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North Carolinians for Home Education Athletic Commission (NCHEAC) Handbook

2026-2027

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SECTION 1
NCHEAC General Information

1.1 NCHEAC Mission Statement

North Carolinians for Home Education (NCHE) 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 the mission of operating under Biblical principles. One of those leading principles is: "Whatsoever you do, do it all for the glory of God" (1 Corinthians 10:31). 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 North Carolinians for Home Education Athletic Commission (NCHEAC) shall establish leagues and tournaments for the traditional middle school and high school sports.

The goal of NCHEAC is to learn lifetime values through sports, and to promote sportsmanship and fair play through our student athletes, coaches, and fans.

1.2 Contact Information

Email: sports@nche.com
Mailing address: NCHE / 4441 Six Forks Road / Suite 106 PMB 144 / Raleigh, NC 27609

1.3 Website Links

1.3.1 **Official website: https://www.ncheac.com**
Visit the website to find rules and forms required for participating in the league.

1.3.2 Registrations: https://www.ncheac.com/page/show/5749262-registration

1.3.3 Team forms: To register a team for league or tournament participation, league scheduling, fees, and deadlines (https://www.ncheac.com/page/show/5749310-team-forms-)

1.3.4 Individual forms: To register an individual when a sport allows a person to participate, but does not require the participant to be on a team (e.g., Cross Country, Fencing, Golf, and Swimming). Also found on this page will be individual forms for parents of team players such as the PC/NT (Program Commitment / Non Transfer). (https://www.ncheac.com/page/show/5749311-individual-forms)

1.3.5 Downloads: Use this link for the team roster spreadsheet that is to be emailed to NCHEAC. Other forms that can be signed by parents such as Concussion Awareness and the PC/NT form can be found here. These forms are for programs to keep, but are not to be sent to NCHEAC. NOTE: the PC/NT form also can be completed online. (https://www.ncheac.com/page/show/5749312-downloads-roster-etc-)

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1.4 Rules

1.4.1 Unless otherwise stated by NCHEAC, all rules related to a particular sport will fall under the NFHS guidelines. Each coach is encouraged to purchase a current NFHS Rulebook. NFHS is the National Federation of State High School Associations (https://www.nfhs.org/)

1.4.2 Registering a team for a regular season sport or an end of season tournament includes a commitment to participate in the end of season tournament(s). Failure to participate could result in probation, suspension, and/or a fine the following season of participation.

1.4.3 NCHEAC has the right to modify their rules during the current athletic season, should the need arise.

1.4.4 Each Athletic Director and all coaches in their athletic program that are registered under NCHEAC, must acknowledge that they have read and agree to abide by the league rules when a registration form is entered for participation.

1.4.5 Those who register as individuals are held responsible as well for acknowledgment of all NCHEAC rules.

1.5 Coach Background Checks

May be done on the website. This is a fee service that goes to a 3rd party vendor for which NCHEAC does not benefit.

1.6 Sports Offered

1.6.1 Team Sports

1.6.1.1 Boys and Girls - Basketball, Cross Country, Fencing, Soccer, Swimming

1.6.1.2 Boys only - Baseball, Golf

1.6.1.3 Girls only - Volleyball

1.6.2 Individual Sports

1.6.2.1 Boys and Girls - Cross Country, Fencing, Golf, Swimming

1.6.3 Programs which have sports which NCHEAC does not have a league or tournament, may submit rosters to the league and have them verified for a fee of $25 so they can meet sanctioning requirements for NCHSAA.

1.7 Fees

1.7.1 All fees can be found on the website: https://www.ncheac.com/page/show/5749262-registration

1.7.2 Late Team registrations $25

1.7.3 Late or incomplete schedules $25

1.7.4 Late or incomplete roster submissions $25

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SECTION 2
DEFINITION OF A HOMESCHOOL ATHLETE

2.1 North Carolina Division of Non-Public Education (NCDNPE) registration
The athlete's family must be listed on the NCDNPE website or receive an email of Notice of Intent confirmation from NCDNPE. Athletes must be actively homeschooled in compliance with North Carolina homeschool law as administered by the Department of Non-Public Education. This means that no private or public-school students may play in any regular season homeschool games used for tournament seeding purposes or play in any tournament games. Note: Out of state homeschoolers must provide legal proof of compliance with the homeschool law in their state in order to compete on a regular season NCHEAC team.

