

NCDPI MIDDLE SCHOOL ATHLETIC MANUAL 2016 Summary of Major Revisions

The chart below is intended to provide a summary of significant changes and the effect of each change. There were other changes, not included in the chart, that were made for minor clarification or to create more consistency in format.

Page/Section	Description	Effect of Change
Page 7	Changed the number of days in which a student must acquire a physical from 365 days to 395 days	<p>Adds a 30 day grace period to acquire physicals</p> <p>Change will allow students on Medicaid/Medicare to acquire physicals within the restraints of their insurance.</p> <p>Current policy requires yearly, legal has cleared change to 395.</p> <p>NCHSAA adopted in 2015.</p>
Page 7	<p>Addition of Felony Policy</p> <p><i>Any student who is subject to the Middle School four semester rule who:</i></p> <ol style="list-style-type: none"> <i>1. is convicted of a crime classified as a felony under North Carolina or federal law; or</i> <i>2. 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 Middle School Athletic sports program.</i> <i>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.</i> 	<p>Felony conviction will cause immediate ineligibility of student</p> <p>Aligns with the NCHSAA</p>

Page 9	Separated Practice from Games and contest, creating its own unique section of the Manual	Clarifies rules and expectation of practice
Page 9	Changed the language on Games and Contests Section <i>There shall be no athletic contests during the regular school day.</i>	Clarifies rules for the Games and Contests Section of the Manual.
Page 10	Removal of the word “Thus”	Provides clarity of the rule
Page 13	Addition of “Skill Development” definitions <i>Definition of Off Season Skill Development</i> <i>- skill development that occurs outside of the sports season during the school year</i> <i>Definition of Summer Skill Development</i> <i>- skill development that occurs outside of the sports season and outside of the school year</i>	Addition provides clarity to meaning of Skill Development Sessions and the time frame in which they can occur
Page 14	Remove key terms for clarification 3. 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.	Clarifies rule as it applies to the new definitions of skill development sessions
Page 14	Moved 4. “ <i>The primary focus of off-season skill development should be on individual student athletes, not team.</i> ” to a higher point in the numbered list	

Page 14	<p>Addition of Off Season to rule</p> <p>5. <i>Off Season skill development sessions are restricted in number of participants to one less than a team, on a daily basis.</i></p>	Clarifies that Off Season skill development is restricted in the number of participants.
Page 14	<p>Moved</p> <p>8. <i>During the summer, working with individuals, including rising and eligible seventh and eighth graders, will be allowed, as long as it is not required to a higher point in the bulleted list.</i></p>	
Page 14	<p>Added Coaching Restrictions to Skill Development Session</p> <p><i>Any individual who coaches at a middle school, head or assistant, pair or non-paid, faculty or non-faculty, parent volunteer, etc., must abide by the skill development, out of season workout rules.</i></p> <ul style="list-style-type: none"> • <i>If a coach, regardless of the sport (basketball, soccer, etc.) he or she coaches at the middle school, also coaches an outside or club team 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.</i> • <i>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 above, one less than a team.(see below)</i> 	<p>Provides guidance to coaches when holding Skill Development sessions.</p> <p>Aligns to the NCHSAA policy</p>
Page 14	Addition of “ <i>in off season skill development</i> ” to Note	Provides further clarity as to when the maximum number of participants is applicable

<p>Page 15</p>	<p>Edited the beginning of Fall Practice</p> <p><i>“Practice may begin no earlier than six (6) school days prior to the opening”</i></p>	<p>In current manual, Football is the only team allowed to start prior to the beginning of the fall semester. The change allows all fall sports to begin at the same time.</p> <p>Consistent beginning date better aligns with NCHSAA policy</p>
<p>Page 17</p>	<p>Edited Fall Semester Time Line</p> <p><i>“Fall - Beginning no earlier than six (6) school days prior to the opening of the fall semester to November 15”</i></p>	<p>Changes the length of the Fall Semester to reflect the changes on page 17</p>
<p>Page 17</p>	<p>Baseball Addition of Preseason Scrimmage and Weekly Limitations</p> <p><i>Preseason Scrimmage One (1) pre-season scrimmage is permitted with other school teams.</i></p> <ol style="list-style-type: none"> <i>1. Non-school team scrimmages are not permitted in any sport.</i> <i>2. The scrimmage does not count as one of the 14 regular season contests</i> <p><i>Weekly Limitations: Teams and/or individuals may participate in participate in two regularly scheduled contests per week, except as noted in Sports Regulations for the sports of baseball, softball and volleyball.</i></p> <ol style="list-style-type: none"> <i>4. During tournament play a third game will be permitted.</i> 	<p>Additions to the page place all game rules and restrictions pertaining to baseball within one section</p> <p>Additions to the page place all game rules and restrictions pertaining to baseball within one section</p>

Basketball
Addition of Preseason Scrimmage, Additional Contests,
Weekly Limitations, Emergency Exceptions, Make-up Games

Preseason Scrimmage

One (1) pre-season scrimmage is permitted with other school teams.

