

North Carolinians *for* Home Education Athletic Commission
(NCHEAC) Handbook

2017-18

Revised/Effective

4/1/2017

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Additions to NCHEAC Handbook effective for 2017-18

- 1) Registration deadlines changed to August 15th for cross country & January 5th for swimming. Pg. 29
- 2) Basketball registration deadline changed to August 15th. Pg. 29
- 3) Basketball programs are reminded that both Varsity and JV teams play 8 minute quarters. Pg. 23
- 4) Basketball programs still have a November 1st roster deadline, but if they plan to play conference games the first week of November, their rosters should be in by October 25th. Pg. 29
- 5) Varsity state basketball championship trophies will be replaced with a banner. Pg. 21
- 6) No recording devices allowed within 15 feet of the opponents bench. Pg. 13
- 7) A Jr./Sr. Declaration Form shall only be required when a player declares as a junior prior to their 17th birthday or as a senior 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. Pg. 15

This will be added to the Jr/Sr form: "sources from the internet including social media or recruiting sites or NCHEAC documents"

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.

To download official league forms please go to :

Website: <http://www.ncheac.com>

Correspondence to the NCHEAC office (to mail forms and checks) :

Email : sports@nche.com

Mailing address: **NCHE**
4441 Six Forks Rd.
Suite 106 Box 144
Raleigh, NC 27609

Current Sports:

Team Sports - Boys and Girls:

BASKETBALL / CROSS COUNTRY / FENCING / SOCCER / SWIMMING

Team Sports – Girls Only

VOLLEYBALL

Individual Sports offered for Boys and Girls:

CROSS COUNTRY / FENCING / SWIMMING

Rules:

(Unless NCHEAC states otherwise, all rules related to the 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/>

Note: NCHEAC has the right to modify the rules in this handbook during the current athletic season, should the need arise.

A. **FORMS**

Forms get updated from time to time, so please always use the current forms on the web.

Please follow the examples given on the forms and completely fill out all fields requested. Failure to do so could cause a delay in the approval process and could result in late fees or dismissal.

Please email all completed forms to sports@nceac.com. Forms will be denied and returned if the current form was not used.

Sending the forms to the state director's or NCEAC board member's personal email address could also lead to delays.

Types of forms found at nceac.com

1. Handbook
2. Team Registration
3. Individual Registration (*This is for individuals who will not be participating on a team, but will be entering the state competition as an individual. Used for sports such as cross country, fencing, swimming*).
4. Team Roster
5. Team Schedule (*This is for teams registering for regular season league play*).
6. Team Non-Recruit/Non-Transfer (*Parent's signature required*)
7. Jr/Sr (*Parent's signature required*)
8. Redshirt

B. **DEADLINES** (See DEADLINE APPENDIX)

C. **REGISTRATION/SCHEDULE - FORMS**

All teams must reapply/apply for registration each sports' season. NCEAC will review for approval.

1. **To register a team(s) for a league sport :**

- (a.) Download and fill out the team registration form found at :
<http://nceac.com/site/ClientSite/article/34146>

The AD/or program contact of each athletic program must acknowledge that they have read and are in agreement to abide by league rules found in this handbook and any related NCEAC forms. The AD/or program contact of each athletic program should also notify each coach of the handbook information

- (b.) Download and fill out the schedule for the HOME conference games of your team(s).
<http://nceac.com/site/ClientSite/article/34148>

(**Note.** Only conference home games are needed. If you are playing teams in your region, but not in your conference, then please do not include those on the form).

(c.) Email both forms to sports@nche.com by the deadline date found in the DEADLINE appendix.

NOTES:

There will be \$25/team fee for filing after the initial deadline and date and before the past due date.

A team that does not file on or before the past due deadline date will be considered not in compliance and shall then be removed/denied from the league and the other league participants will be notified.

2. To register a team(s) for a non-league sport (This is for just a tournament sport, not a regular season sport. Example – Cross Country, Fencing, Swimming) :

(a.) Download and fill out the team registration form found at :
<http://ncheac.com/site/ClientSite/article/34146>

The AD/or program contact of each athletic program must acknowledge that they have read and are in agreement to abide by league rules found in this handbook and any related NCHEAC forms.

(b.) Email the form to sports@nche.com by the deadline date found in the DEADLINE appendix.

