2026-27 NCSAA ROSTER RULES

ELIGIBILITY TO PLAY IN NCSAA

- **a.** All student-athletes must be current students at the school in which they are participating to play in NCSAA. This includes **all** NCSAA sports, activities, and divisions.
- **b.** Home School Students **are not** eligible to participate in NCSAA. However, they can play for the CCSD program they're zoned for, or we are happy to assist in connecting you with a team through Nevada Youth Sports.
- **c.** Virtual Academy Students or students who take some but not all classes at the school are eligible with approval from NCSAA. The student must be issued a report card from that school. This will be reviewed on a case-by-case basis.
- **d.** NCSAA does not have a grade/report card check rule. Each institution is welcome to add their own grade standards to compete in athletics.
    - **i.** If a school chooses to do grade checks, we ask that these are done by Wednesday and not on Fridays. This helps prevent last-minute forfeits.

TRANSFERS

a. A student-athlete who starts the season on the roster of an NCSAA school may not play for a different NCSAA school in the same season even if they've transferred schools. They're not eligible to play until the next season.

b. A student-athlete who transfers from a non-NCSAA school to an NCSAA school during the season is eligible to play as long as they're added to the roster and verified prior to the Week 4 deadline for Fall & Winter or the Week 3 deadline for Spring.

c. A student-athlete who changes schools during the season is not eligible to continue to play for their original school once they're unenrolled in the school.

PLAYING ON MULTIPLE ROSTERS

- **a.** Student-athletes may only play on a maximum of 1 roster per sport per season. They may not change rosters/divisions once they've checked into a game without written permission from the NCSAA Commissioner.
    - **i.** Student-athletes are welcome and encouraged to play multiple sports in the same season. For example: a student-athlete may play flag football and run cross country at the same time. However, they can't be on 2 different flag football rosters or have checked in for 2 different rosters at any point in the same season.
    - **ii.** For instance, you can't start on a JV Roster and move up to Varsity. That is not allowed – even if your roster is short-handed that week due to players out of town.

Updated on 7/24/26

PLAYING UP OR DOWN DIVISIONS

a. Players may play up an age group, but may never play down.
b. For example, a 5th grader is welcome to play in the JV Division with the 6-7th Graders. However, a 6th grader (regardless of skill level) would not be allowed to play in the ES Competitive Division.

GAME JERSEYS

a. Jersey #'s must be accurate in National Sports ID for all competitive divisions of team sports requiring a jersey. *(flag football, volleyball, basketball, soccer)*
b. Jersey #'s must be visible on the front and back for all competitive divisions of team sports requiring a jersey. Please see each sport's rules for more specific jersey requirements. *(flag football, volleyball, basketball, soccer)*
c. *Numbers must be large and visible from across the court/field AND in a clear contrasting color of the game jersey.*
    i. *For example, you're not allowed to have black jerseys with black or dark gray numbers.*
d. ***NEW RULE FOR 2026-2027*** *– schools must have either:*
    i. *Reversible Game Jerseys with numbers*
    ii. *2 Sets of Game Jerseys with numbers with them at all times.*
    iii. We will not allow for pinnies in flag football, basketball, soccer
    iv. Failure to have either reversible jerseys or 2 sets of jerseys with the team may result in a forfeit of the game.

COMBINING OF CAMPUSES

a. Schools are not permitted to allow student-athletes to combine campuses to make one team without the written approval of NCSAA.

b. NCSAA will only allow for the combining of campuses in the most extreme of cases only.

Examples of this may include:

1. Brand new school operating in their first or second year. This may be allowed on a short-term basis only.

2. A school only has 1 grade level that qualifies for the league and their sister school also has limited grade levels. NCSAA will look at their numbers and decide whether to approve or not.

c. Sports in which NCSAA will NOT allow a school to combine with another school for any reason:

1. Cross Country
2. Track & Field
3. Competitive Cheerleading
4. Bowling

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PHYSICALS

a. All student-athletes must complete a physical using the NIAA form on the NCSAA website.

b. This form must be keep on file by the school's Athletic Director. Physicals must have been completed after June 1 of the current school year. These are not collected by NCSAA or National Sports ID. By allowing a student-athlete to play the school is acknowledging the student-athlete has passed a physical.

ROSTER MINIMUMS

a. All teams enrolled in competitive divisions must maintain the minimum number of players to participate:

- Flag Football – 12 players
- Girl's Volleyball – 10 players
- Basketball – 10 players
- Bowling – 5 players
- Soccer
    - Elementary Competitive – 13 players
    - Middle School – 16 players

b. There are no maximum number of players.

HOLDBACKS & AGE THRESHOLDS

a. Student-Athletes may participate in the grade they're in even if they've been held back once provided they are not older than the age threshold at any point in the current sports season. Age is as of August 1 of the current school year.

b. Student-athletes who have been held back 2 years are no longer eligible to play in NCSAA regardless of age.

c. Student-Athletes who are older than the age threshold may play up a division (provided there is one available).

- For example, a 5th grader who has been held back and is 13 years old can play in the JV division.

d. The max age for the following grades for Fall Season:

1. Grades 5: Age 11
2. Grades 7: Age 13
3. Grades 8: Age 14

e. The max age for the following grades for Winter & Spring Seasons:

1. Grades 5: Age 12
2. Grades 7: Age 14
3. Grades 8: Age 15

d. No 16 year olds are allowed to play in NCSAA for any season.