2.2 Further clarification about types of programs that are deemed eligible and ineligible can be found on the web by clicking here.

2.3 Athletes must be a legal homeschooler on the day they are added to an NCHEAC roster. (e.g. They may not be added to an NCHEAC roster while they are still in public or private school.)
NC DNPE Home School Requirements and Recommendations

2.4 **CLARIFICATION OF HOMESCHOOL ATHLETE**

2.4.1 The athlete must be attending a homeschool as defined by the laws of NC, where the homeschool is a non-public school consisting of the children of not more than two families or households, where the parents or legal guardians or members of either household determine the scope and sequence of academic instruction, provide academic instruction, determine additional sources of academic instruction, and determine graduation requirements.

2.4.2 Each family's homeschool must be in compliance with all homeschooling laws set forth by the state of NC. Athletes from bordering states must be in compliance with the homeschooling laws from their own state.

2.4.3 The athlete must be attending and enrolled in a homeschool registered with the NCDNPE .

2.4.4 Athletes are allowed to participate in the College and Career Promise (CCP) dual enrollment program.

Note: The reason that homeschool students may participate in community college or other college dual enrollment programs is because those classes are considered COLLEGE regardless of payment(s) involved. One semester or course at a college counts as a whole year on the transcript created by the homeschool parent. See more information about College and Career Promise at NCHE: https://www.nche.com/helps/high-school/career-college-promise/ .

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2.4.5 Athletes **cannot** be enrolled full-time in a public, private, or charter school. This includes brick-and-mortar and virtual/online schools/programs. For NC public schools including charter and virtual academies, full time enrollment means in-person or virtual instruction for more than half of a regular school day

2.4.6 The grades on the athlete's transcript are determined by the parents/homeschool administrator.

2.4.7 Students may change from a non-public school if they un-enroll from their school and enroll as a homeschool with the state.

DISCLAIMER: The above guidelines (Section 2) shall be superseded by any North Carolina laws pertaining to homeschooling.

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SECTION 3
ATHLETE ELIGIBILITY

3.1 Age

- Varsity – Must not have reached their 19th birthday before August 1
- Junior Varsity - Must not have reached their 17th birthday before August 1
- Middle School - Must not have reached their 14th birthday before August 1
- EXCEPT Middle School Girls Basketball – Must not have reached their 15th birthday before August 1. Note. This will be re-evaluated every year.

3.2 Athletes must not have graduated from homeschool, private or public high school.

3.3 Athletes must not have been recognized as a senior with their parent/homeschool administrator's permission in a homeschool or non-homeschool ceremony for sports or other reasons, before the new athletic year (e.g., senior posters, senior sports ceremonies, church ceremonies, graduation ceremonies).

3.4 Participation on a college team terminates all high school eligibility.

3.5 Athletes must be on an approved roster and be an official homeschooler before participating in an NCHEAC event.

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

3.7 No athlete may play for an NCHEAC league team with one program and a non-conference team with another program or school in the same sport during the same athletic year.

3.8 It is the program's discretion, but it is strongly recommended that no athlete under the age of 10 be submitted on a roster.

3.9 For post season tournaments, all regular season rules apply and must have been eligible for 50% of league regular season games (unless NCHEAC grants an exception).

3.10 For tournaments in sports without a regular season, these same eligibility rules apply.

3.11 Due to the strenuous nature of competitive sports on the human body, a yearly physical examination signed by a physician is highly recommended. Parents are responsible to ensure their child is in the physical condition required for the sport and that they have no medical issues that will affect the child's health or safety and that any physical limitations are clearly communicated.

SECTION 4
ROSTER SECTION

4.1 Team rosters should be submitted for verification by the deadline for each sport (see website for deadlines). Verification will be processed within 5 days and a notice of acceptance sent. From that point forward any violation of rosters will result in penalties.

