

Mid-Atlantic Christian Athletic Association Leadership

MACAA Commissioner

Dan Moore

New Bern Christian Academy
2911 Old Cherry Point Rd.
New Bern, NC, 28560

Cell – 252.562.5222 | School – 252.637.2704

Email – I Conference Email – macaaathletics@gmail.com

MACAA Division Coordinators

South – Braxton Underwood, Gramercy Christian School
8187 Highway 70, Newport, NC, 28570
Cell: 252.808.5687 | Phone: 252.223.5199
Email: braxton.underwood@gramercychristian.org

North - Danny Dillon, The Rock Church
130 Lakeview Rd., Franklin, VA, 23851
Cell: 757.642.8655 | Phone: 757.562.3878
Email: daniel714dillon@yahoo.com

Conference Officers:

Secretary – 2A – Stephen Hardison, Faith Christian Academy
Member-at-Large – 1A – Carey Willis, Calvary Baptist Church School

shardison@faithfwbc.com
careywillis24@gmail.com

Mid-Atlantic Christian Athletic Association (MACAA)

Manual for Athletic Competition

The MACAA Athletic Handbook contains policies that are to be enforced at all MACAA athletic events including :

- 1) Games between MACAA schools
- 2) MACAA playoff games
- 3) MACAA conference tournaments,
- 4) MACAA all-star games.

In games between MACAA member and non-member schools, the MACAA handbook does not regulate dress and music guidelines. However, all other athletic policies apply.

MACAA Handbook

Table of Contents

General Information

1. History of the MACAA.....	5
2. Goals of the MACAA.....	5
3. Purpose of the MACAA.....	5
4. Statement of Faith of MACAA	5-6
5. Core values of the MACAA.....	6
6. Government Infrastructure of the MACAA.....	6
6.1 Duties of the Commissioner.....	6
6.2 Duties of the Coordinators.....	6
6.3 Duties of the Secretary.....	7
6.4 Dispute Resolutions.....	7
6.5 Appeals	7
6.6 Expulsion / Probation	7

MACAA Membership

7.1 Membership Entrance Requirements	7-8
7.2 Membership Eligibility	8
7.3 New Member Schools	8
7.4 Insurance	8
7.5 Agreement Forms	8
7.6 Association Meetings	8-9

Finances and Financial Duties

8.1 Authorized Expenditures by the Commissioner	9
8.2 Association Dues	9
8.3 Admission Fees	9-10
8.4 Awards	10-11
8.5 Fines and Penalties	11-12

Eligibility

9.1 School Enrollment	12
9.2 Birth Certificates	12
9.3 Limits of Participation	13
9.4 Academic Eligibility	13
9.5 Transfer Students	13
9.6 Joint or Dual Enrollment	13
9.7 Alternative Education Students (AES)	14
9.8 AES Roster limits and Guidelines	14
9.9 Expelled Students	14

9.10 Students with GEDs	14
9.11 Students with enough credits to graduate after 7 semesters	14
9.12 Students enrolled in one MACAA school playing for another MACAA school	14
9.13 Students not living with their parents or legal guardians	14

Undue influence / Scholarships / Travel Teams

10.1 Undue Influence	15
10.2 Scholarships	15
10.3 Travel Teams	15

Policies and Procedures for Athletic Competitions

11.1 School Directions	15
11.2 Season Passes	15-16
11.3 Grade Level Requirements	16
11.4 Rosters	16
11.5 Game Contests and Schedules	16
11.6 Cancellation Due to Providential Circumstances	16
11.7 Game Results	16
11.8 Gaming Rules and Regulations	17
11.9 Equipment	17
11.10 Physicals	17
11.11 Blood Policy	17
11.12 Concussion Policy	17
11.13 Officials	17-18
11.14 Mercy Rule	18

Sportsmanship

12.1 Sportsmanship	18
12.2 Public Protesting	19
12.3 MACAA Good Sportsmanship Statement	19
12.4 General Code of Conduct	19
12.5 Sportsmanship Responsibilities	19
12.6 Coach's Code of Ethics	19-20
12.7 Coach Requirements	20

The Case for Sportsmanship, Ethics, and Integrity in High School Athletics

13.1 Expectations of Coaches	20
13.2 Expectations of Student Participants	20
13.3 Expectations of Parents, Students, and Other Fans	21
13.4 Expectation of Spirit Groups	21
13.5 Expectations of the Media	21
13.6 Expectations of Contest Officials	21
13.7 Expectations of School Administrators	21
13.8 Expectation of the Commissioners	21

13.9 Expectation of Public Address Announcers	21
13.10 Expectations of Gate and Admission	21
13.11 Acceptable Behavior	21-22
13.12 Unacceptable Behavior	22
13.13 Ways to Promote Good Sportsmanship	22-23
13.14 Infractions	23

Noisemakers / Music / Maxpreps / Facilities / Public Address Announcers

14.1 Noisemakers	23
14.2 Music	23-24
15.0 Maxpreps	24
15.1 Facilities	24
15.2 Public Address Announcers	24

Specific Sports Information

16.1 Baseball	24
16.2 Basketball	24-25
16.3 Cheerleading	25
16.4 Cross Country	25
16.5 Golf	25
16.6 Soccer	25-26
16.7 Volleyball	26
16.8 Tournaments	25
16.9 Tie Breakers	25-26
16.10 Play in Games	26-27
16.11 All Star Games	27
16.12 Three Point Contest	27
16.13 Free Throw Contest	27

Dress Code Guidelines

17.1 MACAA Tournament Recognition	27
17.2 Volleyball	27
17.3 Soccer	27
17.4 Cheerleading	27
17.5 Basketball	28
17.6 General	28
17.7 Participant dress	28

GENERAL INFORMATION

1. History of the MACAA

This conference has been promoting Christian Athletics that honor the Lord Jesus Christ for over 30 years. From its inception, the MACAA (formerly the NCCAA and before that the NCCAC) has operated as a conference where every school has a voice and vote. The conference was originally started for smaller Christian schools, but through much vision and cooperation, MACAA has now become a conference for schools of all sizes. Our goal is to honor God by providing an organization that uses athletics to influence the lives of the next generation for the Glory of God!

2. The Goal of the MACAA

The goal of the MACAA is to create an environment where Middle and High School student-athletes (5th-12th grade) can compete while being encouraged to grow in character and their faith. The MACAA understands that its member schools, although they will be competing against each other, are all part of the same team with the same mission: Engage, Equip & Empower.

- **Engage:** To meet each student-athlete where they are
- **Equip:** To develop their individual talent through healthy competition and strong teamwork
- **Empower:** To send them forth into the world with characteristics that go beyond the scoreboard

The MACAA desires to unite Christ-Centered schools who wish to impact and influence their students through athletics. The MACAA member schools will work together to create a competitive athletic environment that honors God, represents their schools and develops the student-athlete. The MACAA and its member schools will strive to set a Godly example of excellence.

3. The Purpose of the MACAA

The purpose of the MACAA is to provide an organized association for athletic competition in various sports between Christian schools who meet the standards and conditions for association participation. To promote and showcase the talents and Christian testimonies of the participating young people through school competition. To provide opportunities for effective cooperation and inter-fellowship of participating schools. To develop attitudes and actions that reflect Christian character in the leadership, participants, and organizations, which make up the association.

