

## Regular Season Rules & Regulations

### SECTION 3 GENERAL RULES & REGULATIONS

#### 1. Rules & Interpretations:

- 1.1. **National Federation of High Schools Rules (NFHS)-**
  - 1.1.1. The NCISAA is an affiliate member of the NFHS.
  - 1.1.2. National High School Federation rules apply for the following sports when NCISAA rules do not cover a particular application: Baseball, Basketball, Field Hockey, Football, Lacrosse, Softball, Soccer, Volleyball and Wrestling.
    - 1.1.2.1. The following sports apply rules from the corresponding associations:
      - 1.1.2.1.1. Golf-USGA
      - 1.1.2.1.2. Tennis-USTA and NFHS
  - 1.1.3. Visit [www.nfhs.org](http://www.nfhs.org) to find sport specific rules and annual updates.
- 1.2. **NCISAA Rules-**
  - 1.2.1. Rules for each sport are found in the Sport Specific section of this Handbook.
- 1.3. **Rules Interpretations-**
  - 1.3.1. Heads of schools and athletic directors are responsible for seeing that these rules and concepts are understood and followed by their coaching staffs without exception.
  - 1.3.2. Enforcement of all NCISAA rules is the responsibility of each school, each conference, the NCISAA Board of Advisors, the NCISAA Board of Trustees and the NCISAA Office.
  - 1.3.3. The NCISAA Office will be the final authority except for classification variances.
  - 1.3.4. Requests for classification changes will be heard by the Appeals Committee of the Board of Trustees following scheduled Board of Trustees meetings. Any exception will be in effect for one year and may be renewed annually.
  - 1.3.5. The fee for any appeal is \$250 payable to the NCISAA Office at the time the appeal is filed. If the appeal is approved, the \$250 will be refunded. All appeals should be made in writing and sent electronically to the NCISAA Office.

#### 2. Practices:

- 2.1. All students in grades 7-12, regardless of which team they play on, are considered potential varsity athletes and therefore are required to abide by the following policy.
- 2.2. **In-Season Practice-**
  - 2.2.1. Fall Season begins August 1, or on Monday of the week containing August 1 if the head of school approves.
  - 2.2.2. Winter Season begins November 1, or the Monday containing November 1 if the head of school approves.
  - 2.2.3. Spring Season begins on the third Monday in February.

- 2.2.4. In-season practice with a school coach present - in any sport - is prohibited outside the sport seasons designated in the following table. (Summers are exempt.)

<b>TABLE 1:</b>				
<b>Year</b>	<b>Fall</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>
2017-18	Monday, July 31	Monday, October 30	Monday, February 19	May 21 - July 30
2018-19	Monday, July 30	Monday, October 29	Monday, February 18	May 20 - July 29
2019-20	Monday, July 2	Monday, October 28	Monday, February 17	May 18 - July 28
2020-21	Monday, July 27	Monday, Nov. 2	Monday, February 15	May 17 - July 26

2.3. **Off-Season Practice-**

- 2.3.1. Number limitations- Table 2 shows the designated numbers of athletes, per sport, allowed to practice with coaching instruction in the off-season (Summers are exempt.)
- 2.3.2. Rules- Organizational meetings, for the purpose of discussing policies or academics, distributing equipment or paper work prior to the beginning date of practice are allowed. However, no sports instruction is permitted on those days.
- 2.3.3. Criteria-

<b>TABLE 2:</b>			
<b>Sport</b>	<b># Of Athletes In A Given Practice</b>	<b>Sport</b>	<b># Of Athletes In A Given Practice</b>
Baseball	no more than 8	Soccer	no more than 10
Basketball	no more than 4	Softball	no more than 8
Cross Country	no more than 6	Swimming	no more than 5
Field Hockey	no more than 10	Tennis	no more than 5
Football, 11-Man	no more than 10	Track & Field	no more than 10
Football, 8-Man	no more than 7	Volleyball	no more than 5
Golf	no more than 5	Wrestling	no more than 10
Boys Lacrosse	no more than 9	Girls Lacrosse	no more than 11

- 2.3.4. Skill Development/Restricted Number (see Table 2).
- 2.3.4.1. Practice Sessions with school coaches are permissible as long as :
- 2.3.4.1.1. They are not a requirement for participation on that team.
  - 2.3.4.1.2. Attendance is voluntary and open.
  - 2.3.4.1.3. They are not held during tryout periods for another sport.
  - 2.3.4.1.4. No more than the allowable number (See grid above.) of athletes may participate in a skill development session or sessions in any location or locations no matter how many coaches are present.
  - 2.3.4.1.5. Multiple skill development sessions are allowed each day provided that no student participates in more than one session per day.
  - 2.3.4.1.6. Any NCISAA coach may not coach a practice or game for a non-school team (select/challenge, AAU, USAV, fall baseball, etc.) that has more than the allotted number of athletes from his/her school.