D. ROSTERS/PLAYER FORMS

1. To register team players in a regular season conference :

(a.) Download the "Team Roster Spreadsheet" and fill out each field unless marked optional. The form is found at <http://ncheac.com/site/ClientSite/article/34147> .

See instructions on how to fill out the fields. (See *Instructions and Example tab on the spreadsheet*).

Please enter the fields in "proper case", and please do not fill in a field in all upper case, unless specified.

Must provide roster for each team specified on the registration form.
(See *tabs on bottom of the roster spreadsheet form for specific team division.*)

Coaches names and their contact information need to be provided also.
(**Note.** *This is no longer on the team registration form.*)

(**Note.** ZZ may be used for uniform numbers if numbers have not been assigned yet or uniforms have not been ordered).

- (b.) Download the Jr./Sr. Declaration form found at <http://ncheac.com/site/ClientSite/article/34156>

This is only required when a parent indicates that their child (player) declares as a junior prior to their 17th birthday or declares as a senior prior to their 18th birthday. The parents must sign this form.

If a player is declared as a junior by the parent, then they do not have to file a form the following season as they would automatically be a senior.

Otherwise, if no forms are received, all players will be designated as a Junior if they become 17 on or before August 1st or will be designated as a Senior if they become 18 on or before August 1.

- (c.) The Non-Recruitment Rule form must be downloaded and filled out and signed by the parents and submitted one time per family. This is required for league participation. (**Note.** If parents have previously signed a form for this child or another sibling - please indicate in the spreadsheet). Form found at <http://ncheac.com/site/ClientSite/article/34156>

- (d.) Send a check for the amount of the league fee for the sport you are sending rosters in for; or email spencer.mason@nche.com to get information on how to pay by credit card. At least 50% of the fee must be paid when submitting roster. The remaining amount must be paid 30 days after roster deadline date. (See League Fees Appendix)

- (e.) Email (roster, jr/sr, non-recruit) forms to sports@nche.com by the deadline date for rosters found in the DEADLINE appendix.

NOTES:

There is a \$50 late fee for any team that is submitting rosters late or late in payment. Incomplete rosters will be returned and no longer accepted, meaning please do not submit any players, who's homeschool is not listed on the (DNPE) Department on Non-Public Education website.

You can verify the listed homeschool by using the link on the roster website page. If you have players bordering the state line that live in another state, please scan and send proper documentation that indicates the player is homeschooled in the bordering state.

NCHEAC teams will be required to use their conference rosters when playing NCHEAC registered teams (regardless of conference or region).

Teams must submit a roster before they can participate in conference games/matches. Any players not included on the roster or who have not been cleared by NCHEAC as being from a family listed with DNPE may not participate in any league games/matches.

NEVER add players to a NCHEAC registered team roster during the season unless NCHEAC has been notified first. FAILURE to do so may lead to forfeits.

2. To register team players for NCHEAC sports that do not participate in the regular season, but are NCHEAC state tournaments only :

All step instructions (a, b, c, d, e) above for the regular season rosters, are also required for the sports that have no regular season, such as cross-country, fencing, and swimming.

There is a difference in step d, as 100% of the sport fee is due on the roster deadline, excluding fencing.

E. ROSTERS

1. REGULAR SEASON

- (a.) Any games played with players from families who are not eventually found cleared by NCHEAC will be considered to have been played with ineligible players and the team will be credited with a forfeit loss. Teams that forfeit any required regular season games/matches are not eligible for NCHEAC post-season play unless they receive an exception by NCHEAC.

Note: 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.

- (c.) **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 a NCHEAC team’s non-NCHEAC roster.

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.

An athlete is considered committed to a team once they initially register with the team/sport.

If a player is cut from the team during try-outs, 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 NCHEAC reviews the situation and determines the program failed due to players refusing to play.

In the event a NCHEAC team or program folds, NCHEAC reserves the right to review the situation before players are released to other teams.

Players on a team in a program are committed to the team and must receive a NCHEAC approved release to move to another team (including an older team) with another program.

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; or a hardship based on time or distance as determined by NCHEAC. (See Page 13 Letter O).

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

(d.) Non-conference Rule

1. A NCHEAC athlete may not leave their team and play for another homeschool team in the same sport for a period of 12 months, unless given a release from their team by NCHEAC.

This rule applies to both non-conference homeschool teams or participating on a NCHEAC team's non-NCHEAC roster.

