Interscholastic athletics have a vital place in the total educational program when they are effectively planned, organized, administered, supervised, and evaluated. Through school athletics, many of the interests and needs of young people can be served better than through any other channel.”

State Board of Education 1987
MS ATHLETIC REGULATIONS

- General Statute 115C-47(4) makes it the responsibility of the local board of education to regulate extracurricular activities, including athletics. This statute reads as follows:

- "Local boards of education shall make all rules and regulations for the conducting of extracurricular activities under their supervision, including a program of athletics...provided that all interscholastic athletic activities shall be conducted in accordance with rules and regulations prescribed by the State Board of Education."

General Statute 115C-47
AGE

• STUDENT MAY NOT PARTICIPATE IF HE/SHE BECOMES 15 YEARS OF AGE ON OR BEFORE AUGUST 31, 2012.
ATTENDANCE

• MUST BE IN ATTENDANCE 85% (CANNOT MISS MORE THAN 13.5 DAYS IN THE PREVIOUS 90-DAY SEMESTER).

• THIS INCLUDES ALL ABSENCES (EXCUSED AND UNEXCUSED)
ATTENDANCE

- ATTENDANCE IS REGULATED BY LOCAL LEA POLICY IN TERMS OF LENGTH OF DAY REQUIRED TO BE COUNTED IN ATTENDANCE.

- LOCAL ATTENDANCE POLICY MAY BE MORE STRINGENT IN TERMS OF COUNTING/EARNING CREDIT FOR COURSES.

- SUMMER SCHOOL DOES NOT COUNT TOWARDS ATTENDANCE.
ATTENDANCE

• 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 not local policy, “regularly enrolled” is defined as enrolled for at least one-half of the “minimum load.”

• It is recommended the student be in school the day of the contest.
ACADEMICS

• STUDENTS IN GRADES 7 AND 8, MUST PASS AT LEAST ONE LESS THAN THE NUMBER OF REQUIRED CORE COURSES EACH SEMESTER

AND

• MEET PROMOTION STANDARDS ESTABLISHED BY THE LEA.
ACADEMICS

• AN ATHLETE BECOMES ELIGIBLE OR INELIGIBLE ON THE FIRST DAY OF THE NEW SEMESTER.

• STUDENTS ENTERING THE 7TH GRADE FOR THE FIRST TIME ARE AUTOMATICALLY ACADEMICALLY ELIGIBLE FOR FIRST SEMESTER.
ACADEMICS

SUMMER SCHOOL WORK THAT IS USED TO MAKE UP PART OF THE ELIGIBILITY REQUIREMENT, MUST BE APPLIED TO THE MOST RECENT SEMESTER.
ENROLLMENT/RESIDENCE

• STUDENT MUST BE A REGULARLY ENROLLED MEMBER OF THE SCHOOL’S STUDENT BODY.

• STUDENT MUST PARTICIPATE AT THE SCHOOL TO WHICH HE/SHE IS ASSIGNED BY THE LOCAL BOARD OF EDUCATION.
ENROLLMENT/RESIDENCE

• SCHOOL ASSIGNMENT IS BASED ON THE RESIDENCE OF THE PARENT OR LEGAL CUSTODIAN (COURT ORDERED CUSTODY, NOT GUARDIAN) WITHIN THE ADMINISTRATIVE UNIT.

• STUDENT MUST LIVE WITH THE PARENTS OR LEGAL CUSTODIAN.
ENROLLMENT/RESIDENCE

• A "LEGAL CUSTODIAN" IS A PERSON OR AGENCY AWARDED LEGAL, COURT-ORDERED CUSTODY OF A CHILD.

• A STUDENT MAY NOT HAVE TWO RESIDENCES FOR ELIGIBILITY PURPOSES. "RESIDENCE" AS USED FOR ATHLETIC PURPOSES IS DEFINED AS THE EQUIVALENT OF THE TERM "DOMICILE" AS APPLIED BY THE COURTS OF NORTH CAROLINA.
ENROLLMENT/RESIDENCE

• TRANSFERS WITHIN THE SAME ADMINISTRATIVE UNIT MAY BE GOVERNED BY THE LOCAL BOARD OF EDUCATION.

