

2019-20 North Carolinians for Home Education Athletic Commission Handbook

Additions to NCHSAA Handbook effective for 2019-20 (Revised/Effective 4/1/2019)

Rest period for volleyball tournament changed to 45 minutes unless both teams agree to a shorter time.

Uniform shorts may not be rolled up (NFHS Rule)

The Eastern and Western volleyball regions will play as a single conferences in each region rather than dividing the middle school and JV into 2 conferences in the Eastern Region and in the Western Region, until there are enough teams to divide into conferences with a significant number of teams.

Team Schedules – Will be due 1 month after team registrations for regular season league sports

All tournament volleyball matches will include measuring the net height before starting each match.

Only the head coach may address the officials on the floor for basketball or volleyball.

The current game cancelation make-up day is the Saturday of the final week of the season. Individual sports may choose to also designate the final Friday as an official make-up day.

For varsity boys' soccer, players selected to the all-conference team will have the opportunity to participate in an annual East/West all-star game. Each team may have up to 16 players and will be coached by the regular season winning coach of the respective conferences. The game will be played on the 1st Friday of November (or other mutually agreed date) each year.

Tie breaker for basketball will be changed from point differentials at step 2 to head-to-head comparison of wins and losses against the 1st place, 2nd place teams, etc.; then road records, then coin toss (see Tie breakers in basketball appendix).

In basketball, middle school and JV will play as a single conferences in each region rather than dividing the middle school and JV into 2 conferences in both the Eastern and Western Regions, until there are enough teams to divide into conferences with a significant number of teams in each conference.

Non-conference rule for using ineligible players has been changed, including players violating the NRNT rule. (See Non-conference rule section)

Required coaches training for concussion management per the Gfeller-Waller Concussion Awareness Act (See coaching rules)

Use of the emergency substitution rule requires a doctor's excuse for the sick or injured player. The emergency substitution rule is in place for the post-season, but is limited to 1 player. Dual eligibility for teams in first 2 seasons will be limited to 1 player above number of players required for playing.

A coach being ejected in volleyball will result in a 2 match suspension. (Suspension rule clarification).

Programs which have sports in which NCHSAA does not have a league, may submit rosters to the league and have them verified for a fee of \$25 so they would meet sanctioning requirements for NCHSAA.

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Purpose of NCHEAC:

The North Carolinians for Home Education Athletic Commission (NCHEAC) shall establish leagues and tournaments for the traditional middle school and high school sports.

For official league forms please go to:

Website: <https://www.ncheac.com>

Rules and Forms: [NCHEAC Rules and Forms](#)

Email: sports@nche.com

Correspondence to the NCHEAC office (to mail forms and checks):

Mailing address: NCHE 4441 Six Forks Rd. Suite 106 Box 144
Raleigh, NC 27609

Current Sports:

Team Sports - Boys and Girls:

BASKETBALL / CROSS COUNTRY / FENCING / SOCCER / SWIMMING

Team Sports – Girls only

VOLLEYBALL

Team Sports – Boys only

BASEBALL

Individual Sports offered for Boys and Girls:

CROSS COUNTRY / FENCING / SWIMMING

Rules: (Unless NCHEAC states otherwise, all rules related to a particular sport will be under the NFHS guidelines.) Each coach is encouraged to purchase a current NFHS Rulebook. NFHS = National Federation of State High School Associations <http://www.nfhs.org/>

League Rules: Registering a team for a regular season sport or an end of season tournament includes a commitment to participate in the end of season tournament(s). Failure to participate could result in probation or suspension the following season of participation.

Note: NCHEAC has the right to modify the rules in this handbook during the current athletic season, should the need arise.

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A. FORMS: Forms get updated from time to time, so please always use the current forms on the web. Please follow the examples given on the forms and completely fill out all fields requested. Failure to do so could cause a delay in the approval process and could result in late fees or dismissal. Please email all completed forms to sports@nche.com. Forms will be denied and returned if the current form was not used. Sending the forms to the state director's or NCHEAC board member's personal email address could also lead to delays.

Rules and Forms found at [NCHEAC Rules and Forms](#)

1. Handbook

2. Team Registration

3. Individual Registration (This is for individuals who will not be participating on a team, but will be entering the state competition as an individual. Used for sports such as cross country, fencing, swimming, etc.).

4. Team Roster

5. Team Schedule (This is for teams registering for regular season league play).

6. Team Non-Recruit/Non-Transfer (Parent's signature required)

7. Junior/Senior (Parent's signature required)

8. Redshirt

B. DEADLINES (See DEADLINE APPENDIX)

C. REGISTRATION/SCHEDULE FORMS - All teams must reapply/apply for registration each sports season. NCHEAC will review for approval.

1. Required forms for teams in sports with a regular season

a. Fill out the team registration form found at: [NCHEAC Rules and Forms](#) . The AD/or program contact of each athletic program must acknowledge that they have read and are in agreement to abide by league rules found in this handbook and any related NCHEAC forms. The AD/or program contact of each athletic program should also notify each coach of the handbook information

b. Fill out the schedule for the HOME conference games of your team(s). [NCHEAC Rules and Forms](#)

(Note. Only conference home games are needed. If you are playing teams in your region, but not in your conference, then please do not include those on the form).

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c. Fill out the on-line forms in a. and b. by the deadline date found in the DEADLINE appendix. There will be \$25/team fee for filing after the initial deadline and date and before the past due date. A team that does not file on or before the past due deadline date will be considered not in compliance and shall then be removed/denied from the league and the other league participants will be notified.

2. Required forms to register a team(s) for a non-league sport (This is for just a tournament sport, not a regular season sport. Example – Cross Country, Fencing, Swimming) :

a. Fill out the team registration form found at: [NCHEAC Rules and Forms](#) The AD/or program contact of each athletic program must acknowledge that they have read and are in agreement to abide by league rules found in this handbook and any related NCHEAC forms.

b. Fill out forms on-line by the deadline date found in the DEADLINE appendix.

D. ROSTERS/PLAYER FORMS

1. To register team players in a regular season conference :

a. Download the "Team Roster Spreadsheet" and fill out each field unless marked optional. The form is found at [NCHEAC Rules and Forms](#). See instructions on how to fill out the fields. (See Instructions and Example tab on the spreadsheet). Please enter the fields in "proper case", and please do not fill in a field in all upper case, unless specified. Must provide roster for each team specified on the registration form. (See tabs on bottom of the roster spreadsheet form for specific team division.) Coaches' names and their contact information need to be provided also. (Note. This is no longer on the team registration form).

(Note. ZZ may be used for uniform numbers if numbers have not been assigned yet or uniforms have not been ordered).

Player name spellings and birthdates must be confirmed by birth certificate and communicated to NCHEAC in the order the names occur on the document.