4. MACAA Statement of Faith

The MACAA seeks to participate in Christian Fellowship, as well as athletics. In order to maintain a Scriptural and “Brotherly” atmosphere of fellowship, a unity of faith must be agreed upon by all member schools and their participants. Our agreement of faith is as follows:

We Believe:

- The Bible is the inspired and only infallible and authoritative Word of God
- There is one God, eternally existent in three persons: God the Father, God the Son and God the Holy Spirit
- In the Deity of Our Lord Jesus Christ, in His virgin birth, in His sinless life, in His miracles, in His vicarious and atoning death, in His bodily resurrection, in His ascension to the right hand of the Father and in His personal future return in the power and glory.
- The only means of salvation is through genuine repentance and faith in the precious blood and sacrifice of Jesus Christ (Acts 20:21) and not through an “..works of righteousness which we have done...” (Titus 3:5)
- In the regeneration by and indwelling of the Holy Spirit in every believer
- In the visible, bodily return of the Lord Jesus Christ to this earth to rapture His church and judge the world
- In the resurrection of both the saved and the lost – the saved unto eternal life, the lost unto eternal damnation
- In a literal Heaven and a literal Hell

- Those believers should seek, as the early disciples did, to practice the separated life from the world and unto Christ, and to set standards of conduct which shall exalt our Lord and His church.

THE STATEMENT OF FAITH MAY NOT BE AMENDED.

5. The Core Values of the MACAA

- | | | |
|--------------|-------------|----------------|
| - Excellence | - Humility | - Character |
| - Respect | - Integrity | - Honesty |
| - Teamwork | - Faith | - Selflessness |

6. Government Structure

The association is to be governed by a commission made up of one (1) representative from each participating school and a State Commissioner and a Northern and a Southern Coordinator to assist the commissioner along with two officers – Treasurer and Secretary.

6.1 • Commissioner

- To handle the business of the association at the annual meeting.
- To manage and direct the affairs of this Association.
- To prepare an activities calendar for the school year on or before August 1 of each year.
- To receive all funds of this Association; to disburse all funds within the budget fixed by the Athletic Committee; to keep an accurate record of all funds received and disbursed; and to make such reports.
- To issue an updated membership list of this Association annually.
- To prepare and issue to members necessary forms and other supplies.
- To receive and check all reports from members.
- To pass upon eligibility of all students whose activities fall within the scope of the authority of this Association.
- To form a committee to investigate all alleged violations of the rules of this Association which come to his attention and recommend penalties for violations.
- To review all controversies between member schools and render decisions subject to the approval of the Athletic Committee in case of appeal.
- To approve all tournament schedules and to have general supervision over such tournaments under the rules and regulations of this Association.

6.2 • Athletic Coordinators (North/South)

- Shall consist of an individual representative from each division (North & South)
- Sanctioning of all rosters
- Collection of all forms and documents of member schools and organizations
- Enforcing all rules and regulations set forth by this manual
- Setting State Tournaments
- Answering all questions for member schools and organizations
- Calendar of Events

6.3 • Secretary

- Maintain detailed minutes of all meetings
- Submit the agenda for upcoming meetings to all member schools 14 days prior.

- Maintain and update Member School information
- Create and distribute an annual report to the Association

6.4 Treasurer

- Monitor and Account for conference checking account
- Present reports to athletic committee and conference
- Pay out any incurred expenses to the MACAA

6.5 • Dispute Resolution

- If any dispute arises within the league, the Athletic Committee will be able to resolve the situation with a fair and balanced solution

6.6 • Appeals

- Appeals must be submitted to the Athletic Committee in writing within 48 hours of the game or ruling in question.
- Appeals must contain the following:
 - Specific details of the incident in question
 - Request of the school in question
- Appeals concerning referees will not be recognized

6.7 • Expulsion/Probation

A school may be dismissed or placed on probation by the MACAA for the following reasons:

- Breaking the rules set out by the MACAA
- Breaking the playing or safety rules as set out by the National Federation of High Schools
- Being delinquent on paying league fees or fines
- Repetitively canceling games without timely (48 hours) notice or no notice at all
- Repetitively canceling sports without timely (End of previous sports season) notice.
- Attempting to unethically influence the Athletic Committee
- Not adhering to the Sportsmanship and Conduct expectation set forth by the MACAA
- For threatening a lawsuit.

MACAA MEMBERSHIP

A Christian school that operates as a church ministry or a school which is governed by a Board of Directors, which operates by Christian Principles and agrees to abide by the rules is eligible to participate in association play.

By signing the membership application, each administrator binds himself and the members of his faculty to familiarize themselves with these rules and standards as enumerated herein. Administrators, Athletic Directors and coaches that are new to the Association must sign a statement verifying that they have read this manual. Also, they are obligated to instruct the student body in them.

Members are required to keep on file academic, athletic, medical and attendance records for all students who participate in any sanctioned activity; to forward promptly to the Commissioner all eligibility lists, reports and records required; and to enforce the rules and standards.

Schools and administrators who wish to maintain membership in this Association shall sign membership renewal applications each year and send their membership fee with the application to the Association office.

7.1 • Membership Entrance Requirement

Admittance into the MACAA will include filling out an entrance application and sending it to the Commissioner. There is no charge for applying for association membership. Once the application is received, the Athletic Committee will send a representative to your school. If a school meets the requirements and is accepted into the MACAA, all other

member schools and organizations within the division will be notified. No member school can begin a new calendar year as an association member if any fees are past due. All past due fees must be current by the date in the sports calendar.

7.2 • Membership Eligibility

- No School shall have more than 125 students in Grades 9 – 12
- A school that reaches 125 or more students in Grades 9 – 12 for one full calendar year, will be dismissed from the Association
- Each school will be given a 1 year “Grace” period. At which time, if their numbers fall below the 125 mark, their eligibility will reset.
- 1A / 2A divisions are as followed:
 - o **1A division – High school does not exceed 50 students**
 - o **2A division – High school exceeds 50 students but does not exceed 125 students**

The minimum and maximum number of students for each division will be addressed every year by the Athletic committee and conference members.

7.3 • New Member Schools:

- New members schools must submit an application within 30 days of the Annual Association Meeting
- The Athletic Committee will review the application. A 2/3 vote of the AC is required for approval
- New member schools are accepted on a one-year probationary period
- Upon completion of the probationary period, all active member schools present at the annual business meeting will vote on acceptance into the association. Approval requires a 2/3 vote of the quorum.
- Probationary schools that do not reach the required vote are entitled to an appeal. They must submit their appeal to the Athletic Committee with 10 business days of the final vote.
 - o The Athletic Committee will review the appeal.
 - o 2/3 vote of the Athletic Committee is needed to approve of the appeal
 - o If the AC votes to approve the appeal, the New School will enter another one-year probationary period.
 - o At the completion of the second probationary period, all active member schools present at the business meeting will vote on acceptance into the association. Approval requires a 2/3 vote of the quorumIf the probationary school does not receive the necessary votes for the second time there is no appeal process, the decision is final.

7.4 • Insurance

All schools or organizations are responsible for insuring their own students and the MACAA strongly recommends this.

7.5 • Agreement Forms: Each school must annually present a signed agreement form (form is provided by the MACAA commissioner) which states their willingness to abide by the written rules and standards of the association, their acceptance and adherence to the statement of faith established by the association, and to accept the actions, penalties, payments, or fines outlined by their written rules and guidelines as binding.

- Application for new membership
- Statement of Cooperation
- Officials Association
- Playing Fields and Venues
- Membership Renewals

7.6 • Associational Meetings

All members are required to attend the annual association meeting. *Failure to attend required meetings will result in a \$100.00 fine.* Fine subject to the discretion of the Athletic Committee.

- The MACAA shall meet as needed to conduct business or schedule games as required for association play
- The Athletic Committee in conjunction with the Commissioner shall prepare the agenda.
- The Commissioner shall notify all members at least 21 days in advance as to the exact time and place of the meeting.
- Representation at the meeting shall be the athletic director, administrator or their appointed representative.
- The Athletic Committee shall meet as necessary to consider undue hardship appeals and other business as necessary.
- The Commissioner may call meetings as needed.