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.

2. 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 (NRNT)).
3. NCHEAC teams that use an ineligible player as above will be ineligible for 12 months. (Clarification: This applies to non-NCHEAC teams entering or re-entering the league).

(e.) Exception to NRNT Rule for programs who lost their boys or girls program due to illegal recruiting.

In situations where a league program has been without a team for 1 or more seasons due to a non-conference team taking players from their team, they may return to the league under the following provisions:

1. They must not have any players on their roster who have previously been in violation of the Non-Recruit/Non-Transfer rule for 1 season.
2. They may play league teams and the league teams are required to play them according to the rules in effect for the current season, but are not eligible for the regional tournament or state tournament during their first season.
3. Starting in the second season, they are eligible to play in post season NCHEAC tournaments and they may have on their roster any players who previously left and returned or who came from other teams and have now sat out one year of participating on a homeschool team.

(f.) 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 school year.

The following are examples of inappropriate student contact:

a.) 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.

b.) Coaches or athletic program administrative personnel talking with a student-athlete from another NCHEAC Member Team about switching from another program to the team.

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 .

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

(g.) **Penalty for using ineligible players in league or tournament games:**

If an ineligible player is discovered to have played in a league or tournament game, then the team guilty of this infraction will forfeit the game. (See page 20 Letter G – for consequences of forfeits).

(h.) For a team to be eligible to play in NCHEAC 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.

(i.) All homeschool programs must confirm the birth date and gender of each athlete on the roster by government document (birth certificate, driver's license, etc.) and indicate this on the roster form.

The actual government document or copy does not have to be forwarded to NCHEAC but must be available for review in the case of a dispute.

(j.) Dual eligibility is only for the first 2 years a program initially offers a sport (or NCHEAC has multiple divisions in the tournament, See page 14).

The one exception is medical emergencies and must be approved by NCHEAC. If a player from an older division is involved, then all coaches in the division must agree on the player.

Note: This approval for a medical emergency only applies until the injured player returns and only for the regular season. The player is not allowed to play in the tournament.

(k.) Regular season games against teams in another NCHEAC conference are considered non-conference games and are restricted to the conference roster submitted to NCHEAC.

2. **TOURNAMENT ROSTERS** (For **ONLY** those sports without a regular season)

If an athlete wants to switch teams from the prior year's tournament team to a different team for the current year's tournament, the athlete still must contact the state director at sports@nche.com for release approval from NCHEAC. NR/NT rules still apply.

F. **SCHEDULES (Regular Season)**

1. To be eligible for post season, teams must play each member in their conference twice. Statewide leagues shall play each other once. New teams and teams not participating in the ADs scheduling meeting must accommodate the schedules of existing teams who participated in the AD's meeting.

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.

3. Do not schedule games in facilities unless you are certain that you can assure the availability of the facility 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. In basketball, for varsity only, teams in the Eastern Region & Western Region shall compete as a single league.

Once the conference game is agreed upon before the season by the 2 teams, it cannot be changed without permission of the league.

5. **Game Cancellation 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 cancellation 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 cancellation.

b.) NCHEAC must also be made aware of any cancellation 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 on the nearest possible date mutually agreed upon by the two teams involved.

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.) NCHEAC has the authority to award a forfeit to a team that does not abide by this policy.

f.) 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.

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).

* 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.

NOTE:

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.

NCHEAC will monitor this situation to see if playing these teams needs to be changed to a forfeit.

- g.) Regular season games against teams in another NCHEAC region are considered non-conference games and are restricted to the conference roster submitted to NCHEAC.

G. LEAGUE FEES (See League Fees Appendix)

- 1.) NO REFUNDS
- 2.) Teams will receive a discount on their fees of 50% of the advertising they sell in the tournament program.

Ad rates are \$100 for a full page, \$60 for a half page. In other words, if a team sells a full page add, they receive a \$50 discount. They may receive a total of discounts equal up to the amount of their league fee.

H. UNIFORMS

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. NFHS rules require the home team to wear a white uniform. For basketball and soccer, the home team must wear white for league play.

Soccer requires the home team to wear white socks. This rule only applies to basketball and soccer.

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.

5. Uniform numbers are required on the **front and back** of **soccer** uniforms per NFHS.

6. Uniform numbering and lettering must be done per NFHS rules.

I. GATE ADMISSION

Admission charge is up to the home team and the visiting team is to be informed when the game is scheduled.