Players may not be placed on the roster until they are in state and their homeschool is approved by NCDNPE (confirmation of an open school, not just confirmation of receiving an application).

b. The Junior/Senior Declaration form is found at [NCHEAC Rules and Forms](#). This is only required when a parent indicates that their child (player) declares as a junior prior to their 17th birthday or declares as a senior prior to their 18th birthday. The parents must sign this form. If a player is declared as a junior by the parent, then they do not have to file a form the following season as they would automatically be a senior. Otherwise, if no forms are received, all players will be designated as a Junior, if they become 17 on or before August 1st or will be designated as a Senior if they become 18 on or before August 1.

c. The Non-Recruitment Rule form can be downloaded and filled out and signed by the parents, but it does not have to be sent to NCHEAC. Preferably, fill the form out online.

The form is required for league participation. (Note. If parents have previously signed a form for this child or another sibling - please indicate in the spreadsheet). Please refer to: [NCHEAC Rules and Forms](#)

d. Player should submit Junior/Senior and non-recruit forms to their local sports program or preferably fill them out online by the deadline date for rosters found in the DEADLINE appendix.

NOTES: There is a \$50 late fee for any team that is submitting rosters late or late in payment. Incomplete rosters will be returned and no longer accepted, meaning please do not submit any players, whose homeschool is not listed on the (DNPE) Department on Non-Public Education website.

You can verify the listed homeschool by using the link on the roster website page. If you have players bordering the state line that live in another state, please scan and send proper documentation that indicates the player is homeschooled in the bordering state.

NCHEAC teams will be required to use their conference rosters when playing NCHEAC registered teams (regardless of conference or region).

1. Teams must submit a roster before they can participate in conference games/matches. Any players not included on the roster or who have not been cleared by NCHEAC as being from a family listed with DNPE may not participate in any league games/matches.

NEVER add players to a NCHEAC registered team roster during the season unless NCHEAC has been notified first. FAILURE to do so may lead to forfeits.

2. To register team players for NCHEAC sports that do not participate in the regular season, but are NCHEAC state tournaments only:

Follow all step instructions (a, b, c, d) above for the regular season rosters. For sports that have no regular season, such as cross-country, fencing, or swimming, 100% of the sport fee is due on the roster deadline, excluding fencing.

E. ROSTERS

1. REGULAR SEASON

a. Any games played with players from families who are not eventually found cleared by NCHEAC will be considered to be have been played with ineligible players and the team will be credited with a forfeit loss. Teams that forfeit any required regular season games/matches are not eligible for NCHEAC post-season play unless they receive an exception by NCHEAC.

b. Only one player in a program can be moved to another team within the program by the “new player deadline” of that season. NCHEAC must be notified of the one player being moved.

c. The Non Recruit/Non Transfer Rule provides the basis, except as further modified in the following rules, for determining roster eligibility. Please refer to that form and the rule below for details.

d. Programs which have sports which NCHEAC does not have a league, may submit rosters to the league and have them verified for a fee of \$25 so they can meet sanctioning requirements for NCHSAA.

Non-Recruit/Non-Transfer Rule

No athlete may leave one homeschool team to play on another homeschool team without the permission of the NCHEAC Board, whose decisions are final. A team is defined as all age eligible players from middle school through high school. If the player does not appeal to NCHEAC or the appeal is denied, the athlete must either stay on their team or sit out one year. This rule applies to both non-conference homeschool teams from non-NCHEAC programs or participating on an NCHEAC team's non-NCHEAC roster.

This rule shall preclude the athlete from re-entering the league until they have not participated on any homeschool team in their sport for a period of one (1) year. NCHEAC teams that use an ineligible player as above will be ineligible from the league for 12 months. After sitting out one year, the athlete may play for any homeschool team.

An athlete is considered committed to a team once they are submitted on a roster with the team/sport. If a player is cut from the team during try-outs, they are automatically released. If the team or program announces that there will not be a team (or fails to submit a minimum number of players on the roster) then players are released, unless NCHEAC reviews the situation and determines the program failed due to players refusing to play. In the event a NCHEAC team or program folds, NCHEAC reserves the right to review the situation before players are released to other teams. Players on a team in a program are committed to the team and must receive a NCHEAC approved release to move to another team (including an older team) with another program.

Additional rulings regarding the Non-Recruit Non-Transfer Rule that the NCHEAC Board has approved:

1. A new Non-Recruit form must be signed and NCHEAC notified when an athlete is cut from one program and goes to another program.
2. All appeal requests must be received at least 14 days before the initial roster deadline of a sport. Releases will only be given based on time and distance due to a family or program moving; or a hardship based on time or distance as determined by NCHEAC. (See Page 14 Letter O).
3. Teams that cut players during the season will not be able to give a release which allows a player to transfer to another program.
4. The NCHEAC Commissioner may issue a transfer for a bone fide move of the family of 25 miles or more or a new program is started which will save the family 25 or more miles in each direction.

e. Penalties for Violating NRNT Rule

1. If a team has been found to be unknowingly using an ineligible player then
 - a. That player will immediately be suspended for the remainder of that season and the full next season.
 - b. The team will be cautioned against using that player again.

2. If a team either continues to use that player or immediately decides to leave the NCHEAC league then:

- (a.) The team is immediately suspended from league play for the remainder of the season.
- (b.) The players on that team are immediately released.

1. If a released player elects to join another team by the following year's roster deadline, they may elect to stay with their new team or return to their old team. This is not a completely unconditional release. The player may not elect to join a third team.

2. If any player chooses to join another team, then their playing time transfers over to the new team just as if they had played for that team the entire season. As long as the player, overall, meets the 50% rule then they are eligible for the tournament.

(c.) NCHEAC will immediately and directly notify the team players' home schools of their status.

(d.) NCHEAC will notify the other teams in the conference of said releases.

(e.) Their record will either be vacated or considered all forfeits depending on how it affects the seeding at the regional tournament they would have taken part in, whichever is fairer to the other teams.

3. If a coach is found to be willingly using an ineligible player then Part II applies and:

- a. The coach is immediately banned from further NCHEAC association as a coach, trainer, or any other kind of support capacity for the remainder of the season and the next two seasons.
- b. Note that using an ineligible player after being warned in section IB is the same thing as knowingly using an ineligible player under Section III.

4. Any team that has been suspended may rejoin the league the following season under a probationary but otherwise unencumbered status.

5. Nothing above will be construed as a means to nullify the NRNT rule. Players desiring to move from one team to another must still follow the guidelines set out in that document.

6. Programs and coaches are STRONGLY encouraged to inquire about the home school status of all their student athletes in order to not have to potentially endure the above process.

f. Anti-Recruitment Rule

Coaches, tutors, athletic program administrative personnel or other persons known to be associated with the homeschool athletic program (parents or people acting on their behalf), may not initiate contact with a student athlete who played on another NCHEAC member team in their sport in the previous 12 months to encourage him or her to play or practice with their team.