- 2.3.4.1.7. Any officially employed or volunteer coach at an NCISAA school must abide by these rules.
- 2.4. **Open Gyms/Open Fields-**
  - 2.4.1. During any season, informal pick-up games with a school representative present - in any sport - are permitted.
  - 2.4.2. During an off-season practice, a coach may not play and may not give verbal or physical instruction of any kind in the open gym or open field arena.
- 2.5. **Summer Practice-**
  - 2.5.1. Summer will be defined as the season beginning on the Monday after the last spring tournament and ending on the Monday of the week containing August 1st.
  - 2.5.2. During the summer, coaches are permitted to work with individuals or an entire team as long as:
    - 2.5.2.1. This is not a requirement of participation on that team,
    - 2.5.2.2. Attendance is voluntary and open.
  - 2.5.3. Ethical Statement- Any coach who promotes the idea that participating in summer practice is required is out of compliance with the intent, spirit, and purpose of these rules.

### 3. **Game Management**

- 3.1. **Booking Agents/Officials-**
  - 3.1.1. Booking agents serving NCISAA member schools must be approved by the NCISAA.
  - 3.1.2. Officials must be certified by the booking agent.
  - 3.1.3. A list of approved booking agents may be found on website under Sports Specific sections.
  - 3.1.4. Booking agents wishing to be approved by the NCISAA must contact the NCISAA office.
- 3.2. **Sportsmanship-**
  - 3.2.1. Sportsmanship Policy:
    - 3.2.1.1. The NCISAA recognizes that independent school interscholastic athletic events must be conducted in such a manner that good sportsmanship prevails at all times. It is necessary that administrators and coaches be individually and collectively responsible for taking every possible step to promote good sportsmanship at every interscholastic event. These steps must include the provision of safe and adequate facilities for participants, spectators, and officials; the best possible officials for the events; and adequate control of spectators, players and pre/post game activities. Every effort must be made to promote a climate of wholesome competition. While the NCISAA governs varsity play, middle school and JV teams are expected to honor NCISAA rules of sportsmanship.
    - 3.2.1.2. In the spirit of best practices of sportsmanship, the NCISAA endorses the following initiatives. Failure to comply with any rules and regulations may result in players, coaches or schools:
      - 3.2.1.2.1. forfeiting an event,losing state tournament privilege,
      - 3.2.1.2.2. being fined by the NCISAA Executive Director as defined by the NCISAA bylaws and
      - 3.2.1.2.3. being suspended or expelled from the NCISAA.
  - 3.2.2. Ejection Policy-
    - 3.2.2.1. An ejection is a judgment call; therefore, there are no appeals.
    - 3.2.2.2. If a wrong player is identified, a correction can be made.
    - 3.2.2.3. Penalties are cumulative from sport to sport and from sport season to sport season.

- 3.2.2.4. Ejections in the last game of a given season carry over to the next sport in which the individual participates that year.
- 3.2.2.5. However, penalties will not carry over from one academic year to the next academic year.
- 3.2.2.6. Conferences may choose to enforce a more stringent code of conduct regarding this rule.
- 3.2.2.7. All ejections of players and coaches will be reported by the Director of Athletics of both of the involved school to the NCISAA Office within 24 hours of the violation. Please complete online form found on the NCISAA website under the Action Guide/Forms section.
- 3.2.2.8. Athletes:
  - 3.2.2.8.1. Any NCISAA player who is ejected in any contest, in any sport, in any season will not be allowed to participate in the next scheduled contest but may sit on the team bench.
  - 3.2.2.8.2. If the same player is ejected a second time from any contest, in any sport, in any season he/she will not be allowed to participate in the next two scheduled contests but may sit on the team bench.
  - 3.2.2.8.3. If the same player is ejected from any contest a third time, he or she will not be able to participate in any athletic event for a calendar year.
- 3.2.2.9. Coaches:
  - 3.2.2.9.1. Coaching Continuance Throughout An Athletic Event:
    - 3.2.2.9.1.1. The NCISAA mandates that all teams participating in NCISAA sanctioned athletic events be under the direct supervision and guidance of an adult coach at all times during the event.
    - 3.2.2.9.1.2. In the event that a head coach is ejected or becomes incapacitated, and there is not an assistant coach to continue the reasonable and customary coaching duties, the game shall continue only if there is a school employee or an adult designate to assume the role of the coach.
    - 3.2.2.9.1.3. If a replacement coach is not available, the game shall immediately end by forfeit.
    - 3.2.2.9.1.4. Any replacement coach is required to coach within the spirit of the NCISAA ideal of "Sportsmanship, Integrity, and Fair Play."
  - 3.2.2.9.2. Post-Ejection:
    - 3.2.2.9.2.1. If any NCISAA coach is ejected in any contest, in any sport, in any season, he or she may not attend the next scheduled contest and will be fined according to the schedule below.
    - 3.2.2.9.2.2. If the same coach is ejected a second time in any contest, in any sport, in any season, he or she will not be allowed to attend the next two scheduled contests and will be fined.
    - 3.2.2.9.2.3. If the same coach is ejected a third time, in any contest, in any sport, in any season, he or she will not be able to participate in or attend any athletic event for one calendar year.
  - 3.2.2.9.3. Penalties/Fines for Coaching Ejections.
    - 3.2.2.9.3.1. A \$250 fine will be assessed should a coach be ejected from any contest.