• A STUDENT TRANSFERRED FROM ONE ADMINISTRATIVE UNIT TO ANOTHER BY MUTUAL AGREEMENT IS IMMEDIATELY ELIGIBLE, FOR ATHLETIC PARTICIPATION IN THE RECEIVING UNIT, IF ELIGIBLE IN ALL OTHER RESPECTS.
MEDICAL REQUIREMENTS

• STUDENT MUST RECEIVE A MEDICAL EXAMINATION ONCE EVERY 365 DAYS BY A DULY LICENSED PHYSICIAN, NURSE PRACTITIONER, OR PHYSICIAN’S ASSISTANT.

• STUDENTS ABSENT FROM ATHLETIC PRACTICE FOR FIVE (5) OR MORE DAYS DUE TO ILLNESS OR INJURY SHALL RECEIVE A MEDICAL RELEASE BY A PHYSICIAN LICENSED TO PRACTICE MEDICINE BEFORE RE-ADMITTANCE TO PRACTICE OR PLAY.
SEMESTER RULE

• NO STUDENT MAY BE ELIGIBLE TO PARTICIPATE AT THE MIDDLE SCHOOL LEVEL FOR A PERIOD LASTING LONGER THAN FOUR (4) CONSECUTIVE SEMESTERS, BEGINNING WITH THE STUDENTS FIRST ENTRY INTO SEVENTH GRADE.
ELIGIBILITY LISTS

ELIGIBILITY LISTS SHALL BE CERTIFIED WITH THE SIGNATURE OF THE PRINCIPAL AND FILED WITH THE LOCAL SUPERINTENDENT (OR DESIGNEE) PRIOR TO THE FIRST GAME OR CONTEST IN THAT SPORT.
OFF SEASON SKILL DEVELOPMENT

• Off-season skill development sessions are allowed during the school year for seventh and eighth graders. Skill development sessions shall not be held during any tryout period of an in-season sport.

• All skill development sessions must be voluntary and open to all athletically eligible students. At no time may a coach require of any student off-season skill development sessions as a measure of potential or continued participation on a team.

• Skill development sessions are restricted in number of participants to one less than a team, on a daily basis.
OFF SEASON SKILL DEVELOPMENT

• Any team practice or game environment created in an off-season skill development session is prohibited during the 180-day school calendar. The primary focus of off-season skill development should be on individual student athletes, not team.

• During the summer, working with individuals, including rising and eligible seventh and eighth graders will be allowed, as long as it is not required.
OFF SEASON SKILL DEVELOPMENT

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

• NOTE: The maximum number of participants on a daily basis is: football (21), basketball (4), baseball (8), volleyball (5), tennis (4), soccer (10), golf (3), softball (8), wrestling (8), track (6), and cross country (4), lacrosse men (9), and lacrosse women (11)
DPI/LEA REGULATIONS

• No 6th grader is allowed to participate in the athletic program, practice or play.

• Managers may be 6th graders and do not have to meet the eligibility requirements (LEA decision). Managers may not practice as a player.
A student may not dress for a game or scrimmage when he/she is not eligible to participate in the game.

Cheerleading is a local decision activity.
NCDPI/LEA REGULATIONS

• TO MAINTAIN AMATEUR STATUS, A STUDENT MUST NOT ACCEPT MONEY OR AWARDS HAVING UTILITARIAN VALUE (GOLF BALLS, CLUBS, TENNIS RACKETS, ETC.) FOR PARTICIPATION IN ATHLETICS.

• LOAN EQUIPMENT AND SUPPLIES ARE PROHIBITED ITEMS.
DPI/LEA REQUIREMENTS

- EVENING CONTESTS AND/OR GAMES SHALL START NO LATER THAN 7:00 PM WHEN FOLLOWED BY A SCHOOL DAY.
DPI/LEA REQUIREMENTS

• THE LOCAL BOARD OF EDUCATION OR
THE CONFERENCE OF WHICH THE
SCHOOL IS A MEMBER SHALL HAVE THE
AUTHORITY TO SET ASIDE THE EFFECT
OF ANY (OTHER THAN AGE) ELIGIBILITY
RULE UPON THE INDIVIDUAL STUDENT
WHEN IN ITS OPINION THE RULE FAILS
TO ACCOMPLISH THE PURPOSE FOR
WHICH THE RULE IS INTENDED OR
CAUSES UNDUE HARDSHIP UPON THE
STUDENT.
DPI/LEA REQUIREMENTS

