

ALBEMARLE ATHLETIC CONFERENCE

Constitution and Bylaws

MEMBER SCHOOLS:

*CAMDEN
CURRITUCK
ELIZABETH CITY
FIRST FLIGHT
MANTEO
MOYOCK
PERQUIMANS
RIVER ROAD*

Updated 9/19/13

CONSTITUTION OF THE ALBEMARLE ATHLETIC CONFERENCE

ARTICLE I. NAME AND OBJECTIVES

Section 1. The name of the organization shall be the Albemarle Athletic Conference.

Section 2. The objective of the conference shall be:

- a. To promote wholesome athletic relations on a high plane among member schools.
- b. To uphold the regulations of the State Board of Education and State Department of Public Instruction.
- c. To enact MEMBER SCHOOL policies that will make for general understanding in regard to athletics.
- d. To promote a spirit of sportsmanship and fellowship among the member schools.
- e. To obtain correct and adequate publicity of athletics (in each sport) from each member school.
- f. To encourage member schools to participate in a varied and broad based sports program for both boys and girls.

MEETINGS

Four meetings will be held as follows:

1. On the first available date after the start of school.
2. The third week of November (general business, close out fall sports, finalize winter sports).
3. The third week of February (general business, close out winter sports, finalize spring sports).
4. The second week of May (general business, close out spring sports, discuss issues for next year).

ARTICLE II GOVERNANCE

MEMBERSHIP

Schools requesting membership in the conference shall attend a meeting of the conference and petition the membership for admittance. A two-thirds majority vote of conference members will allow

membership into the conference.

Once a school becomes a member of the conference a unanimous vote of all other conference members is required to remove that school from the conference. Such removal may not take place until the year following the unanimous vote.

FUNDS

Yearly conference dues of \$200.00 will be collected on or before the first meeting of the new sports season. The account will be under the direct supervision of the secretary and president. The fund will be used to defray expenses (business supplies, plaques, etc...).

The Conference Secretary will be paid \$335.00 on Sept. 1, Nov. 1, and Feb. 1. The Conference Secretary will be paid from the Conference account which is located at the Conference Secretary school.

Section 1. The MEMBER School's superintendent, county-wide athletic director, school (7-8) athletic directors, principals and coaches of all member schools are automatically designated as being individual members of the conference.

Section 2. Each member school, shall through their principal or his/her designee, be entitled to one (1) vote on all conference matters requiring a formal vote. However, when the formal vote pertains to a specific sport, then the voting school(s) must be fielding a team in that sport or lose their privilege to vote.

AMENDMENTS

A two-thirds majority vote of the member schools of the conference will be necessary to amend the constitution and or By-laws.

Section 3. Conference sports will include football, soccer, volleyball (girls), golf, basketball (boys and girls), wrestling, track, baseball and softball (girls). Each school is encouraged to field a team in each of these sports. OTHER SPORTS MAY BE ADDED.

GENERAL

Any member school not able to or willing to comply with the rules and By-laws of the conference may be expelled from the conference by a unanimous vote of the member schools effective one year following the vote.

ALBEMARLE ATHLETIC CONFERENCE GUIDELINES

1. All member schools are to abide by the athletic rules and regulation adopted by the State Board of Education.

2. Requirements for Athletic Participation include the following:
 1. A student must be a resident of the school administrative unit in which you are assigned or have Board of Education approval for transfer to that administrative unit.
 2. Students must be in the seventh or eighth grade.
No student may be eligible to participate at the middle school level for a period lasting longer than four (4) consecutive semesters beginning with the students' entry into seventh grade. The principal shall have evidence of the date of each player's entry into the seventh grade and monitor the four (4) consecutive semesters.
 3. A student must have been in attendance for at least 85% of the previous semester at an approved school.
 4. A student shall not participate on a seventh or eighth grade team if he/she becomes 15 years of age on or before **August 31st** of that school year.
 5. A middle/junior high school student who is overage for middle~junior high school play shall be eligible for senior high school participation.
 6. The student must receive a medical examination each year (365 days) by a duly licensed physician, nurse practitioner, or physician assistant, subject to provisions of G.S.90-9, 90-18.1 and 90-18.2
 7. A student must be an amateur in order to be eligible to participate.
 8. ***NEW-All coaches, volunteers, parents, athletes, trainers, first responders must fill out the New NC Concussion Law forms and must have them signed prior to the first day of hitting for football and prior to the first game of the season for all other sports. No signatures, no participation at that point until forms have been signed by parent and athlete.***
 9. ***All AAC school will order the following size trophies when they host a tournament/competition. 1st place- 32 inches, 2nd place- 30 inches, 3rd place- 28 inches.***
 10. ***Albemarle Athletic Conference Cup will start this year 2013-14. The school who collects the most points during the year will win this rotating trophy. A name plate will be placed on the side for the year winner. Athletic Directors will record their sport records for the season on the Google doc that has been established. Records and Total season points will be on this document.***

There will be a co-championship in any sport when two or more teams have an identical divisional/conference record and are tied in head-to-head competition. Each team will

receive a plaque/trophy. In order to be considered a conference sport, 50% of the member schools should be participating in that sport. All member schools must field teams in conference tournament play.

***ALL CONFERENCE CERTIFICATES awarded to players chosen by each school. Certificates awarded as follows:

--FOOTBALL= 1 FOR EACH WIN

--BASKETBALL, SOCCER, VOLLEYBALL, BASEBALL, AND
SOFTBALL= 1 FOR EVERY 2 WINS

--WRESTLING= ATHLETE WITH BEST CONF. RECORD PER WEIGHT
CLASS with 50% of matches in weight class.

--CHEERLEADING=2 PER SPORT SEASON

EVERYONE GETS AT LEAST 2 PER SPORT

***ACADEMIC ALL CONFERENCE CERTIFICATES are issued to any student athlete, manager, or student trainer who maintains an overall minimum average of 90% during their sport season.

