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Purpose of NCHEAC:
The North Carolinians for Home Education Athletic Commission (NCHEAC) shall establish leagues and tournaments for the traditional middle school and high school sports.
Contact Information:
Email: sports@nce.com
Mail: NCHE / 4441 Six Forks Rd / Suite 106 Box 144 / Raleigh, NC 27609
Website Links:
Official Website: https://www.ncheac.com
Visit the website to find rules and forms required for participating in the league. Registrations and Rules
Team forms – to register a team for league or tournament participation, league scheduling, fees, and deadlines. Team Forms (Register, Schedule)
Individual forms – to register an individual when a sport allows a person to participate that does not require the participant to be on a team. Sports like Cross Country, Golf, and Swimming. Also found on this page will be individual forms for parents of team players. Those forms are: NRNT (Non-Recruit / Non Transfer); JR/SR Declaration; Program Release; Redshirt Individual Forms (Register and Parental)
For Downloads: Use this link for team rosters that are to be emailed in. Also you will find forms that can be downloaded and signed by parents such as the Concussion Awareness Form, and the NR/NT form. These 2 forms are for the programs to keep, but are not to be emailed in to NCHEAC. Note. The NR/NT can be done online. See above. Downloads (Team Rosters, Concussion Awareness)
Concussion Training for Coaches: See Rules
NOTE:
Rules: (Unless NCHEAC states otherwise, all rules related to a particular sport will be under the NFHS guidelines.) Each coach is encouraged to purchase a current NFHS Rulebook. NFHS = National Federation of State High School Associations http://www.nfhs.org/
League Rules: Registering a team for a regular season sport or an end of season tournament includes a commitment to participate in the end of season tournament(s). Failure to participate could result in probation, suspension, and/or a fine the following season of participation.
NCHEAC has the right to modify their rules during the current athletic season, should the need arise.
Coach Background Checks may be done on the website. This is a for fee service that goes to a 3 rd party vendor for which NCHEAC does not benefit.

Sports Offered:
Team Sports:
Boys and Girls – Basketball, Cross Country, Fencing, Soccer, Swimming
Boys Only – Baseball
Girls Only – Volleyball
Individual Sports:
Boys and Girls - Cross Country, Fencing, Golf, Swimming
Programs which have sports which NCHEAC does not have a league or tournament, may submit rosters to the league and have them verified for a fee of \$25 so they can meet sanctioning requirements for NCHSAA.
Penalty and Fines:
Each Athletic Director and all coaches in their athletic program that are registered under NCHEAC, must acknowledge that they have read and are in agreement to abide by the league rules when a registration form is entered for participation.
Those who register as individuals are held responsible as well for acknowledgment of all NCHEAC rules.
Rules can be found in this document and on the website.
See the website as noted on page 2 for fees and deadlines .
For late team registrations – 25.00
For late or incomplete schedules – 25.00
For late or incomplete roster submissions – 25.00
See Form Instructions on how to fill out forms.

DEFINITION of a HOMESCHOOL ATHLETE SECTION

The athlete’s family must be listed on the NCDNPE website or receive email of Notice of Intent confirmation from DNPE. Athletes must be actively homeschooled in compliance with North Carolina homeschool law as administrated by the Department of Non-Public Education. This means that no private or public school students may play in any regular season homeschool games used for tournament seeding purposes or play in any tournament games.

Note. Out of state homeschoolers must be part of a North Carolina support group or co-op in order to compete on a regular season NCHEAC team and must provide legal proof of compliance with the homeschool law in their state.

Student-Athletes who participate in the following educational programs are **Not Eligible** for participation in the NCHEAC League:

- Public Schools
- Private Schools
- Charter Schools
- Middle College
- North Carolina Connections Academy
- North Carolina Virtual Academy
- North Carolina Virtual Public School (If the tuition is paid by the public schools)

(If the student-athlete’s family can provide a receipt showing that the family paid the tuition, they may participate provided that some classes are taken at home.)

Athletes must be a legal homeschooler on the day they are added to an NCHEAC roster. (e.g. They may not be added to an NCHEAC roster while they are still in public or private school.)

Athletes must continue to be in compliance with all other applicable state homeschooling laws.

PLAYER ELIGIBILITY SECTION

1. Players must not have reached, as of Aug 1st:
 - Their 19th birthday for varsity competition
 - Their 17th birthday for junior varsity competition
 - Their 14th birthday for middle school competition(15th birthday for MSG Basketball) **Note.** Possibly returning to 14th birthday in 2022-23 season.
2. Players must not have graduated from homeschool, private or public high school.
3. Players must not have been recognized as a senior in a homeschool or non-homeschool ceremony for sports or other reasons including internet sources, before the new athletic year. Participation on a college team terminates all high school eligibility.
4. A Junior/Senior Declaration Form shall only be required when a player declares as a junior prior to their 17th birthday or as a senior on or before their 18th birthday. Players will be considered a junior if they become 17 on or before August 1st or a senior if 18 on or before August 1st of the current athletic year.

