

### **Athletic Eligibility (High School)**

1. Must be a properly enrolled student at the time he/she participates. That student must be enrolled no later than the 15th day of the present semester and meet local attendance policy.
2. Any student subject to the NCHSAA eight semester rule who:
  - a. is convicted of a crime classified as a felony under North Carolina or Federal law, or
  - b. is adjudicated delinquent for an offense that would be a felony if committed by an adult,is not eligible to participate in the North Carolina High School Athletic Association sports program. Such ineligibility shall be immediate and shall prohibit participation in the NCHSAA sports program from the date of conviction or adjudication of delinquency through the end of the student's high school career. Appellate or other post-conviction or adjudication of delinquency does not affect the student's immediate ineligibility.

Note: "Convicted" and "conviction", for the purpose of this policy, includes the entry of (a) a plea of guilty; or (b) a plea of no contest, nolo contendere, or the equivalent; or (c) a verdict or finding of guilty by a jury, judge, magistrate, or the other duly constituted, established, and recognized adjudicating body, tribunal or official, either civil or military. A person is "convicted" or "adjudicated delinquent" for the purposes of this policy, in North Carolina state courts, the courts of the United States, other states, the armed services of the United States, or other countries.

3. Must not have graduated.
4. Must be under 19 years of age on August 31 of the current school year.
5. Must live with parents or legal custodian within the school administrative unit (exceptions must be approved by your principal and the NCHSAA). A student is eligible if he has attended school within that unit the previous two semesters (if eligible in all other respects).
6. Must have passed a minimum load of work and have met local promotion standards during the previous semester. (This means that three courses must have been passed.)
7. Must have received a medical examination each year by a duly licensed physician, nurse practitioner, or physician's assistant. If a student misses five or more days of practice due to illness or injury, he/she must undergo another medical examination before practicing or playing. Medical examinations are valid for 395 days towards athletic eligibility.
8. Must not accept prizes, merchandise, money or anything that can be exchanged for money as a result of athletic participation. This includes being on a free list or loan list for equipment, etc.
9. Must not have signed a professional contract or have played on a junior college team.
10. Must not participate in unsanctioned all-star or bowl games.

11. May not receive team instructions from your school's coaching staff during the school year outside your sport's season (from first practice through final game). Instruction is limited to coach and athletes in skill development sessions. These sessions may not be held during certain prescribed "dead periods" during the year.
12. Must not be guilty of unsportsmanlike conduct or ejected from the previous contest.
13. May not, usually, as an individual or on a team, practice or play during the school day (from first contest through conference tournament).
14. May not play, practice or assemble as a team with his/her coach on SUNDAY.
15. May not dress for a contest or sit on the bench or practice if he/she is not eligible to participate.
16. Must not play more than three games in one sport per week, (exception softball and volleyball) and no more than one contest per day in the same sport (exception baseball, softball, and volleyball).
17. May attend only those summer camps for which the student's parents/guardians paid the fees.

This summary of key athletic regulations is provided so that students can be made aware of rules which might affect their eligibility. The rules above are general statements only. See your principal, athletic director, or coach if you have any questions or need further explanation of details and exceptions.