• INSURANCE COVERAGE - STUDENT ATHLETES SHOULD HAVE PROPER INSURANCE COVERAGE. CATASTROPHIC LIABILITY INSURANCE IS AVAILABLE THROUGH THE NCHSAA.
DPI/LEA REQUIREMENTS

- It is recommended that the head coach attend the NC Coaches Association/NCHSAA State Clinics in the sport he/she coaches.
DPI/LEA REQUIREMENTS

- EJECTIONS ARE GOVERNED BY THE LOCAL SCHOOL BOARD AND CONFERENCE. THE MINIMAL REQUIREMENTS FOR EJECTIONS ARE:
  - FIRST OFFENSE - REPRIMANDED AND SUSPENDED FOR NEXT GAME AT LEVEL OF PLAY AND ANY INTERVENING GAMES AT EITHER LEVEL.
DPI/LEA REQUIREMENTS

- SECOND OFFENSE - PLACED ON PROBATION AND SUSPENDED FOR THE NEXT TWO GAMES AT THAT LEVEL OF PLAY AND FOR ANY INTERVENING GAMES AT EITHER LEVEL;

- THIRD OFFENSE - THE PERSON SHALL BE SUSPENDED FOR ONE CALENDAR YEAR.
DPI/LEA REQUIREMENTS

• A COACH WHO IS SUSPENDED AT ANY LEVEL OF GRADES 7-12 MAY NOT COACH IN ANY OTHER GRADE LEVEL DURING THE PERIOD OF SUSPENSION.

• PENALTIES ARE CUMULATIVE FROM SPORT TO SPORT AND FROM SPORT SEASON TO SPORT SEASON.
DPI/LEA REQUIREMENTS

• SPORTS SEASONS
  - FALL - BEGINNING OF FALL TO NOV. 15
  - WINTER - OCTOBER 15 - MARCH 1
  - SPRING - FEBRUARY 1 UNTIL END OF SCHOOL.
On the remaining slides are Sports Medicine information taken from the NCHSAA Eligibility PowerPoint for High Schools. This includes concussion, neck injuries, heart issues, respiratory issues/asthma, heat illness, and skin infections.
A concussion is a traumatic injury to the brain and presents a wide variety of signs and symptoms:
- Headache
- Confusion
- Amnesia (not remembering events before or after the injury)
- Vision changes
- Loss of consciousness
- Dizziness
- Irritability/emotional changes (inappropriate or atypical crying, laughing, etc)
- Nausea/vomiting
- Fatigue/feeling sluggish/slow/‘foggy’
- Having “bell rung”
- Excessive fatigue/drowsiness

ANY sign/symptom after a blow to the head is a concussion until proven otherwise.
A middle or high school athlete should NEVER return to play on the day they suffer a concussion. Returning an athlete to play before complete resolution of symptoms can lead to recurrent concussion, prolonged post-concussion symptoms, OR even ‘Second Impact Syndrome’ (which is often fatal).
SPORTS MEDICINE: Gfeller-Waller Concussion Law

- An athlete with suspected concussion cannot return to play until he/she is cleared by a licensed medical physician.
- The Return to Play Form must be presented prior to practicing and/or playing again.
- Athletes, parents, coaches and all involved with program must receive education regarding signs and symptoms of concussions.
- All must sign a form indicating the education session has been conducted.
- All schools must develop and post an Emergency Action Plan (EAP).
- Note: This information, along with the necessary forms are available on NCHSAA web site.
SPORTS MEDICINE: CONCUSSIONS

Managing concussions is difficult even for well-trained and experienced medical providers. Coaches, you do not want this responsibility (or liability).

Take home point: At the end of the day, it’s not an athlete’s knee, ankle, or elbow... it’s his or her brain and you cannot get this one wrong...