<p>5. Players are limited to one junior and one senior year, unless they are awarded an extra year of eligibility by the NCHEAC due to extensive injury or significant family emergency. (This extension of eligibility shall still be controlled by the age rule, as well as all other eligibility rules.) The form can be found at: NCHEAC Registration and acknowledgment must be made by the parent. Junior/Senior “Red Shirt” dates are: Fall – Sept. 15; / Winter – Dec. 24; / Spring – Apr. 15 (Red Shirt means if an extensive injury/family emergency occurs to a player before the noted sports season date and the player did not participate in any NCHEAC games during the same season after the noted date.)</p>
<p>6. Players must be on an approved roster and be an official homeschooler on the day they are added to the roster.</p>
<p>7. In the event an NCHEAC team or program folds, NCHEAC reserves the right to review the situation before players are released to other teams.</p>
<p>8. No athlete may play for an NCHEAC league team with one program and a non-conference team with another program or school in the same sport during the same athletic year.</p>
<p>9. It is the program’s discretion, but it is strongly recommended that no player under age 10 be submitted on a roster.</p>
<p>10. For post season tournaments, all regular season rules apply and must have attended 50% of league regular season games (unless NCHEAC grants an exception).</p>
<p>11. For tournaments in sports without a regular season, these same eligibility rules apply.</p>
<p>12. Preseason : Player must meet the state requirements of the state in which the player resides.</p>
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<p> </p>
<p style="text-align: center;">ROSTER SECTION</p>
<p> </p>
<p>1. Any games played with players from families who are not eventually found cleared by NCHEAC will be considered to be have been played with ineligible players and the team will be credited with a forfeit loss. League teams that forfeit any required regular season games/matches are not eligible for NCHEAC post-season play unless they receive an exception by NCHEAC. Teams using ineligible players in tournaments will also result in forfeits.</p>
<p>2. Prior to the first conference game/match, players may be moved from one team to another within the program, provided that NCHEAC is notified with the updated rosters before conference play. Then only one player in a program can be moved to another team within the program by the “new player deadline” of that season. NCHEAC must be notified of the one player being moved.</p>
<p>3. The Non Recruit/Non Transfer Rule provides the basis, for determining roster eligibility. Please refer to that form and the rule below for details.</p>
<p>4. Non-Recruit/Non-Transfer Rule</p>
<p>No athlete may leave one homeschool team to play on another homeschool team without the permission of the NCHEAC Board, whose decisions are final. A team is defined as all age eligible players from middle school through high school. If the player does not appeal to NCHEAC or the appeal is denied, the athlete must either stay on their team or sit out one year. This rule applies to both non-conference homeschool teams from non-NCHEAC programs or participating on an NCHEAC team’s non-NCHEAC roster.</p>
<p>This rule shall preclude the athlete from re-entering the league until they have not participated on any homeschool team in their sport for a period of one (1) year. NCHEAC teams that use an ineligible player as above will be ineligible from the league for 12 months. After sitting out one year, the athlete may play for any homeschool team.</p>
<p> </p>

An athlete is considered committed to a program once they are submitted on a roster with the team/sport. If a player is dismissed (except for serving a suspension/expulsion) from the team/program, they are automatically released. If the team or program announces that there will not be a team (or fails to submit a minimum number of players on the roster) then players are released, unless NCHAC reviews the situation and determines the program failed due to players refusing to play. In the event an NCHAC team or program folds, NCHAC reserves the right to review the situation before players are released to other programs. Players on a team within a program are committed to the team and must receive an NCHAC approved release to move to another team (including an older team) within another program.

For a team to be eligible to play in NCHAC leagues, the roster must be comprised of all homeschooled athletes, with at least 50% being North Carolina homeschool students. All league games must be played in North Carolina unless agreeable to be played elsewhere by the teams involved.

NCHAC is a gender specific sports league unless the sport is designated as co-ed. All homeschool programs must confirm the birth date and gender of each athlete on the roster by proof of the birth certificate issued at the time of birth. Athletes may only compete as male or female as designated on the original birth certificate. Males can only participate on a male team (i.e. Boys Varsity tab) and females can only participate on a female team (i.e. Girls Middle School tab). The actual birth certificate does not have to be forwarded to NCHAC but must be available for review in the case of a dispute.

