

Athletics

"Interscholastic athletics have a vital place in the total educational program when they are effectively planned, organized, administered, supervised, and evaluated. Through school athletics, many of the interests and needs of young people can be served better than through any other channel."

State Board of Education 1987

MS ATHLETIC REGULATIONS

- General Statute 115C-47(4) makes it the responsibility of the local board of education to regulate extracurricular activities, including athletics. This statute reads as follows:
- "Local boards of education shall make all rules and regulations for the conducting of extracurricular activities under their supervision, including a program of athletics...provided that all interscholastic athletic activities shall be conducted in accordance with rules and regulations prescribed by the State Board of Education."

General Statute 115C-47

AGE

- STUDENT MAY NOT PARTICIPATE IF HE/SHE BECOMES 15 YEARS OF AGE ON OR BEFORE OCTOBER 16, 2009.

ATTENDANCE

- MUST BE IN ATTENDANCE 85% (CANNOT MISS MORE THAN 13.5 DAYS IN THE PREVIOUS 90-DAY SEMESTER).
- THIS INCLUDES ALL ABSENCES (EXCUSED AND UNEXCUSED)

ATTENDANCE

- ATTENDANCE IS REGULATED BY LOCAL LEA POLICY IN TERMS OF LENGTH OF DAY REQUIRED TO BE COUNTED IN ATTENDANCE.
- LOCAL ATTENDANCE POLICY MAY BE MORE STRINGENT IN TERMS OF COUNTING/EARNING CREDIT FOR COURSES.
- SUMMER SCHOOL DOES NOT COUNT TOWARDS ATTENDANCE.

ACADEMICS

- STUDENTS IN GRADES 7 AND 8, MUST PASS AT LEAST ONE LESS THAN THE NUMBER OF REQUIRED CORE COURSES EACH SEMESTER
- AND
- MEET PROMOTION STANDARDS ESTABLISHED BY THE LEA.

ACADEMICS

- AN ATHLETE BECOMES ELIGIBLE OR INELIGIBLE ON THE FIRST DAY OF THE NEW SEMESTER.
- STUDENTS ENTERING THE 7TH GRADE FOR THE FIRST TIME ARE AUTOMATICALLY ELIGIBLE FOR FIRST SEMESTER.

ACADEMICS

- SUMMER SCHOOL WORK THAT IS USED TO MAKE UP PART OF THE ELIGIBILITY REQUIREMENT, MUST BE APPLIED TO THE MOST RECENT SEMESTER.

ENROLLMENT/RESIDENCE

- STUDENT MUST BE A REGULARLY ENROLLED MEMBER OF THE SCHOOL'S STUDENT BODY.
- STUDENT MUST PARTICIPATE AT THE SCHOOL TO WHICH HE/SHE IS ASSIGNED BY THE LOCAL BOARD OF EDUCATION.

ENROLLMENT/RESIDENCE

- SCHOOL ASSIGNMENT IS BASED ON THE RESIDENCE OF THE PARENT OR LEGAL CUSTODIAN (COURT ORDERED CUSTODY, **NOT** GUARDIAN) WITHIN THE ADMINISTRATIVE UNIT.
- STUDENT MUST LIVE WITH THE PARENTS OR LEGAL CUSTODIAN.

ENROLLMENT/RESIDENCE

- A "**LEGAL CUSTODIAN**" IS A PERSON OR AGENCY AWARDED LEGAL, COURT-ORDERED CUSTODY OF A CHILD.
- A STUDENT MAY NOT HAVE TWO RESIDENCES FOR ELIGIBILITY PURPOSES.

ENROLLMENT/RESIDENCE

- TRANSFERS WITHIN THE SAME ADMINISTRATIVE UNIT MAY BE GOVERNED BY THE LOCAL BOARD OF EDUCATION.
- A STUDENT TRANSFERRED FROM ONE ADMINISTRATIVE UNIT TO ANOTHER BY MUTUAL AGREEMENT IS IMMEDIATELY ELIGIBLE, FOR ATHLETIC PARTICIPATION IN THE RECEIVING UNIT, IF ELIGIBLE IN ALL OTHER RESPECTS.

ENROLLMENT/RESIDENCE

- STUDENT MUST BE PROPERLY ENROLLED AT THE MEMBER SCHOOL NO LATER THAN THE 15TH DAY OF THE PRESENT SEMESTER, AND MUST BE IN REGULAR ATTENDANCE AT THAT SCHOOL.

MEDICAL REQUIREMENTS

- STUDENT MUST RECEIVE A MEDICAL EXAMINATION ONCE EVERY 365 DAYS BY A DULY LICENSED PHYSICIAN, NURSE PRACTITIONER, OR PHYSICIAN'S ASSISTANT.

SEMESTER RULE

- 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 FIRST ENTRY INTO SEVENTH GRADE.

ELIGIBILITY LISTS

ELIGIBILITY LISTS SHALL BE CERTIFIED WITH THE SIGNATURE OF THE PRINCIPAL AND FILED WITH THE LOCAL SUPERINTENDENT (OR DESIGNEE) PRIOR TO THE FIRST GAME OR CONTEST IN THAT SPORT.