4.2 Prior to the first conference game/match, players may be moved from one team to another within the program, provided that NCHEAC is notified with the updated rosters before conference play. Then only one player per team per roster 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.

4.3 The Program Commitment/Non Transfer (PC/NT) Rule provides the basis for determining roster eligibility. Please refer to Section 5 for more details.

4.4 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 it is agreeable to be played elsewhere by the teams involved.

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

4.6 **Dual Eligibility**

4.6.1 Dual eligibility is allowed on a limited basis for programs that need it to have a minimum roster as a conference team in basketball, baseball, and volleyball. The NCHEAC-defined minimum roster is 8 players for basketball, 12 players for baseball, and 9 players for volleyball. Rosters may have fewer players if they meet the NFHS minimum to play a game.

4.6.2 Rosters may be submitted with up to three (3) dual rostered players, but only one of the teams can have more than the NCHEAC minimum as defined in 4.6.1. Dual rostered players MUST be identified prior to the roster deadline and each one must have a primary team designation.

4.6.3 The Dual Eligibility program is for the express purpose of allowing homeschool programs to be able to field teams. The Council fully recognizes the difficulties and uncertainties inherent in Homeschool sports.

4.6.4 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 Council 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 Council 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. The Council reserves the right to make a ruling on eligibility allowances.

4.6.5 No individual player may play in more than two (2) divisions.

4.6.6 In addition to regular season dual eligibility, there is also an exception for medical emergencies. These must be approved by NCHEAC for a sick or injured player. If a player from an older division is involved, the player must be age appropriate for the division. NOTE: This approval for a medical emergency only applies until the injured player returns but may extend into the postseason. This exception carries the same roster spot restrictions as the NCHEAC standard dual eligibility definition in 4.6.1 and 4.6.2. If your current roster is below the NCHEAC minimum, you cannot exceed your current roster spots.

4.7 To maintain the integrity of NCHEAC, teams are prohibited from fielding players in conference or non-conference games who have been determined graduated in accordance with section 3.2 or 3.3 of the NCHEAC Handbook.

SECTION 5
PROGRAM COMMITMENT AND NON-TRANSFER RULE

5.1 No athlete may leave one NCHEAC team to play on another NCHEAC team. A team is defined as all age eligible players from middle school through high school. This rule applies to all NCHEAC programs' conference or non-conference teams in the particular sport.

5.2 This rule shall preclude the athlete from re-entering the league until:

5.2.1 The athlete has not participated on ANY school team in their sport for 365 days *,

5.2.1.1 Exception: The athlete enrolls full time and goes to play for another school outside of NCHEAC that is listed with the NCHSAA, NCISAA, or NCCSA (without having to sit out 365 days).

5.2.1.2 Exception: An exception may be granted for schools that fall outside of the NCHSAA, NCISAA, or NCCSA umbrella provided their eligibility standards are approved by appeal to NCHEAC (appeal process shall include the School Approval Appeal and submission of the athlete handbook for that school) Prior approved schools can be viewed on the website at https://www.ncheac.com/apsch.

5.2.2 The athlete may NOT transfer to a bordering, out of state homeschool team and return to NCHEAC without sitting out for 365 days.

5.2.3 An athlete may return to the program they left within 365 days.

** Sitting out for 365 days means not playing in any games or sitting on the bench during games for an NCHEAC program's team.*

5.3 An athlete is considered committed to a program once they are submitted on a roster with the team/sport and participate in any contest/game/match.

5.4 If an athlete is cut from a program, NCHEAC must be notified immediately by that program. If an athlete who has been cut from a program joins another program, that program must notify NCHEAC and the athlete should fill out a new Program Commitment/Non-Transfer (PC/NT)form.

5.5 EXCEPTIONS TO THE TRANSFER RULES ABOVE:

5.5.1 Family or Program Moves

5.5.1.1 If a family/athlete moves or the program changes their primary practice facility/game facility, and this causes an increase in travel of 25 additional miles (one way), then the family must submit a Distance Release Request for approval to the NCHEAC council in order to move to a closer program within NCHEAC. This will be determined by the athlete's primary physical address and the physical address of the programs' facilities.