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NATIONAL SPORTS ID

a. All Student-Athletes must have an active and verified AND be listed on the roster by the deadline. Anyone without a fully verified National Sports ID will not be permitted to play. Returning players with a National Sports ID account will just need to update their information in the system. New players will need to do the entire process. A player that is verified but NOT on the roster is considered ineligible to play. They must be fully verified AND on roster.

- **Headshot Photo** – Similar to a Driver's License or Student ID Photo. This should be a close-up, clearly lit photo that shows the student-athlete's entire face and hair looking directly at the camera. No hats. No sunglasses. This can be a recent school photo or one simply taken from your cell phone.
- **Scan of Birth Certificate, State ID, or Passport**
    i. Foster children without any of these documents should be directed to the NCSAA Commissioner for review of their documents.
- **Proof of Grade** – This can be your most recent report card, most recent School ID, school schedule showing your child's grade, screenshot of Online Account (i.e. Infinite Campus) proving grade level, etc.
- **Parents E-Sign the NCSAA Participant Waivers**
- **Pay National Sports ID annual fee per student-athlete –** *this is a one time fee per school year*

b. Schools may add players to their roster in National Sports ID until the Week 4 deadline. No players will be added after the Week 4 deadline for Fall & Winter and the Week 3 deadline for Spring.

- Any National Sports ID that expires after the Week 4 deadline for Fall or Winter or Week 3 deadline for Spring will be ineligible to play or be added back to the roster.

c. Roster's are locked every Wednesday at 6pm for that week's games. No roster additions may be made Thursday-Saturday.

d. League officials will check every team's National Sports ID prior to each game. However, only the NCSAA Commissioner Justin Phelps and Associate Commissioner Melanie Mark have the authority to change rosters. Site Directors are NOT permitted to allow a student-athlete to play that isn't on the roster. If a Coach, Athletic Director, Administrator, or Parents asks a Site Director to allow a student-athlete to play that isn't on the roster this is a form of cheating and all games in which that student appears may be subject to forfeit and suspension of all individuals involved.

e. Players who arrive after check-ins have occurred but are on the official National Sports ID roster must check-in with the NCSAA Site Director prior to checking into the game.

f. Any player not on the official National Sports ID roster will be ineligible to play for that day.

g. If a player is "verified" (green) in NSID but NOT on the official team roster, they are INELIGIBLE to play.

h. Site Directors will work from the official roster only and not look at parents or coaches phones/electronic devices to dispute whether a student-athlete should be on the roster.

i. Teams who play ineligible players will forfeit their game, the head coach and offending player will be suspended for the remainder of the school year.

- If the ineligible player appeared in other games, they will forfeit those games as well.

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TRANSGENDER STUDENT-ATHLETES

c. NCSAA is obligated to align our policies in regards to biological sex in sports with federal and state laws as well as the NIAA's stance.

b. Due to sex-linked differences in physical development and athletic performance only sex, and not gender identity or expression, can be considered a relevant characteristic for eligibility on a girls' team.

c. NCSAA encourages its member schools to monitor their athletic programs to ensure those programs are fair and safe for all student athletes and that equal opportunities are available for student athletes based on sex. In so doing we ask that member schools comply with federal law, including Title IX of the Education Amendments of 1972, 20 U.S.C. 1681, et. Seq.

d. **Definitions**: The terms set forth below shall have the meaning ascribed to them following each term:

i. Boy: "Men" or "man" and "boy" or "boys" mean adult and juvenile human males, respectively.

ii. Male: "Male" means a person belonging to the sex intended to produce the small reproductive cell.

iii. Girl: "Women" or "woman" and "girl" or "girls" shall mean adult and juvenile human females, respectively.

iv. Female: "Female" means a person belonging to the sex intended to produce the large reproductive cell.

v. Sex: "Sex" or "birth sex" refers to an individual's immutable biological classification as either male or female. The term "sex" is not a synonym for and does not include the concept of "gender identity."

e. **Eligibility**: For purposes of sex eligibility in the NCSAA:

i. Athletes shall be confirmed as male by the designation of "male" on the NCSAA/NIAA pre-participation physical form.

ii. Athletes shall be confirmed as female by the designation of "female" on the preparticipation physical form. Note: The complete absence of male androgenization (e.g. CAIS) as confirmed through the preparticipation physical can result in eligibility for a girls' team or sanctioned sport.

f. **Participation**: The participation of all student athletes in NCSAA sanctioned sports shall be determined as the following:

i. A male student-athlete shall only be allowed to participate in a NCSAA sanctioned sport in accordance with his sex on teams designated for boys or on coed designated teams.

ii. A female student athlete shall be allowed to participate in a NCSAA sanctioned sport on teams designated for girls or teams designated as coed. A female student athlete may also participate on a team designated for boys if there is no corresponding team available for girls, and the female student athlete qualifies for the team.

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iii. All student athletes are required to accurately complete a Medical History Form as part of the Pre-participation Physical to obtain athletic eligibility. The student athletes' physician must complete a Pre-participation Physical Evaluation and Physical Examination Form which shall be retained in the physician's records for the student athlete. The physician shall thereafter complete a Medical Eligibility Form for the student athlete. The completed and approved Medical Eligibility Form shall act as certification for the student in sanctioned sports that are based on sex. The Medical Eligibility Form shall include the student's birth sex and must be signed by the student, the student's parent or guardian and physician or other medical provider conducting the physical verifying the accuracy of the student's birth sex. In the event the birth sex is listed on the Medical Eligibility Form as a "male" and the physician has checked the box for "Medically eligible for girls sports" the form shall be submitted to the school's Athletic Director. The Athletic Director will keep this on file for the school year.

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