8.0 **Finances & Financial Duties**

Association finances shall consist of annual state association dues, entry fees and various fines. All funds must be recorded in the Commissioner's office. The commissioner is authorized to distribute any association funds. All fines and other association fees are payable to the Commissioner's Office.

8.1 • Authorized Expenditures by the Commissioner are as follows:

- Actual and reasonable office expenses including but not limited to telephone, mailing, printing and secretarial expenses
- Payment to individual schools for Tournament expenses according to the Athletic Manual
- Actual and reasonable meeting expenses for any necessary committee meetings between annual meetings
- Reimburse self for any actual personal expenses incurred in carrying out duties of the office
- Purchase material, instructional videos, pay convention fees, etc., for association improvement to a maximum of 25% of yearly state dues
- Reimburse self for reasonable travel expenses when travel is necessary, including but not limited to gas, miles, meals, lodging etc.
- Other as authorized by the Athletic Committee or association commission

8.2 • Association Dues

- \$400 per year per school

Fall Sports	Winter Sports	Spring Sports
Cross Country (Boys and Girls) Boys Soccer Girls Volleyball	Boys Basketball Girls Basketball Cheerleading	Boys Baseball Golf (Co-ed) Girls Soccer Girls Softball Boys Volleyball

8.3 • Admission Fees

Sport/Season	1- Day Tournament	Multiple Day Tournament
JV Volleyball	\$ 4.00 – Student	

	\$ 5.00 – Adult \$10.00 – Family	
Varsity Volleyball/Boys Soccer	\$ 5.00 – Student \$ 6.00 – Adult \$15.00 – Family	\$ 6.00 – Student \$10.00 – Adult \$25.00 – Family
JV Basketball	\$ 5.00 – Student \$ 6.00 – Adult \$15.00 – Family	\$ 6.00 – Student \$10.00 – Adult \$25.00 – Family
Varsity Basketball	\$ 5.00 – Student \$ 6.00 – Adult \$15.00 – Family	\$ 7.00 – Student \$15.00 – Adult \$35.00 – Family
Girls Soccer/ Boys Baseball	\$ 5.00 – Student \$ 6.00 – Adult \$15.00 – Family	\$ 6.00 – Student \$10.00 – Adult \$25.00 – Family
Fall / Winter / Spring		
Regular Season Admission Prices	Student - \$ 4.00 Adult - \$ 5.00 Family - \$ 20.00	
Schools may charge a lower rate, but not higher rate.		

8.4 Awards – The MACAA will present the following awards:

- JV Volleyball 1st – 3rd
- Varsity Volleyball 1st – 3rd
- Varsity Soccer 1st – 3rd
- JV Basketball 1st – 3rd
- Varsity Basketball 1st – 3rd
- Girls Soccer 1st – 3rd
- Girls Softball 1st – 3rd
- Boys Baseball 1st – 3rd
- Co-ed Golf 1st – 3rd
- Christian Testimony Award
- All Conference / Tournament Awards

An all-tournament team composed of individuals competing in the conference championship tournament shall be chosen for each sport. An award shall be given to each individual, with an MVP chosen for each all-tournament team.

The breakdown for **all tournament** trophies are as follows:

- Volleyball
 - 1st place – 2 players which includes MVP
 - 2nd place – 2 players
 - 3rd place – 1 player
 - 4th place – 1 player
- Soccer
 - 1st place – 2 players which includes MVP
 - 2nd place – 2 players
 - 3rd place – 1 player
 - 4th place – 1 player
 - ALL- TOURNAMENT Goalie may be chosen from any team

- Basketball
 - 1st place – 2 players which includes MVP
 - 2nd place – 2 players
 - 3rd place – 1 player
 - 4th place – 1 player
- Baseball
 - 1st place – 2 players which includes MVP
 - 2nd place – 2 players
 - 3rd place – 1 player
 - 4th place – 1 player
- Softball
 - 1st place – 2 players which includes MVP
 - 2nd place – 2 players
 - 3rd place – 1 player
 - 4th place – 1 player

The Christian Testimony Award shall be given to the SCHOOL represented at the MACAA Conference tournament that best represents the spirit and purpose of this association and athletes from the Christian perspective. (A school representative must be present to vote and receive) Selection procedure should be as objective as possible. **Only one school will be chosen per tournament!**

The purchasing of awards will be the responsibility of the host school of the tournament. The MACAA will provide money towards the purchase of awards for the conference tournament as follows:

Volleyball	\$300.00
Soccer	\$300.00
Varsity Basketball	\$600.00
JV Basketball	\$400.00
Girls Soccer	\$300.00
Baseball	\$300.00
Softball	\$300.00
Boys Volleyball	\$200.00

The JV will have team awards and Christian Testimony Awards. No individual awards will be given at the JV level.

The JV Tournament requirements are as follows:

- 1st place will be 3 posts at 26" height
- 2nd place will be a 11x14 plaque
- 3rd place will be a 9x12 plaque

The Varsity Tournament requirements are as follows:

- 1st place will be 4 posts at 28" height
- 2nd place will be a 11x14 plaque
- 3rd place will be a 9x12 plaque

The Christian Testimony (Sportsmanship) should be equal in size to the 1st place trophy. It should have a different design.

8.4 • Fines and Penalties

- Penalty Policies
 - A member school has seven days to pay a fine once they have received the official notification from the MACAA
 - After fourteen days past due, all games played will count as a forfeit until the fine is paid
 - All fines are paid in full before a team can participate in the Association tournaments
- Rules & Violations
 - Forfeit of division game played
 - Not updating games results to Maxpreps by the following Monday by the winning team.
 - Not sending in Technical Foul/Ejection Report before the next division game.
 - Late on entering Rosters & Schedules into MaxPreps will result in division forfeits until information has been added. (Fall sports – September 15, Winter sports – December 15, Spring sports – March 15)
 - Any game that is played with an ineligible player
 - Any game that is played without the minimum number of certified officials
 - If a team refuses to play a regular schedule division game, they will be subject to forfeiture as the Athletic Committee.
 - The home team will be responsible for having officials and facilities ready. If the officials show up within a reasonable amount of time, and the two teams cannot agree on a make-up game, then the home team will forfeit the game.
 - Not adhering to the Sportsmanship and Conduct expectation set forth by the MACAA.

*If a coach or player is ejected from a game, he/she must sit out and cannot attend the next scheduled division game. A new game cannot be scheduled to prevent a division game sit-out.

****All forfeitures will be enforced by the Athletic Committee.***

- Cancellations or No-Shows
 - If a cancellation occurs within seven days of the scheduled event, a warning will be issued. If it happens a second time, during the course of a single sports season, it will result in the forfeiture of that game. (Contact your division commissioner)
 - If a school cancels within 24 hours of a game. They must also pay venue rental expenses (if any).

9.0 • Eligibility

9.1 • School Enrollment

- All schools must submit a student enrollment list of every MS/HS student.
 - Any representative from the Athletic Committee can visit the school and confirm the enrollment
 - A copy of the current yearbook may be requested for verification purposes
- Any student not entered into the Student Enrollment Form, will not be able to be added to the roster

- The Cutoff Dates for newly enrolled students to be eligible for that season's sports are as follows:
 - o **Fall Sports:** **September 15**
 - o **Winter Sports:** **December 15**
 - o **Spring Sports:** **April 15**
- No new student entering the member school after these cutoff dates will be allowed to participate in that season's sport.
- The MACAA will compare Student Enrollment Lists from year to year. If large increases in the student body occur, then this would be deemed a red flag. A representative of the Athletic Committee will visit the school and investigate
- The cutoff date to transfer from one- member school to another will be August 1st of each year.

