HIGH SCHOOL ATHLETIC ELIGIBILITY REQUIREMENTS

Students interested in participating in high school athletics should familiarize themselves with the following general regulations, academic and attendance requirements, and athletic policies. Listed below are the sports offered.

**Fall**
- Football - boys - V/JV
- Soccer - boys - V/JV
- Volleyball - girls - V/JV
- Cross Country
- Tennis - girls
- Cheerleading - V/JV
- Golf –girls

**Winter**
- Basketball - V/JV
- Wrestling
- Swimming
- Cheerleading-V/JV
- Tennis - boys
- Golf - boys
- Track

**Spring**
- Soccer - girls - V/JV
- Softball - girls - V/JV
- Baseball - boys - V/JV
- Tennis - boys
- Lacrosse

* Unless noted, sport is offered for both boys and girls.

** Eligibility Requirements**

To be eligible for tryouts, practice, or participation in interscholastic athletic contests, a player must meet all North Carolina High School Athletic Association (NCHSAA) and Alamance Burlington Schools eligibility requirements and policies:

**Age**
- Must not participate if he/she becomes 19 years of age on or before August 31 of said year.

**Attendance**
- Must follow NCHSAA rules, which have an 85% attendance requirement (approximately 13.5 days) for the previous semester and includes all absences.
- ABSS requires the athlete to be present the entire day in order to participate in activities or practices.

**Academics**
- Must meet promotion requirements at their school to be eligible for the fall semester.
- Must have passed a minimum of 3 courses the previous semester or for the previous year. (This number is based on a 4 period day.)

**Enrollment**
- Must participate at the school to which he or she is assigned by the local board of education based on the residence of the parent or legal custodian within the administrative unit. The athlete must live with the parents or legal custodian.

**Medical Examination**
- Must receive a medical examination once every 365 days by a duly licensed physician, nurse practitioner, or physician’s assistant.
- Must be released by a licensed physician if absent from athletic practice for five or more days due to illness or injury.

**Other NCHSAA Requirements**
- Must not participate at the high school level for a period lasting longer than eight consecutive semesters beginning with the student’s first entry into grade nine or participation on a high school team.
- Must not participate at the high school level for more than four seasons in that sport (one season per year).
- Must not be convicted of a felony in this or any other state, or adjudicated as a delinquent for an offense that would be a felony if committed by an adult in this or any other state.
- May not play, sit on the bench, or practice if ineligible.
- To maintain amateur status, the athlete must not accept money or awards having utilitarian value (golf balls, clubs, tennis rackets and balls).
- Must not have signed a professional contract, played on a junior college team or be enrolled and attending class in college.

**Other ABSS Policies**
- May not participate in practice or play if assigned to In-School Suspension (ISS) or Out-of-school Suspension (OSS).

**Links**
- ABSS Board Policy [www.abss.k12.nc.us](http://www.abss.k12.nc.us)
- NCHSAA [www.nchsaa.org](http://www.nchsaa.org)
- National Federation [www.nfhs.org](http://www.nfhs.org)