

I. PURPOSE AND PHILOSOPHY

The purpose of the Carolina State Athletic Association (CSAA) is to establish a structured framework for athletic competition among member schools. Governance of all sanctioned events is a fundamental responsibility of the CSAA.

The CSAA is committed to promoting standards that support the spiritual, academic, and physical development of students. Athletics are viewed not merely as competition, but as a ministry tool for growth and character development.

The philosophy of athletics within the CSAA is grounded in biblical principles. Participation in sports is intended to cultivate perseverance, discipline, teamwork, respect for authority, and integrity. Scripture provides clear guidance for conduct:

- Matthew 7:12 teaches the principle of treating others with fairness and respect.
- 2 Timothy 2:5 emphasizes adherence to rules in competition.
- 1 Corinthians 10:31 calls for all actions to be done for the glory of God.

The CSAA operates under the authority of No Boundaries Ministry. The No Boundaries Ministry Board serves as the Executive Board of the CSAA and maintains full authority over all organizational matters. The Board appoints the CSAA Executive Director, who appoints all committee members.

II. MEMBERSHIP

- Membership applications are reviewed annually by the CSAA Board.
- The Board reserves the right to accept or reject applications at its discretion.
- Schools will be notified of acceptance within seven (7) days of application receipt.
- Membership renewal deadline: **July 15** annually.
- Athletic Director must fill out the CSAA registration form with the State fee of \$475 payable to the Carolina State Athletic Association
- Please mail to: CSAA, 2089 Old Evergreen Road, Appomattox, VA 24522
- CSAA understand each school has their own philosophy, and the CSAA may not be the best option for your school. The CSAA wishes the best for your school and the future of your program. We pray that your school will find the proper setting for your program.

By signing the membership application, school administrators agree to:

- Understand and enforce CSAA rules and standards
- Maintain accurate academic, athletic, medical, and attendance records
- Submit eligibility documentation promptly
- Ensure institutional compliance

III. GOVERNANCE AND AUTHORITY STRUCTURE

Representation

- Each member school operates autonomously with equal standing.
- No school may represent another.
- The CSAA is the sole governing authority for league competition.
- Annual and all Seeding meetings. CSAA will set the agenda for all meetings. If Athletic Directors wishes to add to the agenda they must email the CSAA President 14 days prior to the meetings. The CSAA will decide if that item is to be placed on the agenda.

Authority Hierarchy

1. CSAA Board – Final authority
 2. CSAA President – Reports to the Board
 3. Board and President – Sole governing entities
 4. Appointed Committees – Report to President
 5. Sport Directors – Report to President
 6. Athletic Directors – May submit recommendations
 7. Meetings – Agenda controlled by CSAA
 8. Schools retain sovereignty outside CSAA governance
 9. CSAA enforces rules based on:
 - NFHS
 - NCSHAA
 - CSAA regulations
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IV. PLAYOFF STRUCTURE

1. Final Seeding determined at the CSAA Seeding Meeting
 2. Preseason tournaments held at designated sites
 3. Playoffs take priority over all other contests
 4. First round may begin the following day
 5. Higher seed hosts games and official scorebook, Host school collects gate fees and pays the game officials
 6. All games must conclude by Thursday before Championship Round
 7. Higher seed is designated home team
 8. Start times:
 - MS/JV: 4:00 PM earliest
 - Varsity: 5:00 PM earliest
 - Times can be changed if agreed upon by both schools
 9. CSAA resolves scheduling conflicts
 10. Certified officials required
 11. Facilities must meet NFHS standards
 12. Middle School divisions: East/West format
 13. Scores must be reported within 24 hours
 14. JV/MS seeding finalized at Seeding meeting
 15. Varsity brackets distributed at meeting
 16. Two seasonal varsity rankings issued
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V. ROSTER and TOURNAMENT REGISTRATION TIME FRAME for each School year

Deadlines

- Fall: September 10
- Winter: January 10
- Spring: March 15

Submission Methods:

- Athletic Director must fill out the CSAA roster & tournament registration form for each team
- Must declare 1. Sport 2. Team 3. MS, JV, or Varsity 4. Boys/Girls
- Email: barker06@msn.com

****Failure to submit Rosters and Tournament registration form before the deadline results in tournament ineligibility****

VI. EXEMPTION POLICY

- Allowed for injury or illness
- Starters may not move down levels
- Only bench players eligible for reassignment

- Athletic Director must fill out the CSAA Waiver form and email to barker06@msn.com
- CSAA will send a written CSAA approval or disapproval within 24 hours
- Requests for tournament play must be within 12 hours post-seeding meeting

Penalty:

Violation results in:

- One-year probation
- Game or games being forfeited in regular season and automatically forfeiture of tournament game
- \$300 fine

VII. FAN CONDUCT POLICY

- Zero-tolerance policy enforced
- Schools responsible for their crowd control
- Removed spectators:
 - One-year ban from all CSAA events
- Failure to enforce may result in school termination from the CSAA
- Threats toward officials and host officials result in lifetime bans

VIII. RULE 5.4 AMENDMENT (SCHEDULING)

- Open scheduling permitted
- CSAA request that each school play three CSAA games.
- Selection Committee determines seeding based on:
 - Record
 - Head-to-head
 - Strength of schedule
 - Point system for tiebreaker: First CSAA win is 2 points, Second CSAA loss is 1 point, Third CSAA game is 0 points. Add the total points for the tiebreaker. Only the first game counts for standings.
 - MaxPreps is used for date points by the committee

