

# NMAA

## Commission Meeting



Wednesday, February 14, 2024  
NMAA  
9:00 AM



# New Mexico Activities Association Commission Updated January 2024



**Small Area A –** Term Expires Dec 31, 2025  
Mr. Gary Allison  
Springer High School  
P.O. Box 308  
Springer, NM 87747  
575-447-7248, Fax: 575-483-3970  
email: [garyallison@springerschools.org](mailto:garyallison@springerschools.org)

**Small Area B –** Term Expires Dec 31, 2024  
Mr. Dickie Roybal  
Melrose High School  
P.O. Box 275  
Melrose, NM 88124  
575-253-4267, Fax: 575-253-4291  
email: [roybal@melroseschools.org](mailto:roybal@melroseschools.org)

**Small Area C –** Term Expires Dec. 31, 2025  
Mr. Jory Mirabal  
Magdalena High School  
P.O. Box 629  
Magdalena, NM 87825  
575-854-2241, Fax: 575-854-2531  
email: [jmirabal@magdalena.k12.nm.us](mailto:jmirabal@magdalena.k12.nm.us)

**Small Area D –** Term Expires Dec. 31, 2026  
Ms. Robbie Robinson  
Eunice High School  
P.O. Box 129  
Eunice, NM 88231  
575-390-8648, Fax: 575-394-3140  
email: [robinson@eunice.org](mailto:robinson@eunice.org)

**Non-Public Schools –** Term Expires Dec. 31, 2026  
Ms. Taryn Bachis  
Albuquerque Academy  
6400 Wyoming Blvd NE  
Albuquerque, NM 87109  
505-828-3340, Fax: 505-828-3126  
email: [taryn.bachis@aa.edu](mailto:taryn.bachis@aa.edu)

**New Mexico High School Athletic Directors Association**  
Mr. Isaac Gamboa  
Farmington Municipal Schools  
3401 E. 30th Street  
Farmington, NM 87402  
505-324-9840, Fax: 505-599-8806  
email: [igamboa@fms.k12.nm.us](mailto:igamboa@fms.k12.nm.us)

**New Mexico Officials Association**  
Mr. Jess Martinez  
Albuquerque, NM  
505-228-0102  
email: [jessmartinez3@gmail.com](mailto:jessmartinez3@gmail.com)

**New Mexico Association of Secondary School Principals**  
Mr. V. Scott Affentranger  
Cleveland High School  
4800 Laban Rd. NE  
Rio Rancho, NM 87144  
505-938-0325  
email: [scott.affentranger@rrps.net](mailto:scott.affentranger@rrps.net)

**Large Area A –** Term Expires Dec. 31, 2026  
Mr. Ben Tensay  
Bloomfield School District  
520 N. First Street  
Bloomfield, NM 87413  
505-634-3408, Fax: 505-634-3414  
email: [btensay@bsin.k12.nm.us](mailto:btensay@bsin.k12.nm.us)

**Large Area B –** Term Expires Dec. 31, 2024  
Mr. Robert Arreola  
Lovington High School  
701 West Avenue K  
Lovington, NM 88260  
575-739-2230, Fax: 575-739-2242  
email: [robertarreola@lovingtonschools.net](mailto:robertarreola@lovingtonschools.net)

**Large Area C –** Term Expires Dec. 31, 2025  
Ms. Karen Nougues  
Gadsden Independent School District  
P.O. Drawer 70  
Anthony, NM 88021  
575-882-6924, Fax: 575-882-6928  
email: [knougues@gisd.k12.nm.us](mailto:knougues@gisd.k12.nm.us)

**Large Area D –** Term Expires Dec. 31, 2024  
Ms. Ann Stewart  
Los Alamos High School  
1300 Diamond Drive  
Los Alamos, NM 87544  
505-663-2531, Fax: 505-662-6144  
email: [a.stewart@laschools.net](mailto:a.stewart@laschools.net)

**New Mexico School Boards Association**  
Mr. Earl James Martinez  
Chama Board of Education  
HC 75 Box 104  
Chama, NM 87520  
505-269-8533  
email: [eimartinez@chamaschools.org](mailto:eimartinez@chamaschools.org)

**New Mexico High School Coaches Association**  
Mr. Roy Sanchez  
Eldorado High School  
11300 Montgomery Blvd NE  
Albuquerque, NM 87111  
505-296-4871, Fax: 505-291-6809  
email: [sanchez\\_roy@aps.edu](mailto:sanchez_roy@aps.edu)

**Activities Council**  
Ms. Mary Hahn  
Albuquerque, NM  
505-259-0484  
email: [HahnNMASC@aol.com](mailto:HahnNMASC@aol.com)

**Jr. High / Middle School Committee**  
Mr. Adrian Pete  
Rehoboth Christian Middle School  
7 Tse Yaaniichii Ln  
Rehoboth, NM 87322  
505-728-8038  
email: [adrianpete@rcsnm.org](mailto:adrianpete@rcsnm.org)