- 3.2.2.9.3.2. If the same coach receives a second ejection, they will be fined \$500.
  - 3.2.2.9.3.3. If the same coach receives a third ejection, they will be fined \$1000.
  - 3.2.2.9.3.4. Any coach who is ineligible due to an ejection will be fined \$2,500 if he/she attempts to coach or to attend a subsequent game.
  - 3.2.2.9.3.5. Fines must be received by the NCISAA Office within two weeks of the ejection.
  - 3.2.2.9.3.6. Unpaid fines will render the coach ineligible to participate in athletic events until the fine is paid.
- 3.3. **Game Delay or Cancellation Policy-**
- 3.3.1. Games may be delayed by the presence of thunder or lightening detected by:
    - 3.3.1.1. Electronic devices.
    - 3.3.1.2. Sight and sound determinations.
    - 3.3.1.3. Game officials and/or site director.
  - 3.3.2. School officials are required to have policies in place to provide for safety for all participants.
  - 3.3.3. In the event conditions indicate a game should be discontinued, the following will be considered:
    - 3.3.3.1. One half of the contest will have been completed.
    - 3.3.3.2. Game and school officials from each team must attempt to restart the game for a minimum of 30 minutes.
    - 3.3.3.3. At the conclusion of the agreed upon delay, both schools must agree to the declaration of game completion or rescheduling.
    - 3.3.3.4. In the event both schools' officials cannot agree, the game will be cancelled.
    - 3.3.3.5. The decision to call the game completed may be modified by agreement of both schools' officials and may take place prior to the completion of one half of the game.
- 3.4. **Visual Image Policy:**
- 3.4.1. Visual Image Policy:
    - 3.4.1.1. By virtue of participating in athletic events at NCISAA member schools, student athletes might be photographed by spectators or others.
    - 3.4.1.2. In allowing their child(ren) to participate, parents accept that their child(ren) 's image may be captured and even published without further express permission.
    - 3.4.1.3. Such publication may or may not include further identification of the student.
  - 3.4.2. Filming Games:
    - 3.4.2.1. No school may video any contest in which it is not actively playing. Any NCISAA school found in violation of this rule will be fined \$500.

#### 4. Principles of Good Practices in Athletics

- 4.1. The NCISAA principles outlined in this document are for the purpose of guiding schools, conferences, and the NCISAA in conducting school athletic programs and the NCISAA post-season athletic competition in a manner that supports member schools' academic programs, enhances the health and emotional well being of student athletes, respects the importance of family life, and recognizes the value of athletic participation and competition.
- 4.2. The principles are intended to create and maintain balance in each student athlete's educational life.

4.3. All coaches and athletic administrators should have a strong collegial relationship with other educators and should contribute to the school’s understanding of the needs of the whole child in achieving balance in his or her life.

4.4. The principles are organized into four major areas: games, practices, seasons, and athletes/teams.

4.4.1. **Games-**

4.4.1.1. Maximum of two playing dates per week (Monday through Friday) with the option of a third playing date on Saturday in order to provide for rescheduled games or a third contest during the regular season.

4.4.1.2. Schools with football teams may designate one of those playing dates for football.

4.4.1.3. Maximum of two preseason dates for scrimmages against other teams (with officials) or for endowment games.

4.4.1.4. Reschedule a postponed contest according to guideline #1, i.e., no more than three playing dates per week.

4.4.1.5. Maximum number of games per season (includes all regular season play/tournaments) according to the following ranges:

<b>TABLE 3:</b>	
Baseball	22-28
Basketball	27-33 (boys & girls)
Cross Country	13-15
Field Hockey	20-24
Football	10-11
Golf	25 max (nine holes)
Lacrosse	20-24 (boys & girls)
Soccer	20-24 (boys & girls)
Softball	22-28
Swimming	10-12 (boys & girls)
Tennis	20-24 (boys & girls)
Track & Field	13-15 (boys & girls)
Volleyball	27-33
Wrestling	20-24

4.4.2. **Practices-**

4.4.2.1. One practice session per sport per day with a maximum of two hours of actual time on the court/field (does not include time spent conditioning or in film review).