Additional provisions:

- MaxPreps registration required – Complete team roster must be posted on MaxPreps (Pre-Sport)
- Schools are required to update their MaxPrep standings every 10 days.
- No reseeding after bracket finalization
- Once committed to play in the Tournament, if school forfeit a of penalty: \$300

IX. RECRUITING POLICY

- Recruiting between CSAA schools is prohibited
- Transfers in season require 30-day sit-out (unless approved by the CSAA)
- Exceptions:
 - Family relocation
 - Employment changes
- No athlete compensation permitted
- International students allowed with valid documentation

X. AGE AND ELIGIBILITY (RULE 14.4)

Age Limits

- Varsity: Under 19 after August 2
- JV: 16 or younger
- Middle School: 15 or younger

Grade Requirements

- Varsity: Grades 7–12
- JV: Grades 7–10
- Middle School: Grades 5–8

Participation Restrictions

- Varsity Stater participation restricts lower-level play
- JV Stater participation restricts MS play

Daily Limits

- Soccer: 3 halves per day
- Basketball: 6 quarters per day
- Volleyball: 8 sets per day
- Baseball/Softball: 10 innings per day

Gender Policy

- No coed teams (except golf)
- Participation based on original birth certificate designation

XI. VARSITY ELIGIBILITY

- Maximum: 8 semesters once entering 9th grade
- Exceptions require CSAA approval
- NCHSAA 8-semester rule applies

XII. HOMESCHOOL / DUAL ENROLLMENT

- Must meet school enrollment policies
- Transcripts required
- Must reside within area district
- Dual enrollment prohibited (Dual enrollment within College is acceptable)

XIII. GAME REGULATIONS

Volleyball

- MS/JV: Best of 3 (to 15)
- Varsity: Best of 5 (5th set to 15)

Soccer

- MS/ JV Two 30-minute halves 10-minute halftime Overtime 2–5-minute periods to be played if still tied, PK's (each team 5 kicks -unlimited)
- Varsity Two 40-minute halves 10-minute halftime Overtime 2–5-minute periods to be played if still tied, PK's (each team 5 kicks -unlimited)

Basketball

- 4–6-minute quarters 8-minute halftime MS and JV 3-minute overtime
- 4-8-minute quarters 10-minute halftime Varsity 4-minute overtime

Softball 7 innings No Pitch count

Baseball

- 7 innings Baseball pitch count by NHFS rules
 - Rest Periods (Baseball)
 - o 1–30 pitches: 0 days' rest.
 - o 31–50 pitches: 1 day rest.
 - o 51–75 pitches: 2 days' rest.
 - o 76+ pitches: 3 days' rest.
 - o Max 110 total pitches in a day Regular or Post season. If 110 is reached pitcher may finish that batter.
 - Finishing a Batter: If a pitcher reaches their limit during a batter, they may finish pitching to that batter.
 - Tracking: Coaches must track pitches
 - Penalties: Violations of pitch count or rest rules will result in the game being forfeited.
 - Warm-up Pitches: Warm-up pitches between innings do not count toward the daily pitch total.
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XIV. DISCIPLINE POLICY Fighting – Cards and T-Fouls

- If a player receives a red card or technical foul for fighting that player will be ineligible for the next game.
 - If a player receives a second card or second technical will be ineligible for the next 2 games-and one-year probation.
 - If a player receives a third card or third technical will be ineligible for One calendar year.
 - Coaches receiving a red card or technical foul are ineligible for the next game.
 - Coaches receiving a second red card or second technical foul are ineligible for the next 2 game -and one-year probation.
 - Coaches receives a third card, or third technical will be ineligible for One calendar year.
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XV. FORFEITS

- Once a team is placed in the tournament at the seeding meeting, if that team forfeits a game in the tournament the CSAA will fine that school \$300.00
 - If that team had to forfeit due to uncontrollable circumstances outside of their control it will be up to the CSAA to make an final decision.
 - Exceptions reviewed by CSAA
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XVI. OFFICIALS

- Must be certified
 - Assigned through approved agencies
 - Decisions are final
 - No protests allowed
 - All Championship game officials are paid by the CSAA, not the tournament host school.
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XVII CSAA Rule Change

- No rule will be changed during the CSAA year, (Unless deemed otherwise by the board)
 - Rule proposed request must be made by August 1st of each CSAA year
 - CSAA Board will make all decision on rule request. (Their decision are final)
 - Rule change must be in writing and submitted to the President using the CSAA rule form.
 - Signed by that school's A.D.
 - CSAA will announce the Board decision at the CSAA August meeting.
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XVIII. GOLF PROGRAM

- CSAA only allows Mixed-gender participation in Golf
- All golfers will tee from the White tees
- Top 5 players submitted
- Top 4 scores count toward team total
- one card per group will be "official" scorecard. Every player needs to sign the scorecard to verify and turn in after the round
- Triple bogey maximum per hole
- Lost ball / out of bounds will lose stroke only, not distance (drop within 2 club lengths where ball last CROSSED out of bounds or trees and add 1 stroke)
- no advice from parents -coaches can offer advice in between holes (only encouragement during the hole)
- Start Time and Format (Shotgun)- TBA

Golf Director:

XIX CROSS COUNTRY

Director: Nelson Rowell nelson.rowell@leeparkprep.org

CERTIFICATION

This document represents the official rules and amendments of the Christian Schools Athletic Association as of April 6, 2026. All member institutions are required to adhere fully to these standards as a condition of participation.