Once a parent of the athlete or student-athlete has made the initial contact with the homeschool athletic program's coach or administrative personnel, then coaches or other representatives of the homeschool athletic program (here after referred to as the "the program") may approach the

student about the program, provided they have not been on the roster, in their sport, of another NCHEAC Program during the current or previous school year.

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The following are examples of inappropriate student contact:

1. Coaches, tutors, athletic program administrative personnel or other persons known to be associated with the homeschool athletic program (parents or people acting on their behalf), approaching any student athlete before, during or after any athletic contest for the purpose of interesting that student in their program.

2. Coaches or athletic program administrative personnel talking with a student-athlete from another NCHEAC Member Team about switching from another program to the team. If such contact is initiated by the athlete or athlete's parent (or other representative), it is the responsibility of the athletic program's personnel to refer them to the NCHEAC Non-Transfer Rule or to NCHEAC via the website or e-mail at: sports@nche.com.

3. Coaches found to be engaged in encouraging league players to leave their team will be suspended 1 (ONE) YEAR. A second offense will result in a 3 (THREE) YEAR SUSPENSION.

g. Penalty for using ineligible players in league or tournament games: If an ineligible player is discovered to have played in a league or tournament game, then the team guilty of this infraction will forfeit the game. (See page 20 Letter G – for consequences of forfeits).

h. For a team to be eligible to play in NCHEAC leagues, the roster must be comprised of all homeschooled athletes, with at least 50% being North Carolina homeschool students. All league games must be played in North Carolina unless agreeable to be played elsewhere by the teams involved.

i. All homeschool programs must confirm the birth date and gender of each athlete on the roster by government document (birth certificate, driver's license, etc.) and indicate this on the roster form. The actual government document or copy does not have to be forwarded to NCHEAC but must be available for review in the case of a dispute.

j. Dual eligibility is only for the first 2 years a program initially offers a sport (or NCHEAC has multiple divisions in the tournament, See New Program Information File). The one exception is medical emergencies and must be approved by NCHEAC with a doctor's excuse for the sick or injured player. If a player from an older division is involved, the player must be age appropriate for the division and all of the coaches in the division must agree on the player. Note: This approval for a medical emergency only applies until the injured player returns, but may extend into the post-season. It is limited to one roster spot beyond the minimum required to play (6 in basketball, 7 in volleyball, etc.).

k. Regular season games against teams in another NCHEAC conference are considered non-conference games and are restricted to the conference roster submitted to NCHEAC.

2. TOURNAMENT ROSTERS (For ONLY those sports without a regular season) If an athlete wants to switch teams from the prior year's tournament team to a different team for the current year's

tournament, the athlete still must contact the state director at sports@nche.com for release approval from NCHAC. NR/NT rules still apply.

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F. SCHEDULES (Regular Season)

1. To be eligible for post season, teams must play each member in their conference twice in a home and away arrangement unless both teams agree on a neutral site. Statewide leagues shall play each other once. New teams and teams not participating in the ADs scheduling meeting must accommodate the schedules of existing teams who participated in the AD's meeting.

Teams are not to move make-up games **into** the final 2 weeks of the season for games **canceled before** the final 2 weeks. Remember, the **fall sports seasons end on the 2nd Friday of October and basketball season ends** on the 2nd Friday of February. The following day is **not part of the regular season**, it is our established cancelation game make-up day. Leave room in your schedule for rescheduled games. **Coach Background Checks** may be done on the website. This is a for fee service that goes to a 3rd party vendor for which NCHAC does not benefit.

For soccer, once the season begins, matches must be played unless canceled due to weather, field conditions or having less than the minimum number of players per NFHS rules (7 players or less) or an emergency approved by the NCHAC Board.

(EXCEPTION: A developing team may be allowed to play limited games at the board's discretion. If they play less than the full schedule for their conference, these games will be counted as forfeits, but they will be allowed to play in the tournament.)

2. **If a team is in a conference where they are the only team, they must play the teams in the other conference(s) in their region.** This rule would not apply when there is only 1 team in the Eastern or Western Region.

3. Do not schedule games in facilities unless you are certain that you can assure the availability of the facility and that the facility is at least the quality of private school gyms. If the host team cancels due to lack of gym availability and is not able to reschedule, that would count as a forfeit.

4. There should be at least 5 - 6 teams in each varsity basketball conference after splitting the Eastern Region or Western Region. The Eastern Region or Western Region can be split without the other one being split. If either conference in a region has less than 5 teams, then the varsity teams will play as a single conference.

In order to clarify the distinction between regions and conferences, the Eastern Conference will be called the Eastern Region and the 2 conferences will be known as the Triad Conference and the Coastal

Plain Conference with teams assigned to them on a geographical basis. The Western Conference will be called the Western Region and the 2 conferences being the Triad and the Metro-Mountain Conference.

All of the various aged teams within the same program will play in the same conference.

Once the conference game is agreed upon before the season by the 2 teams, it cannot be changed without permission of the league.

5. Game Cancelation Policy of required games :

If a team needs (has less than the required number of athletes per NFHS Rule Book) to cancel a game/match, the following items must occur:

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- a. The team requesting the cancelation must give a minimum of 72 hours notice (except in the event of inclement weather, which could result in less than 72 hours) to the opposing team. Failure to do so will result in a forfeit, unless an appeal is made to NCHEAC and receive an exception. ** Proper notification shall be a returned e-mail or phone call prior to 72 hours before game time from the appropriate team contact acknowledging the cancelation.
- b. NCHEAC must also be made aware of any cancelation and must also be notified of the rescheduled date as soon as possible. Scheduled regular season games are to be completed before the post season tournaments. Any regular season game postponed or suspended must be rescheduled and played within 2 weeks **unless mutually agreed upon by the two teams involved & approved by NCHEAC.**
- c. If needed, regular season contests outside of required NCHEAC conference play (non-conference homeschool, private school, and public school games) must be canceled to accommodate the required conference make-up games.
- d. If a game is canceled by both teams, it must be made up on the date when the home team can secure facilities. If only 1 team canceled, then the team which canceled must cancel, if necessary, any game not required in the NCHEAC League in order to make up the canceled game.
- e. NCHEAC has the authority to award a forfeit to a team that does not abide by this policy.
- f. The Saturday of the final week of the season will be reserved for make-up games which were canceled due to inclement weather during the final two weeks of the season. **(Some sports may also set aside the Friday of the final week of the season as an additional make-up game day.)**

No games may be scheduled on this day unless canceled due to inclement weather in the final two weeks of the season. The following Monday may be used only with consent of NCHEAC in the case where the Saturday make-up date was used and there is still at least one required game to make-up or the Saturday make-up game was canceled due to inclement weather. Any regular season game not made up before the postseason tournaments, whether the game was not played due to inclement weather or not, NCHEAC has the authority to hear an appeal from both teams and determine if a forfeit should be handed out and to which team(s).