- 1. Non-school team scrimmages are not permitted in any sport.*
- 2. 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.

- 3. Up to two (2) additional contests may be played in lieu of a tournament.*

Weekly Limitations:

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

- 4. 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.

- 5. This decision should be made by the principals of*

Additions to the page place all game rules and restrictions pertaining to basketball within one section

	<p><i>both schools in conjunction with conference officers.</i></p> <p><u><i>Make-up Games:</i></u> <i>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.</i></p> <ol style="list-style-type: none"> <i>6. With the exception of volleyball and softball games, no team or athlete shall play more than three games in one sport per week.</i> <i>7. Postponed games will be made up in the order of postponement on the next possible date.</i> <i>8. Saturday will not be used as a makeup day, unless mutually agreed upon by the principals of the two schools involved.</i> 	<p>Additions to the page place all game rules and restrictions pertaining to basketball within one section</p>
<p>Page 20</p>	<p>Cross Country Addition of Preseason Scrimmage, Weekly Limitations, Emergency Exceptions, Make-up Games</p> <p><u><i>Preseason Scrimmage</i></u> <i>One (1) pre-season scrimmage is permitted with other school teams.</i></p> <ol style="list-style-type: none"> <i>1. Non-school team scrimmages are not permitted in any sport.</i> <i>2. The scrimmage does not count as one of the 14 regular season contests</i> <p><u><i>Weekly Limitations:</i></u> <i>Teams and/or individuals may participate in participate in two regularly scheduled contests per week, except as noted in Sports Regulations for the sports of baseball, softball and volleyball.</i></p>	<p>Additions to the page place all game rules and restrictions pertaining to cross country within one section</p>

	<p><u>Emergency Exception:</u> <i>A single contest postponed because of an emergency may be rescheduled and played in addition to the number of contests permitted per week.</i></p> <ol style="list-style-type: none"> <i>This decision should be made by the principals of both schools in conjunction with conference officers.</i> <p><u>Make-up Games:</u> <i>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.</i></p> <ol style="list-style-type: none"> <i>With the exception of volleyball and softball games, no team or athlete shall play more than three games in one sport per week.</i> <i>Postponed games will be made up in the order of postponement on the next possible date.</i> <i>Saturday will not be used as a makeup day, unless mutually agreed upon by the principals of the two schools involved</i> 	<p>Additions to the page place all game rules and restrictions pertaining to cross country within one section</p>
<p>Page 21-22</p>	<p>Football Addition of Preseason Physical Conditioning, Preseason Scrimmage, Emergency Exceptions, Make-up Games</p> <p><i>“Preseason Physical Conditioning</i> A preseason physical conditioning week must be observed. This preseason week shall be as follows:</p>	<p>Additions to the page place all game rules and restrictions pertaining to football within one</p>

	<p><i>postponement on the next possible date.</i></p> <p>9. <i>Saturday will not be used as a makeup day, unless mutually agreed upon by the principals of the two schools involved.</i></p>	
<p>Page 24-25</p>	<p>Gymnastics Addition of Preseason Scrimmage, Weekly Limitations, Emergency Exceptions, Make-up Games</p> <p><u>Preseason Scrimmage</u> <i>One (1) pre-season scrimmage is permitted with other school teams.</i></p> <ol style="list-style-type: none"> 1. <i>Non-school team scrimmages are not permitted in any sport.</i> 2. <i>The scrimmage does not count as one of the 14 regular season contests</i> <p><u>Weekly Limitations:</u> <i>Teams and/or individuals may participate in participate in two regularly scheduled contests per week, except as noted in Sports Regulations for the sports of baseball, softball and volleyball.</i></p> <p><u>Emergency Exception:</u> <i>A single contest postponed because of an emergency may be rescheduled and played in addition to the number of contests permitted per week.</i></p> <ol style="list-style-type: none"> 4. <i>This decision should be made by the principals of both schools in conjunction with conference officers.</i> 	<p>Additions to the page place all game rules and restrictions pertaining to gymnastics within one section</p>