Dual eligibility is only for the first 2 years a program initially offers a sport. ([See New Program Information](#)). One exception is medical emergencies and must be approved by NCHAC with a doctor's excuse for the sick or injured player. If a player from an older division is involved, the player must be age appropriate for the division. Note: This approval for a medical emergency only applies until the injured player returns, but may extend into the post-season. It is limited to one roster spot beyond the minimum required to play (6 in basketball, 7 in volleyball, etc.).

Another exception for dual eligibility for 2 years, is that it may be given to a program if they didn't have any teams in a sport for a period of 5 seasons.

Regular season games against teams in another NCHAC conference are considered non-conference games and are restricted to the conference roster submitted to NCHAC.

TOURNAMENT ROSTERS (For ONLY those sports without a regular season) If an athlete wants to switch teams within a program from the prior year's tournament team to a different team in another program for the current year's tournament, the athlete must contact the state director at sports@nche.com for release approval from NCHAC. NR/NT rules still apply.

Additional rulings :

1. A new Non-Recruit form must be signed and NCHAC notified when an athlete is cut from one program and goes to another program.

2. All appeal requests must be received at least 14 days before the initial roster deadline of a sport. Releases will only be given based on time and distance due to a family or program moving.

3. Teams that cut players during the season will not be able to give a release which allows a player to transfer to another program.

4. The NCHAC Commissioner may issue a transfer for a bone fide move of the family of 25 miles or more or a new program is started which will save the family 25 or more miles in each direction.

5. Requests for a release from a program should be granted or denied within 2 weeks, once all the information has been received. No releases will be considered unless received at least 2 weeks before the final roster deadline.
Appeals to the NCHEAC Board to review releases denied by the local sports program shall be heard once a \$50 handling fee is paid. If the appeal is won, the fee shall be refunded.
<u>Penalties for violating NRNT rules:</u>
1. If a team has been found to be unknowingly using an ineligible player then, (a.) that player will immediately be suspended for the remainder of that season and the full next season, AND, (b.) the team will be cautioned against using that player again.
2. If a team either continues to use that player or immediately decides to leave the NCHEAC league then: a. The team is immediately suspended from league play for the remainder of the season. b. The players on that team are immediately released. (1) If a released player elects to join another team by the following year's roster deadline, they may elect to stay with their new team or return to their old team. This is not a completely unconditional release. The player may not elect to join a third team. (2) If any player chooses to join another team, then their playing time transfers over to the new team just as if they had played for that team the entire season. As long as the player, overall, meets the 50% rule then they are eligible for the tournament. c. NCHEAC will immediately and directly notify the team players' home schools of their status. d. NCHEAC will notify the other teams in the conference of said releases. e. Their record will either be vacated or considered all forfeits depending on how it affects the seeding at the regional tournament they would have taken part in, whichever is fairer to the other teams.
3. If a coach is found to be willingly using an ineligible player then point number 2 applies and: (a.) the coach is immediately banned from further NCHEAC association as a coach, trainer, or any other kind of support capacity for the remainder of the season and the next two seasons, AND, (b.) Note that using an ineligible player after being warned in point number 1(b) is the same thing as knowingly using an ineligible player (here) under point number 3.
4. Any team that has been suspended may rejoin the league the following season under a probationary but otherwise unencumbered status.
5. Nothing above will be construed as a means to nullify the NRNT rule. Players desiring to move from one program to another must still follow the guidelines set out in that document.
6. Programs and coaches are STRONGLY encouraged to inquire about the home school status of all their student athletes in order to not have to potentially endure the above process.
ANTI-RECRUITMENT RULE
Coaches, tutors, athletic program administrative personnel or other persons known to be associated with the homeschool athletic program (parents or people acting on their behalf), may not initiate contact with a student athlete who played on another NCHEAC member team in their sport in the previous 12 months to encourage him or her to play or practice with their team.
Once a parent of the athlete or student-athlete has made the initial contact with the homeschool athletic program's coach or administrative personnel, then coaches or other representatives of the

homeschool athletic program (here after referred to as the “the program”) may approach the student about the program, provided they have not been on the roster, in their sport, of another NCHEAC Program during the current or previous athletic year.

The following are examples of inappropriate student contact:

1. Coaches, tutors, athletic program administrative personnel or other persons known to be associated with the homeschool athletic program (parents or people acting on their behalf), approaching any student athlete before, during or after any athletic contest for the purpose of interesting that student in their program.

2. Coaches or athletic program administrative personnel known to be talking with a student-athlete from another NCHEAC member program about switching to their program : If such contact is initiated by the athlete or athlete’s parent (or other representative), it is the responsibility of the athletic program’s personnel to refer them to the NCHEAC Non-Transfer Rule or to NCHEAC via the website or e-mail at: sports@nche.com.