Game cancellations, other than for weather, should be due to not having enough players due to death or sickness, not because players scheduled other events. (This applies even when the best player is not available.) Games must be played if the team has the NFHS minimum number of players.

* Failure to attempt to make up any conference regular season contest WILL result in a forfeit.

Note: Should inclement weather cancel more games than can be made up, NCHEAC will decide which make-up games should take precedent, as this could affect regional tournament seeding.

NOTE: Teams are strongly discouraged from playing non-conference teams that use players who played in the conference and then joined the non-conference team without sitting out a year (violation of the Non-Recruit/Non-Transfer Rule). NCHEAC, once they become aware of such non-conference teams, will notify conference teams of their existence.

NCHEAC will monitor this situation to see if playing these teams needs to be changed to a forfeit.

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g. Regular season games against teams in another NCHEAC region are considered non-conference games and are restricted to the conference roster submitted to NCHEAC.

h. Developing Teams

A developing team may be allowed to play limited games at the board's discretion. If they play less than the full schedule for their conference, these games will be counted as forfeits, but they will be allowed to play in the tournament.

G. LEAGUE FEES (See League Fees Appendix)

1.) NO REFUNDS

2.) A team which recruits a website sponsorship shall receive a 50% team discount for the season.

H. UNIFORMS

1. Team sponsorships are not allowed on uniforms. (See NFHS rules.)

2. The inseam of the short length must be at least 5 inches and be loose fitting. First violation - warning. Second violation – Forfeit.

3. NFHS rules require the home team to wear a white uniform. For basketball, the home team must wear white for league play. Soccer requires the home team to wear white socks. As of 2019, in soccer, NFHS mandated that the home team wear their dark uniform.

4. All new teams and all teams ordering new uniforms, must submit a proof picture of the front and back of their new uniforms before ordering to ensure they are in accordance per NFHS rules

5. Uniform numbers are required on the front and back of soccer uniforms per NFHS.

6. Uniform numbering and lettering must be done per NFHS rules.

I. GATE ADMISSION - Admission charge is up to the home team and the visiting team is to be informed when the game is scheduled.

J. OFFICIALS 1. SEE appendixes for BASKETBALL / SOCCER / VOLLEYBALL and Page 22

K. REPORTING GAME RESULTS It is the responsibility of the coach or designated person from both teams to e-mail conference game/match results to sports@nche.com. These should be turned in preferably the day of the game/match, but no longer than 24 hours later.

L. PROTESTS - Protests should be sent to the director via the e-mail address: sports@nche.com which will be monitored by the director.

M. MULTIPLE TEAMS FROM SAME PROGRAM IN A DIVISION

NCHEAC has said that for volleyball and basketball only, that if a program has enough players for a division in which it would be the only team in the state at that age level, that the program could play this lower age team in the next division up, meaning the program could enter 2 teams into the league play. This will be a separate team and players will not be shared amongst teams within the program at any time. NCHEAC reserves the right to monitor this year by year for other sports.

N. FAMILY EMAIL NOTIFICATION

It is the responsibility of each program to forward league emails to their families if e-mail addresses for those families are not provided on the roster form.

O. RELEASES

Requests for a release from a program should be granted or denied within 2 weeks. No releases will be considered unless received at least 2 weeks before the final roster deadline. See NCHEAC Commissioner for additional limitations on releases.

The NCHEAC Commissioner may issue a transfer for a bone fide move of the family of 25 miles or more or a new program is started which will save the family 25 or more miles in each direction.

Appeals to the NCHEAC Board to review releases denied by the local sports program shall be heard once a \$50 handling fee is paid. If the appeal is won, the fee shall be refunded.

P. AUDIO-VIDEO RECORDING

1) There shall be no recording within 15 feet of the opponent's bench. 2) Players pictures from games or team pictures may appear on the website.

Q. BASKETBALL WARM-UP PERIODS & HALF-TIME

There must be a minimum of a 10 minute warm-up time before all league games. Half-time for middle school must be a minimum of 6 minutes and high school games (JV and Varsity) 10 minutes.

R. DEFINITION of a HOMESCHOOL ATHLETE

1. The athlete's family must be listed on the NCDNPE website or receive email of Notice of Intent confirmation from DNPE. Athletes must be actively homeschooled in compliance with North Carolina homeschool law as administrated by the Department of Non-Public Education. This means that no private or public school students may play in any regular season homeschool games used for tournament seeding purposes or tournament games.

2. Student-Athletes who participate in the following educational programs are not eligible for participation in the NCHEAC League:

Public Schools

Private Schools

Charter Schools

Middle College

North Carolina Connections Academy

North Carolina Academy Virtual

North Carolina Virtual Public School (If the tuition is paid by the public schools)

(If the student-athlete's family can provide a receipt showing that the family paid the tuition, they may participate provided that some classes are taken at home.)

3. Out of state homeschoolers must be part of a North Carolina support group, co-op or compete on a regular season NCHEAC team and provide legal proof of compliance with the homeschool law in their state.

4. Athletes must be a legal homeschooler on the day they are added to an NCHEAC roster. (e.g. They may not be added to a NCHEAC roster while they are still in school.)

5. Must continue to be in compliance with all other applicable state homeschooling laws.

S. RULES of PLAYER ELIGIBILITY

1. Regular Season:

a. Players must not have reached, as of Aug 1st:

- Their 19th birthday for varsity competition
- Their 17th birthday for junior varsity competition
- Their 14th birthday for middle school competition (15th birthday for **MSG for 2019-20. Basketball only**)

b. Players must not have graduated from homeschool, private or public high school.

c. Players must not have been recognized as a senior in a homeschool ceremony for sports or other reasons including internet sources. Participation on a college team terminates all high school eligibility.

d. A Junior/Senior Declaration Form shall only be required when a player declares as a junior prior to their 17th birthday or as a senior on or before their 18th birthday. Players will be considered a junior if they become 17 on or before August 1st or a senior if 18 on or before August 1st of the current athletic year.

e. Players are limited to one junior and one senior year, unless they are awarded an extra year of eligibility by the NCHEAC due to extensive injury or significant family emergency. (This extension of eligibility shall still be controlled by the age rule, as well as all other eligibility rules.) The form can be found at: [NCHEAC Rules and Forms](#) and acknowledgment must be made by the parent. Junior/Senior "Red Shirt" dates are: Fall – Sept. 15; / Winter – Dec. 24; / Spring – Apr. 15

(Red Shirt means if an extensive injury/family emergency occurs to a player before the noted sports season date and the player did not participate in any NCHEAC games during the same season after the noted date.)

- f. Players must be on an approved roster and be an official homeschooler on the day they are added to the roster.
- g. It is strongly recommended that no player under age 10 be submitted on a roster.
- h. In the event a NCHEAC team or program folds, NCHEAC reserves the right to review the situation before players are released to other teams.
- i. No athlete may play for an NCHEAC league team with one program and a non-conference team with another program or school in the same sport.