5.5.1.2 NCHEAC has the option to review any occurrence of a player leaving to determine if this causes a program to not have enough players and can deny the player re-entry back into the league, unless they sit for 365 days.

5.5.1.3 Releases will only be given based on distance due to a family or program moving.
Exception: A hardship may be granted under extreme circumstances. A Hardship Release Request form must be submitted to the NCHEAC council for review prior to being approved.

5.5.2 Athlete Cuts/Dismissals

5.5.2.1 If an athlete is dismissed (except for serving a suspension/expulsion) from the team/program, they are automatically allowed to join another NCHEAC program.

5.5.2.2 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 free to go to another program, unless NCHEAC reviews the situation and determines the program failed due to athletes refusing to play.

5.5.2.3 In the event an NCHEAC team or program folds, NCHEAC reserves the right to review the situation before players are allowed to play for another program.

5.5.2.4 Players are committed to a program. If a program is unable to field a team in a specific age division, that does not automatically release the player. NCHEAC must approve any release in this situation.

5.5.2.5 After NCHEAC roster submission, an athlete may not be cut or dismissed or leave one program and go play for another program during the same season in the same sport.

5.5.3 If the program cannot field a team in a particular division under NCHEAC of the current athletic season and they are not eligible to play on another division within that program – then a player can join another program in NCHEAC in that sport with the option of returning to the original program at the next athletic season. If the original program does not enter a team for two (2) consecutive seasons or the player decides not to return to the original program after one (1) season, then the player must remain with the program they left to join.

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SECTION 6
ANTI-RECRUITMENT RULE

Coaches, tutors, athletic program administrative personnel or other persons(including athletes) 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 (hereafter referred to as the "the program") may approach the student about the program, provided they have not been on the roster, in their sport, of another NCHEAC Program during the current or previous athletic year.

The following are examples of inappropriate student contact:

- Coaches, tutors, athletic program administrative personnel or other persons(including athletes) 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 with the purpose of generating interest for that student in their program.
- Coaches or athletic program administrative personnel known to be talking with a student-athlete from another NCHEAC member program about switching to their program: If such contact is initiated by the athlete or athlete's parent (or other representative), it is the responsibility of the athletic program's personnel to refer them to NCHEAC via the website or email at: sports@nche.com.

SECTION 7
SCHEDULING

7.1 Postseason Eligibility: To be eligible for postseason, teams must play each member in their conference twice in a home and away arrangement unless both teams agree on a neutral site. Statewide leagues shall play each other once. New teams must accommodate the schedules of existing teams. Teams are not to move make-up games into the final 2 weeks of the season for games canceled before the final 2 weeks. The regular season ends on the Friday before the tournament starts. The following day (Saturday) is not part of the regular season; it is our established cancellation game make-up day. Leave room in your schedule for rescheduled games.

7.2 Do not schedule games in facilities unless facility availability can be assured and that the facility must meet minimum requirements of NFHS rules. If the host team cancels due to lack of facility availability and is not able to reschedule, that would count as a forfeit.

7.3 Game Cancellation Policy of required games : If a team needs to cancel a game/match due to having less than the required number of athletes per the NFHS Rule Book, the following items must occur:

7.3.1 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 email or phone call prior to 72 hours before game time from the appropriate team contact acknowledging the cancellation.

7.3.2 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 within 2 weeks unless mutually agreed upon by the two teams involved & approved by NCHEAC.

7.3.3 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.

7.3.4 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 one 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.

7.3.5 The Saturday of the final week of the season will be reserved for make-up games which were canceled due to inclement weather during the final two weeks of the season. (Some sports may also set aside the Friday of the final week of the season as an additional make-up game day.) No games may be scheduled on this day unless canceled due to inclement weather in the final two weeks of the season. The following Monday may be used only with consent of NCHEAC in the case where the Saturday make-up date was used and there is still at least one required game to make-up, or the Saturday make-up game was canceled due to inclement weather. Any regular season game not made up before the postseason tournaments, whether the game was not played due to inclement weather or not, NCHEAC has the authority to hear an appeal from both teams and determine if a forfeit should be handed out and to which team(s).