4.4.2.2. Teams or individual student athletes should not practice more than 6 days per week.

4.4.2.3. Saturday practices are allowed when necessary, but Sunday practices are strongly discouraged. (Exception: Practice is allowed on Sundays for state golf tournaments provided the heads of involved schools agree.

4.4.3. **Seasons-**

4.4.3.1. Fall Season practice may begin August 1, or on Monday of the week containing August 1 if the head of school agrees.

- 4.4.3.2. Winter season practice may begin on the Monday of the week in which November 1st falls. It is strongly suggested that the winter season should not start before November 1.
- 4.4.3.3. Spring season practice may begin on the third Monday of February.
- 4.4.4. **Athletes/Teams-**
  - 4.4.4.1. Participation on more than one team within a given season is acceptable as long as students meet recommended guidelines for practices, i.e., one practice per day of no more than two hours in duration.
  - 4.4.4.2. In reference to possible conflicts between participation on school athletic teams and outside activities, student athletes should be strongly encouraged to participate in only one athletic event per day. A student athlete should understand that participation on a school team should be his or her priority.

## 5. Health and Safety

### 5.1. NCISAA Checklist:

- 5.1.1. The following checklist provides a listing of all required annual forms that should be completed and kept on file at all NCISAA schools. These forms should be available upon request.
  - 5.1.1.1. **Annual Physical-**
    - 5.1.1.1.1. The NCISAA requires athletes obtain yearly physicals in order to detect life-threatening or disabling conditions, identify those conditions that predispose athletes to injury or disability that may require follow-up, and to provide medical clearance for participation in sports.
  - 5.1.1.2. **Medical Coverage-**
    - 5.1.1.2.1. A North Carolina State Licensed Athletic Trainer is required for all NCISAA playoff contests.
    - 5.1.1.2.2. The NCISAA highly recommends that all member schools hire or work toward hiring a North Carolina State Licensed Athletic Trainer available for all school athletic practices and contests
    - 5.1.1.2.3. Resources:
      - 5.1.1.2.3.1. National Athletic Trainers Association-  
<https://www.nata.org>
      - 5.1.1.2.3.2. North Carolina Athletic Trainers Association-  
<https://ncata1.wildapricot.org>.
  - 5.1.1.3. **Automated External Defibrillator (AED)-**
    - 1.1.1.3.1 All member schools must have an automated external defibrillator (AED) available for all athletic events.
    - 1.1.1.3.2 The location of the AED must be included in each school's emergency action plan posted at each specific athletic venue.
  - 5.1.1.4. **First Aid/CPR for Coaches-**
    - 5.1.1.4.1. It is highly recommended that all coaches obtain training and certification for First Aid/CPR in 2017-18. The NFHS and American Red Cross provide resources that can aid in this process.
  - 5.1.1.5. **Concussion Awareness Policy-**
    - 5.1.1.5.1. NCISAA member schools are required to comply with North Carolina's Gfeller-Waller Concussion Awareness Act.
    - 5.1.1.5.2. **Gfeller-Waller Concussion Awareness Act Compliance Checklist**
    - 5.1.1.5.3. This checklist is designed to help each school be compliant with the Gfeller-Waller Concussion Awareness Act. All forms can be

found on the home page website for the Gfeller-Waller Law AND under the Health and Safety section on the NCISAA website.

<http://gfellerwallerlaw.unc.edu/GfellerWallerLaw/gwlaw.html>

5.1.1.5.3.1. **Educational Compliance**

5.1.1.5.3.1.1. Distribution of Concussion Information Sheet to student-athletes:

5.1.1.5.3.1.1.1. All fall sports

5.1.1.5.3.1.1.2. All winter sports

5.1.1.5.3.1.1.3. All spring sports

5.1.1.5.3.1.2. Signature forms (Concussion Information Sheet) collected from student-athletes:

5.1.1.5.3.1.2.1. All fall sports

5.1.1.5.3.1.2.2. All winter sports

5.1.1.5.3.1.2.3. All spring sports

5.1.1.5.3.1.3. Distribution of Concussion Information Sheet to parents/coaches/school nurses/volunteers:

5.1.1.5.3.1.3.1. All fall sports

5.1.1.5.3.1.3.2. All winter sports

5.1.1.5.3.1.3.3. All spring sports

5.1.1.5.3.1.4. Signature forms (Concussion Information Sheet) collected from parents/coaches/school nurses/volunteers:

5.1.1.5.3.1.4.1. All fall sports

5.1.1.5.3.1.4.2. All winter sports

5.1.1.5.3.1.4.3. All spring sports

5.1.1.5.3.2. **Post-concussion Protocol/Plan Compliance**

5.1.1.5.3.2.1. A Postconcussion Plan in place that at a minimum includes:

5.1.1.5.3.2.1.1. No same day return-to-play for any student-athlete exhibiting signs and symptoms consistent with concussion.