2. Tournaments:

- a. Preseason : Must meet the state requirements of the state in which the player resides.
- b. End of season: a. Must have attended at least 50% of the conference regular season games, unless granted an exception by the NCHEAC Board b. All regular season rules apply.

T. Player Suspensions and Expulsions

If a player is placed under discipline by their program, NCHAC will recognize the following:

Suspension – a temporary (up to 30 day) removal from team activities while going through an internal disciplinary process. At the end of the suspension period, the player must either be reinstated or expelled from the program. A player who is in this status is not allowed to move to another team in the league during the suspension.

Expulsion – A permanent removal from a league program. A player who is expelled is not eligible to go to another team for 12 months. Reinstatement in the league must occur before the final roster deadline for the following season and the player's family must apply to the NCHAC Board for reinstatement. The application for reinstatement may be made up to 2 weeks before the end of the 12 month expulsion. A player may not be added to league roster until the reinstatement has been approved. No player or coach with an existing Temporary Restraining Order filed by any league, player, coach or personnel may participate in the league.

U. Coaching Compliance for Gfeller-Waller Law

All coaches shall be required to take annual training in an educational program which meets the requirements of the [Gfeller-Waller Concussion Awareness Act](#) and provide proof of completion to NCHAC prior to commencement of pre-season practice for your team.

Sources for this course are the:

[Concussion in Sports Course](#) offered through National Federation of High Schools at NFHSlearn.com

[National Football League Heads Up Program](#).

V. COACHES CODE of ETHICS - The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student-athlete should be treated as though he or she were the coaches' own, and his or her welfare should be uppermost at all times. Accordingly, the following guidelines for coaches have been adopted by the NFCA Board of Directors.

The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student-athlete and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the profession. In all personal contact with student-athletes, officials, athletic directors, school administrators, their state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The coach shall avoid the use of alcohol and tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of homeschooling.

The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

Before and after contests, coaches for the competing teams should meet and exchange cordial greetings to set the correct tone for the event.

A coach shall not exert pressure on faculty members to give student-athletes special consideration.

A coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association. NOTE: Adapted from: NFCA Board of Directors

W. NCHEAC RULES of BEHAVIOR - Area of Jurisdiction: All NCHEAC Coaches, Athletic Program Officials, Parents, and Players

Principle: North Carolinians for Home Education is a Christian organization designed to strengthen and support home education. Since the NCHE Athletic Commission (NCHEAC) is an extension of this organization it has as the mission of operating under Biblical principles. One of those leading principles is: "Whatsoever you do, do it all for the glory of God." Since this principle should not end

when we cross the lines of an athletic field/court or when we enter the stands of an athletic event, the NCHEAC has adopted the following rules.

1. All participants of NCHEAC teams and programs shall behave in a way which cannot be construed as confrontational or as a verbal assault against any official, league/team official, fan, player, or parent.
2. Any league/team official, coach, player, parent or fan may be subject to disqualification or ejection from NCHEAC sanctioned games and tournaments for violation of these Rules of Behavior.
3. The National Federation of High Schools makes a distinction between disqualification and ejection. A DISQUALIFICATION is when a coach or player is assigned two (2) technicals or 2 disciplinary cards in a game for either rough play or improper speech directed toward an official. The results of DISQUALIFICATION is removal from the game/match in which the second technical is assigned.

An EJECTION is an automatic removal, even on the first offense.

NCHEAC is adopting an ejection policy for any of the following 8 behaviors:

- (*1) Fighting which includes, but is not limited to, combative acts such as:
An attempt to strike an opponent with a fist, hands, arms, legs or feet
An attempt to punch or kick an opponent, regardless of whether or not contact is made
An attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate
Leaving the bench area to participate in a fight (contact or no contact)
- (*2) Speaking disrespectfully to an official (It is the official's discretion as to whether this a simple technical or an ejection offense.)
- (*3) Cursing
- (*4) Biting observed by an official
- (*5) Taunting, baiting or spitting toward an opponent
- (*6) Profanity, directed toward an official or opponent
- (*7) Obscene gestures, including gesturing in such a manner as to intimidate
- (*8) Flagrant Foul for one of the above offenses

An EJECTION carries with it an automatic 2 GAME/MATCH suspension in addition to the game/match in which the EJECTION occurred. A DISQUALIFICATION (2 yellow cards in soccer, 2 technicals in basketball, etc.) is a simple removal from the present game/match with the player being able to return to the team at their next game/match. An EJECTION is the removal of a coach from a basketball game, soccer match or volleyball match and carries an additional 2 game suspension.

4. NCHEAC also additionally adds any coach who is disqualified from their:

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* 2nd game/match of the season shall receive a 1 game suspension from their team's next NCHEAC league game/match

* 3rd game/match of the season shall receive a 2 game suspension from their team's next two (2) NCHEAC league games/matches

* 4th game shall receive a season long suspension. (If this 4th disqualification/ejection occurs at the final game of the season post season tournament, this suspension will be enforced for the next season.)

Disqualifications or ejections from non-league games or league games count towards the application of this rule. It is the responsibility of both league teams (in a league game) to report disqualifications and ejections to NCHEAC.

* NCHEAC reserves the right to otherwise suspend or deny admission into the league a coach for actions on or off the athletic field/court which would have a negative effect on the league.

5. NCHEAC shall enforce a two game suspension for any coach, player, parent or fan who is ejected for physically or verbally assaulting an official during or after a game. The determination of an assault shall be at the discretion of the official unless the officiating agency over rules.

a. If a coach or team official verbally assaults an official after a game is over, TECHNICAL FOULS (basketball) or PENALTY KICKS (soccer) can be assessed which could result in overtime and even the reversal of the outcome of the game.

b. If a parent is ejected from a game/match, it is the responsibility of the homeschool program that the parent or fan is associated with ensures that this individual is not present at the next two league games.

6) Ejections may be appealed to the NCHEAC provided incontrovertible evidence can be produced to show bias or error on the part of the official(s) involved. The appeal must be reported to the league director or office in writing by certified mail with return receipt requested, or e-mail with return e-mail confirmation within 48 hours of the suspension. Suspensions remain in force while the appeal is being resolved.

7) If one of the ejection offenses from section 3 above is committed by a player or coach after a disqualification, then the ejection penalties shall additionally apply.

8) Coaches shall not to speak to players of the opposing team during a game. Any type of conference with coaches of the other team should be done cordially and after the handshake line has been completed.

9) Coaches may not question judgment calls of the officials. Only questions on a point of rule are open to question by coaches or game (speaking) captains.

10) Berating officials after the contest by spectators

a. Unruly fans will not be tolerated. Fans may be asked to leave at the discretion of the tournament director at sanctioned NCHEAC tournaments. At regular season games, this authority belongs to the head coach or the athletic director of the home team.

b. In basketball and volleyball, fans/parents may not be on the floor in the vicinity of the official or attempt to intimidate officials.

