



# GET IN THE GAME!

**DON'T BE LEFT ON THE SIDELINES!**

## For Eligibility, YOU...

- Must be a **properly enrolled student** at the time you participate, must be enrolled no later than the 15th day of the present semester, and must be in regular attendance at that school.
- Must meet **local attendance standards** for the previous semester. (**Cabarrus County Schools:** Must be in attendance 85% of previous semester; no more than 13 days absent.)
- Must not have exceeded **eight consecutive semesters or have participated more than four seasons in any sport** since entering grade 9. That includes only one sport season for a participant per academic year – you can't play soccer in one season out of state and play it again upon moving to North Carolina in the same academic year.
- Must **not have graduated** from high school.
- Must be **under 19 years of age** prior to August 31<sup>st</sup> of that school year.
- Must **live with your parents or legal custodian** within the school administrative unit. A student is eligible if he has attended within that unit the previous two semesters (if eligible in all other respects) and meets LEA standards.
- Must have **passed the minimum academic load** during the previous semester, and meet local promotion standards. Students in a **"block schedule" must pass three courses per semester** and meet local promotion standards; students in the **"traditional schedule" must pass at least five courses** and meet local promotion standards. These are courses for credit, not audited courses. Hybrid schedules have different requirements.
- **Seniors must also pass that minimum load, even if they need fewer for graduation.**
- Must have received a **medical examination** by a duly licensed physician, nurse practitioner, or physician's assistant within the previous 395 days; and if you miss five or more days of practice due to an injury, you must receive medical release before practicing or playing. Students with potential head injuries must receive medical release by a physician before remittance to practice or games.
- **Must not have been convicted of a felony, or an offense that would have been a felony if committed by an adult.**
- Must not accept **prizes, merchandise, money** or anything that can be exchanged for money as a result of athletic participation within the amateur rule limit. **THIS INCLUDES BEING ON A FREE LIST OR LOAN LIST FOR EQUIPMENT, ETC.**
- Must not have signed a **professional contract** or have played for a college team of any sort.
- May not receive team instructions from your school's coaching staff during the school year outside your sport season (from first practice through the final game). Instruction is limited to coach and athletes in **SKILL DEVELOPMENT SESSIONS.**
- Must not be guilty of **unsportsmanlike conduct**, or **ejected from the previous contest.**
- May not usually, as an individual or on a team, **practice or play during a school day** (from the first contest through the conference tournament).
- May not play, practice or assemble as a team with your coach on **Sunday.**
- May not **dress for a contest or practice** if you are not eligible to participate.
- Must not play more than three games in one sport per week, (some sports have exceptions) and no more than one contest per day (exception baseball, softball, and volleyball).
- Must meet the NCHSAA transfer requirement, if applicable.

## For Sportsmanship, YOU...

- Should remember you represent your school and should practice good sportsmanship.
- Should be modest in victory and gracious in defeat.
- Should respect the judgment and integrity of game officials.
- Should be aware of the NCHSAA ejection policy and how it can affect you and your team.
- Should encourage responsible behavior among fans and teammates alike.

This summary of our key athletic regulations is provided so that students can be made aware of the rules which effect eligibility. Students must understand that rules above are general statements only. See your principal, athletic director or coach if you have questions or need further explanations of details and exceptions.

### THE NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION

Inspiring Individuals, Encouraging Excellence  
P.O. Box 3216 • Chapel Hill, NC • 27515-3216  
[www.nchsaa.org](http://www.nchsaa.org)