5.1.1.5.3.2.1.2. Written clearance by a medical professional trained in concussion management prior to return-to-play/practice for any athlete exhibiting signs and symptoms consistent with concussion.

5.1.1.5.3.3. **Emergency Action Plan (EAP) Compliance**

5.1.1.5.3.3.1. NCISAA member schools are required to have a specific emergency action plan in writing and posted at each athletic venue.

5.1.1.5.3.3.2. The EAP should include:

5.1.1.5.3.3.2.1. Established roles for personnel,

5.1.1.5.3.3.2.2. methods of communication,

5.1.1.5.3.3.2.3. location and availability of emergency equipment,

5.1.1.5.3.3.2.4. emergency transportation.



5.1.1.5.3.3.2.5. For general guidelines to help create your EAP, see the Action Guide/Forms page of NCISAA website.

5.1.1.5.3.3.3. Review and Rehearse plan at least annually.

5.1.2. **Fall Sport Heat Acclimatization Policy-**

5.1.2.1. The NCISAA has adopted the following heat acclimatization policy for Secondary School Athletics. This policy is based on the recommendations from the National Athletic Trainers Association (NATA) and an Inter-Association Task Force comprised of the American College of Sports Medicine, Gatorade Sports Science Institute, National Strength and Conditioning Association, United States Army Research Institute of Environmental Medicine, American Orthopedic Society for Sports Medicine, American Medical Society for Sports Medicine and American Academy of Pediatrics.

5.1.2.2. Heat acclimatization is an athlete's gradual exposure to the intensity and duration of physical activity in the environment in which they are practicing and competing. Proper heat acclimatization is essential for minimizing the risk of exertional heat illness during the preseason practice period. The goal of the acclimatization period is to enhance exercise heat tolerance and the ability to exercise safely and effectively in warm environments. This policy should be followed for all preseason conditioning, training, and practice activities, whether these activities are conducted indoors or outdoors. The heat acclimatization period is defined as the initial 14 days of preseason practice. This period begins on the first day of official team practice for the season.

5.1.2.3. **General Guidelines**

5.1.2.3.1. Single Practice Days:

5.1.2.3.1.1. The first 5 days of formal practice

5.1.2.3.2. Double Practice Days:

5.1.2.3.2.1. Begin no earlier than practice day 6

5.1.2.3.2.2. Must be followed by a single practice day or rest day

5.1.2.3.2.3. When a double-practice day is followed by a rest day, another double-practice day is permitted after the rest day

5.1.2.3.2.4. Double practices must be separated by three hours of continuous rest

5.1.2.3.3. If a practice is interrupted by inclement weather or heat restrictions, the practice should recommence once conditions are deemed safe, but total practice time should not exceed its limitations.

5.1.2.3.4. If practice occurs on 6 consecutive days, student athletes should have 1 day of complete rest (no conditioning, practices, walk-throughs, etc.).

5.1.2.4. **Equipment Restrictions:**

5.1.2.4.1. Football

5.1.2.4.1.1. Practice days 1 and 2 – helmets only, shorts/t-shirts.

5.1.2.4.1.2. Practice days 3 through 5 – helmets and shoulder pads only, contact with blocking sleds and tackling dummies may be initiated.