3. Coaches found to be engaged in encouraging league players to leave their team/program will be suspended 1 (ONE) YEAR. A second offense will result in a 3 (THREE) YEAR SUSPENSION.

SCHEDULING SECTION

1. To be eligible for post season, teams must play each member in their conference twice in a home and away arrangement unless both teams agree on a neutral site. Statewide leagues shall play each other once. New teams must accommodate the schedules of existing teams.

Teams are not to move make-up games into the final 2 weeks of the season for games canceled before the final 2 weeks. Remember, Boys Soccer, Volleyball, and Basketball, end their season on Friday, a week before the Friday of the scheduled tournament. The following day is not part of the regular season, it is our established cancelation game make-up day. Leave room in your schedule for rescheduled games.

2. If a team is in a conference where they are the only team, they must play the teams in the other conference(s) in their region. This rule would not apply when there is only 1 team in the Eastern or Western Region, unless those teams desire to play in the other region (i.e. – statewide league).

3. Do not schedule games in facilities unless facility availability can be assured and that the facility is at least the quality of private school gyms. If the host team cancels due to lack of gym availability and is not able to reschedule, that would count as a forfeit.

4. Game Cancelation Policy of required games :

If a team needs (has less than the required number of athletes per NFHS Rule Book) to cancel a game/match, the following items must occur:

(a.) The team requesting the cancelation must give a minimum of 72 hours notice (except in the event of inclement weather, which could result in less than 72 hours) to the opposing team. Failure to do so will result in a forfeit, unless an appeal is made to NCHEAC and receive an exception. Proper notification shall be a returned e-mail or phone call prior to 72 hours before game time from the appropriate team contact acknowledging the cancelation.

(b.) NCHEAC must also be made aware of any cancelation and must also be notified of the rescheduled date as soon as possible. Scheduled regular season games are to be completed before

the post season tournaments. Any regular season game postponed or suspended must be rescheduled and played within 2 weeks unless mutually agreed upon by the two teams involved & approved by NCHEAC.
(c.) If needed, regular season contests outside of required NCHEAC conference play (non-conference homeschool, private school, and public school games) must be canceled to accommodate the required conference make-up games.
(d.) If a game is canceled by both teams, it must be made up on the date when the home team can secure facilities. If only 1 team canceled, then the team which canceled must cancel, if necessary, any game not required in the NCHEAC League in order to make up the canceled game.
(e.) The Saturday of the final week of the season will be reserved for make-up games which were canceled due to inclement weather during the final two weeks of the season. (Some sports may also set aside the Friday of the final week of the season as an additional make-up game day.) No games may be scheduled on this day unless canceled due to inclement weather in the final two weeks of the season. The following Monday may be used only with consent of NCHEAC in the case where the Saturday make-up date was used and there is still at least one required game to make-up or the Saturday make-up game was canceled due to inclement weather. Any regular season game not made up before the postseason tournaments, whether the game was not played due to inclement weather or not, NCHEAC has the authority to hear an appeal from both teams and determine if a forfeit should be handed out and to which team(s).
(f.) Game cancellations, other than for weather, should be due to not having enough players due to death or sickness, not because players scheduled other events. (This applies even when the best player is not available.) Games must be played if the team has the NFHS minimum number of players.
(g.) Teams are strongly discouraged from playing non-conference teams that use players who played in the conference and then joined the non-conference team without sitting out a year (violation of the Non-Recruit/Non-Transfer Rule). NCHEAC, once they become aware of such non-conference teams, will notify conference teams of their existence. NOTE - NCHEAC will monitor this situation to see if playing these teams need to be changed to a forfeit.
(h.) Regular season games against teams in another NCHEAC region are considered non-conference games and are restricted to the conference roster submitted to NCHEAC.
(i.) Failure to attempt to make up any conference regular season contest WILL result in a forfeit. Note: Should inclement weather cancel more games than can be made up, NCHEAC will decide which make-up games should take precedent, as this could affect regional tournament seeding.
(j.) <u>Developing Teams</u> – A developing team may be allowed to play limited games at the board's discretion. If they play less than the full schedule for their conference, these games will be counted as forfeits, but they will be allowed to play in the tournament.
Note. For soccer, once the season begins, matches must be played unless canceled due to weather, field conditions or having less than the minimum number (8) of players per NFHS rules or an emergency approved by the NCHEAC Board.
NCHEAC has the authority to award forfeits to teams that do not abide by the stated rules.
<u>How conferences are made up:</u>
Until a division within a region reaches at least 10-12 teams, the division will be played as a single conference. Once there are 10-12 teams in a division, teams can then be split into conferences within