3. Eligibility lists for middle schools must be completed and on file at the conference secretary's and superintendents' offices prior to the first game/contest. Any school that uses an ineligible player in any contest is to immediately drop the player from the team and forfeit all games in which the ineligible player participated. (New athletes information must be sent to the secretary's office 24hrs. before play)
4. Certified Officials will be hired for all conference contests.
5. In the event weather conditions render playing impossible on the date agreed upon, an official of the home school shall notify the visiting school as early as possible, but not later than one hour prior to the usual time of departure. Schools should set up departure times for each sport and forward to each member school.
6. In the case of duplication in color of jerseys, the home school should concede to the visiting school. White/home. . Dark/away. **Football wears dark/home..white/away.**
7. The admission price to a game (football, volleyball, basketball, baseball, softball , wrestling, track and soccer) at all schools is to be **\$5.00 for adults and \$4.00 for students' grades K-12.** Preschool age students will not be charged. Exception: for tournament play (Adults- \$6.00, Students- \$5.00, NO Passes!!)
8. Administration and Supervision of Games: The school administration is responsible for adequate supervision of athletic contests to secure safety and proper conduct of athletes, coaches, fans, and officials. Officials should be escorted to safety at the end of every game. It is recommended that a uniformed law enforcement officer(s) be present at basketball and football games.
9. Schools that will not field a sport team for the upcoming season are to notify in writing the president of the conference 14 days prior to the first contest of that sport.

10. If a member school fields a team at the beginning of a sport season and terminates the team before the conclusion of the season, then all games played and unplayed shall be forfeited and are to be recorded as losses.
11. Postponed contests should be rescheduled for the next available date. The contest should be rescheduled and concluded before post-season play begins.
12. The policy for the starting date of practice for a new sport season will continue to read as follows, "practice is not to begin until the current sport season of both boys' and girls' sport teams has ended nor before the N.C. State Department of Public Instruction guidelines permit one to begin."
13. Unless specified differently in the Constitution and By laws of our conference, the rules and regulations of the National Federation and BOE policy or the NCHSM to be followed.
14. The protest of a game/contest must be followed by the procedures specific to said sport. Conference committee will rule.
15. The Albemarle Athletic Conference has adopted the N. C. State Department of Public Instruction's Penalty Code.
16. Athletic directors meet in the spring to schedule for the following year. Input as to the wishes of the conference relative to scheduling is determined at the winter meeting. The athletic directors develop schedules for the spring meeting where they are discussed. At this time a final vote is taken on all scheduling, If possible schedules will be for a two-year commitment.
17. At the end of each **semester a Principal/principal's designee has 24 hours to check grades** of his/her student athletes and (a) report the name of any approved player who has failed to meet state promotion standards (eligibility guidelines). (b) Remove such player from competition immediately. Any student with an incomplete must have it removed within eight days from the end of the semester. NOTE: An athlete becomes eligible or ineligible on the first day of the new semester
18. **Off-Season Skill Development:** Off-season skill development sessions are allowed during the school year. All skill development sessions must be voluntary and open to all eligible student athletes. At no time may a coach require or any student off-season skill development sessions as a measure of continued participation on a team. Any team practice or game environment created in an off-season is prohibited during the 180-day school calendar. The primary focus of off-season skill development should be on individual student athletes, not team.
19. **Cheerleading** is considered a sport by the Albemarle Athletic Conference. Therefore

should follow all conference rules. The seasons for cheerleading are the fall and winter.

***Note:** The school administration is responsible for adequate supervision of the Off Season Skill Development Sessions and the intended purpose.*

FOOTBALL

Number of Regular Season Contests

No more than one (1) contest may be scheduled per week for a total of seven (7) games. An individual is limited to only one (1) game per week. Play-off/championship games are not to be scheduled as a regular season contest. (Up to one additional game may be played in lieu of a conference tournament.) A bowl game will be played as the 8th game in lieu of a tournament. Higher seed team will host (1vs. 2, 3 vs. 4, 5 vs. 6, 7 vs. 8).

Make up football games should be played that week if anyway possible. Saturdays must be considered by both schools as a make up. All AD's and Coaches should prepare in advance to use that day for make up due to possible inclement weather.

Date of First Practice

Practice may begin no earlier than six (6) school days prior to the opening of the school term. A preseason physical conditioning week must be observed. This preseason week shall be as follows:

- The first six (6) days of practice shall be devoted entirely to physical conditioning activities. During the first three (3) days, helmets, T-shirts, shorts and football shoes constitute acceptable dress, and no other football attire shall be worn. On days four (4), five (5) and six (6), complete football attire may be worn, but absolutely no body-to-body contact is permitted. Practice during the six (6) day period shall be limited to a one (1)-a-day period, not to exceed two (2) hours in length. The first three (3) days of this conditioning week are limited to calisthenics, kicking, throwing, running and similar exercises. Arm shields may be used, but tackling or blocking dummies, charging sleds or similar devices may not be used until days four (4), five (5) and six (6). Squad meetings, skull sessions, and film study are not allowed during the six day period, since it shall be for the sole purpose of improving physical conditioning rather than football excellence.
- Contact activities may begin on the seventh (7th) day of practice i.e., as soon as the required physical conditioning phase of practice has been completed. Only one (1)-a-day contact sessions may be conducted and shall not exceed two (2) hours in length.
- It is recommended that water breaks be offered every 20 or 30 minutes and that the following hot weather chart developed by the Sports Medicine Program, State Department of Public Instruction, be followed. It is also recommended that EMS be available on game days and that athletes do daily weigh-ins in order to monitor weight loss.

TABLE 1 - Temperature/Humidity

Temperature (Fahrenheit)	Humidity	Procedure
80 - 90	under 70%	Observe those athletes susceptible to heat illness, especially those that are obese.

80 - 90	over 70%	All athletes should be under constant careful supervision. Breaks every 20 or 30 minutes. Fluid replacement very important.
90 and above	over 70%	A shortened program conducted in shorts and T-shirts. Additional fluid replacement breaks are necessary. May need to suspend practice.

TABLE II - Wet-Bulb Temperature

Wet Bulb	Procedure
under 69 degrees	No precautions necessary except close observation of those athletes most susceptible to heat illness (those who lose over 3% of their body weight as determined from weight chart).
69 - 79 degrees	Unlimited amounts of water are made available on the field. Ice water preferable.
over 80 degrees	Lighten the practice routine and practice in shorts. May need to withhold susceptible players from practice.

A player shall have participated in a minimum of nine (9) separate days of team practice, three (3) of which shall be in pads before participating in a football contest with outside competition. The exception to this is soccer players who are used as a kicker.

Tie Breaker

If at the end of the fourth (4th) quarter the teams have identical scores, the tie may be resolved by the method of the ten (10) yard line overtime procedures as set forth by the National Federation Football Rules Book. Teams should notify booking agents regarding the rule that allows the Tie Breaker so he/she can inform the game officials.

Play-offs/Championships

Play-offs/Championships are limited to one (1) post-season game.

Adopted Game Rules

Based on adopted game rules, games involving only students in the seventh and eighth grade (middle/junior high schools) shall be played in eight (8) minute periods. Games involving teams with combined ninth grade students with students in the eighth and/or seventh grade (junior high) may be played in ten minute periods. By Conference adoption, a youth legal size ball may be used in middle/junior high competition.