	<p><u>Make-up Games:</u> <i>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.</i></p> <ol style="list-style-type: none"> 5. <i>With the exception of volleyball and softball games, no team or athlete shall play more than three games in one sport per week.</i> 6. <i>Postponed games will be made up in the order of postponement on the next possible date.</i> 7. <i>Saturday will not be used as a makeup day, unless mutually agreed upon by the principals of the two schools involved.</i> 	<p>Additions to the page place all game rules and restrictions pertaining to gymnastics within one section</p>
<p>Page 25</p>	<p>Soccer Addition of Preseason Scrimmage, Weekly Limitations, Emergency Exceptions, Make-up Games</p> <p><u>Preseason Scrimmage</u> <i>One (1) pre-season scrimmage is permitted with other school teams.</i></p> <ol style="list-style-type: none"> 1. <i>Non-school team scrimmages are not permitted in any sport.</i> 2. <i>The scrimmage does not count as one of the 14 regular season contests.</i> <p><u>Weekly Limitations:</u> <i>Teams and/or individuals may participate in participate in two regularly scheduled contests per week, except as noted in Sports Regulations for the sports of baseball, softball and volleyball.</i></p>	<p>Additions to the page place all game rules and restrictions pertaining to soccer within one section</p>

	<p>4. <i>During tournament play a third game will be permitted.</i></p> <p>5.</p> <p><u>Emergency Exception:</u> <i>A single contest postponed because of an emergency may be rescheduled and played in addition to the number of contests permitted per week.</i></p> <p>6. <i>This decision should be made by the principals of both schools in conjunction with conference officers.</i></p> <p><u>Make-up Games:</u> <i>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.</i></p> <p>7. <i>With the exception of volleyball and softball games, no team or athlete shall play more than three games in one sport per week.</i></p> <p>8. <i>Postponed games will be made up in the order of postponement on the next possible date.</i></p> <p>9. <i>Saturday will not be used as a makeup day, unless mutually agreed upon by the principals of the two schools involved.</i></p>	<p>Additions to the page place all game rules and restrictions pertaining to soccer within one section</p>
<p>Page 26</p>	<p>Softball (Fast Pitch) Addition of Preseason Scrimmage, Weekly Limitations,</p> <p><u>Preseason Scrimmage</u> <i>One (1) pre-season scrimmage is permitted with other school teams.</i></p> <p>1. <i>Non-school team scrimmages are not permitted in any</i></p>	<p>Additions to the page place all game rules and restrictions pertaining to softball within one section</p>

	<p><i>sport.</i></p> <p>2. <i>The scrimmage does not count as one of the 14 regular season contests</i></p> <p><u>Weekly Limitations:</u> <i>Teams and/or individuals may participate in participate in two regularly scheduled contests per week, except as noted in Sports Regulations for the sports of baseball, softball and volleyball.</i></p> <p>4. <i>During tournament play a third game will be permitted.</i></p>	<p>Additions to the page place all game rules and restrictions pertaining to softball within one section</p>
<p>Page 28</p>	<p>Tennis Addition of Preseason Scrimmage, Weekly Limitations, Emergency Exceptions, Make-up Games</p> <p><u>Preseason Scrimmage</u> <i>One (1) pre-season scrimmage is permitted with other school teams.</i></p> <ol style="list-style-type: none"> 1. <u><i>Non-school team scrimmages are not permitted in any sport.</i></u> 2. <u><i>The scrimmage does not count as one of the 14 regular season contests.</i></u> <p><u>Weekly Limitations:</u> <i>Teams and/or individuals may participate in participate in two regularly scheduled contests per week, except as noted in Sports Regulations for the sports of baseball, softball and volleyball.</i></p> <p><u>Emergency Exception:</u> <i>A single contest postponed because of an emergency may be</i></p>	<p>Additions to the page place all game rules and restrictions pertaining to tennis within one section</p>

