

2019 NMAA Football Rules Clinic – Unit 4

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Important Dates

Monday, August 5	First official day of practice (August 12 for mid school)
Friday, August 9	First day full pads are allowed
Wednesday, August 14	First day that a scrimmage can be played
August 19-24	Competition may begin
September 1	Information due online (rosters, schedule, etc.)
October 19	6-Man Brackets Released
Oct 25-26	6-Man Quarters
October 26	8-Man & 2A Brackets Released
November 1-2	6-Man Semis; 8-Man Quarters & 2A 1 st Round of 12
November 2	3A-6A Brackets Released
November 8-9	6-Man Finals (9 th); 8-Man Semis & 2A Quarters; 3A, 4A, 5A & 6A 1 st Round of 12
November 15-16	8-Man Finals (16 th) & 2A Semis; 3A, 4A, 5A, & 6A Quarters
November 22-23	2A Finals (23 rd); 3A, 4A, 5A, & 6A Semis
November 30	3A, 4A, 5A, & 6A Finals

State Championship Information

Official Ball

Wilson Footballs must be used during ALL Playoff Games. Officials will be instructed not to allow playoff games to begin without a Wilson Football.

District Tie-Breaking Procedures

As listed in NMAA Bylaw 7.15.3 (if more than two teams are tied in district standings):

1. Compare the results of head to head competition: If one team has defeated the other two, that team has earned a higher placement.
2. Placement shall be determined by the point spread of games played between the tied teams, with 13 points being the maximum allowed for any one game. Each team involved uses either a plus or a minus spread; if a team wins by 10, they are credited (+10); the other team has a deficit (-10) in the calculation.
3. If two teams tie on the point spread of the tied teams, the team which defeated the other team in regular district play has earned the higher placement.

4. If all teams tie in the point spread of the tied teams, the point spread on all district games shall be used, with 13 points being the maximum allowed for any one game.
5. If two teams tie in the point spread of the tied teams, the team which defeated the other team in regular district play has earned the higher placement.
6. If all teams are still tied, a coin toss determines placement.
 - a. The three tied teams each flip a coin.
 - b. The “odd man out” is the third place team.
 - c. First and second place is then determined by which team defeated the other team in regular district play.

Seeding & Selection Information

The NMAA staff will again seed & select teams for the 2019 State Championships.

The NMAA staff will utilize the following criteria to seed & select (none weighted more)

- Finish in regular season district play
- Head to Head
- Wins against district champions regardless of class
- Overall Records
- MaxPreps Rankings
- Member School Input

**Ties in criteria points will be broken by Head to Head Competition.

If no Head to Head is available, the tie will be broken by MaxPreps Rankings

***NEW - One district team cannot be seeded or selected higher than another if they came out of district as a lower seed, with regular season taking precedence over tournament play. In the event of a tie in the regular season district standings, the NMAA Staff may use the six criteria points or any other head to head competition to determine the selection/seeding order between the two teams that are tied.**

INFORMATION REGARDING THE COACH INPUT AND DISTRICT PLACEMENT FORMS WILL BE SENT TO ALL COACHES / ATHLETIC DIRECTORS VIA E-MAIL AS THE SEASON NEARS POST-SEASON PLAY.

*NOTE – The deadlines to submit coaches’ input and district placement forms will be **430pm** on the day of the seeding/selection meetings.

Postseason Qualifying & Other Information

6-Man: There will be 6 qualifiers from the two districts. District champions will automatically qualify (2). Four “at-large” teams will be selected to complete a six team playoff bracket. The higher seed will host the quarterfinal and semifinal games.

8-Man: There will be 8 qualifiers from the three districts. District champions will automatically qualify (3). Five “at-large” teams will be selected to complete an eight team playoff bracket. The higher seed will host the quarterfinal games.

2A-6A: There will be 12 qualifiers. District champions will automatically qualify. The remaining teams will be selected “at-large” to complete a twelve team playoff bracket. At-large selections by class are as follows: 2A – 8, 3A – 7, 4A – 9, 5A – 7, 6A – 9. The higher seed will host the 1st round and quarterfinal games.

Dates/Times for Playoffs: 1st Round, Quarters, Semis - If the two schools are 250 or more miles apart (one way) the game date/time will be determined by either mutual agreement between the two schools, or if no agreement, it will be played at 1pm on Saturday; Finals – The game will be played at 1pm or 2pm on Saturday, unless both schools agree to play on Friday night.