• “WHEN IN DOUBT, SIT THEM OUT.”
SPORTS MEDICINE: CONCUSSIONS

An online coach education course – “Concussion in Sports – What You Need to Know” is now available from the National Federation of State High School Associations (NFHS) at www.nfhslearn.com.

The course provides a guide to understanding, recognizing, and properly managing concussion in middle and high school sports. The course is FREE, but you must register at www.nfhslearn.com.

The Centers for Disease Control (CDC) has endorsed the course and has provided many useful resources.
SPORTS MEDICINE:
HEART ISSUES

- Sudden cardiac death occurs in young athletes for a variety of reasons:
  - Most are due to genetic abnormalities of heart rhythms or heart anatomy
  - Drugs can trigger cardiac arrest (cocaine, stimulants, anabolic steroids, and ephedrine are common culprits)
  - Heat stroke can lead to cardiac arrest
  - Viral illnesses can cause ‘myocarditis’ (infection of the heart muscle) which can cause sudden cardiac arrest
  - Sickle cell trait makes athletes more likely to have sudden cardiac arrest (more common in African-Americans)
There are red flags which can tip us off to undiagnosed heart problems:

- Chest pain with exertion
- Passing out/fainting from exertion – this is not normal or due to being ‘out of shape’
- Family history of a sudden cardiac death or unexplained death before age 50

**Take home point:** Any athlete who passes out or has chest pain with exertion needs a medical evaluation
SPORTS MEDICINE:
RESPIRATORY ISSUES/ASTHMA

• Asthma attacks remain a leading cause of death among young people

• Be aware of common asthma triggers:
  – Respiratory infections
  – Both extreme heat/humidity and cold/dry
  – Pollen & other allergens

**Take home point:** Know who your asthmatic athletes are & make sure they have accessible inhalers
Death from heat illness is preventable
Hydration is only one part of the solution
Know who is at increased risk
- Obese, out of shape athletes
- Athletes with fever or recent stomach or respiratory infections
- Athletes with sickle cell trait
- Athletes with history of prior heat illness
- Athletes on illicit drugs, ADD meds, or supplements w/ stimulants
SPORTS MEDICINE:
HEAT ILLNESS

- Prevention is key
- Be aware of heat index (see handbook/website)
  - General Rules when using WBGT Index:
    - < 80 F: Unlimited activity; cautious with new or unconditioned athletes
    - 80 – 84.9 F: Normal practice; closely monitor all if extreme exertion
    - 85 – 87.9 F: New & unconditioned athletes should not practice; frequent rest for all others
    - 88 – 89.9 F: Constant observation of all; remove pads and equipment
    - >89.9 F: SUSPEND practice
- Practice at cooler times when feasible (mornings, evenings)
SPORTS MEDICINE: HEAT ILLNESS

- Allow athletes/teams to acclimate and become accustomed to heat over time
- Allow regular breaks for cooling and hydration
- A “Kiddie” pool on the sidelines is strongly recommended
- Monitor body weight pre/post practice
- Recognize early and initiate cooling immediately
  - confusion, collapse, nausea/vomiting
Cervical spine injuries are typically caused by contact with a forward flexed neck – 'spearing' position.

Any numbness/tingling in BOTH arms is suspicious for a cervical spine injury – a 'stinger' never causes burning in both arms.

Take Home Point: Any suspected cervical spine injury should be immobilized and evaluated by medical personnel.
Sports Medicine: Skin Infections

- Skin infections are common in contact sports.
- Most skin infections are relatively minor and self-limited.
- Resistant staph infections (MRSA) have become quite common and can be severe.
- Skin infections are spread by skin-to-skin contact, sharing pads/equipment/work-out gear, dirty equipment.
- Any boil or abscess needs medical evaluation.
SPORTS MEDICINE: SKIN INFECTIONS

Take home point: the vast majority of skin infections can be prevented by good hygiene

- Shower right after every practice & game
- Do not share equipment, pads, work-out clothes, towels, etc
- Wash hands frequently with soap/water or anti-bacterial towels/gels
- Wash equipment, mats, clothes, towels, etc regularly
DPI MIDDLE SCHOOL ATHLETIC MANUAL ONLINE SITE

• http://www.ncpublicschools.org/curriculum/healthfulliving/athletics/