*Note: The terms of the elected representatives to the NMAA Commission shall be three years. The initial term lengths are staggered to provide continuity on the Commission. Subsequent terms are for three years for the elected position.*



## NEW MEXICO ACTIVITIES ASSOCIATION COMMISSION MEETING



*NMAA - Hall of Pride and Honor  
February 14, 2024, 9:00 AM*

### AGENDA

**A= Action Item**

**D/I= Discussion/Information Item**

- I. Call Meeting to Order and Welcome**  
*Roll Call – Ascertain Quorum*  
**(A)** Approval of Agenda  
**(A)** Approval of Minutes (November 15, 2023)  
*Alissa Wesbrook, Asst. to Exec. Dir.  
Gary Allison, Chair  
Gary Allison, Chair*
- II. NMAA Director's Report**  
*Dusty Young, Associate Director*
- III. NMAA Financial Report**  
*Shari Kessler Schwaner, Business Mgr.*
- IV. NMAA Activities Report**  
*Tammy Richards, Assistant Director*
- V. New Mexico Officials Association Report**  
*Zac Stevenson, Comm. of Officials*
- VI. Discussion/Information Items**  
**(D/I)** Boys Volleyball  
*Ben Tensay, Bloomfield HS*  
**(D/I)** Displacement/Following Coaches/Residing out of District  
*Joseph Esquibel, Santa Rosa HS*  
**(D/I)** 8<sup>th</sup> Grade Student Open Enrollment Choice  
*Robert Arreola, Lovington HS*  
**(D/I)** Football Seeding/Selection Criteria  
*Isaac Gamboa, Farmington Schools*  
**(D/I)** Individual Sport Transfer Student Eligibility  
*Sally Marquez, Executive Director*  
**(D/I)** Ejections for Use of Profanity  
*Sally Marquez, Executive Director*  
**(D/I)** Heat Illness Policy  
*Scott Owen, Assistant Director*  
**(D/I)** Air Quality Policy  
*Scott Owen, Assistant Director*
- VII. Action Items**  
**(A) Soccer:** District Tiebreaker Procedures  
*Chris Kedge, Assistant Director*  
**(A) Soccer:** Postseason Card Accumulation  
*Chris Kedge, Assistant Director*  
**(A) Football:** State Playoff Qualifiers  
*Dusty Young, Associate Director*  
**(A) Football:** Off-season/Summer Regulations  
*Dusty Young, Associate Director*  
**(A) Esports:** Sanction at Middle School Level  
*Dusty Young, Associate Director*
- VIII. Consider Adjournment**

***Next Commission Meeting – May 22, 2024 (NMAA)***

## **NMAA Commission Meeting**

November 15, 2023 @ 9:00 AM

Hall of Pride and Honor

Welcome – The meeting was called to order by Mr. Gary Allison, Chairman of the Commission, at 9:01 am. A roll call was conducted by Ms. Alissa Wesbrook, NMAA Assistant to the Executive Director, and the following members were present:

Mr. Ben Tensay (Large Area A)  
Mr. Gary Allison (Small Area A)  
Mr. Robert Arreola (Large, Area B)  
Mr. Dickie Roybal (Small, Area B)  
Mr. Jory Mirabal (Small, Area C)  
Ms. Karen Nougues (Large, Area C)  
Ms. Robbie Robinson (Small Area D)  
Ms. Ann Stewart (Large, Area D)  
Mr. Willie Owens (Non-Public Schools)  
Mr. Adrian Pete (Jr. High/Middle School Committee)  
Ms. Isaac Gamboa (New Mexico High School Athletic Directors Association)  
Dr. Thomas Mabrey (New Mexico High School Coaches Association) *\*joined at 925am*  
Mr. Scott Affentranger (New Mexico Association of Secondary School Principals)  
Mr. Jess Martinez (New Mexico Officials Association)  
Ms. Linda Montoya (New Mexico School Boards Association)  
Ms. Mary Hahn (Activities Council) *\*via teleconference; left at 10am*

16 members were present representing a quorum.

### **Approval of Agenda:**

Mr. Allison asked for a motion to approve the agenda. Ms. Stewart made a motion to approve the agenda as presented. Ms. Montoya seconded the motion. A vote was taken and passed unanimously (15-0).

### **Approval of Minutes:**

Mr. Allison asked for a motion to approve the minutes of the September 6, 2023, Commission Meeting as presented. Mr. Owens made a motion to approve the minutes. Mr. Roybal seconded the motion. A vote was taken and passed unanimously (15-0).

### **NMAA Director's Report:**

Mr. Dusty Young, NMAA Associate Director, discussed four (4) items on his report: 1) reported on the recent Board of Directors and Commission elections (Board - Travis Dempsey and Lee White were re-elected, Cody Diehl was elected as the new rep for Large Area A; Commission - Ben Tensay and Robbie Robinson were re-elected, Taryn Bachis was elected as the new rep for Non Public Schools); 2) provided an update on the Fall Championship season and thanked the member schools that have helped host some of these events; 3) stated that since Fall Championships were still ongoing, a Financial Report would not be available until the February meeting; 4) provided information pertaining to the NMAA Foundation's scholarship and school grant/support programs and upcoming fundraising events for the organization.