X. Bench behavior

The bench area shall be limited to current coaches, staff, rostered players and NCHEAC personnel. Coaches are encouraged to dress in a sport appropriate professional manner.

Y. Tournament Regulations:

1. Fans are prohibited from playing basketball on the courts during game breaks and between games at NCHEAC tournaments. There is to be no use of the basketball court for shooting baskets other than by the teams scheduled to use the court.

2. Each team may be asked to provide 1.5 hours of volunteer help for each tournament game in which their team participates. Basketball teams are given at least 3 hours rest between games; Rest period for volleyball tournament will be 45 minutes unless both teams agree to a shorter time.

3. The team with the highest seed is designated as the home team.

(a.) Scorekeepers/clock operators should be a minimum of 16 years old unless both teams agree to a younger person. If a team cannot supply an experienced clock operator or score bookkeeper of appropriate age, then the other team can fulfill this requirement. At the regional or state tournaments, if the visiting team is unable to provide an EXPERIENCED clock operator, they shall be assessed a \$25 fine and NCHEAC shall provide one.

(b.) Home team is responsible for the book & will use their book as the official book at all regional and state tournaments. Visiting team is responsible for the clock at regional and state tournaments unless facility provides their own clock operators.

(c.). FOR COACHES: You will be asked to select a player or players from your team to be named to the all-tournament team. The number of players selected depends on your place of finish in the tournament. First place is usually 3 players, second place is usually 2 players, and all other place of finish is one player. The number of selections may vary by sport and teams in the tournaments.

(d.). Please adhere to all facilities rules regarding food or beverage in the building.

(e.). A team may not have any forfeits and play in the regional tournament unless given an exemption by NCHEAC. A team forfeiting the regional tournament is not eligible for the state tournament.

(f.) See BASKETBALL / SOCCER / VOLLEYBALL Appendixes for more information.

Z. AD meetings for basketball will be held at the respective regionals & at the state tournament in other sports.

ALL CONFERENCE SELECTIONS APPENDIX (Varsity Regular Season Sports)

Coaches guidelines for selecting all conference players/coaches: (Note. For Basketball and Volleyball - players selected will have the opportunity to participate in an annual East/West all-star game. Each team could have at least 10 players. The game is usually played on the Friday of the NCHE annual convention).

(Note for varsity boys soccer; players selected will have the opportunity to participate in an annual East/West all-star game. Each team could have up to 16 players and will be coached by the regular season winning coach of the respective conferences. . The game will be played on the 1st Friday of November (or other mutually agreed date) each year. Teams will wear their home or visitor uniforms and the expenses of the game will be paid from conference fees. Each team will be coached by the conference championship coach.

1. Varsity teams in sports that select all-star teams shall nominate players from their team to aid the other coaches in the voting on the all-star team from their region. Coaches will still not vote for player(s) from their own team, but they may vote from only from the list of players provided.
2. Coaches may not choose players from his or her team.
3. If coaches do not return their ballot, by an allotted time, players from their team will be ineligible.
4. You can vote for more than one player on a given team.
5. The top 7 in basketball and volleyball (6 if only 2 teams in a region/conference) and 11 in soccer vote getters plus ties make the team and the selected all-star coach can pick the remaining players, but only 1 (This limit shall not apply in a 2 team conference/region, but additional picks from the coach's team shall be done in consultation with the NCHEAC Commissioner) from his/her own team.
6. See BASKETBALL / VOLLEYBALL / SOCCER appendixes for more voting instructions.
7. The coach receiving the most votes and the regular season winning coach will alternate each year as to who will be the head all-star coach. In even numbered years, the regular season winning coach shall be the all-star head coach. Note: Year is based on calendar year the state tournament is held.
8. If the same coach is the top vote getter and wins the regular season, then the coach who finished second in the voting will be the assistant.
9. If there is a tie in the voting for coach of the year, the following shall apply:
 - a.) coin toss if a 2-way tie
 - b.) blind draw if a 3-way tie or more
10. Players selected for all-star team participation must be in good standing with their team at the time of the all-star competition. Players who were eligible league players at the time of their selection, who have since change to another form of schooling, may still participate.

TEAM AWARDS APPENDIX:

1. Team trophies are awarded to the teams finishing in first and second place at the basketball Regionals. This applies to all divisions.

2. Teams finishing in first and second place in a state tournament will each receive a team trophy, except in basketball where the varsity championship team will receive a banner.

In addition, each team member of the first place team in the tournament of the varsity division, for both boys and girls, will receive a medal.

TIE BREAKERS

Used for tournament seeding: (Based on regular season results within the conference)

A. BASEBALL 1. Head to Head 2. Point spreads (of the teams involved in the tie) 3. Innings won
4. Coin toss

B. See BASKETBALL APPENDIX

C. See SOCCER APPENDIX

D. See VOLLEYBALL APPENDIX

Playing area dimensions, etc.

For all sports, see NFHS rules, teams must abide by the recommended court/field regulations.

OFFICIALS (cont). - No official may be used in NCHEAC games who was/is a player, coach, or team administrative personnel of the home team, in the past 5 years.

BASKETBALL APPENDIX

See DEADLINE APPENDIX for due dates of registering teams and submitting rosters and schedules.

A. League Related Guidelines:

1. Varsity teams shall compete as a single conference **in each region** unless there are at least 5 teams in each conference within the region (see page 26).

In basketball teams will play as a single conferences in each region rather than dividing the middle school and JV into 2 conferences in the Eastern Region and in the Western Region, until such time that there are enough teams to divide into conferences with a significant number of teams.

2. All new teams and all teams ordering new uniforms, must submit a proof picture of the front and back of their new uniforms before ordering, to ensure they are in accordance per NFHS rules.
3. At tournaments, the team with the highest seed is designated as the HOME and wears white.
4. No consolation games, unless a third place team at a regional is needed to make up the fourth team of the upcoming state tournament.
5. If NCHEAC approves dual eligibility for a program, then the Committee feels that **6 players** is a sufficient number of players to field an effective team
6. Each team could be asked to provide 1.5 hours of volunteer help for each tournament game in which their team participates. Teams are given at least 3 hours rest between games. Fans are encouraged to sit behind or across from their team's bench if such seating is available.
7. In the event that weather or other unavoidable circumstances, some games at the basketball regional tournaments may be canceled. In the event that the championship games are canceled, regular season seeding will be used to determine which team is the number 1 and number 2 seeds at the state tournament.
8. AD meetings for basketball will be held at the respective regional tournaments.
9. For Varsity: The state championship team will receive a banner, while the state runner-up will receive a trophy.
10. Regular Season tie-breaker sequence

a. Head to Head (of teams tied; if one team beat the other teams twice, they win the tie breaker)

b. Head to Head (with ordinal finishing of other teams)

Tied team's record versus the team occupying the highest position in the final regular season standings, and then continuing down through the standings until one team gains an advantage. When arriving at another group of tied teams while comparing record use each team's record against the collective tied teams as a group (prior to that group's own tiebreaking procedures), rather than the performance against individual

tied teams. (Note: If there are more than 2 teams, procedure b will be followed until only 2 teams left. Once it is down to 2 teams, it will be started over.)