J. OFFICIALS

1. SEE appendixes for BASKETBALL / SOCCER / VOLLEYBALL

K. REPORTING GAME RESULTS

It is the responsibility of the coach or designated person from both teams to e-mail conference game/match results to sports@ncche.com. These should be turned in preferably the day of the game/match, but no longer than 24 hours later.

L. PROTESTS

Protests should be sent to the director via the e-mail address: sports@ncche.com which will be monitored by the director.

M. MULTIPLE TEAMS FROM SAME PROGRAM IN A DIVISION

NCHEAC has said that **for volleyball and basketball only**, that if a program has enough players for a division in which it would be the only team in the state at that age level, that 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.

N. 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.

O. RELEASES

Requests for a release from a program should be granted or denied within 2 weeks. No releases will be considered unless received 2 weeks before the final roster deadline. See NCHEAC Commissioner for additional limitations on releases.

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.

P. AUDIO-VIDEO RECORDING

There shall be no recording within 15 feet of the opponents bench.

**** DUAL ELIGIBILITY ****

Dual Eligibility (For new programs getting started – allowing them to use for the first two years in NCHEAC or for established teams the first 2 years NCHEAC offers multiple divisions in a sport (whether a tournament or a league).

What is Dual Eligibility?

Dual eligibility is a term used to describe a situation in which a player can be on the roster of two teams within a program. This situation comes about as the result of a lack of sufficient players to field a full complement of teams, which would be:

* Middle School * Junior Varsity * Varsity

How does it work?

As an example, a team might have plenty of JV players but only have 5 players on the Varsity team. Using dual eligibility, two of the JV players could be on the Varsity roster, giving the Varsity 7 players, which would allow the fielding of a Varsity team. These two players would also be allowed to play on the JV team. The Committee feels that 7 players (for basketball) or 8 (players for volleyball) are a sufficient number of players to field an effective team.

Please note that the age requirements for each division remain in force and it is not permissible to play players 'down'. That is to say, it is not permitted to play a Varsity player down on the JV team if he or she does not meet the age requirements for JV.

** What is it for?

The Dual Eligibility program is being retained for the express purpose of allowing homeschool programs to be able to field teams. The Committee fully recognizes the difficulties and uncertainties inherent in Homeschool sports. It is hoped and anticipated that as the years pass and programs become more established, that the need for this exemption will fade.

** What is it not for?

One of the realities of homeschool sports is that many players play at a level above what would normally be expected. For example, it is not uncommon to find JV age players playing on, and even starting on, a Varsity team. The Committee wishes to make clear that these are not the kind of players that should be considered for dual eligibility. Instead, dually eligible players should be players who are basically JV level players who can fill in on the Varsity team to provide relief for the Varsity players. The Committee will scrutinize all requests carefully to ensure that no players who are fully capable of playing Varsity will be playing in JV games. The purpose of dual eligibility is to be able to field teams, not cause a competitive imbalance. These same guidelines apply to players who are dually eligible on Middle School and JV teams.

How many dually eligible players are allowed?

Each program is allowed 2 dually eligible players (3 in sports with 9 or more positions) shared between 2 or 3 age divisions (middle school, junior varsity or varsity). No individual player may play in more than 2 divisions.

What is the process for making players dually eligible?

All requests for making players dually eligible must come through and be approved by the NCHE Athletic Commission. Please submit all requests to the director at sports@nche.com .

DEFINITION of a HOMESCHOOL ATHLETE

A. 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 tournament games.

Out of state homeschoolers must be part of a North Carolina support group or co-op and provide legal proof of compliance with the homeschool law in their state.

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

C. Must continue to be in compliance with all other applicable state homeschooling laws.

RULES of PLAYER ELIGIBILITY

A. Regular Season:

1. Players must not have reached, as of August 1st of the current school year:

- Their 19th birthday for varsity competition
- Their 17th birthday for junior varsity competition
- Their 14th birthday for middle school competition

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 ceremony for sports or other reasons including internet sources. Participation on a college team terminates all high school eligibility.