### **NMAA Activities Report:**

Mr. Young presented the activities report. He discussed five (5) items on his report: 1) reported on the State One Act Play competition that took place in October in Las Cruces; 2) stated that all other activities are underway with the rest of those state events taking place in the Spring; 3) reported that participation numbers in activities are on the rise again this school year; 4) stated that some

activity liaisons are looking at possible calendar adjustments so that more state events are held in the Fall instead of during the spring when many sports and activities championships take place; 5) provided another reminder about the NMAA Foundation's fundraising events – January 21<sup>st</sup> Bowl-A-Thon and June 24<sup>th</sup> Golf Classic . Mr. Affentranger asked to look at One Act Play and the possibility of that event to be scheduled for a different weekend so there is not a conflict with Balloon Fiesta. Ms. Hahn provided a brief update on Student Council.

#### **New Mexico Officials Association Report:**

Mr. Zac Stevenson, Commissioner of Officials, presented the officials report. He discussed four (4) items in his report: 1) stated 132 officials will be working fall championships over the next two weeks. 2) thanked the assignors and athletic directors for working together to schedule and assign games; 3) showed appreciation to member schools for their effort with Officials Appreciation Week; 4) reported RefReps continues to grow with another information meeting taking place in the next few weeks; and 5) stated winter numbers are a bit short from last year but remain steady.

#### **General Discussion/Information Items**

Sportsmanship Update - Mr. Allison discussed Sportsmanship with a focus on volleyball and some of the negative incidents that occur where chants or comments are directed towards a specific individual/player. Feedback included support to address this via member school coaches and administrators, especially when it is "team" driven.

*Dr. Mabrey joined the meeting at 9:25 a.m.*

Basketball: Shot Clock - Ms. Sally Marquez, NMAA Executive Director, reported on recent survey results regarding the possible use of a shot clock in basketball. She stated approximately 60% of coaches were in favor of using a shot clock. Feedback included potential issues with staffing, significant expenses to install 1-2 units in each school, and challenges for officials trying to learn a new complex mechanic/rule. Mr. Martinez recommended that a similar survey be sent to basketball officials to determine their position on the matter.

Tryouts & Practice - Ms. Marquez discussed the bylaw regarding a student trying out at one school and then attempting to transfer to another school after being cut. Currently a student in this situation would be ineligible at all levels in that sport for the remainder of the school year. She stated the "5-practice rule" constituting a season also results in the same ineligibility. Feedback supported adjustments to this rule so that a student in this situation could play at the sub-varsity level at another school.

Membership Dues - Ms. Marquez discussed a potential increase in NMAA membership dues to help with rising costs from state championship events and day-to-day operations of the organization. She also referenced that dues have not been raised in over 11 years. Feedback supported a reasonable increase now so that a more significant increase would not be needed in the future.

Classification & Alignment - Ms. Marquez stated that the new C & A proposal would be presented to the NMAA Board of Directors on November 29<sup>th</sup>, with appeals then set for December 11<sup>th</sup>. She added that the system and breakdown of schools will be very similar to the current block for all sports except football. In football, enrollment thresholds may change for the smaller classifications, district sizes could be increased to help with scheduling, and a non-success factor will be proposed that would afford struggling programs the option of playing down one classification.

*Ms. Hahn left the meeting at 10:00 a.m.*

## Action Items

Marching Band as a Sanctioned Activity - Ms. Marquez presented a proposal to consider approving Marching Band as an NMAA Sanctioned Activity. Mr. Allison asked for a motion to approve the proposal as presented. Mr. Martinez made the motion to approve the proposal. Ms. Stewart seconded the motion. A vote was taken and passed unanimously (15-0).

Forfeiture Fee Adjustments - Ms. Marquez presented a proposal to standardize forfeiture fees for all high school contests and update them for basketball and football. Bylaw 5.1.6 B, Forfeits at Senior High Level, shall read: When schools do not have a forfeiture fee in their contract for a regular season event and cannot resolve the failure of one school to fulfill the contract, the Board has established minimum forfeiture fees as follows.

1. Minimum forfeiture fees: If not already in the contract this applies to both regular season games and tournaments.

	<u>Football</u>	<u>Basketball</u>	<u>Other Sports</u>
A, 6-Man, 8-Man.	\$1500	\$1000	\$500
2A	\$2000	\$1500	\$500
3A.	\$2500	\$2000	\$750
4A	\$3000	\$3000	\$1000
5A	\$4000	\$4000	\$1500
6A	\$4500		

Mr. Allison asked for a motion to approve the proposal as presented. Mr. Tensay made the motion to approve the proposal. Mr. Roybal seconded the motion. A vote was taken and passed unanimously (15-0).