7.3.6 Game cancellations, other than for weather, should be due to not having enough players due to death or sickness, not because players scheduled other events. (This applies even when the best player is not available.) Games must be played if the team has the NFHS minimum number of players, and the facility meets the NFHS requirements. If fewer than the required number of officials are present, the game/match can proceed if both teams agree. Otherwise, the game must be rescheduled within two weeks. It is the Home Team's responsibility to work out the arrangements.

7.3.7 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 precedence, as this could affect regional tournament seeding.

NOTE: For soccer, once the season begins, matches must be played unless canceled due to weather, field conditions or having less than the minimum number of players per NFHS rules or an emergency approved by the NCHEAC Council. See Scheduling 7.3.6

7.4 Teams are strongly discouraged from playing non-conference teams that use players who played in the conference and then joined a non-conference team without sitting out a year (violation of the Program Commitment/Non-Transfer Rule). NCHEAC, once they become aware of such non-conference teams, will notify conference teams of their existence.

7.5 Regular season games against teams in another NCHEAC region are considered non-conference games and are restricted to the conference roster submitted to NCHEAC (e.g., a team from the West conference playing a team from the East conference)

NCHEAC has the authority to award forfeits to teams that do not abide by the stated rules.

SECTION 8
CODE OF CONDUCT

8.1 **Coaches Code of Ethics (adopted from NFHS Coaches Code of Ethics)**

8.1.1 The function of a coach is to educate students through participation in interscholastic competitions. 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 Adapted from NFHS.org Coaches Ethics.

8.1.2 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.

8.1.3 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.

8.1.4 The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

8.1.5 The coach shall avoid the use of drugs, alcohol and tobacco products when in contact with players.

8.1.6 The coach shall promote the entire interscholastic program of homeschooling.

8.1.7 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.

8.1.8 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.

8.1.9 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.

8.1.10 Before and after contests, coaches for the competing teams should meet and exchange cordial greetings to set the correct tone for the event.

8.1.11 A coach shall not exert pressure on faculty members to give student-athletes special consideration.

8.1.12 A coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

8.2 Expected Behaviors of NCHEAC participants

8.2.1 All participants of NCHEAC teams and programs including athletes, coaches, parents, and spectators shall behave in a way which cannot be construed as confrontational or as a verbal assault against any official, league/team official, athlete, spectator or parent.

8.2.2 NCHEAC considers the following seven (7) behaviors to be unacceptable for our league and it is up to each program to maintain the integrity of the league. **All disqualification, ejections or inappropriate behavior before, during or after the contest of any individual should be reported to NCHEAC**.

- 8.2.2.1 Fighting which includes, but is not limited to, combative acts such as:
  - 8.2.2.1.1 An attempt to strike an individual with a fist, hands, arms, legs or feet
  - 8.2.2.1.2 An attempt to punch or kick an individual, regardless of whether or not contact is made
  - 8.2.2.1.3 An attempt to instigate a fight by committing an unsportsmanlike act toward an individual that causes an individual to retaliate
  - 8.2.2.1.4 Leaving the bench area to participate in a fight (contact or no contact)
- 8.2.2.2 Speaking disrespectfully to an official (It is the official's discretion as to whether this a simple technical or an ejection offense.)
- 8.2.2.3 Biting an individual
- 8.2.2.4 Taunting, baiting or spitting toward an individual
- 8.2.2.5 Profanity, directed toward an individual
- 8.2.2.6 Obscene gestures, including gesturing in such a manner as to intimidate
- 8.2.2.7 Flagrant Foul for one of the above offenses

8.2.3 The National Federation of High Schools makes a distinction between disqualification and ejection. A DISQUALIFICATION is when a coach or player is assigned two (2) technicals or 2 disciplinary cards in a game for either rough play or improper speech directed toward an official. The result of DISQUALIFICATION is removal from the game/match in which the second technical is assigned. An EJECTION is an automatic removal, even on the first offense.

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

8.2.5 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.

8.2.6 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 contests, this authority belongs to the head coach or the athletic director of the home team.