Summer Camp

No contact is allowed during summer camps.

Golf

Number of Regular Season Contests:

The number of regular season contests is limited to no more than 6. Regular season matches are limited to nine holes. However, in tournament play, 18 holes are permitted. Up to two (2) additional games may be played in lieu of a conference tournament.

General: Golf is a co-ed sport. Gender should not be a consideration when determining match or tournament foursomes. Parents should be encouraged to participate in the matches by helping the coaches provide adult supervision at each hole. Coaches are encouraged to teach both the mechanics and etiquette of the game.

Tournament

The number of tournaments is limited to one **18 or 9 hole tournament**. The coaches will **determine how many players may represent each school**.

Game Rules:

Games rules follow those of the US Golf Association.

BASEBALL/SOFTBALL

Number of Regular Season Contests:

The number of regular season contests is limited to no more than 12. There will be 10 conference games and up to 2 non conference(individual school decision)/ Up to two (2) additional games may be played in lieu of a conference tournament.

All teams will play 7 innings of baseball and softball (no 10 run rule for conference championship game).

All make up games, including suspended games will be finished by the Monday prior to the higher seed game prior to tournament. If any teams do not complete the season then we will go by winning percentages for the Season record and that will determine the seeding in the tournament.

NOTE: In case of a tie the game continues until a winner is determined or until the umpire ends the game on account of darkness. Situations that occur relative to this policy are to be ruled upon by using the National Federation Rule Book.

Distance of pitchers mound in softball for our conference will be 40 feet and bases will be 60 feet apart, baseball 60 feet mound 90 feet bases.

Pitching Limitation: A player is limited to pitching 10 innings Monday through Saturday. One pitch constitutes an inning pitched. (Baseball) Pitching limitations (10 innings) for the tournament will start with the Higher Seed game (Wednesday) and continue through the Semi finals and finals of tournament(Saturday)

Note: Violation of the pitching limitation rule is interpreted as the use of an ineligible player. The penalty is a forfeit of the game for which the ineligible player participated

Baseball players may wear either metal or rubber cleats. Softball players must not wear metal cleats due to the 3-3-1 National Federation rule.

Bat Size – The Conference will use a BBCOR baseball bat -3

Doubleheaders: Teams are allowed to play two games in one day. When playing two games in a day, games are limited to five innings each, except to break a tie. No team or individual shall play more than three games in a week, i.e. Monday through Saturday. (Does not apply to tournament play 7 innings)

Suspended Games: A game called for any reason, where a winner cannot be determined, or any game called at any time for mechanical failure (i.e., artificial lights, water system, etc.) will be treated as a suspended game. If the game is to be completed, it will be continued from the point of suspension with the lineup and batting order at the moment of suspension, subject to rules of the game. If more than 4-1/2 innings have been played and a winner can be determined, the game is over. This rule is effective upon mutual agreement of competing schools or by conference adoption. (Up to two additional games may be played in lieu of a conference tournament.) SDPI

Rained-out Games: If any rained-out baseball game, which would affect the winning of a conference title, is to be played, it shall be rescheduled on the same field (exception: suspended games do not have to be rescheduled on the same field), unless changed by mutual agreement by the two schools. Postponed games shall be made up in the order of postponement on the next possible date (excluding Sunday). Saturday will not be used as a make-up day unless mutually agreed upon by both teams. In a situation where a team does not want to make up a game at all, the game will be forfeited to the opponent. (Up to two additional games may be played in lieu of a conference tournament. SDPI)

Teams and/or individuals may participate in only one regularly scheduled football game per week. In other sports, students may participate in two regularly scheduled contests per week.

Soccer

Number of Regular Season Contests:

The number of regular season contests is limited to no more than 12. Up to two (2) additional games may be played in lieu of a conference tournament. Soccer will have 10 conference games and up to 2 additional non-conference games determined by the individual schools. A non-conference game must be a school team and can include a conference team to be played as a non-conference game. Only the conference games that have been scheduled by the conference will count toward the seeding for the AAC tournament.

Game Rules: Basic NFHS soccer rules with some adaptations govern this conference.

The Field:

- a. The recommended field size will be 50 x 100 yards minimum and 75 x 120 yards maximum.
- b. The referee will govern the acceptability of field conditions as a result of weather, etc.

The Team: A team will be composed of at least 4 girls on the field at all times and NO more than 7 boys. A team can play short handed or forfeit.

The Equipment:

- c. Players may use tennis shoes or appropriate molded soccer shoes. Football cleated shoes having a toe cleat will not be permitted. Footwear is subject to inspection and approval of the referee.
- d. Players may wear glasses on the field at their own risk. All glasses worn on the field must be adequately secured to the head.
- e. Jewelry is not permitted on the playing fields.
- f. Players are not permitted to wear hats on the field. The goalkeeper may be exempted at the discretion of the referee.
- g. Players with casts, braces or other prosthetic devices with the exception of approved knee braces will not be permitted to play. All approved braces will be completely covered allowing no exposure of plastic or metal. The referee will inspect all devices before beginning play. A player having inadequate protection will be excluded from play at the discretion of the referee.
- h. All players shall in accordance with current NFHS Rules be required to wear shin guards.

Rules of Play:

The game shall be played in two (2) 30-minute halves. **If there is a tie at the end of both 30 minute halves the conference rules are as follows: One 5 min. overtime, One 5 min. sudden death. If there is no winner at that point, the game shall be considered a tie for both teams. Tournament game will be played for winner including two 5 minute overtimes and PK's.**

- a. This league will conform to the current NFHS rules with respect to play of the goalkeeper. The keeper may not pick up balls passed from the foot of a defensive player to the keeper. If the keeper picks up a ball that has been kicked to him by a player on his team, the referee will award an indirect free kick to the opposing team. Balls played off the knee; the keeper may pick up chest or head of the defensive player, unintentionally deflected off of any body part of a defensive player. The keeper may not pick up balls thrown in from the sideline.
- b. Goals scored by either a man or a woman will count as one point.
- c. Unlimited substitution will be allowed for either team on goal kicks, corner kicks, and kickoffs. Substitution on a throw-in will be allowed to the team in possession of the ball.
- d. Field captains, identified at the beginning of the game, will be the only players allowed to talk to the referee concerning a decision during or after the game. Violation of this rule at the Referee's discretion will result in a warning, a yellow card or red card.
- e. Shoulder to shoulder challenges, men to men, women to women and mixed (women to men and men to women) shall be permitted. The goalkeeper may not be charged at any time. Overly aggressive challenges will be noted by the referee and at his discretion; he may award a direct free kick.
- f. Intentional or aggressive sliding shall be considered dangerous play. Dangerous play will result in an indirect free kick.
- g. Play will be discontinued at the discretion of the Referee in the event of an injury. If possession is in doubt, play will resume with a drop ball. If possession is not in doubt, play will resume with an indirect free kick.

