

2020-2021 NCHSAA Modified Sports Regulations

1. Dead Periods:

- a. There will be a 3-day dead period for all out-of-season sports beginning the first day of each season/tryout period.
- b. The last five (5) student days of the 1st semester and the last ten (10) student days of 2nd semester remain in place. Note: NCHSAA rules allow in-season sports to continue.

2. Team & Individual Sport Scrimmages:

- a. The current NCHSAA Handbook policy regarding pre-season scrimmages in all sports remain in place. The following are exceptions:
 - i. Multi-team (more than 2 teams) scrimmages are not allowed at any time.
 1. Only two (2) teams allowed on site at any given time per sport
 - ii. All Sports - Maximum of one (1) scrimmage, limited to two (2) hours

3. Contest Season Limitation Adjustment (from originally approved allowances):

- a. Season limitation increased to 14 meets in Swimming, Cross-Country, and Track & Field

4. Weekly Limitation Adjustment

- a. One (1) weather-related postponed contest may be played in a week that will not count towards weekly limitation
 - i. To exceed the weekly limitation, any other postponements due to extenuating circumstances must be approved by the NCHSAA
Note: Per handbook policies, daily limitations are in effect

5. Conference Tournament Procedures:

- a. Individual Sports
 - i. One (1) conference tournament/meet that does not count toward season/weekly limitation, allowing all conference member schools to compete
 - ii. # of participants per sport TBD
- b. Team Sports
 - i. A conference tournament/meet may be conducted in accordance with all weekly and seasonal limitations
 1. **Note:** If a conference tournament is held, the two (2) teams that advance to the conference tournament championship contest will be allowed one (1) additional contest that is not subject to the weekly/seasonal limitations

6. Team Sport Playoffs:

- a. Conference Requirement
 - i. In order to be eligible for a team sport playoff berth, all schools must fully participate in conference competition as determined by each individual conference
- b. Bracket Size
 - i. All team sport playoffs will be 32-team brackets

- ii. Football will be subdivided into two 16-team brackets for each classification
- b. Automatic Qualification Process (based on number conference teams participating in the sport)
 - i. Conference teams will qualify into the playoffs as follows:
 - 1. 1-6 Teams in the Conference = 1 Automatic Berth
 - 2. 7-8 Teams in the Conference = 2 Automatic Berths
 - 3. 9+ Teams in the Conference = 3 Automatic Berths

Note: Split conferences based on its half of the split
- c. Wildcards
 - i. Conference winning percentage will determine wildcard spots/teams

Note: Will utilize previous methods that have been in place for wrestling and tennis, i.e. no “leap-frogging” rule
- d. Bracketing
 - i. Predetermined brackets will be used for the playoffs in an effort to minimize travel for qualifying teams

Note: Will utilize previous methods that have been in place for wrestling and tennis, i.e. no “leap-frogging” rule (exception: lacrosse)

7. Regular Season Regulations for Individual Sports:

- a. Cross-Country
 - i. Maximum of four (4) schools per contest
 - ii. Four (4) schools per contest - teams are limited to seven (7) individuals
 - iii. Three (3) schools per contest - teams are limited to nine (9) individuals
 - iv. Two (2) schools per contest - teams are limited to fourteen (14) individuals
- b. Golf:
 - i. Boys and girls are allowed to practice together
 - ii. Triple Bogey Rule
 - iii. Dual Match: Teams are limited to five (5) individuals
 - iv. Tri-Match: Max of 15 boys and 15 girls total
 - v. Quad-Match: Max of 20 boys and 20 girls total
- c. Swimming & Diving
 - i. Virtual Meets allowed
 - 1. Must compete against another school during the same week
 - 2. Exhibition heats are allowed
 - ii. In-Person Meets
 - 1. Dual Meets
 - a. Limited to participating athletes + one (1) alternate per relay
 - 2. Tri-Meets: Max 30 boys total and 30 girls total
 - 3. Exhibition heats are not allowed
- d. Tennis
 - i. Boys and girls are allowed to practice simultaneously when both seasons overlap
 - ii. Maximum of two (2) teams per contest

- iii. Teams are limited to participating athletes (plus 2 alternates if only 6 competing)
- iv. Playoffs
 - 1. Individual Regional and State Tournament Only; Dual Team Championships will not be conducted this year

- e. Track & Field
 - i. Maximum of four (4) schools per contest
 - ii. Teams are limited to participating athletes + one (1) alternate per relay

- f. Wrestling
 - i. Maximum of two (2) tri-meets per week
 - ii. Tournaments not allowed
 - iii. "Head to Head" competition only
 - iv. Teams are limited to participating athletes
 - v. Playoffs
 - 1. Individual Regional and State Tournament only; Dual Team Championships will not be conducted this year
 - a. Wrestle backs will not be allowed in regional and state championship tournaments