9.2 • Birth Certificates

- Member schools are responsible for the certification of birth of their students participating in athletic competition if there is need for verification
- A student's gender is determined by the gender noted on his/her certificate of birth.

9.3 • Limits of Participation

- Only play 8 consecutive semesters upon entering the 9th grade.
 - "Play" is defined as, being put on the official roster which is submitted to the AC by the roster deadline.
 - "Semester" is defined as academic semesters.
- A student has eight consecutive semesters or four consecutive years of eligibility from the date of entry into the 9th grade to be eligible for athletic competition. (Public/Private/Homeschool combined)
- A student who turns **19 prior to September 1** will not be eligible to play varsity sports
- A student cannot participate in any athletic contest as a professional under contract
- Be enrolled, full-time student of the school in which they are playing and taking at least one high school level academic subject
- Students may not be enrolled in another school and play sports for a MACAA team
- Students "temporarily" home-bound because of discipline or other reasons are considered ineligible until they return to school. The exception to this rule would be a student under the ACE program or other similar programs, who have finished all academic requirements for graduation and are "home" awaiting graduation.
- Junior Varsity is for players in **5th grade - 9th grade** however players may appear on both JV and Varsity rosters.

9.4 • Academic Eligibility

- To be eligible to participate, practice and/or tryout in athletics, a student must be academically eligible based on school's requirements
- A student must be taking the appropriate number of subjects each year to be on track to graduate in four years
- Students should know that academics should come before athletics.

9.5 • Transfer Students

- A student who transfers from one MACAA member school to another MACAA member school in the same school year cannot participate in the current athletic season. If the transfer takes place at the end of the athletic season, the student is ineligible to play for one calendar month.

- A student who transfers from one MACAA member school to another MACAA member school within a 30-mile radius within the same school year shall be ineligible for the remainder of the school year.
 - o Eligibility can be appealed:
 - if that student's parent had a job-related move
 - The school in which the student is currently enrolled adjusts its academic program after the school year begins, whereby the school no longer meets the legitimate needs of the student (Dropped course, loss of a teacher, etc.)

9.6 • Joint & Dual Enrollment

- Students who are jointly enrolled in the MACAA and a local college must meet the following criteria to be deemed eligible. When a student is joint/dual enrolled, he/she must be a full-time student at the member
 - o school
 - o Some of the classes taken by the student must be scheduled and taken at the MACAA school
 - o The MACAA school and the college must award the student full graduation credits for jointly enrolled classes

9.7 • Alternative Education Students (AES)

The purpose of having AES in the MACAA is to help schools fill their rosters, while also providing athletic competition to AES Students. AES athletes can only be used to fill rosters, not to gain a competitive advantage. The MACAA further believes that all athletes should have the opportunity to participate in competitive leagues

The MACAA will use the North Carolina Division of Non-Public Education to define homeschool students or those using some other form of alternative education. These students can receive their education through homeschool groups or cyber schools

- Regulation of AES Athletes
 - o Homeschool ID Card: Member schools must submit this card as proof of enrollment within the state of North Carolina for all AES to the Athletic Committee
- Eligibility
 - o AES athletes will play under the authority of the MACAA and must meet all eligibility requirements as stated in the Eligibility section
 - o All AES athletes have four years of eligibility beginning in the 9th grade
 - o Students must be enrolled in a minimum of one full-time class at a member school.
 - o Public school students are not eligible to participate with a MACAA member school.
 - o AES students must be notated on the roster
 - o The cutoff dates for New AES to be eligible for that season's sports are the same as the **Student Enrollment cut off dates (9.1)**

9.8 • AES Roster Limits and Guidelines

- School may roster 2 AES students per roster per season.

9.9 • Expelled Students

An expelled student who enrolls in a MACAA member school may not participate in MACAA competition for 45 days. After 45 days are completed the expelled student and the administrator of the new member school may make an appeal to the Athletic Committee to participate in MACAA competition. If an athlete is expelled during the fall season, he is not eligible to play with any other member school during the fall season. If he is expelled in the winter season, he may not compete for the duration of the winter season. If expelled during the spring season, he will not be eligible until the following school year. He may be eligible to play in the following sports season after the 45-day term has expired upon approval from the athletic committee.

9.10 • Students with GEDs: Are not permitted to compete in MACAA competition.

9.11 • Students that have enough credits to graduate after seven semesters: are eligible to compete in MACAA competition as long as they are taking a half a day of school or 4 total classes.

9.12 • Students enrolled in one MACAA school playing for another MACAA school: The MACAA does not allow students enrolled at one school that does not have a specific sport to play for another member school.

9.13 • Students not living with their parents or natural guardians: Any student not living with their parents or legal guardians is ineligible for MACAA participation if the host family receives room and board compensation from anyone other than the student's parents. Host families may, however, elect to board students free of compensation as a ministry to that student, provided local legal guardianship has been clearly established by his or her parents. Legal guardianship may be designated by the parents in a notarized letter to the school, and a copy must be filed with the MACAA Athletic Committee.

10.0 • Undue Influence/Scholarships/Travel Teams (AAU)

10.1 • Undue Influence

- Undue Influence to persuade a student for athletic purposes offered in the MACAA is not permitted and will result in penalties to that member school. Student may have to forfeit eligibility for one year from the date of enrollment
- Undue influence is defined by the MACAA as personal contact by coaches, sponsors or administration in an attempt to persuade transfer by gifts of money, job, supplies, clothing, free transportation, free admission to contests, invitations to attend practices and/or games, or free tuition
- Reports or accusations of this rule being violated by a school will be investigated and handled by the Athletic Committee

10.2 • Scholarships

- No student will be allowed a scholarship purely for athletic purposes
- The Athletic Committee will determine whether or not a scholarship and/or financial aid is being given for athletic purposes
- A student receiving the North Carolina Opportunity Scholarship is eligible to participate in athletics

10.3 • Travel Teams

- If a MACAA coach coaches a non-MACAA team in a competitive setting during the school year, then the non-MACAA team cannot consist more than 40% of what makes up a starting line-up of the coach's MACAA school team.
 - For example, if a basketball coach also coaches a travel ball team during the school year, he may only have two players from his school team on his travel ball roster since a starting line-up in basketball consists of 5 players.
- If a MACAA coach coaches a non-MACAA team in a competitive setting during the summer, then the non-MACAA team cannot consist more than 40% of what makes up a starting line-up of the coach's MACAA school team.
 - Same example as above
- A MACAA athlete can participate in travel teams, however, no more than 50% of what makes up a starting line-up of the travel team can come from the same school (round up).

- For example, if a player is part of a travel basketball team, no more than 3 players from the same school may be on the travel team.

11.0 • Policies and Procedures for Athletic Competitions

11.1 • School Directions

Member schools are required to provide detailed directions to their home facility and/or field where they host games. For any changes in the host location, the member school is responsible for notifying the visiting team and must send updated information to the Commissioner. Host field or facility must meet the requirements stated in the gaming rules and regulations for the respected sport being played.

11.2 • Season Pass List

Schools will each be given season passes for all Pastors, AD's, Administrators, and all coaches from the MACAA. If any school has a need for more than the given passes, they can appeal to the Athletic Committee. Appeals must be made by the school administrator or AD. Passes will let the cardholder plus one guest into any MACAA-sanctioned event for free

Pass Cards are intended to be a thank you, from the MACAA, to our Member School's Administrators, Athletic Directors and Coaches for their service. These pass cards are only good for the person's name listed on the front and one guest. A Photo ID must be presented at the time of entrance with the pass card. A spouse or child of the named card holder, may enter with the card holder's pass card, but they will not be entitled to bring in any additional guests. Team bus drivers will not be charged an admission fee at the game, but must be driving a school issued van or bus.