Wrestling

Number of Regular Season Contests

The number of regular season contests is limited to no more than 12. Up to two (2) additional matches may be played in lieu of a conference tournament.

Tournament

The number of tournaments is limited to one (1) single elimination, not to exceed eight (8) teams. The exception is that a third and fourth place may be determined in tournament play. Schools may schedule one (1) regular season contest the week of the tournament.

Weight Classifications:

There will be a 2 pound allowance beginning on Jan. 1st.

For both middle and junior high schools the weight classes are as follows:

83, 93, 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, and heavy weight.

LEAs may add an additional weight class of 215 by conference adoption. The maximum weight for the heavy weight contestants will be 250 pounds. The minimum weight for the 250 pound class is 188 pounds. If LEAs do adopt a 215 weight class, then the minimum for having weight becomes 190. The minimum weight for an 83 pound contestant is 68 pounds. The minimum weight for a 93 pound contestant is 78 pounds. **Note: The use of artificial weight loss devices/measures are prohibited.**

Sanitary And Safety Measures

A bucket or squeeze bottle with ethyl or isopropyl alcohol 70% phenolic germicide or household bleach diluted with water solution and rubber gloves should be placed at each sporting event for cleaning purposes. Surfaces should be cleaned using the above solution and disposable clean-up materials should be placed in a sealed plastic bag for discarding.

It is important that any time there is blood present, even on uniforms, that it is treated with care regarding its ability to transmit infectious diseases. (See Appendices.)

NOTE: During the match each coach will be responsible for cleaning their own wrestler, and the home team is responsible for cleaning the mat as referred to in the National Federation Rule book.

NOTE: It is recommended that coaches monitor daily weigh-ins with weight loss not to exceed 3 pounds per week.

Adopted Game Rules

Time of Bouts: First period shall be one (1) minute, second and third periods shall be two (2) minutes.

No wrestler may represent his school in more than one (1) weight class in any meet or compete in more than three (3) full-length matches in tournament or championship play in any one (1) day. A minimum of one (1) hour of rest between matches shall be observed.

A contestant shall not wrestle more than one (1) weight class above the class for which his/her actual stripped weight, at the end of the weigh in, qualifies him/her.

Track and Field

Number of Regular Season Contests

The number of regular season contests is limited to no more than 8 conference meets and (2) non conference meets . Up to two (2) additional matches may be run in lieu of a conference tournament. Only conference track teams may participate against each other during the season. Non conference meets must be ran on a different day than the scheduled conference meets. We will only have our 8 conference teams in our regular schedule and conference track meet.

Tournament/Championship

The number of tournaments/championships is limited to one (1).

Adopted Game Rules

- Ninth grade students may compete in a maximum of four (4) events, of which only three (3) may be running events, including relays.
- Seventh and eighth grade students may compete in a maximum of three (3) events.
- The maximum distance for middle/junior high school students is two (2) miles.

The following order of events was developed as a guide to arrange track and field competition that will best meet the needs of middle/junior high school students, unless by mutual agreement of the officials of the competing teams prior to the day of competition. The order of events shall be shown in the following tables:

TRACK EVENTS

Boys	Girls
__ 55 m low hurdles _____	50 m Low Hurdles
100 m Dash	100 m Dash
1600 m Run	1600 m Run
(or 1200 m) Run	(or 1200 m) Run
400 m Relay	400 m Relay
400 m Dash	400 m Dash
110 m Low Hurdles*	__ 100 m low hurdles _____
800 m Run	800 m Run
200 m Dash	200 m Dash
800 m Relay	800 m Relay
_____	_____

*In meetings involving only seventh and eighth grade boys and girls, the boy's 110 low hurdles may be run as the first event.

FIELD EVENTS

Boys	Girls
High Jump	High Jump
Long Jump	Long Jump

4.0 kg Shot	2.74 kg Shot
Discus	Discus

HURDLE SPECIFICATIONS

Event	Hurdle Height	Number of Hurdles	Start to 1st Hurdles	Between Hurdles	Last Hurdle to Finish
Boys 75 m H H	36" or 39"	6	13.716 m (45')	9.144 m (30')	55.565 m (51' 1")
Girls 55 m L H	30"	5	13.0 m	8.5 m	8.0 m
Girls 75 m L H	30"	7	13.0 m	8.5 m	11.0 m
Boys 110 m L H	30"	5	18.288 (60') m	18.288 (60') m	18.56 m 60'10 3/4
Boys 300 m L H	30"	8	45 m m147' (71/2") m	35 m (114'10")m	

Field events should be started before the running program in order to be completed prior to the final running event.

Specification for Implements Used in Events:

The discus shall weigh two (2) lbs., 3.27 oz. (1 kg) and have the following minimum and maximum dimensions: Diameter 7 1/8 in. - 7 1/8 in (180 mm - 182 mm) with a thickness of 1 1/2 in. - 1 5/8 in (37 mm - 39 mm) at the center and 1/2 in. - 1/4 in. (12 mm - 6 mm) from the outer edge which shall be rounded with a radius of 1/4 (6 mm). The discus shall have a core two in (50 mm).

The shot shall consist of a solid sphere of any metal not softer than brass weighing 4.0 kg (8 lbs. 13 oz.). It shall have a diameter of at least 3 3/4 in., but not more than 4 1/4 in. (95 - 108 mm).

The scratch line in long jump should be approximately eight (8) feet from the edge of the landing pit.

Other equipment will be similar to that used at the high school level.

Volleyball

Number of Regular Season Contests

The number of regular season contests is limited to no more than 14. Up to two (2) additional games may be played in lieu of a conference tournament.

Tournament

The number of tournaments is limited to one (1) single elimination, not to exceed eight (8) teams.

Number of Weekly Contests

No more than two (2) matches are allowed per week. The exception for volleyball is that two (2) doubleheaders are permitted per week.

Matches

In regular season and tournament play, matches shall be decided by at least the best two (2) of three (3) games. Rally scoring format will be used. **All Games are to 25 with no cap. If a 3rd game is played it must go to 25 with no cap.**

Adopted Game Rules

By conference adoption, the net may be lowered to minimum of six (6) feet, four (4) inches.