Eligibility: Summer School Courses - Ms. Marquez presented a proposal to allow students to use summer school courses to replace spring semester courses if they earn a passing grade in at least the regular level of the same course. Bylaw 6.2.4 Make Up Class in Summer School shall read as follows: A Student may make up classes during summer school by earning a passing grade in at least the regular level of the same course from an accredited program. The new grade may be substituted for the original grade in that class providing the local school policy permits. Summer School is defined as an extension of the spring semester for that year only. If the course is to be utilized for determining a student's eligibility, it must be placed on the transcript prior to the first day of the school year. Mr. Allison asked for a motion to approve the proposal as presented. Ms. Montoya made the motion to approve the proposal. Mr. Gamboa seconded the motion. A vote was taken and passed unanimously (15-0).

Officials Fees: Powerlifting - Mr. Stevenson presented a proposal to approve Powerlifting Judge levels, duties and fee structures. Details are as follows:

Certification Levels/Duties:

- a. Head Judge – 1) Ensure all technical rules and formats are correctly applied by the Lifters, Teams, Coaches, and Platform Judges; 2) Hold Pre-Meet Judges and Coaches Meetings; 3) Ensure the safety/legality of the equipment and any personal equipment

Note – For a meet to be considered for state qualification, a head judge must be assigned.

In absence of an assigned head judge, two (2) or more head coaches who are head judge certified, may fill this role.

- b. Platform Judge – 1) Oversee lifting activities and regulations at the assigned platform; 2) Determine clean lifts and only qualify lifts to score if the lift meets the technical rules outlined in the NMAA Powerlifting Rule Book

Fee Schedule:

- a. Head Judge – \$100/meet plus an additional \$25/hour for every hour over 4 up to a maximum of 8 hours (\$200 max) – 1 per meet (or 2 or more head coaches who are head judge certified).
- b. Platform Judge – \$60/meet plus an additional \$15/hour for every hour over 4 up to a maximum of 8 hours (\$120 max) – 3 per platform.

Mr. Allison asked for a motion to approve the proposal as presented. Mr. Affentranger made the motion to approve the proposal, with the recommendation that school districts look at how they may be able to compensate coaches for working as officials in these situations. Mr. Owens seconded the motion. A vote was taken and passed (14-0).

Officials Fees: Wrestling, Spirit, Swimming, Track- Mr. Stevenson presented a proposal to modify the current Officials fees for events in the sports of wrestling, spirit, swimming & diving, and track & field. Updates for state championship events in these sports will take effect immediately, while regular season updates would not be implemented until the 2024-2025 school year. Mr. Allison asked for a motion to approve the proposal as presented. Mr. Gamboa made the motion to approve the proposal. Mr. Tensay seconded the motion. A vote was taken and passed unanimously (15-0).

Track & Field: Coaches as Meet Officials - Ms. Marquez, presented a proposal to allow track and field coaches who are also NMOA certified, to serve as meet officials. There must be three coaches, from three different schools to certify/verify results. Addition to Bylaw 7.22.3 M shall read as follows: Meet referees may be coaches who are certified track officials via the NMAA/NMOA as long there are at least three coaches from three different schools at the meet who are NMOA certified and all three must agree to certify/verify the results of the meet. Mr. Allison asked for a motion to approve the proposal as presented. Mr. Mirabal made the motion to approve the proposal. Mr. Roybal seconded the motion. A vote was taken and passed unanimously (15-0).

Tennis: State Tournament Seeding - Mr. Scott Owen, NMAA Assistant Director- presented a proposal to Increase individual state seeds (singles/doubles) from top 4 to top 6. Mr. Allison asked for a motion to approve the proposal as presented. Mr. Gamboa made the motion to approve the proposal. Mr. Arreola seconded the motion. A vote was taken and passed unanimously (15-0).

**Consider Adjournment**

Mr. Allison asked for a motion to adjourn the meeting at 11:32 a.m. Ms. Stewart made a motion to adjourn the meeting. Mr. Tensay seconded the motion. A vote was taken and passed unanimously (15-0).