5.1.2.4.1.3. Beginning practice day 6 – full protective equipment and full contact may begin.

5.1.2.4.2. Field Hockey

- 5.1.2.4.2.1. Practice days 1 and 2 – Goalies in helmet and goalie kickers, athletes may wear shin guards, goggles and mouth pieces.
  - 5.1.2.4.2.2. Practice days 3 through 5 – Goalies in helmet, chest protection and goalie kickers.
  - 5.1.2.4.2.3. Beginning practice day 6 – full protective equipment may be worn.
  - 5.1.2.4.3. Soccer
    - 5.1.2.4.3.1. Shin guards and goalie gloves can be worn beginning day 1.
  - 5.1.2.4.4. Volleyball
    - 5.1.2.4.4.1. Knee pads may be worn beginning day 1.
  - 5.1.2.5. **Practice Days 1-5**
    - 5.1.2.5.1. School teams shall conduct all practices within the general guidelines above as well as the following guidelines for practice days 1-5.
    - 5.1.2.5.2. School teams are limited to one practice per day not to exceed three hours in length.
    - 5.1.2.5.3. A practice includes warm-up, stretching, cool-down and any other conditioning or weight room activities.
    - 5.1.2.5.4. Classroom activities ie team meetings and film sessions, are not considered part of a practice and may be held in addition to a team practice.
  - 5.1.2.6. **Practice Days 6-14**
    - 5.1.2.6.1. School teams shall conduct all practices within the general guidelines above as well as the following guidelines for practice days 6-14.
    - 5.1.2.6.2. Total practice time per day should be limited to five hours with no single session longer than three hours in duration.
    - 5.1.2.6.3. School teams may participate in full contact practices with all protective equipment worn.
  - 1.1.2.7 The heat acclimatization period is designed for students on an individual basis. Days in which athletes do not practice due to a scheduled rest day, injury, illness or other reasons do not count towards the heat-acclimatization period. For example, an athlete who sits out the third and fourth day of practices will resume practice as if on day three.
  - 5.1.2.7. Scrimmages during the heat acclimatization period are considered 1 practice. For football only, scrimmages may not begin until day 9 after 3 days in full pads
- 5.2. **Wrestling:**
- 5.2.1. Please see WRESTLING SPORTS SPECIFIC section of handbook for required policy information on:
    - 5.2.1.1. Skin Checks
    - 5.2.1.2. Minimum Weight Policy
- 5.3. **Recommended Protocols and Guidelines:**
- 5.3.1. **Lightning Protocol-**
    - 5.3.1.1. Each NCISAA member school must have a plan to address inclement weather for players, officials, visitors, and fans. This plan should include:
      - 5.3.1.1.1. Safe locations from the lightning hazard for all venues and communicate these locations.
      - 5.3.1.1.2. Establish a system to warn athletes and spectators of potential lightning danger.
      - 5.3.1.1.3. Designate a weather spotter to monitor conditions.

- 5.3.1.1.4. Have a plan for safely dismissing student athletes if a contest is suspended.
- 5.3.1.2. The safety of the student athlete is the direct responsibility of the individual head coach, athletic trainer and/or administrator in charge. It is the home team’s responsibility to notify visiting teams and officials of the lightning policy and inform them, ahead of time, about where to seek shelter should there be threatening weather.
- 5.3.1.3. Enforcement of these standards is the responsibility of the game administrators, athletic trainers and coaches.
- 5.3.1.4. When a situation arises where any of the above mentioned parties feels the athletes are in danger he/she shall call the officials and the opposing team head coach together and express concern regarding the weather.
- 5.3.1.5. The administrator in charge and/or officials have the authority to discontinue play until a safe environment is restored.
- 5.3.1.6. The decision to discontinue and resume play will not be compromised as a result of concerns over travel or time.
- 5.3.1.7. On-site commercial lightning prediction/detection systems can be used to make decisions for pre-empting and resuming play.
- 5.3.1.8. Other electronic devices including weather apps are useful tools, but cannot be used as the sole determination for stopping or resuming play.
- 5.3.1.9. If thunder is heard or if lightning, followed by thunder is seen and heard, STOP activity immediately. Seek an enclosed shelter at once (i.e. buildings, buses, restrooms; not dugouts, picnic shelters or trees). Leave equipment out if it cannot be brought in immediately.
- 5.3.1.10. In the event that either of the above situations occur, allow 30 minutes to pass after the last sound of thunder or sight of lightning that is followed by thunder to resuming play.

5.4. **Heat and Humidity Guidelines-**

5.4.1. **NCISAA Wet-Bulb Globe Temperature (WBGT) Practice Guidelines**

- 5.4.1.1. The NCISAA preferred metric for measuring heat and humidity is the Wet-Bulb Globe Temperature reading. This device is recommended in 2017-2018 but will be mandatory for the 2018-2019 school year. A member school must purchase the WBGT thermometer in order to apply the guidelines below.

WBGT Index	Athletic Activity Guidelines
Under 80.0°F	<ul style="list-style-type: none"> <li>● Unlimited activity with primary cautions for new or unconditioned athletes or extreme exertion</li> <li>● Schedule mandatory rest/water breaks (5 min water/rest break every 30 min).</li> </ul>
80.0°F-84.9°F	<ul style="list-style-type: none"> <li>● Normal practice for athletes; closely monitor new or unconditioned athletes and all athletes during extreme exertion.</li> <li>● Schedule mandatory rest/water breaks. (5 min water/rest break every 25 min).</li> </ul>
85.0°F–87.9°F	<ul style="list-style-type: none"> <li>● New or unconditioned athletes should have reduced intensity practice and modifications in clothing.</li> <li>● Well-conditioned athletes should have more frequent rest breaks and hydration as well as cautions monitoring for symptoms of heat illness.</li> </ul>

	<ul style="list-style-type: none"> <li>• Schedule frequent mandatory rest/water breaks. (5 min water/rest break every 20 min).</li> <li>• Have cold or ice immersion pool on site for practice</li> </ul>
88°F-89.9°F	<ul style="list-style-type: none"> <li>• All athletes must be under constant observation and supervision.</li> <li>• Remove pads and equipment.</li> <li>• Schedule frequent mandatory rest/water breaks.(5 min water/rest break every 15 min).</li> <li>• Have cold or ice immersion pool on site for practice.</li> </ul>
90.0°F or above	<ul style="list-style-type: none"> <li>• Suspend practice.</li> <li>• Must include mandatory breaks as directed by gameday administrator during contest.</li> </ul>

5.4.1.1.1. Guidelines for hydration and rest breaks:

5.4.1.1.1.1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved.