11.3 • Grade Level Requirements

Junior Varsity: 5th – 9th Grade

Varsity: 6th – 12th Grade

11.4 • Rosters

All rosters will be reviewed by the athletic committee. Rosters must be emailed by the roster due date on the Sports Calendar. Schools will have the ability to update and change rosters up to the 21-day roster deadline for that sport. The 21-day roster deadline is 21 days from the start of the postseason. Rosters must be completed to include jersey numbers by the 21-day roster deadline. Roster that include AES athletes must adhere to the roster limits in the Eligibility Section. Rosters should also be uploaded into Maxpreps for the benefit of other member schools

11.5 • Game Contests

- Scheduled games that have been listed on both school's schedules, for any athletic competitions offered, will be considered a game contract between those two schools. Failure to uphold the contract without notice to a competing school will result in a penalty. Refer to the League Fees and Penalty Section for more details
- Finalized schedules must be submitted to the Athletic Committee by the sport specific due date found on the sports calendar. These schedules will act as a game contracts and cannot be broken unless agreed upon by both schools. Appeals may be made to the Athletic Committee if there are questions about the rescheduling of a game. A school's appeal must be made in time for both schools to make the necessary changes.
- Varsity game schedules must also be uploaded to Maxpreps for the benefit of member schools.
- Varsity games for the sports stated in the league competition section must have the latest start times for games
- Schools must work cooperatively in case of a circumstance that does not allow gameplay for the teams involved and they should reschedule within 48 hours. **In case of teams not being able to do so within the time limit should contact the Commissioner**

- All division games must be made up
- Division/Conference games have precedent over non-conference games. Failure to reschedule a game due to a non-conference game will result in a forfeit.
- All division games should be completed one week before the start of the conference tournament. This will leave room for standings to be determined and play in games to be played.

11.6 Cancellation Due to Providential Circumstances: For the sake of our student athletes, host schools are strongly encouraged to reschedule games canceled due to providential circumstances such as vehicle breakdown or weather.

11.7 • Game Results

- Game results must be updated on the MaxPreps website by the following Monday.
- The home team is responsible to enter the results by the following Monday or the school will be subject to a forfeit. Refer to the Fines and Penalties
- Any ejections during a game, from a player or coach, must be reported by the team responsible within 24 hours to the athletic committee.

11.8 • Gaming Rules and Regulations

All athletics will be played under the rules and regulations of the North Carolina High School Athletic Association (NCHSAA) for the specified sport unless changes are adopted by the Association. Golf will use the United States Golf Association (USGA) Rules of Golf.

11.9 • Equipment

Equipment allowed in sports will also be based on the guidelines listed in game rules and the regulation section for the respected sport.

11.10 • Physicals

MACAA strongly suggests that each member school maintain the current physical on file for each student-athlete. Schools are encouraged to carry copies of physicals to all games to expedite medical attention for an injured student-athlete.

11.11 • Blood Policy

Players who are bleeding must be removed from play as an injured player until the medical problem is corrected. Players with blood on their uniforms must change or thoroughly disinfect and clean the uniform in order to re-enter the game. Officials in charge must approve entrance to the game. Any blood on the playing surface must result in the official calling timeout to have the soiled area thoroughly cleaned and disinfected before play can restart. Member schools are highly encouraged to have "Blood Clean-up Kits" available at all times.

11.12 • Concussion Policy

- MACAA member schools must abide by the Gfeller-Waller Concussion Awareness Act. This act was drafted and implemented in the state of North Carolina to protect the safety of Student-Athletes and was signed into law on June 16, 2011.
- We recommend all MACAA member schools provide parents and guardians of every student-athlete an information sheet about Concussions. A Concussion Acknowledgment Form must be signed and kept on file. <http://www.gfellerwallerlaw.unc.edu/GfellerWallerLaw/gwlaw.html>
- We recommend that every coach in each MACAA sport participate in a free, online course on concussion management available at www.nfhslearn.com at least every two years. Each school is responsible for maintaining the participation of its coaches in concussion management course and must keep record of those who participate

- Each school must be in compliance with the North Carolina law concerning concussions. Every MACAA member school should meet with their coaching staff and review concussion policy prior to the beginning of every season.
- It is very important that every administrator, athletic director, coach, parent, official and student-athlete know the symptoms and steps to take when dealing with a student-athlete that displays signs of a possible concussion. Concussions can be a serious health issue and should be treated as such

11.13 • Officials

- Officials used in games sanctioned by the MACAA must be members of a bona-fide officials' organization and may not have any personal connections with either team. No parent, near relative or near friend may be engaged by the home team as officials. The names of your referee organization and your booking agent, as well as contact information, must be submitted to the Commissioner for a permanent record at the beginning of each season. Failure to send this information will limit the appeal process should a problem occur.
- The arranging for approved officials for each contest is the responsibility of the home team. Officials shall be contracted using the following guidelines:

SPORT	Preferred	Minimum	Tournament	Semi-final	Championship
Volleyball	2	1	2	2	4
Soccer	3	2	3	3	3
Basketball	3	2	3	3	3
Baseball/Softball	3	2	2	2	3

- The arranging of officials for MACAA sponsored championships and all-star contests shall be the responsibility of the Hosting School in consultation with the Athletic Committee. Participating schools will be assessed a fee to cover the costs.
- The MACAA member schools have voted to use the Armored Officials for all varsity basketball tournaments.
- All association or inter-association matches must be officiated by officials which are certified (registered) with the North Carolina Athletic Officials Association or a corresponding body from another state.
- All officials for association or inter-association games must be secured through a recognized booking agent and should not have any association with the school.
- Home bookkeeper will be the official scorebook for every game.
- Clock Operators: Basketball Clock Operators are required to be provided by the Home Team. If the school uses an uncertified clock operator and one of the floor officials issues a complaint upon the clock operation, the affected school should report such problems to the Athletic Committee

11.14 - Mercy Rule: Although the NFHS does not have defined mercy rules, authority is given to individual states and associations to put these rules in place. The following are the mercy rules adopted by the MACAA:

Soccer – 9 goals separation in the second half.

Baseball – 10 run rule after five innings have been completed.

Softball – 15 runs after three complete innings or 10 runs after five complete innings played.

Basketball – A running clock will be used when the point differential has reached 30 points for JV and 40 points for varsity.

11.15 - Team reports: Schools will report if they will not have a team for a specific sport for fall sports by August

1, Winter sports by September 15, and Spring sports by January 15.

12.0 • Sportsmanship

12.1 • Sportsmanship

The MACAA places a great emphasis on sportsmanship. Along with our member schools, we want to ensure that our student athletes play in an environment that allows them to experience the very best in athletic competition. In order to accomplish this objective, the league is governed in a manner that always puts the best interest of the student-athlete first. The MACAA requires that all schools and players treat each other with proper respect. At no time should a member school humiliate or embarrass another member school by defeating them in a disrespectful manner such as running up the score. All schools can exemplify excellence and compete at the highest level while showing respect to their member schools.

The MACAA also requires that all schools, coaches, players, and game personnel follow the goals of the MACAA set out in this manual. No school, coach, players, or game personnel shall behave in a manner through speech or conduct that can create a divisive atmosphere at any MACAA sanctioned event. In a member-driven league every school has an essential investment in the MACAA and all should strive to treat each other with the utmost regard while playing their absolute best. We ask that all Athletic Directors, coaches, parents and players promote good sportsmanship and act in a manner that brings glory to God. School administration, Athletic Directors, and coaches should promote this culture within their schools and address any issues that may occur during the season. Our member schools should be proactive in order to prevent any issues that may arise. All game administrators should be aware of and enforce the MACAA standards for good sportsmanship. The MACAA is a competitive league, but our first responsibility will always be to the personal growth and development of the student athletes.