Basketball

Number of Regular Season Contests:

The number of regular season contests is limited to no more than 12. Up to two (2) additional games may be played in lieu of a conference tournament. Basketball will have 10 conference games and up to 2 additional non-conference games determined by the individual schools. A non-conference game must be a school team and can include a conference team to be played as a non-conference game. Only the conference games that have been scheduled by the conference will count toward the seeding for the AAC tournament.

Tournament

A team is limited to one single elimination tournament per season. This is not to exceed three contests in a week.

Adopted Contest Rules

Contests involving only middle school students shall be played in six-minute quarters. Contests involving teams with combined ninth grade students with students in eighth and/or seventh grade (junior high) may be played in eight minute quarters. By conference adoption either a legal-size ball *girls or boys* may be used for boys competition. A legal size girls ball shall be used for girls competition.

General Rules and Regulations

The SBE authorizes the LEA or the conference, of which the school is a member, to administer the rules and regulations.

- (1) ***Administration and Supervision of Games:*** The school administration is responsible for adequate supervision of athletic contests to secure safety and proper conduct of athletes, coaches, fans, and officials. Officials should be escorted to safety at the end of every game. It is recommended that a uniformed law enforcement office(s) be present at basketball and football games.
- (2) ***Amateur Restrictions:*** Money or awards having utilitarian value (example: Clothes, merchandise, cash, gift certificates, golf balls, clubs, tennis balls, rackets, etc.) may not be accepted by student athletes. Loan equipment and supplies are prohibited items.
- (3) ***Cheerleading:*** Cheerleading is an activity that comes under the control of the LEA and conference. It is recommended that Lea's follow the National Federation Spirit Rules. Safety guidelines also have been recommended to each LEA for implementation and adoption and are located in the Appendix A.
- (4) ***Composite Teams:*** When an administrative unit is experiencing difficulties in organizing interscholastic athletic teams at the middle/junior high school levels, a local board of education may form composite teams with -students from different schools within the administrative unit.
- (5) ***Conforming Rules:*** To conform middle/junior high school athletic rules with rules governing high school athletics the following shall apply:
 - (A) In defining participation in middle/junior high school athletics, dressing and sitting on the bench shall be interpreted as playing in the game.
 - (B) Summer school attendance shall not be counted in determining percentage of attendance for athletic eligibility.
 - (C) Girls will not participate on boys' interscholastic team where the school has a girls' team in the same sport. (Fast pitch softball is not the same as baseball.)
- (6) ***Filming and Videotaping:*** Filming or videotaping of a contest by nonparticipating schools, in any sport, is considered unsportsmanlike conduct unless agreed upon by competing teams.
- (7) ***Games and Contests:***
 - (A) ***Evening Contest:*** Evening contests and/or games shall start no later than 7:00 p.m. when followed by a school day. (Exception: Tournaments)
 - (B) ***Practice Provisions:*** There shall be no interscholastic athletic practice or contest during the regular school day of the ten-month school calendar year. There shall be no Sunday practice or contest in any sport. This includes the assembling of members of athletic squads for the purposes of viewing films, chalk talks, or other matters pertaining to coaching.
 - (C) ***Pre-season Scrimmage:*** One (1) pre-season scrimmage is permitted with school teams in each sport. Non-school team scrimmages are not permitted in any sport. The scrimmage does not count as one of the seven (7) football or 14 other sport events. ***An individual school can charge for a scrimmage for less the amount of a regular gate. Suggestion to charge \$2.00. You do not keep an official score for a scrimmage.***
 - (D) ***Number of Games per Season:*** Teams and/or individuals shall not participate in more than seven football and 14 other sports or athletic contests during the regular season. Teams and individual students are permitted to participate in one school tournament or play-off championship game in each sport.

Conferences may play up to two additional games (except football who may play one).

(E) *Number of Contest Per Week:* Teams and/or individuals may participate in only one regularly scheduled football game per week. In other sports, students may participate in two regularly scheduled contests per week. Note: Make-up: A single contest postponed because of an emergency reason (e.g.) inclement weather, epidemic, mid-term exams, etc.) may be rescheduled and played in addition to the number of contests permitted per week, with the exception of volleyball, fast and slow pitch softball games, no team or athlete shall play more than three games in one sport per week. . (Volleyball, slow and fast pitch softball may play one postponed double header.).

(F) *Sports Season:* Football shall be played as a fall sport. All other sports may be played during any sport's season during the school year and begin as follows:

Fall: 6 days prior to the first day of school to November 15
(See football regulations).

Winter: November 1 to February 15

Spring: February 15 to end of School

(G) *Off-Season Skill Development:* Off-season skill development sessions are allowed during the school year. All skill development sessions must be voluntary and open to all athletically eligible students. **At no time may a coach require of any student off-season skill development sessions as a measure of continued participation on a team.** Any team practice or game environment created in an off-season skill development session is prohibited during the 180-day school calendar. The primary focus of off-season skill development should be on individual student athletes, not the team. During the summer, working with individuals will be allowed, as long as it is not required.

Note: The school administration is responsible for adequate supervision of Off-Season skill Development Sessions and their intended purpose

(H) *Game Rules:* Schools shall follow the rules for sports as given by the National Federation. Schools shall also use the adopted game rules provided in this handbook and approved by the State Board of Education. These are defined in each sport section.

- (8) **Hardship:** The local board of education or the conference of which the school is a member shall have the authority to set aside the effect of any eligibility (other than the age) rule upon the individual student when in its opinion the rule fails to accomplish the purpose for which the rule is intended or when the rule works undue hardship upon the student. Such action shall be reported in writing to the Athletics Consultant at the Department of Public Instruction.

Note: It is to be understood that ordinary cases of ineligibility shall not be Considered as coming under the hardship category, and that the conditions which cause the student to fail to meet the eligibility requirement must have been beyond the control of the school, the student and/or his/her parents. Injuries, illnesses, or accidents, which cause the student to fail to meet one of the basic requirements, are possible causes for hardship consideration.