5.4.1.1.1.2. For football, helmets should be removed during rest time.

5.4.1.1.1.3. The site of the rest time should be a “cooling zone” and not in direct sunlight.

5.4.1.1.1.4. When the WBGT reading is greater than 86°F (30°C):

5.4.1.1.1.4.1. Ice towels and spray bottles filled with ice water should be available at the “cooling zone” to aid the cooling process.

5.4.1.1.1.4.2. Cold-immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness.

5.4.1.1.1.5. Guidelines should be region specific and based on the following criteria:

5.4.1.1.1.5.1. environmental conditions,

5.4.1.1.1.5.2. intensity of activity,

5.4.1.1.1.5.3. heat-acclimatization status,

5.4.1.1.1.5.4. equipment and clothing,

5.4.1.1.1.5.5. fitness of individual, and

5.4.1.1.1.5.6. age of participants.

5.4.1.1.1.6. Pre and post-practice weigh-ins should be conducted if possible especially during the early part of the season. (NOTE: an athlete who is not within 3% of the previous pre-practice weight should be withheld from practice and counseled on the importance of re-hydrating.)

5.4.2. **Sling Psychrometer:**

5.4.2.1. A secondary heat and humidity metric is a Sling Psychrometer reading. If a member school owns a Sling Psychrometer, the guidelines below should be used.

5.4.2.2. Sling Psychrometer readings will be taken and recorded at regular intervals during practice sessions in hot humid environments.

**NOAA's National Weather Service**

**Heat Index**

Temperature (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
  Extreme Caution
  Danger
  Extreme Danger

TABLE 5:		
Bright Yellow Zone	CAUTION	<ul style="list-style-type: none"> <li>Normal practice for athletes, closely monitor new or unconditioned athletes or all athletes during extreme exertion.</li> <li>Schedule mandatory rest / water breaks. (5 min water / rest break every 25 min)</li> </ul>
Gold Zone	EXTREME CAUTION	<ul style="list-style-type: none"> <li>New or unconditioned athletes should not practice.</li> <li>Well conditioned athletes should have more frequent rest breaks and hydration as well as cautious monitoring for symptoms of heat illness.</li> <li>Shorts, helmets, and shoulder pads. Light conditioning.</li> <li>Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 20 min)</li> <li>Have immersion pool on site for practice.</li> </ul>
Orange Zone	DANGER	<ul style="list-style-type: none"> <li>All athletes must be under constant observation and supervision.</li> <li>Remove pads and equipment.</li> <li>Little or no conditioning.</li> <li>Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 15 min)</li> <li>Have immersion pool on site for practice.</li> </ul>
Dark Red Zone	EXTREME DANGER	<ul style="list-style-type: none"> <li>SUSPEND PRACTICE</li> </ul>

**5.5. Cold Weather/Wind Chill Guidelines-**

5.5.1. Exposure to severe cold weather cannot only be uncomfortable for athletes, but can potentially impair performance and even become life threatening. Conditions created by cold exposure include frostbite and hypothermia. Wind chill, which is the perceived decrease in air temperature felt by the body on exposed skin due to the flow of air, can impair performance when muscle temperature declines. When temperature or wind-chill (which is lower than actual temperature) reaches 25° F,

frostbite can occur in 30 minutes or less. Hypothermia frequently occurs at temperatures above freezing. A wet and windy 30-50 degree exposure may be as serious as a sub-zero exposure.