12.2 • Public Protesting

Any school or member of a school that uses a MACAA event for their own purpose of staging a public protest is out of compliance with the Sportsmanship Section of this manual and subject to league discipline which could include immediate ejection from the league.

12.3 • MACAA Good Sportsmanship Statement

We recommend this statement be read before every MACAA game:

"The MACAA and its member schools have made a commitment to promote good sportsmanship by students, athletes, coaches, and spectators at all MACAA sanctioned events. Please represent your school with the highest regard. Any profanity, degrading comments and intimidating actions directed at officials, competitors, or other spectators will not be tolerated and are grounds for automatic ejection from the event site. Spectators are not allowed to enter the competition area during warm-ups or while the contest is being conducted. Thank you for your cooperation in the promotion of good sportsmanship at today's MACAA event."

12.4 • General Code of Conduct

Member schools are always encouraged to use Matthew 18:15-16 as the standing principal for any disputes that may arise, remembering we are one body in Christ with a goal of glorifying our Father in Heaven. If conflict arises between member schools, they must first attempt to work out the issues among themselves. If the issue is not resolved, the schools can ask the MACAA to act as a mediator between the schools to help come to a resolution.

12.5 • Sportsmanship Responsibilities

- Sportsmanship responsibilities of the host school: The host school must have a game monitor. The game monitor must have the ability to reason with angry fans and the authority to eject the fans from the game site if necessary.

- Sportsmanship responsibilities of traveling school: The traveling school should also have a person responsible for their fans at the game. This person must be able to reason with angry fans and will work with the

game administrator of the home team to eject a member of their fan base if necessary. Traveling schools will also seek to take care of the property of the host school at all times.

- *Sportsmanship by Fans*: Fans are encouraged to treat both teams with respect. Taunting, chanting, or acts of intimidation toward any team during pregame or post game activities is strictly prohibited. Fans are encouraged to provide a loud and positive atmosphere during the game. There will be no taunting, chanting or acts of intimidation toward an individual player. Singling out players by their names, their numbers or physical characteristics is strictly prohibited. Any fans who engage in any of these activities will be subject to immediate ejection from the game site by the game administrator and the school is subject to discipline by the league. Chants such as "air ball "," booing", or "you can't do that " are not allowed.

- *Sportsmanship towards Officials*: The game administrators for the home team and the traveling team are both responsible for the behavior of their fan base towards officials. Taunting, chanting and acts of intimidation towards officials are strictly prohibited. Fans will react if they feel a call is not correct, however, the game administrators must watch for consistent overreaction and negative escalation by fans. Game administrators must communicate with these fans about the MACAA sportsmanship policies and be willing to assist the home game administrator with ejecting the fan if necessary.

12.6 • Coach's 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 should be treated with the utmost respect and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

1) The Coach shall be aware that he or she has as tremendous influence, for either good or ill, on the education of the student and thus shall never place the value of winning above the value of instilling the highest ideals of character.

2) The Coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the 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.

3) The Coach shall take an active role in the prevention of the use of drugs, alcohol and tobacco.

4) The Coach shall avoid the use of alcohol and tobacco products when in contact with players.

5) The Coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.

6) 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.

7) 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) 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.

9) The Coach should meet and exchange cordial greetings with the opposing coach to set up the correct tone for the event before and after the contest.

10) The Coach shall not exert pressure on faculty members to give students special consideration.

11) The Coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

12.7 • Coach Requirements

1) Head coaches must be at least 21.

2) The MACAA suggest that every coach receive certification/licensing for their respective sport

3) No student coaches allowed.

4) All coaches must be dressed in a professional manner with proper school attire.

5) The MACAA suggests that every coach visit www.nfhs.org for rule updates and continued education.

The Case for Sportsmanship, Ethics and Integrity in High School Athletics

“Good sportsmanship is viewed by the National Federation of State High School Associations as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities that are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all athletic disciplines. Individuals, regardless of their role in athletics, are expected to be aware of their influence on the behavior of others and model good sportsmanship.”

Who Is Responsible?

Ten target groups have been identified within the high school communities that are responsible for conducting themselves in a sportsmanlike manner. Following are expectations of these groups:

13.1) Expectations of COACHES, DIRECTORS, AND SPONSORS

- Always set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior.
- Instruct participants in proper sportsmanship resp
- Realize that a ticket is a privilege to observe a contest and support high school athletics, not a license to verbally assault others or to be generally obnoxious.
- Respect decisions made by contest officials.
- Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.
- Respect fans, coaches, directors and participants
- BE A FAN ... NOT A FANATIC

13.2) Expectations of STUDENT PARTICIPANTS

- Treat teammates with respect.
- Treat opponents with respect: shake hands prior to and after contests.
- Respect judgment of contest officials, abide by rules of the contest and display no behavior that could incite fans.
- Cooperate with officials, coaches, directors and fellow participants to conduct a fair contest.
- Accept seriously the responsibility and privilege of representing school and community; display positive public action at all times.
- Live up to a high standard of sportsmanship established by the coach or director.

13.3) Expectations of PARENTS, STUDENTS AND OTHER FANS

- Realize that a ticket is a privilege to observe a contest and support high school athletics, not a license to verbally assault others or to be generally obnoxious.
- Respect decisions made by contest officials.
- Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.
- Respect fans, coaches, directors and participants
- BE A FAN ... NOT A FANATIC

13.4) Expectations of SPIRIT GROUPS

- Stimulate desired crowd response using only positive cheers, signs and praise without antagonizing or demeaning opponents.
- Treat opposing spirit groups and fans with respect.
- Recognize outstanding performances on either side of the playing field or court.
- Know the rules and strategies of the contest in order to cheer at proper times.
- Maintain enthusiasm and composure, serving as a role model.

13.5) Expectations of MEDIA

- Promote ideals and fundamentals of good sportsmanship.
- Report acts of sportsmanlike behavior without giving undue publicity to unsportsmanlike conduct.
- Refrain from making negative comments toward participants, coaches, officials or judges.
- Recognize the efforts of all who participate in the contest.
- Report facts without demonstrating partiality to any team or school.

13.6) Expectations of CONTEST OFFICIALS

- Accept the role in an unassuming manner. Showboating and over-officiating are not acceptable.
- Maintain confidence and poise, controlling the contest from start to finish.
- Know rules thoroughly and abide by the established Code of Ethics.
- Publicly shake hands with coaches of both teams before a contest.
- Never exhibit emotions or argue with participants and coaches when enforcing rules.

13.7) Expectations of SCHOOL ADMINISTRATORS

- Develop a program for teaching and promoting the ideals and fundamentals of good sportsmanship within the school, the league, conference and state.
- Provide appropriate supervisory personnel for each interscholastic event.
- Support participants, coaches and directors, and fans and spectators who teach and display good sportsmanship.
- Recognize exemplary behavior and actively discourage undesirable conduct by participants, coaches and fans.
- Attend events whenever possible.

13.8) Expectations of Commissioners

- Provide leadership and information to member schools.
- Act as a liaison to other educational associations within the state.
- Use statewide visibility to actively promote good sportsmanship.
- Interact with leaders of non-school activity programs to enhance good sportsmanship.
- Acknowledge commendable displays of good sportsmanship.

13.9) Expectations of PUBLIC-ADDRESS ANNOUNCERS

- Treat visiting and home teams comparably.
- Consistently display neutrality during the contest.
- Offer no personal comments or criticism of players, officials or coaches.

