle school, also coaches a "non-school" or "club team" during the sports season or outside the sports season but during the school year, whether head or assistant, and has any students from the middle school on that outside team, he or she must abide by the numbers restrictions, one less than a team (see below) in an out-of-season workout.
14. **Coaches coaching an outside team either during the sports season or outside the sports season, but during the school year (basketball, soccer, etc.), must still abide by the numbers restrictions, one less than a team (see below).**

Number of participants from one school, on any outside team on a given day.

SPORT	NUMBER OF ATHLETES	SPORT	NUMBER OF ATHLETES
Football	No more than 10	Golf	No more than 3
Basketball	No more than 4	Softball	No more than 8
Baseball	No more than 8	Wrestling	No more than 8
Volleyball	No more than 5	Track	No more than 6
Tennis	No more than 4	Cross Country	No more than 4
Soccer	No more than 10	Swimming	No more than 6
Lacrosse (men)	No more than 9	Field Hockey	No more than 10
Lacrosse (women)	No more than 11		

Open Facilities

15. Permitted year-round during the academic year (Monday through Saturday).
16. Schools may use the facilities for students in their building prior to or after the school day.
17. It shall not be held during any tryout period of an in-season sport.
18. Must be voluntary and open to all students.
19. To participate, students must have a current and valid sports pre-participation and medical examination form.

20. At no time may a coach require an open facility as a measure of potential or continued participation on a team for any student.

NOTE: Sixth, seventh and eighth graders are not permitted to participate in high school open facility or skill development sessions during the school year.

Sports Seasons

All sports may be played during any season of the school year and run as follows:

- Fall – Practice may begin no earlier than ten (10) school days prior to the opening of the fall semester to November 15
- Winter - October 15 to March 1
- Spring - February 1 to the end of the spring semester

Although dates permit, sports seasons should not overlap whenever possible.

No student shall participate in more than one season of interscholastic athletics per year in the same sport, regardless of the school on behalf of which the student participated.

The sports season for the CVMSAC is defined as that period of time which begins with the opening date of practice (**as called for by the conference**) and goes through the last regular season or tournament game in a particular sport. By defining the length of each sport's season, an attempt has been made to provide balance to the athletic calendar so that students have an opportunity to compete in a variety of sports throughout the school year. Team practice in any sport is prohibited after the sports season ends until the first day following the final day of the school year. At no time during the school year may any off-season team gather with all positions represented. Any team practice or game environment created in an OFF-SEASON SKILL DEVELOPMENT SESSION is prohibited during the academic school year calendar, inclusive of all weekends holidays, workdays, etc.

Weight Training

Weight training programs are permitted for all students eligible for middle school athletics.

1. All weight training and conditioning must be voluntary and open to all students. Coaches shall verify that every student participating in weight training or conditioning has a valid Preparticipation Physical Examination Form.
2. Personnel knowledgeable of weight training and conditioning for middle school students should be on hand at all times to observe and ensure proper techniques and practices are followed.
3. If high school weight rooms or other athletic facilities are used or shared with middle schools, the middle school student athletes shall not use such facilities at the same time as the high school student athletes.

NOTE: The school administration is responsible for providing adequate supervision of the off-season skill development and weight training sessions and their intended purposes.

Individual Sports Regulations

Baseball

Baseball Coaches are required to wear a skull cap style helmet when coaching in the Coaches Box during games.

Non - school team scrimmages and games are not permitted in any sport.

Preseason Scrimmage

One (1) pre-season scrimmage is permitted with other school teams in an academic year.

1. The scrimmage does not count as one of the 14 regular season contests

Number of Regular Season Contests

The number of regular season contests is limited to no more than 14 in an academic year.

2. Up to two (2) additional contests may be played in lieu of a post-season championship tournament in an academic year.

Weekly Limitations

Teams and/or individuals may participate in two regularly scheduled contests per week, except as noted in Sports Regulations for the sports of baseball, softball, volleyball and wrestling.

3. During post-season championship tournament play a third game will be permitted.

Doubleheaders

Teams are allowed to play two (2) contests in one day. One (1) doubleheader is permitted per week.

4. When playing two (2) contests in a day, contests are limited to five (5) innings each, except to break a tie.
5. No team or individual shall play more than three (3) contests in a week, i.e. Monday through Saturday.
6. Penalty: Forfeit

Postponed and Suspended Contests

Any single contest postponed because of emergency reasons (bad weather, epidemics or other unavoidable mishaps) may be rescheduled and played in addition to the regular number of contests allowed.

