

Are You Eligible to Play?

DON'T BE LEFT ON THE SIDELINES!
Protect Your Eligibility by Knowing the Rules.

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 have been in **attendance for at least 85%** of the previous semester at an approved school.
- Must not have exceeded **eight consecutive semesters of attendance or have participated more than four seasons in any sport** since first entering grade 9.
- Must **not have graduated** from high school.
- Must be **less than 19 years** of age on October 16, 2008.
- Must **live with your parents or legal custodian** within the school administrative unit (exceptions must be approved by your principal and the NCHSAA). A student is eligible if he has attended school within that unit the previous two semesters (if eligible in all other respects).
- Must **not falsify any official eligibility information such as residency/address**. Penalty for such acts will result in **loss of eligibility for 365 days**.
- Must have **passed a minimum academic load** during the previous semester, and meet local promotion standards. Students in a **“block schedule” must pass three of four courses per semester** and meet local promotion standards; students in the **“traditional schedule” must pass at least five courses** and meet local promotion standards. If the school is on an A/B form of block scheduling, a student **must pass six of eight courses** during what would traditionally be defined as a semester.
- Must have received a **medical examination** by a duly licensed physician, nurse practitioner, or physician’s assistant within the previous 365 days; and if you miss five or more days of practice due to illness or injury, you must receive a medical release before practicing or playing.
- Must not have been convicted of a felony or offense that would be 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. **THIS INCLUDES BEING ON A FREE LIST OR LOAN LIST FOR EQUIPMENT, ETC.**
- Must not have signed a **professional contract**, have played on a **junior college team** or be regularly enrolled in college.
- Must not participate in **unsanctioned all-star or bowl games**.
- May not receive team instructions from your school’s coaching staff during the school year outside your sport’s season (from first practice through final game.) Instruction is limited to coach and athletes in **SKILL DEVELOPMENT SESSIONS. THESE SESSIONS ARE LIMITED IN NUMBER TO ONE LESS THAN A TEAM (E.G., 4 IN BASKETBALL) ON A DAILY BASIS, AND MAY NOT BE HELD DURING CERTAIN PRESCRIBED “DEAD PERIODS” OF THE YEAR.**
 - May not usually, as an individual or on a team, **practice or play during the school day** (from first contest through conference tournament).
- May not play, practice or assemble as a team with your coach on **Sundays**.
- 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 (exception baseball, softball and volleyball) and no more than one contest per day (exception baseball, softball and volleyball).