4. A Jr./Sr. 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.

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.) This declaration will be by a form signed by the athlete's custodial parent(s). NCHEAC will provide the form to be downloaded at: <http://ncheac.com/site/ClientSite/article/34156>

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.) Form found at: <http://ncheac.com/site/ClientSite/article/34156>

5. Players must be on an approved roster and be an official homeschooler on the day they are added to the roster.

6. It is **strongly recommended** that no player under age 10 be submitted on a roster.
7. In the event a NCHEAC team or program folds, NCHEAC reserves the right to review the situation before players are released to other teams.

B. Tournaments:

1. Preseason : Must meet the state requirements of the state in which the player resides.
2. End of season:
 - a.) Must have attended at least 50% of the conference regular season games, unless granted an exception by the NCHEAC Board
 - b.) All regular season rules apply.

C. Player Suspensions and Expulsions

If a player is placed under discipline by their program, NCHEAC will recognize the following:

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.

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 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.

COACHES CODE of ETHICS

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

NCHEAC RULES of BEHAVIOR

Area of Jurisdiction: All NCHEAC Coaches, Athletic Program Officials, Parents, and Players

Principle: North Carolinians for Home Education is a Christian organization designed to strengthen and support home education.

Since the NCHE Athletic Commission (NCHEAC) 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, the NCHEAC has adopted the following rules.

- 1.) All participants of NCHEAC 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 yellow cards in a game for either rough play or improper speech directed toward an official. The results of a 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:

- (*1) 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)
- (*2) Speaking disrespectfully to an official (It is the official's discretion as to whether this a simple technical or an ejection offense.)
- (*3) Cursing
- (*4) Biting observed by an official
- (*5) Taunting, baiting or spitting toward an opponent
- (*6) Profanity, directed toward an official or opponent
- (*7) Obscene gestures, including gesturing in such a manner as to intimidate
- (*8) Flagrant Foul for one of the above offenses

An EJECTION carries with it an automatic 2 GAME/MATCH suspension in addition to the game/match in which the EJECTION occurred.

A DISQUALIFICATION (2 yellow 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.

- 4.) NCHEAC also additionally adds any coach who is disqualified from their:
- * 2nd game/match of the season shall receive a 1 game suspension from their team's next NCHEAC league game/match
 - * 3rd game/match of the season shall receive a 2 game suspension from their team's next two NCHEAC league games/matches
 - * 4th game shall receive a **season long suspension**. (If this 4th disqualification/ejection occurs at the final game of the season post season tournament, this suspension will be enforced for the next season.)

Disqualifications or ejections from non-league games or 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 over rules.

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.

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 ensures that this individual is not present at the next **two** league 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. Suspensions remain in force while the appeal is being resolved.
- 7.) If one of the ejection offenses from section 3 above is committed by a player or coach after a disqualification, then the ejection penalties shall additionally apply.
- 8.) Coaches shall not to 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.

Berating officials after the contest by spectators

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.

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.

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.

Tournament Regulations:

- A. Fans are prohibited from playing basketball on the courts during game breaks and between games at NCHEAC tournaments. There is to be no use of the basketball court for shooting baskets other than by the teams scheduled to use the court.
- B. Each team will be asked to provide 1.5 hours of volunteer help for each tournament game in which their team participates. Basketball teams are given at least 3 hours rest between games; volleyball 1 hour.
- C. The team with the highest seed is designated as the home team.

D. 1) 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.

2) 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.

E. FOR COACHES:

You will be asked to select a player or players from your team to be named to the all-tournament team. The number of players selected depends on your place of finish in the tournament. 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.

F. Please adhere to all facilities rules regarding food or beverage in the building.

G. A team may not have any forfeits and play in the regional tournament unless given an exemption by NCHEAC.

A team forfeiting the regional tournament is not eligible for the state tournament.

H. See BASKETBALL / SOCCER / VOLLEYBALL Appendixes for more information.

I. AD meetings for basketball will be held at the respective regionals & at the state tournament in other sports.

ALL CONFERENCE SELECTIONS (Varsity Regular Season Sports)

Coaches guidelines for selecting all conference players/coaches:

(**Note.** For Basketball and Volleyball - players selected will have the opportunity to participate in an annual East/West all-star game. Each team could have at least 10 players.

The game is usually played on the Friday of the NCHE annual convention).

1. Varsity teams in sports that select all-star teams shall nominate players from their team to aid the other coaches in the voting on the all-star team from their region. Coaches will still not vote for player(s) from their own team, but they may vote from the list of players provided or for players who are not nominated.