13.10) Suggestions for TICKET WINDOW-ADMISSION GATE DISPLAY

- In the game or in the stands, BE A GOOD SPORT.
- At today's contest, BE A FAN, NOT A FANATIC.
- Be a good audience member.

13.11) ACCEPTABLE BEHAVIOR

- Applause during the introduction of players, coaches and officials.
- Players shake hands with opponent who fouls out while both sets of fans recognize player's performance with applause.
- Accept all decisions of officials.
- Cheerleaders lead fans in positive school yells in a positive manner.
- Handshakes between participants and coaches at the end of contest, regardless of outcome.
- Treat competition as a game, not a war.
- Coaches, players search out opposing participants to recognize them for outstanding performance or coaching.
- Applause at the end of contest for performances of all participants.
- Everyone showing concern for injured players, regardless of team.

- Encourage surrounding people to display only sportsmanlike conduct.
- During the National Anthem, students, participants and fans should remove any hats, face the flag, not talk, place the right hand on the heart, and remain still until the end of the anthem.
- During the National Anthem, when singing, follow the music and lyrics precisely.

13.12) UNACCEPTABLE BEHAVIOR

- Disrespectful or derogatory yells, chants, songs or gestures.
- Booing or heckling an official's decision.
- Criticizing officials in any way; displays of temper with an official's call.
- Yells that antagonize opponents.
- Refusing to shake hands or give recognition for good performances.
- Blaming losses on contest officials, coaches or participants.
- Laughing or name-calling to distract the opponent.
- Use of profanity or displays of anger that draw attention away from the game or activity.

13.13) WAYS TO PROMOTE GOOD SPORTSMANSHIP

- Develop code of conduct and enforce it.
- Develop sportsmanship awards programs and honor those individuals who exhibit outstanding sportsmanship, ethics and integrity.
- Hold preseason meetings and assemblies before contest to encourage students to exhibit proper conduct.
- Display message on good sportsmanship throughout school hallways and in gymnasium or on the playing field.
- Have coaches, players and administrators speak to local clubs and organizations to stress the need for good sportsmanship in the community.
- Conduct clinics for parents and others to discuss playing and contest rules, ethics and good sportsmanship.
- Formulate a committee to work toward improvement of conduct at the contest.

13.14 Infractions:

Soccer/Volleyball

Infraction	Points	Penalties
Single yellow card	1	None (still must report to committee member)
2nd yellow card in single game	2	Removal from current conference

leading to a red disqualification		game and suspension from next conference game
Red card ejection (disrespect, egregious intentional foul, cursing)	3	Removal from current conference game and suspension from next conference game
Accumulation of 4 points	4	Suspended for next conference game
Accumulation of 6 points	6	Suspended for next 2 conference games
Accumulation of 7 or more points	7	Removal from all MACAA conference games for the remainder of the school year
Any instance of fighting or removal from game by force	5	Suspended from the next 2 conference games
COACH who accumulates 5 points	5	Suspended for the remainder of conference games for the rest of the season

Basketball/Baseball/Softball

Infraction	Points	Penalties
Single technical foul/dugout restriction	1	None (still must report to committee member)
2nd technical in one game (ejection)/ejection after dugout restriction	3	Removal from current conference game and suspension from next conference game
Infraction	Points	Penalties
Accumulation of 4 points	4	Suspended for next conference game
Accumulation of 6 points	6	Suspended for next 2 conference games
Accumulation of 7 or more points	7	Removal from all MACAA conference games for the remainder of the school year
Any instance of fighting or removal from game by force	5	Suspended from the next 2 conference games

COACH who accumulates 5 points	5	Suspended for the remainder of conference games for the rest of the season
--------------------------------	---	--

Note: Character issues (unsportsmanlike conduct) are not up for appeal. Other appeals may be sent to the Athletic Committee within 48 hours of the most recent infraction.

If a young person or coach is ejected from a sub varsity game, they may not play or coach another game on the same night that they were ejected.

Players and coaches should be reminded that the points system carries over to the following sports seasons.

In order to inspect what we expect, all red cards, yellow cards, technical fouls, ejections, and dugout reprimands must be reported to the Athletic Committee via macaaathletics@gmail.com no later than 24 hours after the infraction takes place.

14.0 • Noisemakers/Music

14.1 • Noisemakers: All artificial noise makers including air horns will be banned at all sporting events.

14.2 • Music

- MACAA approved music may be played during warm-up and between halftime.
 - Approved Music:
 - College Fight Songs
 - Classical Music
 - Old School Hymns
 - Theme songs
 - Contemporary Christian Music may be played during warm-up, halftime and when the ball is not in play if both schools that are represented have no disagreement in the music that is being played
 - Sound effects that can be found in college or professional sports may be played as long as they do not interfere with game play.
 - **Schools are asked to consider the visiting team when warm up and halftime music is played. If a school in advance or during the contest makes a request regarding the music, we ask that the host school honor their request.**

15.0 MaxPreps

Use of Maxpreps is mandatory for all MACAA Divisional games.

Roster and schedules should be uploaded to Maxpreps by the following dates:

Soccer / volleyball – September 15

Basketball – December 15

Baseball, Baseball, Volleyball – March 15

Schedules should be uploaded to Maxpreps one week before your first MACAA game.

15.1 - Facilities: Christian schools with small budgets are doing the best they can. If possible, we ask that all courts and fields are appropriate sizes. If a member school cannot provide an official size field or court, please make the Athletic Committee aware of the situation in case a problem arises. Schools cannot host a conference tournament unless their field or court meets the minimum size requirements.

Address dangerous conditions on a field or court to the lead official in charge of the game. It is their job to make sure that all situations are safe for our student athletes.

15.2 - Public Address Announcers: are encouraged to be used during time outs and dead ball situations. No live or play by play calling of the games.

16.0 • Specific Sport Information

16.1 • Baseball

- **Ball:** All game balls must have an approved HFHS stamp.
- **Bats:** Must meet current NFHS standards
- **Field Dimensions:** The size of the field should be in compliance with the NFHS Baseball Rulebook.
- **National Federation Rules** will be used for all MACAA baseball games.
- **Pitching :** No player may pitch more than 60 pitches during any consecutive three-day period, nor may a player make more than four plate appearances as a pitcher during any consecutive three-day period. One pitch constitutes an inning pitched or an appearance. If playing in a tournament, a pitcher is allowed to throw up to 90 pitches and still be allowed to have his fresh pitch count of 120 pitches for the following Friday/Saturday tournament.

- **General Rule:** A pitcher can throw a maximum of 105 pitches per day.
- **At-Bat Completion:** A pitcher is allowed to finish an at-bat even if they reach the 105-pitch limit during that at-bat. ⓘ

Rest Periods:

76 or More Pitches:

If a pitcher throws 76 or more pitches in a day, they require four calendar days of rest before pitching again. ⓘ

61-75 Pitches:

If a pitcher throws 61-75 pitches in a day, they require three calendar days of rest. ⓘ

46-60 Pitches:

If a pitcher throws 46-60 pitches in a day, they require two calendar days of rest. ⓘ

31-45 Pitches:

If a pitcher throws 31-45 pitches in a day, they require one calendar day of rest. ⓘ

1-30 Pitches:

If a pitcher throws 1-30 pitches in a day, no rest days are required. ⓘ

State Championship Series:

The state championship series (a best-of-three series) is exempt from the days of rest requirements, with pitchers limited to 120 pitches for the entire series. ⓘ

ⓘ Q nc high school pitching rules

- **Officials:** Two officials are required for all regular season and play-off games. The tournament host school will provide three officials for the MACAA championship game.
- **Coaches:** All coaches must be in uniform or wear a top that is school colors.