that division. Each division within a region has the option of remaining as a single division and decline being split into conferences.
In order to clarify the distinction between regions and conferences, the Eastern Conference will be called the Eastern Region and the 2 conferences will be known as the Triangle Conference and the Coastal Plain Conference with teams assigned to them on a geographical basis.
The Western Conference will be called the Western Region and the 2 conferences being the Triad Conference and the Metro-Mountain Conference .
All of the various aged teams within the same program will play in the same conference.
FEES SECTION
See Website
1. NCHEAC does not give team or individual refunds unless a tournament is canceled.
2. NCHEAC does not give individual registration refunds unless a doctor's note is given.
A team which recruits a website sponsorship shall receive a 50% team discount for the season.
UNIFORMS SECTION
1. Team sponsorships are not allowed on uniforms. (See NFHS rules.)
2. The inseam of the short length must be at least 5 inches and be loose fitting. First violation - warning. Second violation – Forfeit.
3. Consult NFHS rulebook for rules and guidelines for uniforms. This includes what color home team wears, size and location of lettering and numbering, validation of numbers, etc. Illegal uniform numbers will result in penalties specific to each sport, e.g. technical fouls in basketball.
4. All new teams and all teams ordering new uniforms, must submit a proof picture of the front and back of their new uniforms before ordering to ensure they are in accordance per NFHS rules
NCHEAC LEAGUE POLICY MISCELLANEOUS SECTION
<u>GATE ADMISSION</u>
It is the responsibility of the home team that charges admission to notify the away team at the time of the scheduling of the game. Teams that are playing home and away should be made aware of this fact before either team visits the other.
<u>OFFICIALS</u>
See related sports appendixes further below.

REPORTING SCORES
Email scores to scores@nche.com or text to league coordinator (ask for the number).
It is the responsibility of the coach or designated person from both teams to report conference only game/match scores. These should be reported preferably the day of the game/match, but no longer than 24 hours later.
If only one team reports a score, this score will become official after 24 hours regardless of which team reports it. If neither team reports a score, it will be recorded as a 0-0 tie.
PROTESTS
Game Protests should be sent to the director via the e-mail address: sports@nche.com which will be monitored by the director.
Player Appeals regarding eligibility must be done in private.
MULTIPLE TEAMS FROM SAME PROGRAM IN A DIVISION
For volleyball and basketball only, if a program has enough players for a division in which it would be the only team in the state at that age level, then the program could play this lower age team in the next division up, meaning the program could enter 2 teams into the league play. This will be a separate team and players will not be shared amongst teams within the program at any time. NCHEAC reserves the right to monitor this year by year for other sports.
If a program has 2 teams in the same division, when they play another program, the program with 2 teams must play their strongest team first. This will be determined by standings once there is a differential in the standings.
FAMILY EMAIL NOTIFICATION
It is the responsibility of each program to forward league emails to their families if e-mail addresses for those families are not provided on the roster form.
AUDIO-VIDEO RECORDING
<ol style="list-style-type: none"> 1. There shall be no recording within 15 feet of the opponent's bench. 2. Players pictures/video from games or team pictures may appear on the website. (By attending an NCHEAC event, an individual is consenting that a picture, image, or video of them may be displayed on the NCHEAC website or other internet sources.)
SUSPENSIONS/EXPULSIONS SECTION
<p>If a player is placed under discipline by their program, NCHEAC will recognize the following:</p> <p>Suspension – a temporary (up to 30 day) removal from team activities while going through an internal disciplinary process. At the end of the suspension period, the player must either be reinstated or expelled from the program. A player who is in this status is not allowed to move to another team in the league during the suspension.</p> <p>Expulsion – A permanent removal from a league program. A player who is expelled is not eligible to go to another team for 12 months. Reinstatement in the league must occur before the final roster deadline for the following season and the player's family must apply to the NCHEAC Board for reinstatement. The application for reinstatement may be made up to 2 weeks before the end of the</p>

12 month expulsion. A player may not be added to league roster until the reinstatement has been approved. No player or coach with an existing Temporary Restraining Order filed by any league, player, coach or personnel may participate in the league.
<u>COACHES CODE of ETHICS</u>
The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student-athlete should be treated as though he or she were the coaches' own, and his or her welfare should be uppermost at all times. Accordingly, the following guidelines for coaches have been adopted by the NFCA Board of Directors.
The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student-athlete and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
The coach shall uphold the honor and dignity of the profession. In all personal contact with student-athletes, officials, athletic directors, school administrators, their state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.
The coach shall avoid the use of alcohol and tobacco products when in contact with players.
The coach shall promote the entire interscholastic program of homeschooling.
The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.
The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.
Before and after contests, coaches for the competing teams should meet and exchange cordial greetings to set the correct tone for the event.
A coach shall not exert pressure on faculty members to give student-athletes special consideration.
A coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.
NOTE: Adapted from: NFCA Board of Directors
Principle: North Carolinians for Home Education is a Christian organization designed to strengthen and support home education. Since the NCHS Athletic Commission (NCHSAC) is an extension of this organization it has as the mission of operating under Biblical principles. One of those leading principles is: "Whatsoever you do, do it all for the glory of God." Since this principle should not end when we cross the lines of an athletic field/court or when we enter the stands of an athletic event.
<u>The NCHSAC has adopted the following rules:</u>
1. All participants of NCHSAC teams and programs shall behave in a way which cannot be construed as confrontational or as a verbal assault against any official, league/team official, fan, player, or parent.