- (9) **Head Coaches:** In accordance with SBE policy, the head coach of an Interscholastic athletics shall be a bona fide member of the faculty and as such shall be responsible for supervision of athletic teams during practice, games, and trips. The local superintendent may, with the concurrence of the local board of education, designate non-faculty persons as head coaches until such time as a suitable bona fide faculty member becomes available. Any person paid or employed, as a principal shall not coach interscholastic athletic teams. The head coach is responsible for the conduct of assistant coaches, players, and bench personnel.
- (10) **Insurance Coverage:** Student athletes must have proper insurance coverage. . A Lifetime Catastrophic Liability insurance plan is mandatory for all middle and junior high athletes.
- (11) **Officiating:** Any complaints with officiating are to be filed with the booking agent making the assignment. Therefore, booking agents should not officiate in the sport, which they are responsible for booking. This is to eliminate any real or perceived conflict of interest. Also, officials have been instructed by the NCHSAA to inform the principals in writing when an ejection occurs. A copy should also be sent to the Athletic Consultant at the Department of Public Instruction. Officials should be escorted to safety at the end of all games.
- (12) **Out-of-State Competition:** The local superintendent shall make the decision involving schools playing in our-of-state athletic contests.
- (13) **State Clinics:** It is recommended that the head coach attend one of the NCHSAA state clinics in the sport he/she coaches for National Federation Rule changes only. Note: Rules govern the NCHSAA, other than what is adopted by the National Federation do not apply to Middle/junior High School Athletics. (Example: The NCHSAA will allow the starting date of each sport to begin on the Monday prior to the date as long as the starting date does not fall on Sunday. This is not a National Federation rule change but a NCHSAA rule change. Therefore, it does not apply to Middle/junior High School Athletics.
- (14) **Students with Identified Disabilities:** Are eligible for participation in grades 7 -9 athletic programs. (The North Carolina High School Athletic Association governs ninth graders participating in high school athletics.
- (a) Academic eligibility is determined by the student making progress toward meeting the educational goals of the IEP as determined by the school-based committee.
- (b) A student with a disability must meet all other requirements that apply to the regular education student such as age, attendance, and other requirements.
- (15) **Protests/Complaints:** An established committee of the LEA or adopted conference is responsible for ruling *protests*. Decisions made on protests should be based on current SBE/NCDPI regulations and/or printed LEA rules and guidelines. Complaints should be made to the Athletic Director, Principal, and Booking Agents.
- (16) **Sanitary and Safety Measures:** A bucket or squeeze bottle with a 10-percent Clorox or isopropyl alcohol solution and rubber gloves should be placed at each sporting event for cleaning purposes. This same solution should be used to wipe any blood from an opponent's skin.
- It is important that any time there is blood present, even on uniforms, that it is treated with care regarding its ability to transmit infectious diseases. If the bleeding problem is severe enough, then the competitor should not be permitted to continue, not only

from the standpoint of possible disease transmission but also for the health and safety of the injured athlete. (See Appendix F)

CHEERLEADING SAFETY GUIDELINES

In response to the increased awareness of injuries occurring to cheerleaders in North Carolina public schools, the state Department of Public instruction has developed the following recommendations for cheerleader safety. **The Albemarle Athletic Conference (AAC) has adopted these recommendations to promote safer schools participation by their cheerleading squads. The AAC will comply with the rules and regulations set forth in the National Federation Spirit Rules and additional safety rules set forth in these guidelines. Cheerleading will follow the Spirit Rule book in addition to the AAC by laws.**

Cheerleading will follow the Fall and Winter Season AAC rules and regulations. Cheerleading may attend 1 camp and may have pre-conditioning. Cheerleading may also attend 1 additional competition outside of the Conference Cheerleading Competition and must fall during the fall/winter seasons. Unlimited clinics- 1 day or less (paid by the squad or parents and individual arrangements made for transportation). All AAC schools must compete in the cheerleading competition.

****AAC Cheerleaders at each school will attend/travel to all home and away football games during the Fall season and will attend only home basketball games during Winter Season. Cheerleaders will not travel and attend away games during the Winter Season with the following exception: Cheerleaders may travel to rival away basketball games if each school agrees. Cheerleaders may travel to away higher seed and tournament games.**

Cheer Etiquette

A. Cheerleaders should be respectful to the other cheer squad by not cheering until the other squad is finished.

B. Cheerleaders should cheer on the 2nd row of bleachers or above during the basketball season. Cheerleaders should not cheer on the floor or the 1st row of bleachers and are not allowed to cheer on the floor while the ball is in play.

C. Sportsmanship- Cheerleaders should shake hands with the other squad after each game.

1. All cheers, chants, dances, or spirit raising activities should be well planned, practiced and organized to promote the safety of students participating in cheerleading activities. **No high school athletes can help or attend middle school practices.**
2. A cheerleading coach should supervise all squads during all practices and performances.
3. Cheerleading coaches should have a background in cheerleading, dance Choreography, and/or gymnastics, and should be knowledgeable in proper cheerleading techniques and safety procedures. Coaches should coach only within his or her level of expertise.
4. All routines, pyramids, stunts, and gymnastics should be practiced to prior to actual performance.
5. Cheerleaders should be familiar with the environmental conditions and playing surfaces for which stunts, pyramids, and routines are to be used.
6. Pyramids and partner stunts may be a part of the squad's routine, provided the following safety precautions are taken:
 - a. No pyramid or stunt formation is to be higher than the equivalent of two standing levels or three kneeling levels.
 - b. No roll-offs, flips, or somersaults off pyramids or stunts.
 - c. No knee drops or tension drops stunts off pyramids
 - d. No collapsing pyramids or stunts.
 - e. Spotters should be present throughout the mounting, result, and dismounting stages of pyramids and stunts.
 - f. No base should support more than 1-1/2 full people.
 - g. No toe pitches.
 - h. No single-support split catch.
7. Acceptable gymnastic maneuvers should be limited to forward and backward walkovers, splits, round-offs, cartwheels, handsprings, handstands, **forward rolls and tucks.**
8. Mini tramps, springs, and similar equipment should be prohibited.
9. **NO jewelry should be worn during practices or performances.**

10. a. **No Basket Tosses.**

b. When fully extending an elevator, there should **be spotters** for the flyer. The coach should determine the most strategic place for the spotter.

c. When performing an elevator, there should be 2 bases and a **back spotter**.

When a shoulder stand is built freestanding, (not leaning or with support from one side or the other) a spotter should be in place in the back.

d. When a cradle is performed, **the toss may come from an elevator or an extended stunt.**

e. Dismounts from all stunts: no double twists, only single twist or regular cradle.

11. Appropriate footwear should be worn, including rubber-sole, low-heel shoes, which offer adequate support and can absorb the forces caused by jumping and other stunts or techniques.

12. Cheerleaders **must** have a medical examination prior to participation on a squad.

Any known medical condition, which might interfere with active participation, should be recorded (example: asthma, heart condition, epilepsy, diabetes, etc.).

13. A cheerleader who misses practice at which a pyramid, stunt or gymnastic maneuver was mastered should not perform any of the maneuvers at the next performance.