7. No more than three contests may be played in a single week, even with postponements and rescheduling.
8. Postponed contests will be made up in the order of postponement on the next possible date (excluding Sunday).
9. Saturday will not be used as a makeup day unless mutually agreed upon by the principals of the two schools involved.
10. A contest called for any reason, where a winner cannot be determined, or any contest called at any time for mechanical failure (i.e., artificial lights, water systems, etc.) will be treated as a suspended contest.
11. If the contest is to be completed, it may be resumed at another date/time by mutual agreement of the principals of both schools. The contest will be continued from the point of suspension with the lineup and batting order of each team the same as the lineup and batting order at the moment of suspension, subject to the rules of the contest.
12. If more than four (4) innings have been played and a winner can be determined, the contest is over.

13. In a situation where a team does not want to make up a postponed contest, the contest will be forfeited to the opponent.
14. If any postponed or suspended baseball contest, that would affect the winning of a conference title, is to be played, it shall be rescheduled on the same field unless changed by mutual agreement by the two schools.
15. This rule is effective upon mutual agreement of the competing schools or by conference adoption.

Mercy Rule

By conference adoption 8/6/24,

16. In baseball, the game is terminated if a team is ahead by fifteen (15) runs after three innings, twelve (12) runs after four innings, or ten (10) runs after five innings.

Post Season

The number of single elimination championship tournaments is limited to one (1) in an academic year.

17. This is not to exceed three contests in a week.

Pitching Limitation

By conference adoption, a player is limited to pitching 7 innings Monday through Saturday. One pitch constitutes an inning pitched. (Schools should adopt conference rules to govern pitching outside of school in league play.)

NOTE: Violation of the pitching limitation rule is interpreted as the use of an ineligible player. The penalty is a forfeit of the game for which the ineligible player participated.

Adopted Contest Rules

By conference adoption, baseball teams should use BBCOR Certified Drop 5 (-5) bats. Drop 3 (-3) bats are not recommended, but can be used.

Basketball

Non - school team scrimmages and games are not permitted in any sport.

Preseason Scrimmage

One (1) pre-season scrimmage is permitted with other school teams in an academic year.

1. The scrimmage does not count as one of the 14 regular season contests

Number of Regular Season Contests

The number of regular season contests is limited to no more than 14 in an academic year.

2. Up to two (2) additional contests may be played in lieu of a post-season championship tournament in an academic year.

Weekly Limitations

Teams and/or individuals may participate in two regularly scheduled contests per week, except as noted in Sports Regulations for the sports of baseball, softball, volleyball and wrestling.

3. During post-season championship tournament play a third game will be permitted.

Emergency Exception

A single contest postponed because of an emergency may be rescheduled and played in addition to the number of contests permitted per week.

4. This decision should be made by the principals of both schools in conjunction with conference officers.

Postponed and Suspended Contests

Any single contest postponed because of emergency reasons (e.g. inclement weather, epidemics, mid-term exams, etc.) may be rescheduled and played, in addition to the regular number of contests allowed per week.

5. With the exception of wrestling, volleyball and softball games, no team or athlete shall play more than three games in one sport per week.
6. Postponed games will be made up in the order of postponement on the next possible date (excluding Sunday).
7. Saturday will not be used as a makeup day, unless mutually agreed upon by the principals of the two schools involved.

Mercy Rule

By conference adoption 8/16/23,

8. In basketball, there is a continuous clock when a team has a twenty-eight (28) point advantage over its opponent in the third quarter or later. The clock would only stop for shooting fouls, timeouts, injuries and the administration of technical fouls. The clock will continue to run for the remainder of the game, regardless of the point differential becoming closer than 28 points.

Post Season

The number of single elimination championship tournaments is limited to one (1) in an academic year.

9. This is not to exceed three contests in a week

Adopted Contest Rules

10. Contests involving only middle school students shall be played in six-minute quarters. By conference adoption, halftime is 8 minutes for boys and girls.
11. ~~Contests involving teams with combined ninth grade students with students in the eighth and/or seventh grade (junior high) may be played in eight minute quarters. N/A~~
12. By conference adoption, a legal-size ball boy's ball shall be used for boys' competition.
13. A legal-size girls' ball shall be used for girls' competition.
14. By conference adoption, the boys' and girls' games will be preceded by a 7 minute "5th" quarter with a "running clock" (only one free throw for a shooting foul) unless extenuating circumstances exist. In this case, the principal of the host school in conjunction with the principal/designee of the visiting school has the authority to cancel or alter the 5th quarter.
15. Two (2) technical fouls equal an ejection.
16. By conference adoption 10/23/16, the conference will mirror the NCHSAA rule change which eliminates the one-and-one for common fouls beginning with the seventh team foul in the half and establishes the bonus as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter.