2. Coaches may not choose players from his or her team.

3. If coaches do not return their ballot, by an allotted time, players from their team will be ineligible.

4. You can vote for more than one player on a given team.

5. The top 7 (6 if only 2 teams in a region/conference) vote getters plus ties make the team and the selected all-star coach can pick the remaining players, but only 1 (This limit shall not apply in a 2 team conference/region, but additional picks from the coach's team shall be done in consultation with the NCHEAC Commissioner) from his/her own team.

6. See BASKETBALL / VOLLEYBALL / SOCCER appendixes for more voting instructions.

7. The coach receiving the most votes and the regular season winning coach will alternate each year as to who will be the head all-star coach.

In even numbered years, the regular season winning coach shall be the all-star head coach.

Note: Year is based on calendar year the state tournament is held.

8. If the same coach is the top vote getter and wins the regular season, then the coach who finished second in the voting will be the assistant.
9. If there is a tie in the voting for coach of the year, the following shall apply:
 - a.) coin toss if a 2-way tie
 - b.) blind draw if a 3-way tie or more
10. Players selected for all-star team participation must be in good standing with their team at the time of the all-star competition. Players who were eligible league players at the time of their selection, who have since change to another form of schooling, may still participate.

TEAM AWARDS:

1. Team trophies are awarded to the teams finishing in first and second place at the basketball Regionals. This applies to all divisions.
2. Teams finishing in first and second place in a state tournament will each receive a team trophy, except in basketball where the varsity championship team will receive a banner.

In addition, each team member of the first place team in the tournament of the varsity division, for both boys and girls, will receive a medal.

Tie Breakers used for tournament seeding: (Based on regular season results within the conference)

A. BASEBALL

1. Head to Head
2. Point spreads (of the teams in involved in the tie)
3. Innings won
4. Coin toss

B. See BASKETBALL APPENDIX

C. See SOCCER APPENDIX

D. See VOLLEYBALL APPENDIX

Playing area dimensions, etc.

For all sports, see NFHS rules, teams must abide by the recommended court/field regulations.

BASKETBALL APPENDIX

See DEADLINE APPENDIX for due dates of registering teams and submitting rosters and schedules.

A. League Related Guidelines:

- 1) Varsity teams shall compete as a single conference.
- 2) 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.
- 3) At tournaments, the team with the highest seed is designated as the HOME and wears white.
- 4) No consolation games, unless a third place team at a regional is needed to make up the fourth team of the upcoming state tournament.
- 5) If NCHEAC approves dual eligibility for a program, then the Committee feels that 7 players is a sufficient number of players to field an effective team.
- 6) Each team could be asked to provide 1.5 hours of volunteer help for each tournament game in which their team participates. Teams are given at least 3 hours rest between games. Fans are encouraged to sit behind or across from their team's bench if such seating is available.
- 7) In the event that weather or other unavoidable circumstances, some games at the basketball regional tournaments may be canceled. In the event that the championship games are canceled, regular season seeding will be used to determine which team is the number 1 and number 2 seeds at the State Tournament.
- 8) AD meetings for basketball will be held at the respective regional tournaments.
- 9) Starting 2017-18 – For Varsity: The state championship team will receive a banner, while the state runner-up will receive a trophy.
- 10) Regular Season tie-breaker sequence
 1. Head to Head
 2. Point Spreads (of the teams in involved in the tie)
 3. Quarters won (Overtime is not considered a quarter)
 4. Coin toss

B. Game Related Guidelines:

- 1) NCHEAC has adopted the 40 point mercy rule.
- 2) NFHS rules require the home team to wear a white uniform. NCHEAC teams must wear white when designated as the HOME team for league regular season and tournament play.
- 3) 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).

No official may be used in NCHEAC games who was/is a player, coach, or team administrative personnel of the home team, in the past 5 years.

- 4) Three officials shall be used for all Varsity Boys and Girls games (including Regular Season and Regional and State tournaments).
- 5) Three officials will be used in the JV division at the state basketball tournament.
- 6) Varsity/JV basketball quarters are to be 8 minutes and Middle School Basketball 6 minutes.
(Note – All JV NCHEAC league games are 8 minute quarters).

NCHEAC will review reported cases of using the wrong length of quarters and will confirm if the home team deliberately 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.

