

NMAA CROSS COUNTRY RULES CLINIC



NMAA PRIMARY GOALS

- Host first class State Championships
- Provide support for member schools and coaches.
- Champion the “Compete with Class” program initiative throughout the state.



NMAA CONTACT

Jackie Martinez
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505-923-3281 (W)

- If you have not received any Cross Country emails I have sent this summer, please email me so I can add your email address to the cross country email list. This is how you will receive information throughout the season and about the state meet.





NFHS RULES CHANGES

COMPETITORS UNIFORM RULES 4-3-1b(5); 8-6-1b(4)

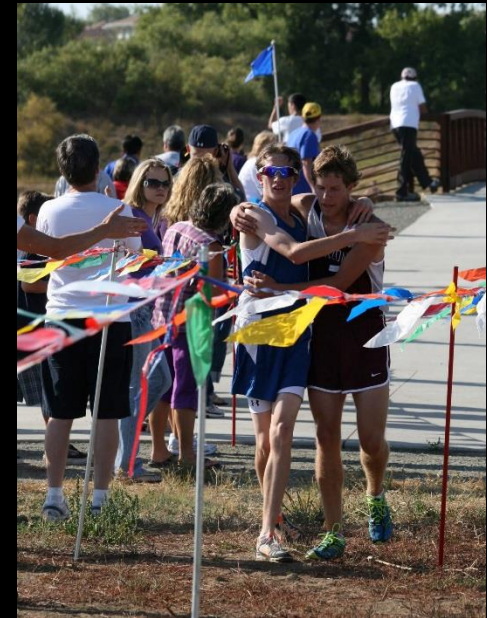
- Removes the previous NOTE from both rules which was in conflict with rules 4-3-1b(5) and 8-6-1b(4)
- One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on **each** item of uniform apparel

RECEIVING ASSISTANCE – ILL/INJURED ATHLETE RULES 4-6-5g and 8-7e

- It is an unfair act when a competitor receives any assistance. Assistance includes:
 - A competitor receiving assistance from another competitor to complete the race
 - When this occurs **both** competitors shall be disqualified
 - **EXCEPTION:** A competitor is injured or becomes ill and an appropriate health-care professional is not available, only the injured/ill competitor is disqualified
 - Every attempt should be made for the appropriate health-care professionals to make these decisions to assist

RECEIVING ASSISTANCE AND DISQUALIFICATION RULE 8-7e

- A competitor is disqualified who:
 - (e) Receives assistance from another competitor to complete the race
 - Both competitors shall be disqualified unless a competitor is injured or becomes ill and an appropriate health care professional is not available, only the injured/ill competitor is disqualified
 - Every attempt should be made for the appropriate health-care professionals to make these decisions as to assistance.



RECEIVING ASSISTANCE AND DISQUALIFICATION 4-6-5h

- It is an unfair act when a competitor receives any assistance. Assistance includes:
 - Receiving physical aid during a race or trial from **any other person**
 - “Any other person” clarifies that not only the actions of competitors and nonparticipating team members may be considered as providing assistance but any other party is also included, such as a spectator.

CROSS COUNTRY COURSE

RULE 8-1-3b

- Due to reorganization of rule 6 and 7, Cross Country rules are now located in **Rule 8**
- Article 3...The race course should include the following features:
 - (b) The use of a painted boundary line, both inside and outside and/or the use of natural or artificial boundary markers may be used as an alternative method to mark the course. Directional flags as described in 8-1-3a **and/or directional sign posts shall be used.**
- This new rules language clarifies that directional sign posts can be used with or in place of directional flags

CROSS COUNTRY SPORTS SPECIFIC COMMITTEE

- Athletic Director: Tim Host, Academy for Technology & the Classics
- Athletic Director: Bob Vandiver, Grants High School
- 6A Boys: Jeremy Vehar, Manzano High School
- 6A Girls: David Nunez, Oñate High School
- 5A Boys: Shirley Cook, Deming High School
- 5A Girls: Kevin Deswood, Farmington High School
- 4A Boys: Lenny Gurule, St. Michael's High School
- 4A Girls: Trevor Rabourn, Ruidoso High School
- 3A Boys: Chris Carroll, Zuni High School
- 3A Girls: Daniel Otero, Laguna Acoma High School
- A-2A Boys: Alex Morales, Hagerman High School
- A-2A Girls: Daniel Chinana, Jemez Valley High School

IMPORTANT DATES

- **Wednesday, July 26th** – In person rules clinic
- **August 1st- August 31st** – Online rules clinic
- **Monday, August 7th** – First practice date
- **Saturday, August 12th** – First competition date
- **Thursday, September 15th** – Team schedule and rosters due online
- **Friday, October 27th or Saturday, October 28th** – District meets
- **Sunday, October 29th** – 11:59 PM – Entries due to NMAA (NEW!)
- **Friday, November 3rd** – 2:00-4:30 PM Packet Pick-Up
- **Saturday, November 4th** – NMAA State Cross Country Championships

NMAA CLASSIFICATION & ALIGNMENT

- There are 5 Classes for Cross Country
 - Class A-2A
 - Class 3A
 - Class 4A
 - Class 5A
 - Class 6A
- Please review section 4.1.5 of the NMAA Bylaws to view your district.