14. Cheerleaders **must** travel together and use transportation, which has been provided by the school administration. **Individual schools need to follow their LEA protocol on transporting athletes.**

15. These rules and regulations also apply to practice, game situations, **Conference and outside competitions.**

16. All cheerleading squads should adopt a comprehensive conditioning program. Emphasis should be placed on problem areas (i.e. flexibility, upper body strength, ankle and wrist strength, endurance, etc.)

17. **School cheerleading uniforms should not be used by a group outside of the cheering season (clubs)**

Middle school cheerleading will be governed in accordance with all the AAC rules, regulations, eligibility requirements, and safety guidelines. Cheerleading is a co-ed sport.

Code of Ethics and Sportsmanship/Ejection Policy

Code of Ethics

When entering the coaching profession, a coach accepts certain obligations and responsibilities to the players, fellow coaches, and to the game each coach directs. We must assume all the responsibilities in such a way to give our profession honor and dignity.

- The coach, in contact with each player, should by principle and example set a pattern of behavior for each student, for he/she influences these players more than any other person. Parents put their dearest possessions under your guidance, and you should be sure to see that they are better for having played under you.
- Coaches shall actively promote good sportsmanship of spectators by working closely with administrators, cheerleaders, pep club sponsors, and boosters.
- The coach should meet rival coaches before and after each game and exchange greetings. The coach shall respect and support contest officials by avoiding conduct which will incite players or spectators against officials
- The coach should remember that his/her first function is to educate a student through participation in athletics.
- The coach shall know the game rules and be responsible for their interpretation to team members. Additionally, the coach shall not try to seek an advantage by circumvention of the spirit or letter of the rules.
- The coach should be sure that every participant fulfills all the rules and regulations for eligibility.
- The coach should inspire every student to achieve the highest academic success possible. The coach shall work in harmony with the entire interscholastic program of The school.
- Every coach should advise players as to the proper conduct in meetings with the press, radio, and how to conduct themselves in players interviews both for their protection and to avoid any embarrassment.
- The coach shall take an active role in the prevention of alcohol, tobacco and other drug abuse while stressing the importance of a healthy lifestyle.
- The coach shall discipline athletes who display unacceptable behavior.

COACHES RESPONSIBILITIES

It is the duty of all concerned with Middle School Athletics:

- To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- To eliminate all possibilities which tend to destroy the best values of the game.

- To stress the value derived from playing the game fairly.
- To show cordiality to visiting teams and officials
- To establish a happy relationship between visitors and hosts.
- To respect the integrity and judgment of sports officials
- To achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility.
- To encourage leadership, use of initiative, and good judgment by the players on the team.
- To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well being of the individual players.
- To remember that an athletic contest is only a game - not a matter of life or death for player, coach, school official, fan, community, state, or nation.
- To avoid unfavorable criticism of other coaches and school officials, except that formally presented to the proper authorities.
- To report the proper authorities matters which are detrimental to the welfare of the Conference.
- To promote healthy lifestyles and not one of alcohol, tobacco, or other drugs.

Sportsmanship for Students and Spectators

Students and spectators should:

- Realize you represent the school as does a member of the team; therefore, you have an obligation to be a true sportsman, encourage through this behavior the practice of good sportsmanship by others
- Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team
- Remember that the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social, and emotional well being of the players through the medium of contest
- Be modest in victory and gracious in defeat respect the judgment and integrity of game officials

Sportsmanship/Ejection Policy

The LEA, which has jurisdiction over the school and may impose additional penalties. Lea's or conferences that adopt additional penalties should have penalties published prior to the first game in the first sport of the school year. Officials have been instructed to notify the principal of the school from which an ejection has occurred for the following to

be enforced.

This policy applies to all persons involved in athletic contest, including student-athletes, coaches, managers, and game administrators. The following examples include behavior or conduct, which will result in an ejection from a contest.

- ◆ **Fighting**, which includes, but is not limited to, combative acts such as:
 - An attempt to strike an opponent with a fist, hands, arms, legs or feet
 - An attempt to punch or kick an opponent, regardless of whether or not contact is made
 - An attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate
 - Leaving the bench area to participate in a fight (contact or no contact)
- ◆ **Taunting or baiting**
- ◆ **Profanity**, directed toward an official or opponent
- ◆ **Obscene gestures**, including gesturing in such a manner as to intimidate
- ◆ **Disrespectfully addressing or contact an official**

Ejection Policy - Middle School Only:

- (A) Any athlete, coach or school official in grades 7 -12 who is ejected from any athletic contest shall be penalized as follows:
- (1) For first offense, the person shall be reprimanded and suspended for the next game at the level of play (varsity, junior varsity, or middle/jr. high) and for any intervening games at any level;
 - (2) For the second offense, the person shall be placed on probation and suspended for the next two games at either level.
 - (3) For a third offense, the person shall be suspended for one calendar year.
 - (4) A coach who is suspended at any level of grades 7-12 (middle school, junior high or high school) may not coach in any other grade level in grades 7-12 during the period of suspension.
 - (5) Penalties are cumulative from sport to sport and from sport season to sport season. If no member of the school's coaching staff is present to assume an ejected coach's duties, the contest shall be terminated by forfeit.
- (B) Lea's may allow their school to belong to the North Carolina High School Athletic Association (NCHSAA), which has established as a minimum the rules adopted by the SBE. The NCHSAA may waive any eligibility requirement contained in the Rule, except the age requirement, if it finds that the rule fails to accomplish its purpose or it work an undue hardship when applied to a particular student. The NCHSAA may enforce penalties for the violation of the Rule at the high school level.
- (C) The LEA, which has jurisdiction over the school, may impose additional penalties. Lea's or conferences may adopt and impose penalties at the middle and junior high school levels.

Note: Penalties are cumulative from sport to sport and from sport season to sport season.

Ejections in the last game of the season carry over to the next sport in which the individual participates that year. Ejected players may practice but not play. Ejected coaches may not be on the premises for a contest. If no member of the school's coaching staff is present to assume ejected coach duties, the contest shall be terminated by a forfeit.