Cross Country

Non - school team scrimmages and games are not permitted in any sport.

Preseason Scrimmage

One (1) pre-season scrimmage is permitted with other school teams in an academic year.

1. The scrimmage does not count as one of the 14 regular season contests

Number of Regular Season Contests

The number of regular season contests is limited to no more than 14 in an academic year.

2. Up to two (2) additional contests may be played in lieu of a post-season championship meet in an academic year.

Weekly Limitations

Teams and/or individuals may participate in two regularly scheduled contests per week, except as noted in Sports Regulations for the sports of baseball, softball, volleyball and wrestling.

Emergency Exception

A single contest postponed because of an emergency may be rescheduled and played in addition to the number of contests permitted per week.

3. This decision should be made by the principals of both schools in conjunction with conference officers.

Postponed and Suspended Contests

Any single contest postponed because of emergency reasons (e.g. inclement weather, epidemics, mid-term exams, etc.) may be rescheduled and played, in addition to the regular number of contests allowed per week.

4. With the exception of wrestling, volleyball and softball games, no team or athlete shall play more than three games in one sport per week.
5. Postponed games will be made up in the order of postponement on the next possible date (excluding Sunday).
6. Saturday will not be used as a makeup day, unless mutually agreed upon by the principals of the two schools involved.

Post Season

The number of championship meets is limited to one (1) in an academic year.

Adopted Contest Rules

The maximum distance for middle/junior high school students is two (2) miles. [Student runners should be able to complete the course within 25 minutes in order to compete at the meets. If a runner does not finish the course in 25 minutes, they will be asked to stop and no time will be posted for that runner.](#)

Football

Sixth grade students are ineligible for participation in tackle football.

Date of First Practice

Practice may begin no earlier than ten (10) school days prior to the first day of school for students in the fall semester.

Acclimatization/Physical Conditioning

The first five (5) days of practice shall be devoted entirely to physical conditioning/acclimatization activities.

1. During the first two (2) days, helmets, T-shirts, shorts, and football shoes constitute acceptable dress, and no other football attire shall be worn.

2. On days three (3), four (4) and five (5), complete football attire may be worn, but absolutely no body-to-body contact is permitted.
3. Practice during the five (5) day period shall be limited to a one (1)-a-day period, not to exceed two (2) hours in length.
4. The first two (2) days of this conditioning week are limited to calisthenics, kicking, throwing, running, and similar exercises.
5. Arm shields may be used, but tackling or blocking dummies, charging sleds, or similar devices may not be used until days three (3), four (4), and five (5).
6. Squad meetings, skull sessions, and film study are not allowed during the five-day period, since it shall be for the sole purpose of improving physical conditioning rather than football excellence.
7. Contact activities may begin on the sixth (6th) day of practice i.e., as soon as the required physical conditioning phase of practice has been completed.
 - a. Only one (1)-a-day contact session may be conducted and shall not exceed two (2) hours in length.
8. It is recommended that water breaks be offered every 20 to 30 minutes and that the Inclement/Hot Weather Guidelines for Outdoor Sports in this manual be followed.
 - a. It is also recommended that athletes do daily weigh-ins in order to monitor weight loss.

A player shall have participated in a minimum of eight (8) separate days of team practice, three (3) of which shall be in full pads and included body-to-body contact, before participating in a football contest or scrimmage with outside competition.

9. The exception to this rule is athletes from other sports who play only as kickers
10. There are no other exceptions; to fulfill this requirement, these must be football practices.

It is also recommended that EMS be available on game days.

Non - school team scrimmages and games are not permitted in any sport.

Preseason Scrimmage

One (1) pre-season scrimmage is permitted with other school teams in an academic year.

11. The scrimmage does not count as one of the 7 regular season contests

Number of Regular Season Contests

No more than one (1) contest may be scheduled per week for a total of seven (7) contests in an academic year.

12. An individual is limited to only one (1) contest per week.
13. Play-off/championship contests are not to be scheduled as a regular season contest.
14. Up to one additional contest may be played in lieu of a postseason championship game in an academic year.

Emergency Exception

A single contest postponed because of an emergency may be rescheduled and played in addition to the number of contests permitted per week.

15. This decision should be made by the principals of both schools in conjunction with conference officers.

Postponed and Suspended Contests

Any single contest postponed because of emergency reasons (e.g. inclement weather, epidemics, mid-term exams, etc.) may be rescheduled and played, in addition to the regular number of contests allowed per week.