- c. A comparison of the tied teams Conference-games only road record. If still tied, a comparison of the tied teams Conference games only road record versus the team(s) occupying the highest position in the final Conference regular season standings, and then counting down through the standings until one team gains an advantage.
- d. Coin toss or draw names.

B. Game Related Guidelines:

1. NCHEAC has adopted the 40 point mercy rule for varsity and JV. Middle School mercy rule shall be 30 points.

2. NFHS rules require the home team to wear a white uniform. NCHEAC teams must wear white when designated as the HOME team for league regular season and tournament play.

3. Basketball programs will be required to use a certified officiating agency (one under a regional supervisor) for conference games. (This should include random rotation of referees).

4. Three basketball officials shall be used for all Varsity Boys and Girls games (including Regular Season and Regional and State tournaments).

5. Three officials will be used in the JV division at the state basketball tournament.

6. All Varsity and JV games must be played using 8 minute quarters. It is the responsibility of both teams to assure 8 minute quarters are used and if less than 8 minutes are used, NCHEAC may impose up to double forfeits. In games where less than 8 minutes are used, the board may issue forfeit penalties to both teams, pending investigation. Middle School basketball quarters are to be 6 minutes.

NCHEAC will review reported cases of using the wrong length of quarters and will confirm if the home team uses the wrong length of quarters. There will be no penalty when officials change the length of quarters incorrectly, unless instructed to do so by the home team which will result in a forfeit or the game being replayed.

7. Scorekeepers/clock operators should be a minimum of 16 years old unless both teams agree to a younger person. If a team cannot supply an experienced clock operator or score bookkeeper of appropriate age, then the other team can fulfill this requirement. At the regional or state tournaments, if the visiting team is unable to provide an EXPERIENCED clock operator, they shall be assessed a \$25 fine and NCHEAC shall provide one.

8. At NCHEAC Regional and State Tournaments, the number of people allowed at the table will be only 3; (1 visitor team clock operator; 1 home team bookkeeper, 1 visitor team bookkeeper).

Home team is responsible for the book and will use their book as the official book at all regional and state tournaments. Visiting team is responsible for the clock at regional and state tournaments unless facility provides their own clock operators.

9. Court Dimension: The court shall be 84 feet x 50 feet with 3 feet clear. Maximum of 94 feet in length.

10. Adequate lighting is a must when choosing a sports facility to host your NCHEAC games

C. Player Related Guidelines:

A DISQUALIFICATION as a result of 2 technical fouls is a simple removal from the present game with the player being able to return to the team at their next game

D. Coach Related Guidelines:

1. If a coach or team official verbally assaults an official after a game is over, TECHNICAL FOULS can be assessed which could result in overtime and even the reversal of the outcome of the game.

2. Coaches will be asked to select a player or players from your team to be named to the all-tournament team. The number of players selected depends on your place of finish in the tournament. First place is usually 3 players, second place is usually 2 players, and all other place of finish is one player. The number of selections may vary by sport and teams in the tournaments.

3. Only the head coach may address the officials on the floor for basketball

4. ALL-CONFERENCE - Coaches can vote for more than one player on a given team. For all-conference balloting :

- a) Refer to the instructions sent out at ballot time from the director's email.
- b) Coaches will continue to nominate from their team (no cap, but the number should be appropriate)
- c) Coaches vote for the top 8 players in a 5-4-3-2-1-1-1-1 format when there are 5 or more teams in the conference)
- d) 1 point will be added to a player's total if all opposing coaches place them on their ballot
- e) Players must be named on at least 2 ballots if 5 or more teams are in the conference
- f) All-star coaches may only pick additional players from the nominated list until of these are used The top 7 (6 if only 2 teams in a region/conference) vote getters plus ties, make the team and the selected all-star coach can pick the remaining players, but only 1 (this limit shall not apply in a 2 team conference/region, but additional picks from the coach's team shall be done in consultation with the NCHEAC Commissioner) from his/her own team.
- g. Balloting for Defensive Player of the Year and Coach of Year will be by a ranking vote.

E. Fan Related Guidelines:

1) Fans are prohibited from playing basketball on the courts during game breaks and between games at NCHEAC tournaments There is to be no use of the basketball court for shooting baskets other than by the teams scheduled to use the court **at that time.**

Basketball Region and Conference Arrangement

There should be at least 5 - 6 teams in each varsity basketball conference after splitting the Eastern Region or Western Region. It was also agreed that the Eastern Region or Western Region could be split without the other one being split. If either conference in a region has less than 5 teams, then the varsity teams will play as a single conference.

In order to clarify the distinction between regions and conferences, the current Eastern Conference will be called the Eastern Region and the 2 conferences within it will be known as the Triad Conference and the Coastal Plain Conference with teams assigned to them on a geographical basis.

All of the various aged teams within the same program will play in the same conference.

SOCCER APPENDIX

See DEADLINE APPENDIX for due dates of registering teams and submitting rosters and schedules.

A. League Related Guidelines:

- 1) All new teams and all teams ordering new uniforms, must submit a proof picture of the front and back of their new uniforms before ordering, to ensure they are in accordance per NFHS rules. Uniform numbers are required on the front and back of uniforms per NFHS.
- 2) Regular Season tie-breaker sequence: 1. Head-to-Head 2. Goal differential of teams in the conference (capped at 3) 3. Least goals allowed 4. Coin toss
- 3) Seeding of the seeding of the tournament will be based on the regular season point system. Teams will get at least 2 matches, unless a single play-in game is used. Pool play will be used if 9 or more teams.
- 4) The team with the highest seed is designated as the home team.
- 5) Home team must provide ball boys. (For Regular Season and Tournament)

B. Game Related Guidelines:

- 1) NFHS rules require the home team to wear a **dark** uniform. NCHEAC teams must wear **a dark uniform** when designated as the HOME team for league season and tournament play.
- 2) **There shall be a minimum of 2.5 hours of rest time in between matches played at the same site or 3 hours if played at multiple sites.**
- 3) Varsity Soccer must use 3 officials for conference matches.
- 4) NCHEAC will review reported cases of using the wrong length of halves and will confirm if the home team deliberately uses the wrong length of halves. There will be no penalty when officials change the

length of halves incorrectly, unless instructed to do so by the home team which will result in a forfeit or the game being replayed

Varsity soccer is to have a 40 minute half.

5) There is NO overtime for regular season matches.

6) Note: Soccer Tournament Elimination Game Overtime Rule :

Each game will consist of two - 40 minute halves. If the match is tied at the end of regulation then there will be two 10 minute overtime periods with a 5 minute half-time in between.