- 5.5.2. Frostbite is the freezing of superficial tissues, usually of the face, ears, fingers, and toes. Hypothermia, a significant drop in body temperature, can lead to profound exhaustion and energy depletion. The resulting failure to the temperature-regulating mechanisms constitutes a medical emergency.
- 5.5.3. Precipitation can have an added effect on body temperature. When the body and clothing are wet (whether from sweat, rain, snow, or immersion), the cooling is even more pronounced due to evaporation of the water held close to the skin by the wet clothing.
- 5.5.4. Clothing is one of the most important aspects of keeping the athlete's body warm. Athletes should dress in layers and try to stay dry. Layers can be added or removed depending on temperature activity and wind chill. Moisture, whether from perspiration or precipitation, significantly increases body heat loss. Athletes should layer themselves with wicking fabric next to the body, followed by lightweight pile or wool layers for warmth. Athletes should use a wind-block garment to avoid wind chill during workouts. Heat loss from the head and neck may be as much as 50% of total heat loss; therefore, the head and neck should be covered during cold conditions. Other extremities should be covered at all times to protect from the wind chill.
- 5.5.5. Also coaches and athletes should be aware that hydration is important during cold weather activity. Cold exposure/activity requires similar hydration to room temperature; however, the thirst reflex is not activated. It is recommended that athletes make concerted efforts before and after practice to hydrate. Cold exposure/activity requires more energy from the body therefore an additional calorie intake may be required.
- 5.5.6. Recognizing early signs of cold-induced stress may prove to be important in preventing cold weather-related injuries. The following signs and symptoms are considered to be early warning signs:
  - 5.5.6.1. Shivering
  - 5.5.6.2. Abnormal sensation in the extremities (e.g. numbness, pain, or burning sensation)
  - 5.5.6.3. Disorientation
  - 5.5.6.4. Slurred speech
- 5.5.7. Athletic Trainers, administrators and coaches should regularly check the temperature/wind chill. The following precautions will be in effect for all outdoor practices and team workouts. Games will be governed by game officials and NCISAA rules and regulations. Athletic trainers should encourage proper warming apparel and use of sideline warming devices, if available.

5.5.7.1. Precipitation Conditions (Includes rain, sleet, and/or snow)

<b>TABLE 6:</b>	
Wind Chill Factor 36°-50°	<ul style="list-style-type: none"> <li>• Be aware for the possibility of cold-related injuries.</li> <li>• Outside participation allowed with appropriate attire</li> </ul>
Wind Chill Factor 33°-35° F	<ul style="list-style-type: none"> <li>• 45 minutes of outside exposure than 20 minutes inside a gym or locker room (may return outside after 20 minute warm-up period)</li> <li>• Maximum of 90 minutes outside exposure</li> <li>• Keep clothing dry particularly socks, gloves</li> <li>• Athletes must be dressed in layers with extremities covered</li> </ul>

Wind Chill Factor 32° F or lower	<ul style="list-style-type: none"> <li>All practices will be inside</li> <li>No outside exposure</li> </ul>
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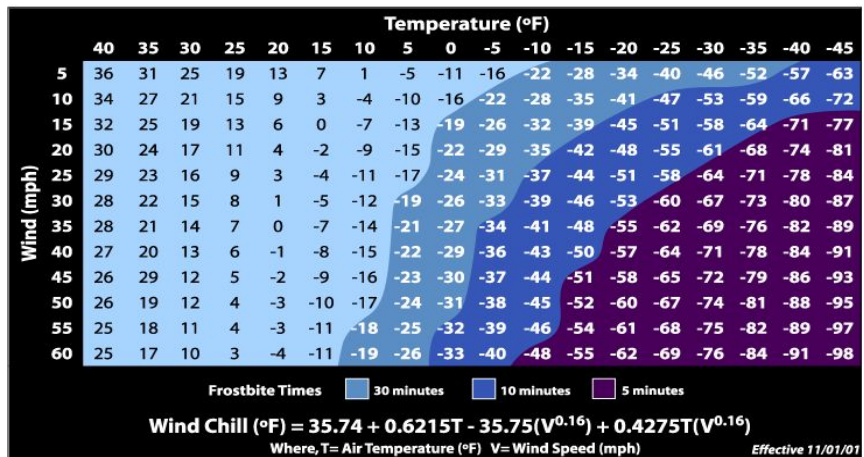
5.5.7.2.

**Dry Conditions (No precipitation)**

<b>TABLE 7:</b>	
Wind Chill Factor 32°-50°F	<ul style="list-style-type: none"> <li>Be aware for the possibility of cold-related injuries.</li> </ul>
Wind Chill Factor 26-32° F	<ul style="list-style-type: none"> <li>45 minutes of exposure then 20 minutes inside gym or locker room (may return outside after 20 minutes)</li> <li>Maximum outside exposure time of 90 minutes</li> <li>Athletes must be in layers with extremities covered</li> </ul>
Wind Chill Factor 15°- 25°F	<ul style="list-style-type: none"> <li>30 minutes of exposure/20 minute warm-up period inside gym or locker room/30 minutes of exposure</li> <li>Maximum outside exposure time of 90 minutes</li> <li>Athletes must be dressed in warm-ups with extremities covered</li> <li>Wet clothing must be changed during the warm-up period</li> </ul>
Wind Chill Factor 15° F or lower	<ul style="list-style-type: none"> <li>All practices will be inside</li> <li>No outside exposure</li> </ul>



## Wind Chill Chart



5.5.7.3.