16. With the exception of wrestling, volleyball and softball games, no team or athlete shall play more than three games in one sport per week.
17. Postponed games will be made up in the order of postponement on the next possible date (excluding Sunday).
18. Saturday will not be used as a makeup day, unless mutually agreed upon by the principals of the two schools involved.
19. A contest called for any reason, where a winner cannot be determined, or any contest called at any time for mechanical failure (i.e., artificial lights, water systems, etc.) will be treated as a suspended contest.
20. If the contest is to be completed, it may be resumed at another date/time by mutual agreement of the principals of both schools. The contest will be continued from the point of suspension with the lineup of each team the same as the lineup at the moment of suspension, subject to the rules of the contest.
21. If the game has reached at least half-time and a winner can be determined, the contest is over.
22. In a situation where a team does not want to make up a postponed contest, the contest will be forfeited to the opponent.
23. If any rained-out football contest, that would affect the winning of a conference title is to be played, it shall be rescheduled on the same field unless changed by mutual agreement by the two schools.
24. This rule is effective upon mutual agreement of the competing schools or by conference adoption.

Mercy Rule

By conference adoption 8/16/23,

25. In football, there is a continuous clock when a team has a twenty-eight (28) point advantage over its opponent at half time or thereafter. The clock would only stop for timeouts by coaches or officials or injuries. The clock will continue to run for the remainder of the game, regardless of the point differential becoming closer than 28 points.

Post Season

The number of championship games is limited to one (1) in an academic year.

Tie Breaker

If at the end of the fourth (4th) quarter, the teams have identical scores, the tie may be resolved by the method of the ten (10) yard line overtime procedures as set forth by the National Federation Football Rules Book.

26. Teams should notify booking agents regarding the rule that allows the Tie Breaker so he/she can inform the game officials.

Adopted Contest Rules

27. Based on adopted contest rules, contests involving only students in the seventh and eighth grade (middle/junior high schools) shall be played in eight- minute (8) periods.
- ~~28. Games involving teams with combined ninth grade students with students in the eighth and/or seventh grade (junior high) may be played in ten- minute (10) periods.~~
29. A youth legal-size ball may be used in middle/junior high competition.

Summer Camp

During the entire time period between the end of football season and up through the first five days of practice for the next season, ABSOLUTELY NO body-to-body contact is allowed.

30. This regulation applies to workouts, combines, practices on/off campus, and summer camps.

Additional Adopted Conference Rules

Each game shall be preceded by a “5th quarter” unless there are extenuating circumstances affecting the time frame of the game. Examples include but are not limited to forecasted inclement weather or a major conflict with a pre scheduled calendared school/school system event. The principal of the host school, in conjunction with the principal / designee from the visiting school has the authority to cancel or alter the 5th quarter. 5th quarter is defined as 10 offensive and 10 defensive plays. Halftime is 8 minutes plus 3 minutes for all games.

Soccer

Non - school team scrimmages and games are not permitted in any sport.

Preseason Scrimmage

One (1) pre-season scrimmage is permitted with other school teams in an academic year.

1. The scrimmage does not count as one of the 14 regular season contests.

Number of Regular Season Contests

The number of regular season contests is limited to no more than 14 in an academic year.

2. Up to two (2) additional contests may be played in lieu of a post-season championship tournament.

Weekly Limitations

Teams and/or individuals may participate in two regularly scheduled contests per week, except as noted in Sports Regulations for the sports of baseball, softball, volleyball and wrestling.

3. During tournament play a third game will be permitted.

Emergency Exception

A single contest postponed because of an emergency may be rescheduled and played in addition to the number of contests permitted per week.

4. This decision should be made by the principals of both schools in conjunction with conference officers.

Postponed and Suspended Contests

Any single contest postponed because of emergency reasons (e.g. inclement weather, epidemics, mid-term exams, etc.) may be rescheduled and played, in addition to the regular number of contests allowed per week.

5. With the exception of wrestling, volleyball and softball games, no team or athlete shall play more than three games in one sport per week.
6. Postponed games will be made up in the order of postponement on the next possible date. (excluding Sunday).
7. Saturday will not be used as a makeup day, unless mutually agreed upon by the principals of the two schools involved.
8. A contest called for any reason, where a winner cannot be determined, or any contest called at any time for mechanical failure (i.e., artificial lights, watersystems, etc.) will be treated as a suspended contest.
9. If the contest is suspended in the first half, even if one team is ahead, the contest is to pick up from the point of interruption unless coaches agree to end.
10. If the contest is to be completed, it may be resumed at another date/time by mutual agreement of the principals of both schools. The contest will be continued from the point of suspension with the lineup of each team the same as the lineup at the moment of suspension, subject to the rules of the contest.
11. If the contest is suspended at half time or beyond, the contest is over.
 - If the score is tied when the contest is suspended, then the contest ends in a tie.