Intimidating actions of any nature at NCHEAC contests are grounds for dismissal from the facility. Such actions could lead to further consequences such as suspensions from future contests.

8.2.7 No berating officials before, during, or after the contest by anyone, especially spectators. Any parent/fan attempting to intimidate an official before, during, or after a game will be asked to leave the competition venue.

8.2.8 Performance Enhancing Drugs (PEDs) may **NOT** be used by athletes in the NCHEAC league.

8.2.9 The bench area during contests shall be limited to current coaches, staff, rostered players and NCHEAC personnel.

8.2.10 Coaches are encouraged to dress in a sport appropriate professional manner.

8.2.11 Any discussions between Coaches/AD's should be done privately.

8.2.12 No spectator/parent/athlete may approach the opposing AD/Coach, all discussions should be through their coach and in accordance with their program's policies.

8.2.13 At NCHEAC basketball tournaments, fans are prohibited from playing basketball on the courts during game breaks and between games. There is to be no use of the basketball court for shooting baskets other than by the teams scheduled to use the court.

8.2.14 **Any violation of the behaviors in 8.2 should be reported to the NCHEAC commissioner within 24 hours.**

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SECTION 9
PENALTIES FOR RULES VIOLATIONS

Any violation will lead to penalties imposed by the NCHEAC Council based on the circumstances of the violation. Penalties for either knowingly or unknowingly violating the rules may include, but are not limited to the following as deemed appropriate to the circumstances by the NCHEAC Council:

9.1 Organization or Coach - forfeit of contest or vacating of record, probation, ineligibility for postseason play

9.2 Player - Suspension/Expulsion from the league

9.3 Others (anyone knowingly aiding in the violation, which may include family members) - Suspension/Expulsion from the league/league contests.

9.4 Teams who have had a forfeit for using an ineligible player are ineligible for the tournament unless approved by NCHEAC Council on appeal ($50 fee to appeal).

9.5 Note: This includes violation of roster rules specific to graduated athletes for non-conference contests as well.

SECTION 10
FEES

See Website

10.1 NCHEAC does not give team or individual refunds unless a tournament is canceled.

10.2 NCHEAC does not give individual registration refunds unless a doctor's note is given.

10.3 A team which recruits a website sponsorship shall receive a 50% team discount for the season.

SECTION 11
UNIFORMS

11.1 Team sponsorships are not allowed on uniforms (see NFHS rules).

11.2 Consult NFHS rule book for rules and guidelines for uniforms. This includes what color the home team wears, size and location of lettering and numbering, validation of numbers, etc. Illegal uniform numbers will result in penalties specific to each sport (e.g., technical fouls in basketball).

11.2.1 If a host facility has rules that are more restrictive than NFHS rules governing uniforms, then the host team must inform the NCHEAC opponent at the time of scheduling the game. NCHEAC programs must comply with the host facilities rules.

11.2.2 NFHS Baseball Uniform Rules

11.2.3 NFHS Basketball Uniform Rules

11.2.4 NFHS Soccer Uniform Rules

11.2.5 NFHS Volleyball Uniform Rules

11.3 All new teams and all teams ordering new uniforms may submit a proof image of the front and back of their new uniforms before ordering to ensure they are in accordance with NFHS rules.

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SECTION 12
MISCELLANEOUS LEAGUE POLICIES AND INFORMATION

12.1 GATE ADMISSION

It is the responsibility of the home team that charges admission to notify the away team at the time of the scheduling of the game. Teams that are playing home and away should be made aware of this fact before either team visits the other.

12.2 OFFICIALS

See related sports appendixes on the website. Unless NCHEAC states otherwise, all rules related to a particular sport will follow the NFHS (National Federation of State High School Associations) guidelines. Each coach is encouraged to purchase a current NFHS Rulebook.

12.3 REPORTING SCORES

Email scores to scores@nche.com or text to the league coordinator (ask for the number). It is the responsibility of the coach or designated person from both teams to report conference only contest scores. These should be reported preferably the day of the contest, but no longer than 24 hours later. If only one team reports a score, this score will become official after 24 hours regardless of which team reports it. If neither team reports a score, it will be recorded as a 0-0 tie.