**2023-2024 FALL SPORTS**

	<b>Jul '23 - Jun 24</b>	<b>Budget</b>	<b>\$ Over Budget</b>	<b>% of Budget</b>
<b>Income</b>				
4111 · GATE RECEIPTS	702,395.50	694,500.00	7,895.50	101.1%
4114 · SPONSORSHIPS	105,000.00	105,000.00	0.00	100.0%
4116 · T-SHIRT& CONCESSIONS	49,072.66	47,500.00	1,572.66	103.3%
<b>Total Income</b>	<b>856,468.16</b>	<b>847,000.00</b>	<b>9,468.16</b>	<b>101.1%</b>
<b>Expense</b>				
6029 · MISCELLANEOUS EXP	0.00	1,000.00	-1,000.00	0.0%
7011 · OFFICIALS/ADJUDICATORS	116,086.56	94,000.00	22,086.56	123.5%
7012 · EVENT PERSONNEL	123,431.22	114,450.00	8,981.22	107.8%
7013 · FACILITY COSTS	24,388.78	22,000.00	2,388.78	110.9%
7014 · SECURITY	20,036.14	15,500.00	4,536.14	129.3%
7015 · TROPHIES/MEDALS/AWARDS	10,200.65	10,350.00	-149.35	98.6%
7017 · MEALS	631.23	2,500.00	-1,868.77	25.2%
7018 · TRAVEL	218.69	1,600.00	-1,381.31	13.7%
7021 · PROGRAMS/PRINTING	2,923.56	3,000.00	-76.44	97.5%
7022 · SUPPLIES & EQUIPMENT	10,439.41	12,250.00	-1,810.59	85.2%
7023 · VISITING TEAM SHARE	54,844.49	50,000.00	4,844.49	109.7%
7024 · HOST SCHOOL SHARE	54,335.11	50,000.00	4,335.11	108.7%
7026 · HOSPITALITY	6,176.27	6,000.00	176.27	102.9%
7115 · DRAGONFLY FEES	1,358.00	700.00	658.00	194.0%
7116 · SQUARE FEES	12.40	0.00	12.40	100.0%
<b>Total Expense</b>	<b>425,082.51</b>	<b>383,350.00</b>	<b>41,732.51</b>	<b>110.9%</b>
<b>NET INCOME</b>	<b>\$ 431,385.65</b>	<b>\$ 463,650.00</b>	<b>\$ (32,264.35)</b>	<b>93.0%</b>



**2023-2024 CROSS COUNTRY**

	<u>Jul '23 - Jun 24</u>	<u>Budget</u>	<u>\$ Over Budget</u>	<u>% of Budget</u>
<b>Income</b>				
4111 · GATE RECEIPTS	46,409.90	42,000.00	4,409.90	110.5%
4114 · SPONSORSHIPS	17,000.00	17,000.00	0.00	100.0%
4116 · T-SHIRT& CONCESSIONS	11,000.00	11,000.00	0.00	100.0%
<b>Total Income</b>	<b>74,409.90</b>	<b>70,000.00</b>	<b>4,409.90</b>	<b>106.3%</b>
<b>Expense</b>				
7012 · EVENT PERSONNEL	12,375.00	13,000.00	-625.00	95.2%
7014 · SECURITY	1,682.85	3,500.00	-1,817.15	48.1%
7015 · TROPHIES/MEDALS/AWARDS	3,006.08	3,100.00	-93.92	97.0%
7017 · MEALS	0.00	500.00	-500.00	0.0%
7018 · TRAVEL	0.00	150.00	-150.00	0.0%
7021 · PROGRAMS/PRINTING	427.14	500.00	-72.86	85.4%
7022 · SUPPLIES & EQUIPMENT	4,130.08	6,000.00	-1,869.92	68.8%
7026 · HOSPITALITY	498.88	0.00	498.88	100.0%
7115 · DRAGONFLY FEES	72.00	100.00	-28.00	72.0%
<b>Total Expense</b>	<b>22,192.03</b>	<b>26,850.00</b>	<b>-4,657.97</b>	<b>82.7%</b>
<b>NET INCOME</b>	<b>\$ 52,217.87</b>	<b>\$ 43,150.00</b>	<b>\$ 9,067.87</b>	<b>121.0%</b>

**2023-2024 SOCCER**

	<u>Jul '23 - Jun 24</u>	<u>Budget</u>	<u>\$ Over Budget</u>	<u>% of Budget</u>
<b>Income</b>				
4111 · GATE RECEIPTS	32,934.70	30,000.00	2,934.70	109.8%
4114 · SPONSORSHIPS	31,000.00	31,000.00	0.00	100.0%
4116 · T-SHIRT& CONCESSIONS	9,500.00	9,500.00	0.00	100.0%
<b>Total Income</b>	<b>73,434.70</b>	<b>70,500.00</b>	<b>2,934.70</b>	<b>104.2%</b>
<b>Expense</b>				
7011 · OFFICIALS/ADJUDICATORS	5,160.00	5,500.00	-340.00	93.8%
7012 · EVENT PERSONNEL	6,964.37	2,750.00	4,214.37	253.3%
7013 · FACILITY COSTS	3,149.90	2,000.00	1,149.90	157.5%
7014 · SECURITY	0.00	1,000.00	-1,000.00	0.0%
7015 · TROPHIES/MEDALS/AWARDS	1,863.94	2,000.00	-136.06	93.2%
7017 · MEALS	159.59	1,000.00	-840.41	16.0%
7021 · PROGRAMS/PRINTING	587.14	750.00	-162.86	78.3%
7022 · SUPPLIES & EQUIPMENT	703.60	250.00	453.60	281.4%
7024 · HOST SCHOOL SHARE	74.62	0.00	74.62	100.0%
7026 · HOSPITALITY	299.91	0.00	299.91	100.0%
7115 · DRAGONFLY FEES	78.00	100.00	-22.00	78.0%
<b>Total Expense</b>	<b>19,041.07</b>	<b>15,350.00</b>	<b>3,691.07</b>	<b>124.0%</b>
<b>NET INCOME</b>	<b>\$ 54,393.63</b>	<b>\$ 55,150.00</b>	<b>\$ (756.37)</b>	<b>98.6%</b>