- If one team is ahead when the contest is suspended, then that team is the winner.
12. In a situation where a team does not want to make up a postponed contest, the contest will be forfeited to the opponent.
 13. If any postponed or suspended soccer contest, that would affect the winning of a conference title, is to be played, it shall be rescheduled on the same field unless changed by mutual agreement by the two schools.
 14. This rule is effective upon ~~mutual agreement of the competing schools or by~~ conference adoption 1/26/24.

Mercy Rule

By conference adoption 8/16/23,

15. When a team leads by seven (7) goals at halftime or thereafter, the game shall be terminated.

Post Season

The number of single elimination championship tournaments is limited to one (1) in an academic year.

16. This is not to exceed three contests in a week.

Tournament Play

In tournament play, the National Federation of High School Associations (NFHS) tie-breaking procedure may resolve tied contests.

Adopted Contest Rules

The contest shall be played in two (2) 30-minute halves ~~with an 8-minute halftime for all matches.~~

- ~~17. If a tie score exists at the end of regulation play in regular season conference or non-conference contests, with prior mutual consent of the teams, play will continue with two overtime periods of five (5) minutes each.~~
- ~~18. If there is no winner at that point, the contest shall be considered a tie for both teams.~~
19. By conference adoption 1/26/24, If a tie score exists at the end of regulation play in regular season conference or non-conference contests, with prior mutual consent of the teams, play will continue with a 5 shot shoot-out. A coin flip will determine which team kicks first. The winner of the coin flip shall choose to kick first or last for the 5 round shoot-out. 5 different athletes shall be determined by the coach to participate in the shoot-out. If a tie remains after the first shoot-out, then 5 different athletes shall be determined by each coach for the second shoot-out. This shoot-out is sudden death.

Additional Adopted Conference Rules

~~Disqualified players will not be allowed to play the remainder of the match, and players ejected will not be allowed to play the remainder of the match, plus one additional match.~~

Softball (Fast Pitch)

Softball Coaches are required to wear a skull cap style helmet when coaching in the Coaches Box during games.

Non - school team scrimmages and games are not permitted in any sport.

Preseason Scrimmage

One (1) pre-season scrimmage is permitted with other school teams in an academic year.

1. The scrimmage does not count as one of the 14 regular season contests

Number of Regular Season Contests

The number of regular season contests is limited to no more than 14 in an academic year.

2. Up to two (2) additional contests may be played in lieu of a post-season championship tournament.

Weekly Limitations

Teams and/or individuals may participate in two regularly scheduled contests per week, except as noted in Sports Regulations for the sports of baseball, softball, volleyball and wrestling.

3. During tournament play a third game will be permitted.

Fast Pitch Softball Exception

Doubleheaders

Teams are allowed to play two (2) contests in one day. Two (2) doubleheaders are permitted per week.

4. When playing two (2) contests in a day, contests are limited to five (5) innings each, except to break a tie.
5. No team or individual shall play more than four (4) contests in a week, i.e. Monday through Saturday.
6. Penalty: Forfeit

NOTE: The legal-size (12-inch) ball shall be used for competition.

Postponed and Suspended Contests

Any single contest postponed because of emergency reasons (bad weather, epidemics or other unavoidable mishaps) may be rescheduled and played in addition to the regular number of contests allowed.

7. No more than four contests may be played in a single week even with postponements and rescheduling.
8. Postponed contests will be made up in the order of postponement on the next possible date (excluding Sunday).
9. Saturday will not be used as a makeup day unless mutually agreed upon by the principals of the two schools involved.
10. A contest called for any reason, where a winner cannot be determined, or any contest called at any time for mechanical failure (i.e., artificial lights, water systems, etc.) will be treated as a suspended contest.
11. If the contest is to be completed it may be continued at another date/time by mutual agreement of the principals of both schools. The contest will be continued from the point of suspension with the lineup and batting order of each team the same as the lineup and batting order at the moment of suspension, subject to the rules of the contest.
12. If more than four (4) innings have been played and a winner can be determined, the contest is over.
13. In a situation where a team does not want to make up a postponed contest at all, the contest will be forfeited to the opponent.
14. If any postponed or suspended softball contest, which would affect the winning of a conference title, is to be played, it shall be rescheduled on the same field unless changed by mutual agreement by the two schools.
15. This rule is effective upon ~~mutual agreement of the competing schools or by conference adoption~~ 1/26/24.

NOTE: Weather delay due to a thunderstorm. Play may resume 30 minutes after the last streak of lightning is seen and/or the last rumble of thunder is heard.

Mercy Rule

If agreed upon by both teams prior to the game or by conference adoption,

16. In softball, the game is terminated if a team is ahead by fifteen (15) runs after three innings or ten (10) after five innings.