OFF SEASON SKILL DEVELOPMENT

- OFF-SEASON SKILL DEVELOPMENT SESSIONS ARE ALLOWED DURING THE SCHOOL YEAR FOR SEVENTH AND EIGHTH GRADERS.

OFF SEASON SKILL DEVELOPMENT

- 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.

OFF SEASON SKILL DEVELOPMENT

THE PRIMARY FOCUS OF OFF-SEASON SKILL DEVELOPMENT SHOULD BE ON INDIVIDUAL STUDENT ATHLETES, NOT TEAM. DURING THE SUMMER, WORKING WITH INDIVIDUALS, INCLUDING RISING AND ELIGIBLE SEVENTH GRADERS WILL BE ALLOWED, AS LONG AS IT IS NOT REQUIRED.

DPI/LEA REGULATIONS

- NO 6TH GRADER IS ALLOWED TO PARTICIPATE IN THE ATHLETIC PROGRAM, PRACTICE OR PLAY.
- MANAGERS MAY BE 6TH GRADERS AND DO NOT HAVE TO MEET THE ELIGIBILITY REQUIREMENTS (LEA DECISION). MANAGERS MAY NOT PRACTICE AS A PLAYER.

NCDPI/ LEA REGULATIONS

- A STUDENT MAY NOT DRESS FOR A GAME OR SCRIMMAGE WHEN HE/SHE IS NOT ELIGIBLE TO PARTICIPATE IN THE GAME.
- CHEERLEADING IS A LOCAL DECISION ACTIVITY.

NCDPI/LEA REGULATIONS

- TO MAINTAIN AMATEUR STATUS, A STUDENT MUST NOT ACCEPT MONEY OR AWARDS HAVING UTILITARIAN VALUE (GOLF BALLS, CLUBS, TENNIS RACKETS, ETC.) FOR PARTICIPATION IN ATHLETICS.
- LOAN EQUIPMENT AND SUPPLIES ARE PROHIBITED ITEMS.

DPI/LEA REQUIREMENTS

- EVENING CONTESTS AND/OR GAMES SHALL START NO LATER THAN 7:00 PM WHEN FOLLOWED BY A SCHOOL DAY.

DPI/LEA REQUIREMENTS

- 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 (OTHER THAN AGE) ELIGIBILITY RULE UPON THE INDIVIDUAL STUDENT WHEN IN ITS OPINION THE RULE FAILS TO ACCOMPLISH THE PURPOSE FOR WHICH THE RULE IS INTENDED OR CAUSES UNDUE HARDSHIP UPON THE STUDENT.

DPI/LEA REQUIREMENTS

- INSURANCE COVERAGE - STUDENT ATHLETES SHOULD HAVE PROPER INSURANCE COVERAGE. LIFETIME CATASTROPHIC LIABILITY INSURANCE IS AVAILABLE THROUGH THE NCHSAA.

DPI/LEA REQUIREMENTS

- IT IS RECOMMENDED THAT THE HEAD COACH ATTEND ONE OF THE NCAAHPERD OR NC COACHES ASSOCIATION STATE CLINICS IN THE SPORT HE/SHE COACHES.

DPI/LEA REQUIREMENTS

- EJECTIONS ARE GOVERNED BY THE LOCAL SCHOOL BOARD AND CONFERENCE. THE MINIMAL REQUIREMENTS FOR EJECTIONS ARE:
- FIRST OFFENSE - REPRIMANDED AND SUSPENDED FOR NEXT GAME AT LEVEL OF PLAY AND ANY INTERVENING GAMES AT EITHER LEVEL.

DPI/LEA REQUIREMENTS

- SECOND OFFENSE - PLACED ON PROBATION AND SUSPENDED FOR THE NEXT TWO GAMES AT THAT LEVEL OF PLAY AND FOR ANY INTERVENING GAMES AT EITHER LEVEL;
- THIRD OFFENSE - THE PERSON SHALL BE SUSPENDED FOR ONE CALENDAR YEAR.

DPI/LEA REQUIREMENTS

- A COACH WHO IS SUSPENDED AT ANY LEVEL OF GRADES 7-12 MAY NOT COACH IN ANY OTHER GRADE LEVEL DURING THE PERIOD OF SUSPENSION.
- PENALTIES ARE CUMULATIVE FROM SPORT TO SPORT AND FROM SPORT SEASON TO SPORT SEASON.

DPI/LEA REQUIREMENTS

- SPORTS SEASONS
 - FALL - BEGINNING OF FALL TO NOV. 15
 - WINTER - OCTOBER 15 - MARCH 1
 - SPRING - FEBRUARY 1 UNTIL END OF SCHOOL.

FOOTBALL MUST BE PLAYED AS A FALL SPORT.
ALL OTHER SPORTS CAN BE PLAYED AT ANY TIME.

NCHSAA Sports Medicine Information

- On the remaining slides are Sports Medicine information taken from the NCHSAA Eligibility PowerPoint for High Schools. This includes concussion, neck injuries, heart issues, respiratory issues/asthma, heat illness, and skin infections.