**2023-2024 VOLLEYBALL**

	<u>Jul '23 - Jun 24</u>	<u>Budget</u>	<u>\$ Over Budget</u>	<u>% of Budget</u>
<b>Income</b>				
4111 · GATE RECEIPTS	128,377.85	130,000.00	-1,622.15	98.8%
4114 · SPONSORSHIPS	22,000.00	22,000.00	0.00	100.0%
4116 · T-SHIRT& CONCESSIONS	12,572.66	11,000.00	1,572.66	114.3%
<b>Total Income</b>	<b>162,950.51</b>	<b>163,000.00</b>	<b>-49.49</b>	<b>100.0%</b>
<b>Expense</b>				
7011 · OFFICIALS/ADJUDICATORS	46,312.00	36,000.00	10,312.00	128.6%
7012 · EVENT PERSONNEL	54,782.37	53,200.00	1,582.37	103.0%
7013 · FACILITY COSTS	13,271.00	15,000.00	-1,729.00	88.5%
7014 · SECURITY	0.00	1,000.00	-1,000.00	0.0%
7015 · TROPHIES/MEDALS/AWARDS	1,546.60	1,750.00	-203.40	88.4%
7017 · MEALS	175.88	500.00	-324.12	35.2%
7018 · TRAVEL	0.00	250.00	-250.00	0.0%
7021 · PROGRAMS/PRINTING	1,207.14	750.00	457.14	161.0%
7022 · SUPPLIES & EQUIPMENT	5,585.74	5,500.00	85.74	101.6%
7026 · HOSPITALITY	5,377.48	6,000.00	-622.52	89.6%
7115 · DRAGONFLY FEES	0.00	500.00	-500.00	0.0%
<b>Total Expense</b>	<b>128,258.21</b>	<b>120,450.00</b>	<b>7,808.21</b>	<b>106.5%</b>
<b>NET INCOME</b>	<b>\$ 34,692.30</b>	<b>\$ 42,550.00</b>	<b>\$ (7,857.70)</b>	<b>81.5%</b>

**2023-2024 FOOTBALL**

	<u>Jul '23 - Jun 24</u>	<u>Budget</u>	<u>\$ Over Budget</u>	<u>% of Budget</u>
<b>Income</b>				
4111 · GATE RECEIPTS	494,673.05	492,500.00	2,173.05	100.4%
4114 · SPONSORSHIPS	35,000.00	35,000.00	0.00	100.0%
4116 · T-SHIRT& CONCESSIONS	16,000.00	16,000.00	0.00	100.0%
<b>Total Income</b>	<b>545,673.05</b>	<b>543,500.00</b>	<b>2,173.05</b>	<b>100.4%</b>
<b>Expense</b>				
6029 · MISCELLANEOUS EXP	0.00	1,000.00	-1,000.00	0.0%
7011 · OFFICIALS/ADJUDICATORS	64,614.56	52,500.00	12,114.56	123.1%
7012 · EVENT PERSONNEL	48,317.15	45,500.00	2,817.15	106.2%
7013 · FACILITY COSTS	7,967.88	5,000.00	2,967.88	159.4%
7014 · SECURITY	18,353.29	10,000.00	8,353.29	183.5%
7015 · TROPHIES/MEDALS/AWARDS	3,784.03	3,500.00	284.03	108.1%
7017 · MEALS	295.76	500.00	-204.24	59.2%
7018 · TRAVEL	218.69	1,200.00	-981.31	18.2%
7021 · PROGRAMS/PRINTING	702.14	1,000.00	-297.86	70.2%
7022 · SUPPLIES & EQUIPMENT	19.99	500.00	-480.01	4.0%
7023 · VISITING TEAM SHARE	54,844.49	50,000.00	4,844.49	109.7%
7024 · HOST SCHOOL SHARE	54,260.49	50,000.00	4,260.49	108.5%
7115 · DRAGONFLY FEES	1,208.00	0.00	1,208.00	100.0%
7116 · SQUARE FEES	12.40	0.00	12.40	100.0%
<b>Total Expense</b>	<b>254,598.87</b>	<b>220,700.00</b>	<b>33,898.87</b>	<b>115.4%</b>
<b>NET INCOME</b>	<b>\$ 291,074.18</b>	<b>\$ 322,800.00</b>	<b>\$ (31,725.82)</b>	<b>90.2%</b>