Post Season

The number of single elimination championship tournaments is limited to one (1) in an academic year.

17. This is not to exceed three contests in a week.

Adopted Contest Rules

By conference adoption, middle school teams may use modified distances and/or pitching limitations for conference play. The CVMSAC has adopted the following NFHS/NCHSAA distances: Pitching-43 feet; Bases-60 feet. The legal-size (12-inch) ball with a coefficient of restitution not exceeding .47 shall be used for competition.

Additional Adopted Conference Rules

Tied games at the end of regulation play: During the first round of play, tied games will be played out until the game is suspended due to darkness. If the game is suspended and the tie has not been broken, the game will resume at a date agreed upon by the principals/designees of the two schools involved. During the second round of play, if darkness occurs and the score is tied, the end result will be recorded as a tie.

Volleyball

Date of First Practice

Practice may begin no earlier than ten (10) school days prior to the first day of school for students in the fall semester.

Non - school team scrimmages and games are not permitted in any sport.

Preseason Scrimmage

One (1) pre-season scrimmage is permitted with other school teams in an academic year.

1. The scrimmage does not count as one of the 14 regular season contests

Number of Regular Season Contests

The number of regular season contests is limited to no more than 14 in an academic year.

2. Up to two (2) additional contests may be played in lieu of a post-season championship tournament.

Weekly Limitations

Teams and/or individuals may participate in two regularly scheduled contests per week, except as noted in Sports Regulations for the sports of baseball, softball, volleyball and wrestling.

3. During tournament play a third game will be permitted.

Volleyball Exception

4. Two (2) doubleheaders (best 2 of 3 sets) are permitted per week.

Emergency Exception

A single contest postponed because of an emergency may be rescheduled and played in addition to the number of contests permitted per week.

5. This decision should be made by the principals of both schools in conjunction with conference officers.

Postponed and Suspended Contests

Any single contest postponed because of emergency reasons (e.g. inclement weather, epidemics, mid-term exams, etc.) may be rescheduled and played, in addition to the regular number of contests allowed per week.

6. With the exception of wrestling, volleyball and softball games, no team or athlete shall play more than three games in one sport per week.
7. Postponed games will be made up in the order of postponement on the next possible date.
8. Saturday will not be used as a makeup day, unless mutually agreed upon by the principals of the two schools involved.

Post Season

The number of single elimination championship tournaments is limited to one (1) in an academic year.

9. This is not to exceed three contests in a week.

Scoring

By conference adoptions, the rally scoring format is 25-point sets (no cap) for all 3 sets, and will be used in all contests.

Adopted Contest Rules

By conference adoption:

10. In regular season and tournament play, matches shall be decided by the best two (2) of three (3) sets.
11. The height of the net shall be in accordance with the NFHS and NCHSAA guidelines of 7 feet, 4 1/8 inches (2.24 meters).
12. A 25 point 5th quarter will be played prior to the regular match unless extenuating circumstances deems it necessary to cancel determined by administration.
13. Volleyball and soccer travel to away events together in the fall. Therefore, if soccer is postponed due to inclement weather, volleyball will also be rescheduled.

Wrestling

Non - school team scrimmages and games are not permitted in any sport.

Preseason Scrimmage

One (1) pre-season scrimmage is permitted with other school teams in an academic year.

1. The scrimmage does not count as one of the 14 regular season contests

Number of Regular Season Contests

The number of regular season contests is limited to no more than 14 in an academic year.

2. Up to two (2) additional contests may be held in lieu of a post-season championship tournament.

Weekly Limitations

Teams and/or individuals may participate in two regularly scheduled contests per week, except as noted in Sports Regulations for the sports of baseball, softball, volleyball and wrestling.

Wrestling Exception

Two tri-meets are permitted per week.

3. Individuals are limited to two (2) contests per day.
4. All matches during the tri meet shall count against the athlete's total number of fourteen (14) permitted regular season contests.

Emergency Exception

A single contest postponed because of an emergency may be rescheduled and played in addition to the number of contests permitted per week.

5. This decision should be made by the principals of both schools in conjunction with conference officers.

Postponed and Suspended Contests

Any single contest postponed because of emergency reasons (e.g. inclement weather, epidemics, mid-term exams, etc.) may be rescheduled and played, in addition to the regular number of contests allowed per week.

6. No more than four contests may be played in a single week even with postponements and rescheduling.
7. Postponed games will be made up in the order of postponement on the next possible date.
8. Saturday will not be used as a makeup day, unless mutually agreed upon by the principals of the two schools involved.