2. Any league/team official, coach, player, parent or fan may be subject to disqualification or ejection from NCHEAC sanctioned games and tournaments for violation of these Rules of Behavior.
3. The National Federation of High Schools makes a distinction between disqualification and ejection.
A DISQUALIFICATION is when a coach or player is assigned two (2) technicals or 2 disciplinary cards in a game for either rough play or improper speech directed toward an official. The results of DISQUALIFICATION is removal from the game/match in which the second technical is assigned.
An EJECTION is an automatic removal, even on the first offense.
NCHEAC is adopting an ejection policy for any of the following 8 behaviors:
A. Fighting which includes, but is not limited to, combative acts such as: (i.) An attempt to strike an opponent with a fist, hands, arms, legs or feet (ii.) An attempt to punch or kick an opponent, regardless of whether or not contact is made (iii.) An attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate (iv.) Leaving the bench area to participate in a fight (contact or no contact)
B. Speaking disrespectfully to an official (It is the official's discretion as to whether this a simple technical or an ejection offense.)
C. Cursing
D. Biting observed by an official
E. Taunting, baiting or spitting toward an opponent
F. Profanity, directed toward an official or opponent
G. Obscene gestures, including gesturing in such a manner as to intimidate
H. Flagrant Foul for one of the above offenses
Any EJECTION (from league or non-league) game/match, carries with it an automatic 2 GAME/MATCH suspension in addition to the game/match in which the EJECTION occurred.
A DISQUALIFICATION (2 yellow/disciplinary cards in soccer, volleyball, 2 technicals in basketball, etc.) is a simple removal from the present game/match with the player being able to return to the team at their next game/match.
Also, An EJECTION can be the removal of a coach from a basketball game, soccer match or volleyball match and carries an additional 2 game/match suspension (from league or non-league contests).
4. NCHEAC also additionally adds the following penalties:
Any coach who is disqualified from a game/match for the 2 nd time in a season shall receive a 1 game suspension from their team's next NCHEAC league game/match
Any coach who is disqualified from a game/match for the 3 rd time in a season shall receive a 2 game suspension from their team's next two (2) NCHEAC league games/matches
Any coach who is disqualified from a game/match for the 4 th time in a season shall receive a suspension for the remainder of the current season and the following season.
Disqualifications or ejections from both non-league games and league games count towards the application of this rule. It is the responsibility of both league teams (in a league game) to report disqualifications and ejections to NCHEAC.

NCHEAC reserves the right to otherwise suspend or deny admission into the league a coach for actions on or off the athletic field/court which would have a negative effect on the league.

5. NCHEAC shall enforce a two game suspension for any coach, player, parent or fan who is ejected for physically or verbally assaulting an official during or after a game. The determination of an assault shall be at the discretion of the official unless the officiating agency overrules.

(a.) If a coach or team official verbally assaults an official after a game is over, TECHNICAL FOULS (basketball) or PENALTY KICKS (soccer) can be assessed which could result in overtime and even the reversal of the outcome of the game.

(b.) If a parent is ejected from a game/match, it is the responsibility of the homeschool program that the parent or fan is associated with to ensure that this individual is not present at the next two league games in the same division. If the parent/guardian attends, there will be a \$100.00 fine assigned to the homeschool program for each game the parent attends until the two-game suspension is met. If the parent/guardian is present at 2 or more games the player associated with that individual is ineligible to play in those games.

6. Ejections may be appealed to the NCHEAC provided incontrovertible evidence can be produced to show bias or error on the part of the official(s) involved. The appeal must be reported to the league director or office in writing by certified mail with return receipt requested, or e-mail with return e-mail confirmation within 48 hours of the suspension. The penalty remains in force while the appeal is being resolved.

7. If one of the ejection offenses from point 3 above is committed by a player or coach after a disqualification, then the ejection penalties shall additionally apply.

8. Coaches shall not speak to players of the opposing team during a game. Any type of conference with coaches of the other team should be done cordially and after the handshake line has been completed.

