

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
jackie@nmact.org
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.



IMPORTANT DATES

- **July 31st** – In person rules clinic
- **August 1st- August 15th** – Online rules clinic
- **Monday, August 12th** – First practice date
- **Saturday, August 17th** – First competition date
- **Monday, September 16th** – Team schedule and rosters due online
- **Friday, November 1st or Saturday, November 2nd** – District meets
- **Sunday, November 3rd** – 11:59 PM – Entries due to NMAA
- **Friday, November 8th** – 2:00-4:30 PM Packet Pick-Up
- **Saturday, November 9th** – NMAA State Cross Country Championships

NMAA CLASSIFICATION & ALIGNMENT

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



SPORTS SPECIFIC RULES & REGULATIONS

- Four Classes:
 - 1A-2A, 3A, 4A, and 5A
- Official Practice Start Date:
 - Monday, August 12th, 2019
- 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 & must live in the attendance zone of the school or already be enrolled at that school.
- Academic Requirements (2.0+ *no F's*)
- 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 16th. Schools failing to do so will be fined.
- Fun runs, road races, or club meets after August 12th, 2019 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 head 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.



DISTRICT TERMS & CONDITIONS

- District Meet & Time Schedules (11/1-11/2)
 - Any district meet held on Friday 11/1 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
 - The 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, November 3rd, 2019 at 11:59 PM.

TENTATIVE PRE STATE MEET AGENDA

Friday, November 8, 2019

- 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.

NEW THIS YEAR AT THE STATE MEET

- All awards will be given out immediately following each race, this is a change from what we did in the past.
- We will give out the individual medals first, followed by the team awards.
- All awards will take place in the same place as they always have, near the finish line on the podium.
- Please communicate this information with your athletes and parents so they know when everyone will receive their awards.

STATE CHAMPIONSHIP SCHEDULE

- Date: Saturday, November 9th
- Time Schedule:
 - 9:15 a.m. Opening Ceremonies
 - 9:30 a.m. 3A Girls
 - 10:00 a.m. 4A Girls
 - 10:30 a.m. 5A Girls
 - 11:00 a.m. A-2A Girls
 - 11:35 a.m. 3A Boys
 - 12:05 p.m. 4A Boys
 - 12:35 p.m. 5A Boys
 - 1:05 p.m. A-2A Boys
- Awards Presentation will be after each 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 grades 8-12. 7th graders can not be included in our of season coaching.
- Coaching shall 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

SPORTSMANSHIP

- The NMAA is working with our Member Schools, Coaches, Athletic Directors, Athletes, and Fans to promote better sportsmanship during competitions.
- I encourage everyone to be positive in your cheering during competitions.
- The Coach sets the tone for how their parents and athletes will cheer and act during competition. Focus on your team and make sure you are competing with class and staying positive.

NMAA CONTACT

Jackie Martinez

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505-923-3281 (Work)

**505-930-2094 (Cell) call or
text**

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QUESTIONS?