7) NCHEAC has approved the following for teams to abide by:

a. There must be minimum of 10 feet of clear space (free of spectators and equipment) around all soccer fields. It is strongly recommended that the field be a minimum of 100 yards in length.

b. Adequate lighting is a must when choosing a sports facility to host your NCHEAC matches.

C. Player Related Guidelines:

A DISQUALIFICATION - 2 yellow cards is a simple removal from the present match with the player being able to return to the team at their next match.

D. Coach Related Guidelines:

1. If a coach or team official verbally assaults an official after a game is over, PENALTY KICKS can be assessed which could result in overtime and even the reversal of the outcome of the game.

2. ALL-CONFERENCE - Coaches can vote for more than one player on a given team. For all-conference balloting :

a) Refer to the instructions sent out at ballot time from the director's email.

b) Coaches will continue to nominate from their team (no cap, but the number should be appropriate)

c) Vote for the top 7 players as indicated on the ballot form. You will also need to vote for the Coach of the Year. The all-around best player, the best offensive player, the best defensive player and 8 additional players with the most points, plus ties up to a total of 11 players will be named to the team.

All-around – 4 points Best Defensive – 3 points Best Offensive – 3 points Other pick - 2 points
Other Pick – 1 point Other Pick – 1 point Other Pick – 1 point Other Pick – 1 point

VOLLEYBALL APPENDIX

See DEADLINE APPENDIX for due dates of registering teams and submitting rosters and schedules.

A. League Related Guidelines:

1. If NCHEAC approves dual eligibility for a program, then the Committee feels that 7 players are a sufficient number of players to field an effective team.

2. The Eastern and Western volleyball regions will be played as single conferences in each region rather dividing the middle school and JV into 2 conferences in the Eastern Region and in the Western Region, until such time that there are enough teams to divide into conferences with a significant number of teams.

3. The volleyball tournament will be a pool play arrangement. 4. Regular Season tie-breaker sequence: 1. Head to Head 2. Games won-loss in the matches 3. Point Spreads 4. Coin toss

B. Game Related Guidelines:

1. Conference rules regarding officials:

- a. All volleyball matches, varsity, junior varsity, and middle school, shall be officiated by a referee and an umpire. Note - If only 1 official is available, the teams may proceed with the match or defer without penalty.
- b. All volleyball line judges must be provided with a flag.
- c. All volleyball line judges and scorers must be a minimum of 16 years old (unless USA Volleyball Certified with documentation).

In the event the home team is unable to comply with this rule, then the visiting team shall provide both line judges and the keep the official scorebook.

d. Uniform shorts may not be rolled up (NFHS Rule)

2. Note: For Regular Season and Tournament matches :

All games must be won by at least 2 points. For all divisions - each game is played to 25, except the fifth game of the varsity match which goes to 15.

For Varsity matches- First team to win 3 out of 5 games wins the match. For JV and Middle School matches - First team to win 2 out of 3 games wins the match

All matches will include measuring the net height before each match

3. NCHEAC has approved the following for teams to abide by:

- a. Volleyball courts shall have a minimum of 6 feet of unobstructed space around the court. In the event that such space is not available, the serving area shall extend into the court as far as needed to provide the minimum depth of 6 feet and be so marked.
- b. The net height shall be regulation. Either team may challenge the height and if deficient, it shall be corrected before the match begins. The team challenging the height shall provide a tape measure.
- c. Adequate lighting is a must when choosing a sports facility to host your NCHEAC matches.

C. Player Related Guidelines:

A DISQUALIFICATION - 2 disciplinary cards is a simple removal from the present match with the player being able to return to the team at their next match.

AN EJECTION – If a player is ejected from a match, then they must serve a 2 match suspension.

D. Coach Related Guidelines:

1. ALL-CONFERENCE - Coaches can vote for more than one player on a given team. a) Refer to the instructions sent out at ballot time from the director's email. b) Please vote for the top 6 players as indicated on the ballot form. You will also need to vote for the Coach of the Year. The all-around best player, the best offensive player, the best defensive player, the best setter and 2 additional players with the most points, plus ties will be named to the team. The coach of the year or conference champion coach (on an alternating year basis) will pick additional players to fill out the team.

Best All-around – 4 points Best Defensive - 3 points Best Offensive – 3 points
Best Setter – 3 points Other pick - 2 points Other Pick – 1 point

Balloting for Coach of Year will be by a ranking vote.

2. Only the head coach may address the officials on the floor for basketball or volleyball.

3. AN EJECTION – If a coach is ejected from a match, then they must serve a 2 math suspension.

SPORTS DEADLINE APPENDIX

Baseball

Basketball

Cross Country

Fencing

Soccer (Boys and Girls)

Swimming

Volleyball

TEAMS:

	Basketball	Fencing	Cross Country	Soccer (Boys)	Soccer (Girls) Baseball	Swimming	Volleyball
REGISTRATION							
Due	Aug 15	Nov 1	Aug 15	May 1	Jan 2	Jan 17	May 1
Past Due	Aug 30	Nov 15	Aug 30	May 15	Jan 15	Jan 17	May 15
ROSTERS							
Due *	Nov 1	Nov 1	Sep 15	Aug 15	Mar 1	Jan 17	Aug 15
Past Due	Nov 15	Nov 15	Sep 30	Aug 30	Mar 15	Jan 17	Aug 30
Dual Eligibility	Oct 25						Aug 5
New Player **	Jan 5			Sep 15	Apr 15		Sep 15
FEES							
Initial Payment	Nov 1	Jan 30	Sep 15	Aug 15	Mar 1	Jan 17	Aug 15
Final Payment	Dec 1			Sep 15	Apr 1		Sep 15

* Denotes that roster is due 1 week before due date if you have a conference game scheduled on the opening week of the season. Example – Basketball roster would be due Oct. 25, if you have a conference game scheduled on the week of Nov. 1-7.

** Denotes that the new player must meet the 50% conference game attendance rule.

Note.

TEAM SCHEDULES deadline is 1 month after date of REGISTRATION DEADLINE.

NR/NT; JR/SR FORMS have the same deadline dates as the ROSTERS.

REDSHIRT REQUESTS - Sept. 15; / Winter – Dec. 24; / Spring – Apr. 15

INDIVIDUALS:

	Fencing	Cross Country	Swimming
REGISTRATION			
Due	Nov 1	Sep 15	Jan 17
Past Due	Nov 15	Sep 30	Jan 17
FEES			
Payment	Jan 30	Sep 15	Jan 17

2019-20 NCHEAC League Fee Appendix (per boys or girls team)

Baseball	Contact sports@nche.com	
Basketball		\$275
Cross Country Team	\$60 (for first 10 runners)	
Additional		\$15
Individual		\$15
Soccer, Boys		\$400
Soccer, Girls		\$350
Swimming	\$100 (for first 12 swimmers)	
Additional		\$10
Individual		\$20
Volleyball		\$350