- 7) 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.
- 8) At NCHEAC Regional and State Tournaments, the number of people allowed at the table will be only 3; (1 visitor team clock operator; 1 home team bookkeeper, 1 visitor team bookkeeper).

Home team is responsible for the book and 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.

- 9) Court Dimension: The court shall be 84 feet x 50 feet with 3 feet clear. Maximum of 94 feet in length.
- 10) Adequate lighting is a must when choosing a sports facility to host your NCHEAC games

C. Player Related Guidelines:

- 1) A DISQUALIFICATION as a result of 2 technical fouls is a simple removal from the present game with the player being able to return to the team at their next game

D. Coach Related Guidelines:

- 1) If a coach or team official verbally assaults an official after a game is over, TECHNICAL FOULS can be assessed which could result in overtime and even the reversal of the outcome of the game.
- 2) Coaches will be asked to select a player or players from your team to be named to the all-tournament team. The number of players selected depends on your place of finish in the tournament. 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.

3) ALL-CONFERENCE - 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) Coaches vote for the top 8 players in a 5-4-3-2-1-1-1-1 format when there are 5 or more teams in the conference
- d) 1 point will be added to a player's total if all opposing coaches place them on their ballot
- e) Players must be named on at least 2 ballots if 5 or more teams are in the conference
- f) All-star coaches may only pick additional players from the nominated list until of these are used

The top 7 (6 if only 2 teams in a region/conference) vote getters plus ties, make the team and the selected all-star coach can pick the remaining players, but only 1 (this limit shall not apply in a 2 team conference/region, but additional picks from the coach's team shall be done in consultation with the NCHEAC Commissioner) from his/her own team.

Balloting for Defensive Player Of the Year and Coach of Year will be by a ranking vote.

E. Fan Related Guidelines:

- 1) Fans are prohibited from playing basketball on the courts during game breaks and between games at NCHEAC tournaments There is to be no use of the basketball court for shooting baskets other than by the teams scheduled to use the court.

SOCCER APPENDIX

See DEADLINE APPENDIX for due dates of registering teams and submitting rosters and schedules.

A. League Related Guidelines:

- 1) 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. Uniform numbers are required on the front and back of uniforms per NFHS.
- 2) Regular Season tie-breaker sequence
 1. Head to Head
 2. Point Spreads (of the teams involved in the tie)
 3. Halves won
 4. Coin toss
- 3) Boys soccer tournament will be structured in a pool play format w/a point system of 3 points for a win and 1 point for a tie, points for goal differential, 1 point for shut out w/max of 3 points per match.

Seeding of the seeding of the tournament will be on the same point system.
Teams will get at least 2 matches.
- 4) The team with the highest seed is designated as the home team, Home wears white uniform and socks. (For Regular Season and Tournament)
- 5) Home team must provide ball boys. (For Regular Season and Tournament)

B. Game Related Guidelines:

- 1) NFHS rules require the home team to wear a white uniform. NCHEAC teams must wear white when designated as the HOME team for league season and tournament play. Soccer requires the home team to wear white socks.
- 2) No official may be used in NCHEAC games who was/is a player, coach, or team administrative personnel of the home team, in the past 5 years.
- 3) Varsity Soccer must use 3 officials for conference matches.
- 4) 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

Varsity soccer is to have a 40 minute half.
- 5) There is NO overtime for regular season matches.
- 6) **Note:** Soccer Tournament Elimination Game Overtime Rule :
Each game will consist of two - 40 minute halves. If the match is tied at the end of regulation then there will be two 10 minute overtime periods with a 5 minute half-time in between.

7) NCHEAC has approved the following for teams to abide by:

- a). There must be minimum of 10 feet of clear space (free of spectators and equipment) around all soccer fields. It is strongly recommended that the field be a minimum of 100 yards in length.
- b). Adequate lighting is a must when choosing a sports facility to host your NCHEAC matches.

C. Player Related Guidelines:

- 1) A DISQUALIFICATION - 2 yellow cards is a simple removal from the present match with the player being able to return to the team at their next match.

D. Coach Related Guidelines:

- 1) If a coach or team official verbally assaults an official after a game is over, PENALTY KICKS can be assessed which could result in overtime and even the reversal of the outcome of the game.
- 2) **ALL-CONFERENCE** - 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 the top 8 players as indicated on the ballot form. You will also need to vote for the Coach of the Year. The all-around best player, the best offensive player, the best defensive player and 8 additional players with the most points, plus ties up to a total of 11 players will be named to the team.