Definition of Past History*: 8-man & 2A-6A - Past history is defined by the NMAA as any semifinal or final round playoff game between 2 schools dating back to 1953; 6-Man - Past history is defined by the NMAA as any final round playoff game between 2 schools dating back to 1953.

*Past history will be used to determine host sites for all rounds not hosted by the higher seed.

Officials Assignments for State Playoff Games

Post-Season Officials: Officials will be assigned by the NMAA office with input from evaluators and assignors, and by using input received from coaches throughout the season on the coaches’ feedback section of the Arbiter. If you are a coach who does not have an Arbiter account, please email your name, school and email address to Dana Pappas at danamarie@nmact.org and she will set up an account for you. You must have an Arbiter account in order to provide feedback about officials. Below you will find the parameters for the assignment process:

- 1) Regular season “exclusions” will be honored and any official who had major problems at a particular school during the year that our office has been made aware of will also be excluded.
- 2) All officials must have “approved” or “certified” status to officiate any playoff game prior to the state championship games. All officials officiating state championship games must have certified status.
- 3) Officials are assigned from a region outside of the regions of the two participating schools. For example, if a Northeast school plays a Southeast school, a crew from one of the other three regions will be assigned. Exception: If two schools from the same region play against one another, officials from that region may be used.
- 4) Officials may not work playoff games for schools in back-to-back weeks. Example: If an official works for a particular school in the Quarterfinals, he/she may not officiate for the same school in the semifinals.

Points of Emphasis

- Practice Regulations***
- Competition Period & Game Limitations***
- USA Football Heads Up Certification***
- Post Game Protocol for Spectators***
- Mercy Rule***
- Use of Play Clock***
- New NMAA Bylaws***
- Important Reminders***
- Compete with Class Sportsmanship Initiative***

Practice Regulations

The intent of the NMAA's practice regulations is to limit full contact/live action and not the number of practices a team may participate in using full pads. A team may participate in "air", "bags", "wrap", and "thud" drills and simulations at any point.

For the purpose of these regulations, the following definitions shall apply:

Full Contact – football drills or live game simulations where "live action" occurs.

Live Action – contact at game speed where players execute full tackles at a competitive pace taking players to the ground.

Air – players should run unopposed without bags or any opposition

Bags – activity is executed against a bag, shield, or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.

Wrap – drills run at full speed until contact, which is above the waist with the players remaining on their feet.

Thud – same as wrap but tempo is competitive with no pre-determined winner and the players are not tackling to the ground.

Shells – players are dressed in shorts, shoulder pads, and helmets

**NOTE* – It is assumed that when players are in "shells", no live action will occur

The following regulations regarding full contact must be followed during football practices:

Week 1 – The first two days of practice should be in shorts and helmets (no pads). During days three and four players should be in shorts, shoulder pads, and helmets ("shells"). Full pads can then be worn during days five and six – during this time full contact is allowed but should be limited to no more than 30 minutes per player on each day.

***Week 2** – Full contact is allowed for a total of no more than 120 minutes per player per week. Also, on a single day, full contact should be limited to no more than 30 minutes per player. In addition, one intra-squad or scrimmage would be allowed.

**NOTE – Per NMAA Bylaws, schools are allowed ONE scrimmage. Players must participate in a minimum of 8 days of practice prior to participating in a scrimmage and 10 days of practice before competing in a game.*

Weeks 3-End of Season – Full contact is allowed for a total of no more than 90 minutes per player per week. Also, on a single day, full contact should be limited to no more than 30 minutes per player.

Competition Period & Game Limitation Regulations:

Competition Period: A student shall not accumulate more than 8 football experiences within a 5-day period. A football experience is defined as follows:

- Participating in more than one play on offense during a quarter
or
- Participating in more than one play on defense during a quarter

Per these definitions, a student could accumulate a total of 8 football experiences during any one game.

