

RockyMount ACADEMY

Athletics Update

Dear RMA Parents and Student-Athletes,

RMA is very excited to welcome our students back in the classrooms on August 24th. The information stated below is from The North Carolina Independent School Athletic Association or (NCISAA). We are thankful for this agency that governs RMA Athletics, and the leadership, guidance, research and recommendations they are providing us on how best to safely resume athletic competition. Please understand that these start dates CANNOT take place until Governor Cooper declares NC is in Phase 3 of North Carolina's reopening plan. We are currently in Phase 2, and expecting an update sometime during the first week of August. Please note that junior varsity and middle school athletics will not start until students are back on campus. We will have more specific dates as we learn more about North Carolina moving into Phase 3. RMA feels like this is the best plan for our students and supports our RMA Mission Statement which reads, The goal of Rocky Mount Academy is to prepare its students for challenges, opportunities, and responsibilities to be encountered in life and college.

Please feel free to contact me with any questions or concerns,

Gayle High
RMA Athletic Director
NCISAA Board of Advisor
ghigh@rmacademy.com
Ph 252-813-7269

NCISAA Update on Fall Sports

The NCISAA has delayed the start of interscholastic competitions. The State Office, in conjunction with the Board of Advisors has established the following target dates for low (cross country, girls golf, tennis) and moderate (field hockey, soccer, volleyball) risk sports to begin the Fall Sport Season. These dates are contingent on the state of North Carolina being in Phase III.

Date	Marker	Allowable Activities
August 10, 2020	Full Practice Begins Fall Sports If the state of NC is in Phase 3	Fall Acclimatization Policy must be applied
August 10, 2020	Fall Dead Period (Cont); Winter and Spring Sports Ends on Aug. 31st	Normal activities are allowed per NCISAA Rules & Regulations
August 24, 2020	Scrimmages Are Permitted ● Fall Sports (except Football)	
August 31, 2020	Interscholastic Competitions Are Permitted ● Fall Sports (except Football).	



Notes:

All dates above are subject to change. Football (a high risk sport) games are being postponed until at least September 4. The State Office will meet with football-only schools the week of July 27 to discuss alternative plans and dates.

Aug. 3 - Return-To-Play Minimum Standards will be released. These standards will include but are not limited to:

- Health Screening, Sports Specific Modifications, Spectator Attendance, Locker Rooms, Masks, Social Distancing ○ Etc...