2023-2024  
TICKET SALES

		Current Year					Tickets Sold							Comparison from prior year							% change from prior year				
		2023-2024					22/23	21/22	20/21	19/20	18/19	17/18		23/24- 22/23	22/23 - 21/22	21/20 - 20/21	20/21 - 19/20	19/20 - 18/19	18/19- 17/18		22/23 - 21/22	21/22 - 20/21	20/21 - 19/20	19/20 - 18/19	18/19- 17/18
Sport	Total Tickets Sold	7	12																						
Soccer	4,243	2,166	2,077				3,681	4,243	2,705	5,854	7,652	7,704		562	(562)	1,538	(3,149)	(1,798)	(52)		-13.25%	56.86%	-53.79%	-23.50%	-0.67%
Cross Country	5,576	2,438	3,138				5,232	5,415	1,794	3,930	4,041	3,529		344	(183)	3,621	(2,136)	(111)	512		-3.38%	201.84%	-54.35%	-2.75%	14.51%
		7	12	17																					
Volleyball	20,793	5,821	3,716	3,752			21,058	20,156	0	19,658	12,238	12,573		(265)	902	20,156	(19,658)	7,420	(335)		4.48%	#DIV/0!	-100.00%	60.63%	-2.66%
		7	12																						
Football 6-Man	1,703						1,710	1,645	0	1,240	1,258	1,140			65	1,645	(1,240)	(18)	118		3.95%	#DIV/0!	-100.00%	-1.43%	10.35%
Football 8-Man	2,691	did not get breakdown from					2,516	1,686	0	1,557	2,445	2,875			830	1,686	(1,557)	(888)	(430)		49.23%	#DIV/0!	-100.00%	-36.32%	-14.96%
Football AA	4,730	gofan on tickets by class (only by price)					3,791	5,256	415	5,484	6,055	1,174			(1,465)	4,841	(5,069)	(571)	4,881		-27.87%	1166.51%	-92.43%	-9.43%	415.76%
Football AAA	6,167	We will begin breaking them down					7,350	8,531	468	8,016	7,802	7,876			(1,181)	8,063	(7,548)	214	(74)		-13.84%	1722.86%	-94.16%	2.74%	-0.94%
Football AAAA	10,661	next year. Only have total by price point					8,987	10,318	448	11,738	10,374	10,463			(1,331)	9,870	(11,290)	1,364	(89)		-12.90%	2203.13%	-96.18%	13.15%	-0.85%
Football AAAAA	18,064						13,340	19,293	697	12,837	18,586	18,874			(5,953)	18,596	(12,140)	(5,749)	(288)		-30.86%	2668.01%	-94.57%	-30.93%	-1.53%
Football AAAAAA	17,695						16,926	22,351	1,170	18,354	15,282	20,555			(5,425)	21,181	(17,184)	3,072	(5,273)		-24.27%	1810.34%	-93.63%	20.10%	-25.65%
TOTAL FOOTBALL	61,711	30,821	30,890				54,620	69,080	3,198	59,226	61,802	62,957		7,091	(14,460)	65,882	(56,028)	7,278	(1,155)		-20.93%	2060.10%	-94.60%	11.78%	-1.83%
		7	12																						
Swimming	0						1,757	583	0	1,764	1,649	1,651		(1,757)	1,174	583	(1,764)	115	(2)		201.37%	#DIV/0!	-100.00%	6.97%	-0.12%
		7	12	17																					
Wrestling	0						12,422	9,346	7,520	12,083	10,287	8,776		(12,422)	3,076	1,826	(4,563)	1,796	1,511		32.91%	24.28%	-37.76%	17.46%	17.22%
		7	12	15	Reserved																				
Basketball - 1st Rd & QF	0																								
Basketball - State																									
RREC & Bernalillo HS																									
1st Rd 16+ State Only	0						113,840	118,402	9,057	70,319	121,203	132,065		(113,840)	(4,562)	109,345	(61,262)	(50,884)	(10,862)		-3.85%	1207.30%	-87.12%	-41.98%	-8.22%
		7	12																						
Baseball							8,690	9,580	2,899	0	7,859	10,128		(8,690)	(890)	6,681	2,899	(7,859)	(2,269)		-9.29%	230.46%	#DIV/0!	-100.00%	-22.40%
		7	12																						
Track & Field 1A-3A	0																								
Track & Field 4A-5A	0																								
Total Track	0	0	0				11,502	11,629	7,226	0	10,668	12,633		(11,502)	(127)	4,403	7,226	(10,668)	(1,965)		-1.09%	60.93%	#DIV/0!	-100.00%	-15.55%
		7	12																						
Softball							5,598	5,694	2,134	0	5,562	5,095		(5,598)	(96)	3,560	2,134	(5,562)	467		-1.69%	166.82%	#DIV/0!	-100.00%	9.17%
		7	12	17																					
Spirit Comp	0						14,051	8,469	5,069	0	23,129	19,366		(14,051)	5,582	3,400	5,069	(23,129)	3,763		65.91%	67.07%	#DIV/0!	-100.00%	19.43%
		7	12	17																					
Powerlifitng	0						1,247	0	0	0	0	0		(1,247)	1,247	0	0	0	0						
TOTAL	92,323							262,597	41,602	172,834	266,090	276,477			(170,274)	220,995	(131,232)	(93,256)	(10,387)		(0.65)	531.21%	(0.76)	(0.35)	(0.04)