**NOTE – Special Teams plays do not count towards participation limits / football experiences*

Example: *Student A is on both the Junior Varsity and Varsity Football Teams. The student participates in the JV and Varsity games as follows:*

Tuesday, Junior Varsity

- 1st Quarter – 2 plays on offense (1 football exp.), 12 plays on defense (1 football exp.)*
- 2nd Quarter – 15 plays on defense (1 football experience)*
- 3rd Quarter – 12 plays on defense (1 football experience)*
- 4th Quarter – 1 play on offense (NOT a football exp.), 11 plays on defense (1 football exp.)*

TOTAL FOOTBALL EXPERIENCES = 5

Friday, Varsity

- 1st Quarter – 10 plays on offense (1 football experience)*
- 2nd Quarter – 15 plays on offense (1 football experience)*
- 3rd Quarter – 14 plays on offense (1 football experience)*
- 4th Quarter – Did not play*

TOTAL FOOTBALL EXPERIENCES = 3

TOTAL FOOTBALL EXPERIENCES FOR THE 5-DAY PERIOD = 8

Game Limitations: Football Game Definition - For the purpose of determining the number of games played by an individual, a student-athlete is considered to have played a football game when he/she participates interscholastically in eight or less football experiences in a consecutive five-day period. (Individual & Team Game Limits: Varsity 10, Sub-varsity 9; 9 & 8 for 6-Man)

Q1: *Our program has several student-athletes that play on both a sub-varsity and varsity team. During the 11-week football contest season, our sub-varsity team plays during our varsity team's bye week. Can a student-athlete participate in a football contest during all 11 weeks?*

A1: *No. Individuals are limited to 10 games per season. Per the definition of a football game, a student-athlete is considered to have played one game when he/she participates in eight or less football experiences within a 5-day period.*

Q2: *Since special teams plays do not count as football experiences, can a student-athlete that participates on special teams only play a game during all 11 weeks of the football contest season?*

A2: *No. Individuals are limited to 10 games per season. Although this student-athlete may participate in zero football experiences by that definition, he/she has still participated and thus can only do so in 10 of the 11 weeks to be in compliance with game limitations.*

Coach Education – USA Football Heads Up Certification Requirement:

Football Coaches must complete the USA Football Heads Up Certification Course. It is the responsibility of the school district to ensure that each coach has this certification, which is current for four (4) years from the date of completion.

Note – This requirement is for ALL middle school / junior high and high school coaches.

This course is located within the NFHS Learning Center (www.nfhslearn.com). It consists of 4 different modules which provide information on heads up tackling, heads up blocking, equipment fitting, concussions, sudden cardiac arrest, and heat illness prevention. The concussion, sudden cardiac arrest, and heat illness prevention modules are free. The USA Football Heads Up Course typically costs \$10, but through the support of the Denver Broncos and the NMAA Opportunity Fund, this course will be free of charge to all coaches.

*NOTE – If you and/or your coaches received Heads Up Certification in 2016 or later, you need not take the course again this year as the original certification is good for four (4) years.

Post Game Protocol for Spectators:

At the conclusion of each football game, spectators may not access the field.

Exception – For State Championship contests, spectators may be allowed access to the field after the conclusion of the awards presentations should the host school allow for it.

Mercy Rule

8 Man & 2A-6A: When a team is ahead by 35 or more points the clock will not stop during out of bounds, incomplete passes or first downs. The clock only stops for timeouts or scores. If the point differential becomes less than 35 points, regular timing resumes. A game is ended at halftime or during the second half if a team is 50 or more points behind. *NOTE – If a team scores a touchdown putting them up 50 or more points during the second half, the point after should not be attempted.

6 Man: When a team is ahead at halftime by 35 or more points or becomes 35 or more points ahead in the second half, the clock will not stop during out of bounds, incomplete passes or first downs. The clock only stops for timeouts or scores. If the point differential becomes less than 35 points, regular timing resumes. A game is ended at halftime or during the second half if a team is 50 or more points behind. *NOTE – If a team scores a touchdown putting them up 50 or more points during the second half, the point after should not be attempted.

Use of Play Clock – NEW RULE AS OF 2017

NMAA Bylaw 7.15.1.L: Per NFHS Rules, an electronic/field level 40/25-second clock can be used if the host school has the technology and staff available to effectively

operate the system. Game officials can opt to keep this 40/25-second count on the field if it is determined that the clock is malfunctioning or operated inconsistently.