16.2 • Basketball

- Basketball should be governed by the rule book for basketball, published by the National Federation of State High School Associations for the current playing season/ school year.
- **Ball:** All game balls must have an approved NFHS stamp. Only Wilson Evolution balls can be used in MACAA tournaments for Varsity and JV. Boys balls should be 29.5 girls balls should be 28.5.
- **Officials:** See 11.12 Officials.
- **Playing Time :** Boys and girls varsity games should be four 8 minute quarters. JV boys and girls games should be four 6 minute quarters.
- In consideration of the visiting teams, halftimes and pregame warm-up time are dictated by the quarter times for each respective game. For example, JV boys games should have a 6 minute pregame and a 6 minute halftime because the games have 6 minute quarters.

game

- Order of games should be as follows: JV girls, JV boys, Varsity girls, Varsity boys unless both teams are in agreement prior to game day.
- **Game Times:** Distance of travel should always be a consideration. As a general rule, on four game nights, the first game should start no later than 4pm. On three game nights, the first game may start at 4pm, but should start no later than 5pm. On two game nights, the first game should start no later than 6pm.
- **National Federation Rules** should be used for all MACAA basketball games.

16.3 • Cheerleading

16.4 • Cross Country

16.5 • Golf

- **Course requirements:** Each school participating in golf, must have a home course available to them.
- **Days of Matches:** A match may be scheduled on any day that is agreed by both schools. Please keep in mind that there is the least amount of traffic on a golf course on Mondays, Tuesdays, and Thursdays. Please consider daylight hours and the appropriate amount of time needed to complete the course.
- **Make up teams:** Because of the nature of golf, both male and female students may participate on a school's team. It should be noted that the golfers that participate on the team during the season should be the same team that participates in postseason play.
- **Match Format:** All MACAA golf matches will consist of nine holes of golf. Eighteen holes of golf will be considered separate matches.
- **Team requirements:** Six golfers compete for each school in a match. Each team will have a minimum of four golfers. The top four schools will be totaled and counted to determine who is the winning school.

16.6 • Soccer

Ball - The ball used for MACAA competition should be a predominately white, properly inflated, stitched size 5 soccer ball. **It must have an NFHS stamp.**

Ball Persons - MACAA schools should keep soccer balls on both sides of the field. These balls should be thrown in quickly as not to delay play. It is preferable that the home team provides ball persons. If these ball persons are in uniform, they should wear a different color jersey over their uniform.

Length of Game – Varsity boys and girl's games should be 40 minute halves with a 10 minute intermission. If the temperature outside exceeds 90 degrees, or the humidity is extremely high, a 3 minute water break at the midway point of each half, may be appropriate.

Tie games – If a soccer match is tied at the end of regulation, we want to follow NFHS rules. The game should end in a tie for regular season games.

Uniforms – Per NFHS guidelines, Schools are required to wear light colors at home and dark colors as the away uniform. Socks should match the jersey per NFHS guidelines.

NFHS rules will be followed for all MACAA soccer matches. This would include boys and girls.

If the MACAA handbook does not clearly lay out rules for a soccer question, we will fall back on and follow the NFHS rulebook.

16.7 • Volleyball

The following guidelines are to be included with the normal protocol of scheduling and participating in volleyball.

-Ball: Air pressure is to be within the range stated by NFHS. For consistency from match to match, the ball should have a synthetic leather texture. **It must have an NFHS stamp.**

-Format: All MACAA volleyball matches are to follow the best-three-out-of-five format for regular season and tournament progression. All junior varsity matches will be two out of three matches.

-Linesmen: The host school should provide two competent linesmen unless both schools agree prior to the match to provide a linesmen. Teams are strongly encouraged to provide a linesman for away games. Two official linesmen are required for state tournaments in the division. If a school uses the minimum number of referees for volleyball (1), they are required to find corner judges (16 years and up) to help the single paid official.

-Officials: The use of **two** officials for varsity matches are required by the National Federation Rules.

-Tie games (game 5 or 3) : All games (JV and Varsity) will be played to 15 and not 25.

16.8 • Tournaments

16.9 • Tiebreaker

TWO TEAM TIE-BREAKER

- Head to Head Record
- Head to head scoring
- Victories vs. Common Opponent within the Division (Highest seeds to lowest seeds)
- Victories vs. Common Opponents within the Conference
- Coin Flip

When there is not an equal amount of divisional games, seeding decisions will be made based upon winning %

-THREE TEAM TIE-BREAKER

- In a 3-way tie breaker for tournament seeding, seeding will be determined in the following order
 - o Record of the games played against the schools in the tie
 - o Point differential in those games
 - o Common opponents
 - o Coin Flip
- In a 3-way tie breaker, if one team concedes their spot, the tie breaker reverts to two-way tie

16.10 • Play-in Games

- In an effort to have the best teams in the conference tournament, we will cross seed the play in games for each sport. If both divisions have 7 teams, the 1 seed will have an automatic bid into the conference tournament. The remaining seeds from each of the divisions will be cross seeded for the remaining spots in the tournament. For example: The 7 seed north will travel to 2 seed south.
- Soccer tournament will have 6 teams
- Volleyball tournament will have 12 teams
- Basketball tournament will have 8 teams
- Baseball tournament will have 4 teams
- Girls soccer will have 4 teams

- Boys volleyball will have

17.0 • Dress Code Policy

- 17.1 – State Tournament Recognition:** Keeping in mind that we have many different schools with many different standards of dress, when receiving a MACAA award (Team or Individual) athletes and coaches should dress in such a way as not to offend a participating school. The minimum dress code for receiving awards should be the same standards that are asked for athletes on the court. Shorts should be no shorter than 3 inches above the knee. **MACAA will be moving to a 9 inch. Inseam rule in the fall of 2024.**
No leggings are permitted. No objectionable writings or language on shirts.
- 17.2 - Volleyball:** Uniforms should follow standard High School Association rules
- Volleyball shorts should be no higher than 3 inch above the knee
 - No body fit type uniform tops or bottoms.
 - Boys and Girls should not roll up athletic shorts per NFHS rules.
- 17.3 - Soccer:** Boys and Girls soccer and basketball shorts should be no higher than 2” above the knee. Boys and girls should not roll up athletic shorts per NHSF rules.
- 17.4 - Cheerleading:** All Cheerleading Uniforms should be modest in appearance and knee length
- 17.5 - Basketball:** Girls should have modest armholes under the armpit.
- 17.6 - General:** No jewelry of any kind is permitted during sporting events including, but not limited to nose rings, earrings, tongue rings, or necklaces.
No visible tattoos allowed in high school athletics per NFHS.
- 17.7 - Participants Dress:** Should be modest and appropriate and not offensive to the host or visiting school.
- 17.8 -** Continued violations of dress code by a school will be reported to the athletic committee which will address these infractions according to our rule book infraction policy.

18.0 • Scheduling

- 18.1 • Fall Sports - September 15 – Schedules should be emailed to MACAA.**
- 18.2 • Winter Sports - December 15 – Schedules should be emailed to MACAA**
- 18.3 • Spring Sports – March 15 – Schedules should be emailed to MACAA**

19.0 • Rosters

- 19.1 • Fall Sports – September 15 – Rosters should be emailed to MACAA**
- 19.2 • Winter Sports – December 15 - Rosters should be emailed to MACAA**
- 19.3 • Spring Sports – March 15 – Rosters should be emailed to MACAA**

If the date falls on a weekend, the due date reverts to the following Monday. All tournament rosters must be submitted to MACAA no later than one month from the original roster submission date for each sport!

The first Thursday in March will be the annual MACAA conference spring meeting. Please do not schedule any games for this date. This will be an extensive meeting and typically take the entire day!