12.4 PROTESTS

Game protests should be sent to the NCHEAC commissioner via the e-mail address: sports@nche.com. Questions about athlete eligibility should not be done in public, but be submitted directly to NCHEAC.

12.5 MULTIPLE TEAMS FROM SAME PROGRAM IN A DIVISION

If a program has enough players for two teams in a division, the program could potentially enter two teams into the league play. These will be separate teams and players will not be shared amongst teams within the program at any time. NCHEAC reserves the right to monitor this year by year. If a program has two teams in the same division, when they play another program, the program with two teams must play their strongest team first if playing on the same day. This will be determined by standings once there is a differential in the standings. If a program wants to have multiple teams in the same division, NCHEAC will review the request and determine if it is approved.

12.6 FAMILY EMAIL NOTIFICATION

It is the responsibility of each program to forward league emails to their families.

12.7 AUDIO-VIDEO RECORDING

12.7.1 There shall be no recording within 15 feet of the opponent's bench.

12.7.2 Athletes' pictures/video from games or team pictures may appear on the website. (By attending an NCHEAC event, an individual is consenting that a picture, image, or video of them may be displayed on the NCHEAC website or other internet sources.)

12.8 COACHES CONCUSSION AWARENESS COMPLIANCE

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

A Concussion in Sports Course is offered through National Federation of High Schools at NFHSlearn.com

12.9 ALL-CONFERENCE SELECTION GUIDELINES

12.9.1 See each sports appendix (Section 12.13) for specific voting guidelines for each sport.

12.9.2 See website for explanation of how all-conference selections are made.

12.9.3 The request for varsity coaches to nominate players for the ballot will be sent by e-mail approximately two (2) weeks prior to the end of the regular season and coaches who have not complied by 48 hours before the deadline will receive a reminder email. This will be their final warning. Failure to respond to this email will result in their team having no players on the ballot.

12.9.4 The coaches who respond to the request for nominations will receive a ballot approximately one (1) week prior to the end of the regular season. Coaches should submit their ballot within 24 hours of their final conference game/match. Failure to submit a ballot within 24 hours of the end of the season will result in their team having no players on the all-conference team.

12.10 TOURNAMENT REGULATIONS

See website for current tournament information: https://www.ncheac.com/tourreg

12.11 ALL TOURNAMENT AWARDS

See website for an explanation of awards given at the tournaments.

12.12 OTHER INFORMATION

See website for additional other information.

12.13 BASKETBALL, SOCCER, and VOLLEYBALL APPENDIXES

See website for additional information.

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SECTION 13
Program/Team League Membership

13.1 New Teams/Programs must apply for admittance to NCHEAC league

13.1.1 Teams/Programs applying for league membership must have a minimum 3 person board for oversight.

13.1.1.1 Teams/Programs may be formed as a committee under an umbrella organization that has a minimum 3 person board.

13.1.1.1.1 Exception, current member programs are exempt.

13.1.2 If a program has a current division in a sport, they would not need to apply for a new division team (i.e., you already have Varsity so no need to apply for JV or MS).

13.1.3 If a team/program has been out of the league for a year (not suspended), they will need to reapply using the Team/Program Readmittance Application.

13.2 New Team/Program Application

13.2.1 Programs or Individual Teams interested in NCHEAC membership must fill out the New Team/Program Application.

Upon receipt of the application, NCHEAC will review the application and accept or deny the application based on the information provided.

13.3 Team Readmittance Application

13.3.1 Programs or Individual Teams interested in readmittance to the NCHEAC league following a voluntary period of absence must fill out the Team/Program Readmittance Application.

13.3.2 Programs or Individual Teams that have completed a period of suspension from the NCHEAC league may apply for readmittance by submitting the Suspended Team/Program Readmittance Application.

Upon receipt of either of these applications, NCHEAC will review the application and accept or deny the application based on the information provided.

13.3.3 Any team that has been suspended may rejoin the league the following season after their suspension is lifted under a probationary, but otherwise unencumbered status.

Note: See NCHEAC New Program Guide for best practices.