9. Coaches may not question judgment calls of the officials. Only questions on a point of rule are open to question by coaches or game (speaking) captains.

10. No berating officials before, during, or after the contest by anyone, especially spectators:

a. Unruly fans will not be tolerated. Fans may be asked to leave at the discretion of the tournament director at sanctioned NCHEAC tournaments. At regular season games, this authority belongs to the head coach or the athletic director of the home team.

b. Any parent/fan attempting to intimidate an official before, during, or after a game will be asked to leave the competition venue.

COACHES COMPLIANCE SECTION

Every two years, all coaches and assistants shall be required to take training in an educational program which meets the requirements of the [Gfeller-Waller Concussion Awareness Act](#) and provide proof of completion to NCHEAC prior to commencement of pre-season practice for your team.

See these sources:

1. [Concussion in Sports Course](#) offered through National Federation of High Schools at [NFHSlearn.com](#)

EXPECTED GUIDELINES for BEHAVIOR at NCHEAC GAMES/MATCHES

No Performance Enhancing Drugs (PEDs) may be used by athletes in the NCHEAC league.
Bench Behavior:
The bench area shall be limited to current coaches, staff, rostered players and NCHEAC personnel.
Coaches are encouraged to dress in a sport appropriate professional manner.
Fan Behavior:
At NCHEAC basketball tournaments, fans are prohibited from playing basketball on the courts during game breaks and between games. There is to be no use of the basketball court for shooting baskets other than by the teams scheduled to use the court.
TOURNAMENT REGULATIONS
In the event a regional or state tournament is canceled, the plan is to reschedule the following week depending on venue availability. State and regional tournaments occur on the same weekend each year unless there is a major extenuating circumstance. (See Tournament Schedule)
Suggested tournament rest times before a team plays their next match/game - Basketball: 2.5-3.0 hours, Volleyball: 30-45 minutes, Soccer: a minimum of 2.5 hours of rest time in between matches played at the same site or 3 hours if played at multiple sites.
Note. Tournament circumstances may cause these times to be altered.
The team with the highest seed is designated as the home team.
Scorekeepers/clock operators should be a minimum of 16 years old unless both teams agree to a younger person. If a team cannot supply an experienced clock operator or score bookkeeper of appropriate age, then the other team can fulfill this requirement. At the regional or state tournaments, if the visiting team is unable to provide an EXPERIENCED clock operator, they shall be assessed a \$25 fine and NCHEAC shall provide one.
Home team is responsible for the book & will use their book as the official book at all regional and state tournaments. Visiting team is responsible for the clock at regional and state tournaments unless facility provides their own clock operators.
FOR COACHES:
A coach has the option to select a player or players from your team to be named to the all-tournament team. The number of players allowed for each team to the all-tournament team depends upon the sport. First place is usually 3 players, second place is usually 2 players, and all other place of finish is one player. The number of selections may vary by sport and teams in the tournaments.
A team forfeiting the regional tournament is not eligible for the state tournament.
ALL-CONFERENCE SELECTION GUIDELINES
See each specific sports appendix below for specific voting guidelines for that sport.
See website for explanation of how all conference selections are selected. (Web Explanation)
<u>For Coaches:</u>

BASKETBALL APPENDIX

All rules specified prior this appendix are in effect.

LEAGUE RELATED:

Regular Season tie-breaker sequence

1. Head to Head (of teams tied; If one team beat the other teams twice, they win the tie breaker)
2. Head to Head (with ordinal finishing of other teams) - Tied team's record versus the team occupying the highest position in the final regular season standings, and then continuing down through the standings until one team gains an advantage. When arriving at another group of tied teams while comparing record use each team's record against the collective tied teams as a group (prior to that group's own tiebreaking procedures), rather than the performance against individual tied teams. (Note: If there are more than 2 teams, procedure 2 will be followed until only two teams left. Once it is down to 2 teams, it will be started over.)
3. A comparison of the tied teams Conference-games only road record. If still tied, a comparison of the tied teams Conference games only road record versus the team(s) occupying the highest position in the final Conference regular season standings, and then counting down through the standings until one team gains an advantage.
4. Coin toss or draw names.

GAME RELATED:

NCHEAC has adopted the 40 point mercy rule (running clock) for Varsity and JV.
Middle School mercy rule shall be 30 points.

HOME team in tournament play, just as in regular season, wears white uniform.

Basketball programs will be required to use a certified officiating agency (one under a regional supervisor) for conference games. (This should include random rotation of referees).

The league has previously recommended that teams rotate officials so that the same officials did not officiate more than 2 games in a row. Since some programs claim they were unaware of this and some officiating agencies only sent 2 officials anyway, this will be monitored for another season before a possible required rule and associated penalties for violations are imposed.