SPORTS SPECIFIC RULES & REGULATIONS

- Five Classes:
 - 1A-2A, 3A, 4A, 5A, and 6A
- Official Practice Start Date:
 - Monday, August 7th, 2017
- Competition Requirement:
 - Every team/individual must have 5 days of practice before competing
- Meet Limitations:
 - Team/individual is limited to 8 meets prior to the District Meet
 - 7 varsity runners per team
 - **District meet only, allowed 9 varsity runners per team**

NMAA POLICIES & PROCEDURES

- Eligibility of Student-Athletes (NMAA Handbook Section VI):
 - Member schools are required to certify eligibility of their student-athletes
- Residential Requirements
- 8th Grade Participation form
 - Any 8th grader participating at the high school level must have the 8th grade participation form signed and on file with the NMAA
- Academic Requirements (*2.0+ no more than 1 F*)
- Student must be in good standing with their school
- Physical Examinations are required to participate
- Insurance is required to participate

RESPONSIBILITIES OF THE COACH

- Know all rules and regulations governing the eligibility of your athlete. *(The NMAA handbook, inclusive of bylaws, can be found online at www.nmact.org)*
- Familiarize yourself with all NFHS and NMAA rules governing the sport of Cross Country. Rulebooks should have been purchased by your athletic director. If not, please contact the NMAA office to purchase one.

RESPONSIBILITIES OF THE COACH

- The ultimate responsibility for assuring that all deadlines are met is yours, not your AD or District Representative. If you make it your task, you can be sure that it gets done!
- The safety of your athletes, both physically and emotionally, should be first and foremost on your list of responsibilities. Please familiarize yourself with the heat index policy found in our bylaws at 7.6.21.

RESPONSIBILITIES OF THE COACH

- Your roster must be posted online through your MaxPreps account by September 15th. Schools failing to do so will be fined.
- Fun runs, road races, or club meets after August 7th, 2017 count towards meet limitations.

RESPONSIBILITIES OF THE COACH

- Information between NMAA and coaches is primarily through the use of our website, phone calls, and email. Please make sure we have your correct contact information.
- You can email me at jackie@nmact.org to make sure I have your email address.

MAXPREPS

- All head coaches are required to have a MaxPreps account.
- All coaches are responsible for updating their team roster and schedule throughout the season.
- Contact your AD for steps to create and access your account.



COACHING LICENSURE

- Any person working with you team such as a volunteer, an adult running with your squad, paid or unpaid must have a valid New Mexico Coaching license.
- The first aid course is now required in order to obtain or renew your coaching license.
- The NFHS concussion course must be completed annually. This includes coaches, parents, and athletes.

SCHEDULES

- Each varsity team or individual is limited to eight (8) regular season meets, prior to the district meet in all classifications. This includes fun runs, road races, charity events, and any other paid or unpaid running events, etc. It is a requirement to have your schedules updated on your MaxPreps Account.



SCRIMMAGES

- A team is allowed one scrimmage day per sport.
- Scrimmage must be held prior to the teams or individuals first meet/contest.
- All athletes competing in the scrimmage must have attended 5 practices before they are eligible to compete in the scrimmage.
- Must be against NMAA/NFHS member schools only.
- Admission must be free of charge to the general public.

CROSS COUNTRY MEETS

- I have compiled a list of regular season cross country meets and have listed them on the NMAA website under the cross country page.
- This will help any school that may potentially be looking for a meet to participate in.

DISTRICT TERMS & CONDITIONS

- District Meet Host
 - Must communicate District Cross Country Meet information with the other schools in your district.
- Course Regulations
 - Make sure you set up a course that is in compliance with the rules and regulations of the NMAA and NFHS.



DISTRICT TERMS & CONDITIONS

- District Meet & Time Schedules (10/27-10/28)
 - Any district meet held on Friday 10/27 may not start prior to 3:00 pm.
 - District host, please communicate the date and time of the district meet as soon as possible with the other schools in your district.
- District Meet Results
 - District host is responsible for turning in the state qualifiers list. There is a \$500 fine imposed to the district host for failure to turn in your district meet information before the deadline on Sunday, October 29, 2017 at 11:59 PM.

TENTATIVE PRE STATE MEET AGENDA

Friday, November 3, 2017

- 2:00 PM – 4:30 PM Course Open to Athletes
- 2:00 PM – 4:30 PM Packet Pick-up for Coaches
(RRHS Track and Field Offices –
Near soccer fields)
- 2:00 PM – 4:30 PM Meet Director will be available
to answer questions that
coaches may have.

**Changes to schedule include no spaghetti dinner or
mandatory meeting.**

STATE CHAMPIONSHIP SCHEDULE

- Date: Saturday, November 4th
- Time Schedule:
 - 9:15 a.m. Opening Ceremonies
 - 9:30 a.m. 6A Girls
 - 10:00 a.m. A-2A Girls
 - 10:35 a.m. 3A Girls
 - 11:05 a.m. 4A Girls
 - 11:35 a.m. 5A Girls
 - 12:05 p.m. 6A Boys
 - 12:35 p.m. A-2A Boys
 - 1:05 p.m. 3A Boys
 - 1:35 p.m. 4A Boys
 - 2:05 p.m. 5A Boys
 - Awards Presentation after final race
 - Live Results will be available at nmact.org



OUT OF SEASON COACHING

- A Coaching Staff is allowed 7.5 hours of total contact time per week.
- Coaching should not take place on holidays, weekends, snow days, or in-service days
- Sports specific and sports specific conditioning classes are included within the 7.5 hours per week.

OUT OF SEASON COACHING CONTINUED

- Each athlete DOES NOT have their own 7.5 hours.
- Includes all head coaches, assistant coaches, paid and volunteer, private and public schools.

COMPETE WITH CLASS



"Compete with Class"

is a New Mexico sportsmanship program designed to help reinforce the true value of interscholastic athletics and activities – to educate and prepare our youth for the future.

Sponsored by: **NEW MEXICO NATIONAL GUARD**

COMPETE *with* CLASS

RESPECT ★ INTEGRITY ★ RESPONSIBILITY

NEW MEXICO
NATIONAL GUARD

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QUESTIONS?