Post Season

The number of championship tournaments is limited to one (1) in an academic year, not to exceed an eight (8) wrestler bracket using the bracket found in the DPI manual.

9. Third and fourth place may be determined in tournament play using the wrestleback format.

Weight Classifications

For both middle and junior high schools the weight class are as follows:

76, 83, 90, 98, 106, 113, 120, 126, 132, 138, ~~145~~ 144, ~~152~~ 150, ~~160~~ 157, ~~170~~ 165, ~~182~~ 175, ~~195~~ 190, ~~220~~ 215 and heavyweight.

10. The maximum weight for the heavyweight contestants will be 250 pounds.
11. The minimum weight for the heavyweight class is ~~196~~ 191 pounds.
12. The minimum weight for a 90-pound weight class contestant is ~~75~~ 77 pounds.
13. The minimum weight for an 83-pound weight class contestant is 68 pounds.
14. The minimum weight for a 76-pound weight class contestant is 61 pounds.
15. A two (2) pound growth allowance will be allowed after December 25th each year.

NOTE: The use of artificial weight loss devices/measures is prohibited.

Sanitary and Safety Measures

All mats must be cleaned with a 10-percent bleach solution or isopropyl alcohol solution prior to the first match and each time blood gets on the mat.

16. A bucket or squeeze bottle with a 10-percent bleach solution or isopropyl alcohol solution and rubber gloves should be placed at each mat for cleaning purposes.
17. This same solution should be used to wipe any blood off an opponent's skin.
18. It is important that any time there is blood present, even on uniforms, that it is treated with care regarding its ability to transmit infectious diseases.
19. If the bleeding problem is severe enough, the competitor should not be permitted to continue, not only from the standpoint of possible disease transmission, but also for the health and safety of the injured athlete.

Note: During the match each coach will be responsible for cleaning their own wrestler, and the home team is responsible for cleaning the mat using the guidelines set forth in the National Federation Rule book. NOTE: It is recommended that coaches monitor daily weigh-ins with weight loss not to exceed 3 pounds per week.

Adopted Contest Rules

Time of Bouts:

20. First period shall be one (1) minute.
21. 21. Second and third periods shall be two (2) minutes.

No wrestler may represent his/her school in more than one (1) weight class in any meet or compete in more than four (4) full-length matches in a **postseason championship** tournament or championship play in any one (1) day.

22. A minimum of **thirty (30)** minutes of rest between matches shall be observed.

A contestant shall not wrestle more than one (1) weight class above the class for which his/her actual stripped weight, at the end of the weigh in, qualifies him/her.

Take downs 3 points, near falls are 2, 3, or 4 depending on the count, out of pounds is one point of contact

NOTE: Weigh-ins must be completed prior to the 4:00 start time. Preliminary matches will begin at 4:00 and must be officiated by the same paid official scheduled for the regulation match. The number of preliminary matches will be determined by the number of non-starters per weight class on the teams competing. At the end of the preliminary wrestling matches, each team will have 5 minutes of warm-up time on the mat.

NOTE: It is required that EMS / Athletic Trainer / First Responder be in attendance on game days.

Other Sports

Currently the CVMSAC does not offer **GOLF, GYMNASTICS, TENNIS, or TRACK and FIELD** as a conference sport.

If your school chooses to participate in any sport that is not listed in this manual, it is recommended that you follow NFHS rules for that sport. Students participating in other interscholastic sports not listed in this manual must meet eligibility guidelines.

Penalty for an Ejection

Penalty Rules

This policy sets forth minimum rules and requirements for penalties imposed by an administering organization for violation of the rules or policies on interscholastic athletics adopted by the State Board of Education ("SBE"). An administering organization may adopt additional penalty rules not inconsistent with the requirements of this Policy.

1. **A Public School Unit shall impose at least the following penalties on a student**, coach, or school official in grades **6 through 12** who is ejected from **an interscholastic** athletic contest:

- a. for the first offense, the person shall be reprimanded and suspended for the next game. The coach shall complete the NFHS Sportsmanship STAR program, at his/her own cost prior to coaching in a contest.
 - b. for a second offense, **the person shall be placed on probation and suspended from participating in the next two games.** The coach shall complete the NFHS Sportsmanship course, at his/her own cost prior to coaching in a contest.
 - c. for a third offense, **the person shall be suspended from participation in interscholastic athletics for one calendar year.**
 - d. a coach who is suspended shall not coach any team for any grade level during the period of suspension.
2. Penalties are cumulative from sport to sport and from sport season to sport season.
 3. If no member of the school's coaching staff is present to assume an ejected coach's duties, the contest shall be terminated by a forfeit.
 4. The PSU that has jurisdiction over a participating school may impose penalties in addition to those required by an administering organization.