	<p><i>rescheduled and played in addition to the number of contests permitted per week.</i></p> <ol style="list-style-type: none"> <i>1. This decision should be made by the principals of both schools in conjunction with conference officers.</i> <p><u><i>Make-up Games:</i></u> <i>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.</i></p> <ol style="list-style-type: none"> <i>2. With the exception of volleyball and softball games, no team or athlete shall play more than three games in one sport per week.</i> <i>3. Postponed games will be made up in the order of postponement on the next possible date.</i> <i>4. Saturday will not be used as a makeup day, unless mutually agreed upon by the principals of the two schools involved</i> 	<p>Additions to the page place all game rules and restrictions pertaining to tennis within one section</p>
<p>Page 29</p>	<p>Track and Field Addition of Preseason Scrimmage, Weekly Limitations, Emergency Exceptions, Make-up Games</p> <p><u><i>Preseason Scrimmage</i></u> <u><i>One (1) pre-season scrimmage is permitted with other school teams.</i></u></p> <ol style="list-style-type: none"> <u><i>1. Non-school team scrimmages are not permitted in any sport.</i></u> <u><i>2. The scrimmage does not count as one of the 14 regular season contests</i></u> 	<p>Additions to the page place all game rules and restrictions pertaining to track and field within one section</p>

	<p><u>Weekly Limitations:</u> Teams and/or individuals may participate in participate in two regularly scheduled contests per week, except as noted in Sports Regulations for the sports of baseball, softball and volleyball</p> <p><u>Emergency Exception:</u> A single contest postponed because of an emergency may be rescheduled and played in addition to the number of contests permitted per week.</p> <p>4. This decision should be made by the principals of both schools in conjunction with conference officers.</p> <p><u>Make-up Games:</u> 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.</p> <p>5. With the exception of volleyball and softball games, no team or athlete shall play more than three games in one sport per week.</p> <p>6. Postponed games will be made up in the order of postponement on the next possible date.</p> <p>7. Saturday will not be used as a makeup day, unless mutually agreed upon by the principals of the two schools involved.</p>	<p>Additions to the page place all game rules and restrictions pertaining to track and field within one section</p>
<p>Page 31</p>	<p>Volleyball Addition of Date of First Practice, Preseason Scrimmage, Weekly Limitations, Emergency Exceptions, Make-up Games</p> <p><u>Date of First Practice</u> Practice may begin no earlier than six (6) school days prior to the opening of the school term.</p>	<p>Additions to the page place all game rules and restrictions pertaining to volleyball within one section</p>

Preseason Scrimmage

One (1) pre-season scrimmage is permitted with other school teams.

- 1. Non-school team scrimmages are not permitted in any sport.*
- 2. The scrimmage does not count as one of the 14 regular season contests*

Weekly Limitations:

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

- 1. The exception for volleyball is that two (2) doubleheaders (best 2 of 3 sets) are permitted per week*
- 2. 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.

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

Make-up Games:

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 volleyball and softball games, no team or athlete shall play more than*

Additions to the page place all game rules and restrictions pertaining to volleyball within one section

	<p><i>three games in one sport per week.</i></p> <ol style="list-style-type: none"> 5. <i>Postponed games will be made up in the order of postponement on the next possible date.</i> 6. <i>Saturday will not be used as a makeup day, unless mutually agreed upon by the principals of the two schools involved.</i> 	
<p>Page 33-34</p>	<p>Wrestling Addition Preseason Scrimmage, Weekly Limitations, Emergency Exceptions, Make-up Games</p> <p><u>Preseason Scrimmage</u> <i>One (1) pre-season scrimmage is permitted with other school teams.</i></p> <ol style="list-style-type: none"> 1. <i>Non-school team scrimmages are not permitted in any sport.</i> 2. <i>The scrimmage does not count as one of the 14 regular season contests</i> <p><u>Weekly Limitations:</u> <i>Teams and/or individuals may participate in participate in two regularly scheduled contests per week, except as noted in Sports Regulations for the sports of baseball, softball and volleyball.</i></p> <p><u>Emergency Exception:</u> <i>A single contest postponed because of an emergency may be rescheduled and played in addition to the number of contests permitted per week.</i></p> <ol style="list-style-type: none"> 3. <i>This decision should be made by the principals of</i> 	<p>Additions to the page place all game rules and restrictions pertaining to wrestling within one section</p>

	<p><i>both schools in conjunction with conference officers.</i></p> <p><u><i>Make-up Games:</i></u> <i>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.</i></p> <ol style="list-style-type: none"> <i>4. With the exception of volleyball and softball games, no team or athlete shall play more than three games in one sport per week.</i> <i>5. Postponed games will be made up in the order of postponement on the next possible date.</i> <i>6. Saturday will not be used as a makeup day, unless mutually agreed upon by the principals of the two schools involved.</i> 	<p>Additions to the page place all game rules and restrictions pertaining to wrestling within one section</p>
<p>Page 42</p>	<p>Changed website address of North Carolina Athletic Directors Association to www.ncada.net</p>	