SPORTS MEDICINE: TAKE HOME POINTS

- Five North Carolina High School Athletes died in games or practice during 2008-2009 school year
 - 2 of these were head injuries
 - 2 were heart problems
 - 1 final diagnosis/autopsy report has not been released
- The following slides provide key points that may help you, as coaches, prevent further deaths.

SPORTS MEDICINE: CONCUSSIONS

- A concussion is a traumatic injury to the brain and presents with a wide variety of signs and symptoms
 - Headache
 - Confusion
 - Amnesia (not remembering events before or after the injury)
 - Vision changes
 - Loss of consciousness
 - Dizziness
 - Irritability/emotional changes (inappropriate or atypical crying, laughing, etc)
 - Nausea/vomiting
 - Fatigue/feeling sluggish/slow/foggy
 - Hearing "bell ring"
 - Excessive fatigue/drowsiness
- ANY sign/symptom after a blow to the head is a concussion until proven otherwise

SPORTS MEDICINE: CONCUSSION

- A high school athlete should NEVER return to play on the day they suffer a concussion
 - Returning an athlete to play before complete resolution of symptoms can lead to recurrent concussion, prolonged post-concussion symptoms, OR even 'Second Impact Syndrome' (which is often fatal)
- NEW NHSCAA Rule : An athlete with suspected concussion cannot return to play until he/she is cleared by a licensed medical physician
 - Managing concussions is difficult even for well-trained and experienced medical providers. Coaches, you *do not* want this responsibility (or liability).

SPORTS MEDICINE: CONCUSSIONS

Take home point: At the end of the day, it's not an athlete's knee, ankle, or elbow... it's his or her brain and you cannot get this one wrong.

- "WHEN IN DOUBT, SIT THEM OUT."

SPORTS MEDICINE: NECK INJURIES

- Cervical spine injuries are typically caused by contact with a forward flexed neck
 - 'spearing' position
- Any numbness/tingling in BOTH arms is suspicious for a cervical spine injury
 - a 'stinger' *never* causes burning in both arms

Take Home Point: Any suspected cervical spine injury should be immobilized and evaluated by medical personnel

SPORTS MEDICINE: HEART ISSUES

- Sudden cardiac death occurs in young athletes for a variety of reasons:
 - Most are due to genetic abnormalities of heart rhythms or heart anatomy
 - Drugs can trigger cardiac arrest (cocaine, stimulants, anabolic steroids, and ephedrine are common culprits)
 - Heat stroke can lead to cardiac arrest
 - Viral illnesses can cause 'myocarditis' (infection of the heart muscle) which can cause sudden cardiac arrest
 - Sickle cell trait makes athletes more likely to have sudden cardiac arrest (more common in African-Americans)

SPORTS MEDICINE: HEART ISSUES

There are red flags which can tip us off to undiagnosed heart problems

- Chest pain with exertion
- Passing out/fainting from exertion – this is not normal or due to being 'out of shape'
- Family history of a sudden cardiac death or unexplained death before age 50

Take home point: *Any* athlete who passes out or has chest pain with exertion needs a medical evaluation

SPORTS MEDICINE: RESPIRATORY ISSUES/ASTHMA

- Asthma attacks remain a leading cause of death among young people
- Be aware of common asthma triggers:
 - Respiratory infections
 - Both extreme heat/humidity and cold/dry
 - Pollen & other allergens

Take home point: Know who your asthmatic athletes are & make sure they have accessible inhalers

SPORTS MEDICINE: HEAT ILLNESS

- Death from heat illness is preventable
- Hydration is only one part of the solution
- Know who is at increased risk
 - Obese, out of shape athletes
 - Athletes with fever or recent stomach or respiratory infections
 - Athletes with sickle cell trait
 - Athletes with history of prior heat illness
 - Athletes on illicit drugs, ADD meds, or supplements w/ stimulants

SPORTS MEDICINE: HEAT ILLNESS

- Allow athletes/teams to acclimate and become accustomed to heat over time
- Allow regular breaks for cooling and hydration
- Monitor body weight pre/post practice
- Recognize early and initiate cooling immediately
 - confusion, collapse, nausea/vomiting

SPORTS MEDICINE: SKIN INFECTIONS

- Skin infections are common in contact sports
- Most skin infections are relatively minor and self-limited
- Resistant staph infections (MRSA) have become quite common and can be severe
- Skin infections are spread by skin-to-skin contact, sharing pads/equipment/work-out gear, dirty equipment
- Any boil or abscess needs medical evaluation

SPORTS MEDICINE: SKIN INFECTIONS

Take home point: the vast majority of skin infections can be prevented by good hygiene

- Shower right after every practice & game
- Do not share equipment, pads, work-out clothes, towels, etc
- Wash hands frequently with soap/water or anti-bacterial towels/gels
- Wash equipment, mats, clothes, towels, etc regularly

DPI MIDDLE SCHOOL ATHLETIC MANUAL ONLINE SITE

- <http://www.ncpublicschools.org/curriculum/healthfulliving/athletics/>