Three basketball officials shall be used for all Varsity Boys and Girls games (including Regular Season and Regional and State tournaments).

Three officials will be used in the JV division at the state basketball tournament championship game.

All Varsity and JV games must be played using 8 minute quarters. It is the responsibility of both teams to assure 8 minute quarters are used and if less than 8 minutes are used, NCHEAC may impose up to double forfeits. In games where less than 8 minutes are used, the board may issue forfeit penalties to both teams, pending investigation. Middle School basketball quarters are to be 6 minutes.

There must be a minimum of a 10 minute warm-up time before all league games. Half-time for middle school must be a minimum of 6 minutes and high school games (JV and Varsity) 10 minutes.

NCHEAC will review reported cases of using the wrong length of quarters and will confirm if the home team uses the wrong length of quarters. There will be no penalty when officials change the length of quarters incorrectly, unless instructed to do so by the home team which will result in a forfeit or the game being replayed.

SOCCER APPENDIX
All rules specified prior this appendix are in effect.
LEAGUE RELATED:
Regular Season tie-breaker sequence: 1. Head-to-Head 2. Goal differential of teams in the conference (capped at 3) 3. Least goals allowed 4. Coin toss
Seeding for the tournament will be based on the regular season point system. Teams will get at least 2 matches, unless a single play-in game is used. Pool play will be used if 9 or more teams.
Home team must provide ball boys. (For Regular Season and Tournament)
GAME RELATED:
Per NFHS, home team wears dark uniform.
Varsity Soccer must use 3 officials for conference matches.
NCHEAC will review reported cases of using the wrong length of halves and will confirm if the home team deliberately uses the wrong length of halves. There will be no penalty when officials change the length of halves incorrectly, unless instructed to do so by the home team which will result in a forfeit or the game being replayed.
Each half of a soccer match consists of 40 minutes.
There is NO overtime for regular season matches.
Note: Soccer Tournament Elimination Game Overtime Rule:
Each match will consist of two - 40 minute halves. If the tournament format is where a team in the winner's bracket plays once a day, and if the match is tied at the end of regulation, then there will be two 10 minute overtime periods (without sudden death) with a 5 minute half-time in between. If the format is where a team places twice a day, then the winner's bracket overtime will be sudden death or 10 minutes .
ALL CONFERENCE GUIDELINES FOR VARSITY SOCCER COACHES:
1. Coaches can vote for more than one player on a given team. For all-conference balloting : (a.) Refer to the instructions sent out at ballot time from the director's email. (b.) Coaches will continue to nominate from their team (no cap, but the number should be appropriate) (c.) Vote for 8 players as indicated on the ballot form. Vote also for the Coach of the Year. The all-around best player, the best offensive player, the best defensive player and 8 additional players with players with the most points, plus ties up to a total of 11 players will be named to the team. (d.) All-around – 4 points Best Defensive – 3 points Best Offensive – 3 points Other pick - 2 points Other Pick – 1 point Other Pick – 1 point Other Pick – 1 point Other Pick – 1 point
2. See ALL-CONFERENCE SELECTION SECTION for more guidelines

VOLLEYBALL APPENDIX

All rules specified prior this appendix are in effect.

LEAGUE RELATED:

Regular Season tie-breaker sequence:

- 1. Head to Head
- 2. Games won-loss in the matches
- 3. Point Spreads
- 4. Coin toss

State tournament is pool play format, then bracket play.

GAME RELATED:

Conference rules regarding officials:

(a.) All volleyball matches, varsity, junior varsity, and middle school, shall be officiated by a referee and an umpire. Note - If only 1 official is available, the teams may proceed with the match or defer without penalty.

(b.) All volleyball line judges must be provided with a flag.

(c.) All volleyball line judges and scorers must be a minimum of 16 years old (unless USA Volleyball Certified with documentation). In the event the home team is unable to comply with this rule, then the visiting team shall provide both line judges and the keep the official scorebook.

(d.) Uniform shorts may not be rolled up (NFHS Rule)

(e.) Only the head coach may address the officials on the floor for volleyball.

Regular Season:

All games must be won by at least 2 points.

For all divisions - each game is played to 25, except the fifth game of the varsity match which goes to 15.

For Varsity matches- First team to win 3 out of 5 games wins the match. For JV and Middle School matches - First team to win 2 out of 3 games wins the match

For Tournament: Regular season scoring applies unless otherwise noted (such as for varsity some matches may be 2 of 3 prior to the semi-finals)

All matches will include measuring the net height before each match

NCHEAC has approved the following for teams to abide by:

The net height shall be regulation. Either team may challenge the height and if deficient, it shall be corrected before the match begins. The team challenging the height shall provide a tape measure.