New NMAA Bylaws

Bylaw 7.7.2.C – Ejection Policy (New Addition for incidents involving “battery”)

- Participant: Battery (the use of force against another resulting in harmful or offensive contact)
 - Suspension from 15% of the sport’s game limitation – same level, may not participate at any level until all sanctions are completed. The “15% of the sport’s game limitation” will be rounded up to determine the final suspension (i.e. sub-varsity football has a game limitation of 9; 15% of 9 is 1.35 so the suspension is 2 games).
 - Complete the NFHSLearn “Sportsmanship” course, submit certificate of completion to the school Athletic Director.
 - Attend a meeting with the NMAA Executive Director.
 - A local sanction as determined by the local school administration and approved by the NMAA, if necessary.
 - Any subsequent ejection will result in student athlete being removed from athletic competition for 180 school days / 365 calendar days.

Bylaw 7.7.9.B – Video Recording/Telecasts/Broadcasts

Regular Season Contests - Radio broadcasting, telecasting, or video streaming a regular season contest is prohibited without the consent of the host school. This does not prohibit use of film and tape for sports clips by media representatives.
Video recording is allowed.

Important Reminders

- Heat Illness Prevention Protocol - The athletic trainer and/or head coach of each sport and level are responsible for checking the heat index prior to the beginning of practice. You can access a Heat Index Calculator on the Sports Medicine page of the NMAA website. If the heat index is above 104, practice is cancelled. Practice may occur later in the day provided the heat index falls to 104 or less. If the heat index is between 100-104, consider modification to remove protective equipment and to shorten practice. If the heat index is between 95-99, use caution, but practice may be held. If the heat index is under 95, the risk of heat illness is present, but risk is greatly reduced. Water breaks should occur every 20-30 minutes. DO NOT restrict the intake of fluids. Emersion in cold water is treatment of choice for management of acute heat exhaustion and heat stroke while emergency units are on their way in the case of suspected heat illness.
- Do not allow athletes to practice or participate without having a current physical and proof of insurance. Also, beginning with the 2019-2020 school year, each athlete must have a consent to treat form signed by their parents/guardians on file with the school. This form is available on the NMAA website.

- Concussion in Sports Fact Sheet for Coaches, Athletes and Parents is a Legal Yearly Requirement. Please go to nmact.org and fulfill this critical requirement of state law. In May of 2017, please note that new legislation regarding concussions was passed via Senate Bill 38. The major change within this bill deals with a new requirement for student-athletes. Prior to participation, all student-athletes must now take the NFHS Concussion for Students course that is located at www.NFHSLearn.com.
- All coaches (paid and volunteer) who work with your athletes must have a "Coaching License" as mandated by the Public Education Department.

Compete with Class Sportsmanship Initiative

The ideal of sportsmanship permeates virtually every aspect of our culture. The ethic of fair play may be witnessed in all facets of life. However, its origin has been firmly established in competition as a training ground for good citizenship and high behavioral standards. Sportsmanship is a concrete measure of each school and individual's understanding of their commitment to the educational nature of interscholastic athletics and activities.

"Compete with Class" was developed through a collaboration process involving athletic directors, coaches and school administrators as well as input from student and adult communities with the purpose of restoring the placement of interscholastic activities in an educational perspective and providing our state with a sportsmanship program that would be embraced and called our own.

"Compete with Class" is a New Mexico sportsmanship program designed to help better understand the true value of interscholastic athletics and activities – to educate and prepare our youth for the future.

The NMAA defines sportsmanship as, "the act of treating others in a respectful manner; taking personal accountability for one's actions and responding with integrity while engaged in competition" and is rooted in three core values: Respect, Integrity and Responsibility:

RESPECT:

Treat the traditions of the game and opponents with respect. Refrain from engaging in or tolerating disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent "trash-talking," taunting and unseemly celebrations. Win with grace and lose with dignity.

INTEGRITY:

Honor the rules of the game and avoid gamesmanship. Adhere to high standards of fair play. Focus on education and character development goals. Refrain from engaging in or tolerating dishonesty, cheating or dishonorable conduct.

RESPONSIBILITY:

Be a positive role model on and off the field. Take accountability for your actions. Accept your mistakes. Possess self-control and learn from adversity. Further the mental, social and moral development of athletes and teach life skills that enhance personal success and social responsibility.

The NMAA is excited to continue this sportsmanship initiative and we encourage all administrators, coaches, student-athletes, and community members to do their part in building a strong culture of character and good sportsmanship amongst interscholastic athletics in New Mexico.

THANK YOU FOR YOUR REVIEW OF THE 2019 NMAA FOOTBALL RULES CLINIC

GOOD LUCK!



COMPETE *with* CLASS

RESPECT ★ INTEGRITY ★ RESPONSIBILITY