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

VOLLEYBALL APPENDIX

See DEADLINE APPENDIX for due dates of registering teams and submitting rosters and schedules.

A. League Related Guidelines:

- 1) If NCHEAC approves dual eligibility for a program, then the Committee feels that 8 players are a sufficient number of players to field an effective team.
- 2) In the East, the region will be divided into 2 conferences in the middle school and JV divisions with required home and away matches within the conferences, but in the varsity division all teams will play home and away as a single conference.

If there is only 1 middle school or JV team in a conference, then that team must play the teams in the other conference.

- 3) The volleyball tournament will be a pool play arrangement.

- 4) Regular Season tie-breaker sequence:

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

B. Game Related Guidelines:

- 1) No official may be used in NCHEAC games who was/is a player, coach, or team administrative personnel of the home team, in the past 5 years.
- 2) 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.

- 3) **Note:** For Regular Season and Tournament matches :
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

4) NCHEAC has approved the following for teams to abide by:

- a). Volleyball courts shall have a minimum of 6 feet of unobstructed space around the court.
In the event that such space is not available, the serving area shall extend into the court as far as needed to provide the minimum depth of 6 feet and be so marked.
- b). 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.
- c). Adequate lighting is a must when choosing a sports facility to host your NCHEAC matches.

C. Player Related Guidelines:

- 1) A DISQUALIFICATION - 2 yellow cards is a simple removal from the present match with the player being able to return to the team at their next match.

D. Coach Related Guidelines:

- 1) ALL-CONFERENCE - Coaches can vote for more than one player on a given team.
 - a) **Refer to the instructions sent out at ballot time from the director's email.**
 - b) Please vote for the top 6 players as indicated on the ballot form.
You will also need to vote for the Coach of the Year.
The all-around best player, the best offensive player, the best defensive player, the best setter and 2 additional players with the most points, plus ties will be named to the team.
The coach of the year or conference champion coach (on an alternating year basis) will pick additional players to fill out the team.

Best All-around – 4 points
Best Defensive - 3 points
Best Offensive – 3 points
Best Setter – 3 points
Other pick - 2 points
Other Pick – 1 point

Balloting for Coach of Year will be by a ranking vote.

DEADLINE APPENDIX

Teams :

	Basketball	Fencing	Cross Country	Soccer (Boys)	Soccer (Girls)	Swimming	Volleyball
REGISTRATION							
Due	Aug 15	Nov 1	Aug 15	May 1	Jan 2	Jan 5	May 1
Past Due	Aug 30	Nov 15	Aug 30	May 15	Jan 15	Jan 15	May 15
ROSTERS							
Due *	Nov 1	Nov 1	Sep 15	Aug 15	Mar 1	Jan 15	Aug 15
Past Due	Nov 15	Nov 15	Sep 30	Aug 30	Mar 15	Jan 25	Aug 30
Dual Eligibility	Oct 25						Aug 5
New Player **	Jan 5			Sep 15	Apr 15		Sep 15
FEES							
Initial Payment	Nov 1	Jan 30	Sep 15	Aug 15	Mar 1	Jan 15	Aug 15
Final Payment	Dec 1			Sep 15	Apr 1		Sep 15

* Denotes that roster is due 1 week before due date if you have a conference game scheduled on the opening week of the season. Example – Basketball roster would be due Oct. 25, if you have a conference game scheduled on the week of Nov. 1-7.

** Denotes that the new player must meet the 50% conference game attendance rule.

Note.

TEAM SCHEDULES have the same deadline dates as the REGISTRATION.

NR/NT; JR/SR FORMS have the same deadlines as the ROSTERS.

REDSHIRT REQUESTS - See page 15

Individuals:

	Fencing	Cross Country	Swimming
REGISTRATION			
Due	Nov 1	Sep 15	Jan 15
Past Due	Nov 15	Sep 30	Jan 25
FEES			
Payment	Jan 30	Sep 30	Jan 25

Current League Fees Appendix

SPORT	TEAM FEE	INDIVIDUAL FEE
BASKETBALL	275.00	
CROSS COUNTRY	80.00	15.00
SOCCER	325.00	
SWIMMING	80.00	15.00
VOLLEYBALL	350.00	