Recommendations for Additional Ejection Penalties

LEAs or conferences that adopt additional penalties should have penalties published prior to the first game in the first sport of the school year. Officials shall notify, in writing within 24 hours, the principal of the school as well as the Conference Athletic Director from which an ejection has occurred for the following to be enforced.

This policy applies to all persons involved in athletic contests, including student athletes, coaches, managers, and game administrators. The examples below include behavior or conduct which will result in an ejection from a contest.

1. Fighting includes, but is not limited to, combative acts such as:
 - a. an altercation between 2 or more parties that includes swinging, hitting, punching and/or kicking;
 - b. an attempt to strike an opponent with a fist, hands, arms, legs, or feet;
 - c. an attempt to punch or kick an opponent, regardless of whether or not contact is made;
 - d. an attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate;
 - e. leaving the bench area to participate in a fight (contact or no contact);
 - f. biting observed or determined by an official;
 - g. taunting, baiting, or spitting toward an official or opponent;
 - h. profanity directed toward an official or opponent;
 - i. obscene gestures, including gesturing in such a manner as to intimidate or instigate; and
 - j. disrespectfully addressing (physically contacting an official is subject to automatic expulsion and can result in ineligibility for remainder of career) an official.

Recommendations for Penalty Code

Enforcement of the Rules and Regulations

Penalty Code

The LEA or the conference in which the school is a member (if a school participates in a conference that involves more than one local board of education) shall adopt and enforce a penalty code. This code should be published and distributed to each athletic and administrative member of your school prior to the first game of

the first season. (The following penalty code has been developed by the North Carolina Department of Public Instruction in the event that a locally developed penalty code is absent.)

Violations of these regulations may result in a reprimand, probation, suspension, forfeiture of games, and/or ineligibility.

A coach found guilty of conduct inconsistent with a wholesome athletic program may be

- suspended and placed on probation.
- suspended from directing a team.

If a coach or school official is ejected from a game or if a coach or school official removes his/her team from a contest before the termination of the contest, the coach or school official will be placed on probation until an investigation is made by the LEA or adopted conference. The schools involved shall immediately report in writing to the conference president and the local superintendent.

A student found guilty of misconduct may be

- placed on probation;
- suspended from participation in a sport or sports for a period of time.

An official found guilty of misconduct may be

- placed on probation;
- suspended from participation in a sport or sports for a period of time.

If team members not participating in a game come onto the playing surface during an event or immediately thereafter to engage in conflict, that team shall be placed on probation and may not participate until a decision is rendered by the LEA or conference.

Once a school becomes a member of a conference, a unanimous vote of all other conference members is required to remove that school from the conference. Such removal may not take place until the year following the unanimous vote.

Definitions of Probation and Suspension

If a school or individual is placed on probation, the school or the individual is put on a trial period for a specific time.

At the end of this trial period, the LEA or the conference of which the school is a member shall review the school or individual's conduct and behavior and advise the school or individual of their status.

During the probationary period, a school or individual may participate in all interscholastic activities unless otherwise stipulated by the governing authority.

If, while on probation, a school or individual is found guilty of a second violation, the school shall be barred from participation and the individual shall be barred from participating at the discretion of the LEA or conference of which the school is a member.

A school or individual may be suspended in a particular sport or in all sports.

The following recommendation for additional ejection penalties is based on the North Carolina High School Athletic Association's Handbook guidelines. If an LEA chooses to adopt additional penalties for an ejection, a recommendation is to follow the penalty guidelines as expressed in the NCHSAA handbook:

Other Situations

Teams in the following situation will not be allowed to participate in tournament play or the remainder of the season (for those who do not play a tournament):

- A team whose players and coaches have a combined accumulation of three (3) or more individual ejections/disqualifications during the regular season.

NOTE: Disqualifications or ejections in the last game of the season carry over to the next sport in which the individual participates that school year. Disqualified or ejected players may practice, but not play. Disqualified or ejected coaches may not be on the premises for a contest.

State Board of Education Regulations

Realizing the need for acceptable standards for the operation of sound athletic programs on a statewide basis, county and city superintendents, principals, and coaches of the state devised and recommended minimum regulations for consideration by the North Carolina State Board of Education (SBE). The standards, "Regulations Governing Athletes," were first adopted by the North Carolina SBE on June 5, 1952. These regulations, which are kept up-to-date through frequent amendments, have been considered as minimum standards for each local administrative unit to abide by or surpass in its efforts to maintain the highest possible standards relative to its interscholastic athletic program.

The NC SBE Policies can be found on pages 49 - 67 in the [NC Middle/Junior High School Athletic Manual](#).