PENALTY CODE

- I. **The Albemarle Athletic Conference** has the power to penalize the school and its officials, the coach and the individual players if good sportsmanship is not observed. The Conference also may penalize a school for unsportsmanlike conduct on the part of its spectators. Some specific penalties will be found below; however, the Conference may take any action it deems justified as it relates to the infraction involved.
 - A. **Schools** - A school found guilty of infractions inconsistent with a wholesome athletic program may be (1) reprimanded, (2) placed on probation for a period not to exceed one year, (3) have its home games taken away for a period of time not to exceed one year, or (4) suspended from participation in a sport or sports for a period of one year. If any school should fail to comply with the rulings of the Conference, the games played or scheduled by that school in that particular sport shall be cancelled for that season and shall be eliminated in determining the winner of the division/ conference affected. Furthermore, that school so affected will not be allowed to take part in the contests sponsored by the Conference for a period of one year and shall be readmitted only by three-fourth vote at a _____ meeting. (Principals vote)
 - B. **Coaches** - A coach found guilty of conduct inconsistent with a wholesome athletic program might be (1) reprimanded, (2) a letter sent after a 2/3's vote of members to the coaches principal and superintendent. (NOTE: see SPORTSMANSHIP/ EJECTION POLICY).
 - C. **Students** - A student found guilty of misconduct may be (1) reprimanded, (2) a letter after a 2/3's member vote to the students principal and superintendent. (NOTE: see SPORTSMANSHIP /EJECTION POLICY).
 - D. **Spectators** - A spectator guilty of misconduct may (1) be placed on spectator probation, (2) be banned from attending school contests for a period of time not to exceed one calendar year from the date of the offense, or (3) cause the school to be penalized and/ or fined. In incidents involving criminal misconduct such as assaults, school officials in conjunction with the victims assaulted are instructed to press charges in a court of law. If charges are not filed, the school is still responsible for handling the misconduct. Spectators may not approach or contact game officials in any way to question the judgment or decision of an official. Schools are responsible and may be disciplined for the conduct of their spectators. Any assault upon, or intimidation of a game official by a spectator is considered unsportsmanlike conduct by the school and may be dealt with as such.

II. Penalties may be assessed for the following infractions:

FORFEITED GAMES: A conference school that refuses to play a scheduled conference game shall forfeit that game. The forfeiting school must also pay the opponent a \$75.00 fee. This fee must be paid prior to the forfeiting team playing their next conference game. A conference school that lacks the required number of eligible player required to play that sport may cancel the remainder of their season in that sport. The conference shall decide the penalty the school must pay to the schools with which they had scheduled games.

LATE ELIGIBILITY LISTS--\$10.00

LATE CONFERENCE DUES--\$5.00

Note: Penalties are not limited to these infractions.

A.

- Removal of bases in baseball or softball by spectators or school personnel
removal of nets in basketball
- Removal of goal posts in football (plus additional cost of replacement of goal posts)
- Damaging/ overturning soccer goal and/ or net
- Filming or videotaping of a contest by non-participating schools without approval of competing teams
- Failure to have on file evidence of legal birth date of each player
- Removing team from field or court prior to completion of game unless removal is by mutual agreement of both administrators
- Coaches criticizing officials to media (third offense; reprimand for first offense; probation for second offense)

B.

- Certification regulation, or failure to list all students who underwent weigh-in
- No uniformed law enforcement and/or school administrators/athletic director in attendance (school will also be instructed that law enforcement must make its presence known to game officials prior to playing future games)

C.

- Illegal practice (during teacher workday, during school day; squad meeting or practice on Sunday; football conditioning week; out-of season practice; two for one penalty for each illegal practice; Conference may also place school on probation for period not to exceed one year, with or without playoff privileges)
- Illegal scrimmage, game may also place school on probation for period not to exceed one year
- Violation of sports season concept (Conference) may also place school on probation for period not to exceed one year

D.

- Use of an ineligible player including, but not necessarily limited to failure to comply with the regulations in regard to:

Taking part in at least 11 separate days of team practice

- (1) Medical examination
- (2) Residence
- (3) Attendance
- (4) Scholastic requirements
- (5) Age
- (6) Excessive years of participation
- (7) Dressing or practicing while ineligible
- (8) Daily, weekly, seasonal player limits
- (9) Player ejected from contest
- (10) Mandatory wrestling weigh-in procedure (will not be reduced)
- (11) Violation of baseball pitching rule
- (12) Felony rule

Any middle school which uses an ineligible player in any contest may be subject to the penalties described (NOTE- In case of conflicting, blemished or illegible records, the onus rests with school officials to determine the correct information. Documents, which should be checked by school officials, include permanent records on file in the school office such as cumulative records, transcripts, and teacher's register, but do not include report cards and other non-controlled record)

1. If documented proof of a student's eligibility is found to be falsified and the student in fact is ineligible, the student will be dropped from the team but the team's record will not be affected. If the student or his parents falsified the documents he may lose his athletic eligibility for a period of time to be determined by the Conference. In individual sports, only the individual match is affected; team results would be affected if that match made a difference in the final team score, changing the outcome.
2. If negligence or failure of the principal or school officials adequately to check rules, regulations and records results in the use of an ineligible player, that player will be dropped from the team while he is ineligible and all games in which he/she participated will be forfeited, the school will be fined \$300
3. A school, which intentionally used an ineligible player, shall drop the player from the team, forfeit all games in which he participated, and will be ineligible for the playoffs in that sport. The school may also be debarred from taking part in the contest of the Conference for one year.
4. A student found to be on a free list or loan list loses his remaining athletic eligibility and will forfeit his individual matches. If the school is unaware of the violation, there is no penalty on the school
 - Wrestling below certified weight class (will not be reduced)
 - Violation of football conditioning policy (coaches guilty of violating this policy will be reprimanded and placed on probation of first offense; same penalty plus one-year suspension on second offense)
 - If a student who is ineligible is permitted to participate because of a court order, the sanctions in this section will apply unless that order is upheld after final

- judicial review.
- Team leaving bench and coming on to playing area
 - Team involved in fight before or after contest (from time arrival to depart)

III. On an annual basis, prior to the beginning of a new Albemarle Athletic Conference season, a principal would be selected to assist the CONFERENCE SECRETARY in determining penalties. The principal of the school in question would handle personnel

FILING A REPORT ON AN ALLEGED INFRACTION

If there is not a rule/regulation identified by the SDPI Athletic Manual and/or our Conference Bylaws/Constitution, we will use the NCHSAA/National Federation.

- A. If there is a question of interpretation of a rule the SDPI will be contacted. If an SDPI official is not available the NCHSAA and other city-county athletic directors to render a decision.
- B. If there is perceived to be a rule violation by an individual or team/school the following procedures should take place:
 - 1. A letter is to be sent to the Albemarle Athletic Conference Secretary sighting the alleged rule infraction.
 - 2. The letter is to be signed by the individual(s) who allege that a rule infraction took place.
 - 3. The letter is to contain pertinent facts of the case, as well as data to substantiate that a rule violation did take place.
 - 4. A Penalty committee composed of a Principal; THE SECRETARY will render a decision based on the facts of the case.