# New Mexico Activities Association

## Commission Meeting – February 14, 2024



### 8<sup>TH</sup> GRADE STUDENT OPEN ENROLLMENT CHOICE

☐ Action Item                      ☐ Referenda Item  
☒ Discussion Item                      ☐ Non-Referenda Item

#### Presenter:

Robert Arreola, Lovington HS Athletic Director

#### Item:

8<sup>th</sup> grade students must participate at their home attendance zone public high school unless one of the following exceptions is applicable:

- A. Students enrolled in a K-12, 6-12 or other combined member school are eligible to participate at the school in which they are currently enrolled.
- B. Students are eligible to participate outside their home attendance zone public high school if it can be verified that:
  - 1. **The student has been a resident/student of the school district for at least one year. They may exercise their Open Enrollment Choice during this time.**
  - 2. The student is an out-of-state transfer that has been enrolled consecutively in that school's feeder system since their initial enrollment in New Mexico.



# **POSITION STATEMENT AND RECOMMENDATIONS FOR MAINTAINING HYDRATION TO OPTIMIZE PERFORMANCE AND MINIMIZE THE RISK FOR EXERTIONAL HEAT ILLNESS**

**National Federation of State High School Associations (NFHS)  
Sports Medicine Advisory Committee (SMAC)**

## **DEHYDRATION – ITS EFFECTS ON PERFORMANCE AND ITS RELATIONSHIP TO EXERTIONAL HEAT ILLNESS RISK:**

- Appropriate hydration before, during, and after physical activity is integral to healthy, safe and successful sports participation.
- Weight loss during exercise and other physical activity represents primarily a loss of body water. A loss of just 1 to 2% of body weight (1.5 to 3 pounds for a 150-pound athlete) can negatively impact performance. A loss of 3% or more of body weight during vigorous exercise can also significantly increase the risk for exertional heat-related illness. If an athlete is already dehydrated prior to beginning activity, these effects will occur even sooner.
- Athletes should be weighed (in shorts and T-shirt) before and after warm or hot weather practice sessions and contests to assess their estimated change in hydration status.
- Athletes with high body fat percentages can become significantly dehydrated and over-heat faster than athletes with lower body fat percentages, while working out under the same environmental conditions at the same or similar workload.
- Athletes have different sweating rates and some lose much more water and salt through their sweat than others. “Salty sweaters” will often have noticeable salt stains on their clothing and skin after workouts, and they often have a higher risk of developing exertional muscle cramps.
- Poor heat acclimatization/fitness levels can greatly contribute to an athlete’s heat intolerance and exertional heat illness risk.
- Certain medications or current/recent illness, especially for illnesses involving gastrointestinal distress (e.g., vomiting, diarrhea) and/or fever, can negatively affect an athlete’s hydration status and temperature regulation, increasing the risk for exertional heat illness.

- Environmental temperature and humidity each independently contribute to dehydration and exertional heat illness risk.
- Clothing that is dark or bulky, as well as protective equipment (such as helmets, shoulder pads and other padding and coverings), can increase body temperature, sweat loss and subsequent dehydration and exertional heat illness risk.
- Even naturally dry climates can have high humidity on the field if irrigation systems are run prior to early morning practices start. This temporary increase in humidity will continue until the water completely soaks into the ground or evaporates.
- A heat safety table should be followed to help determine if practices/contests should be modified or canceled. The National Athletic Trainers' Association (NATA) Guidelines for Wet Bulb Globe Temperature (WBGT) can be found at:  
<https://kestrelinstruments.com/mwdownloads/download/link/id/356/>
  - On-site WBGT is the “gold standard” for assessing heat index and should be measured 10-15 minutes before practices or contests. The results should be used with a heat index to determine if practices or contests should be started, modified, or stopped.
  - If WBGT measurement is not available, the heat index for your approximate location can be determined by entering your postal zip code: <http://www.osaa.org/heatindex/>
  - Best practices may be established for your state and region by your state athletic association. We recommend strict adherence to state or regional guidelines.

**The interplay of relative humidity and temperature on sweating and the risk for exertional heat illness:**

- A combined relative humidity of 40 percent and a temperature of 95 degrees Fahrenheit are associated with a *likely risk* of incurring significant sweat loss and exertional heat illness during strenuous physical activity. However, even with a *lower air temperature* of only 85 degrees Fahrenheit, for example, the risk for extensive sweating and exertional heat illness would likely be the *same or greater with a higher relative humidity* of 70 percent or more.

**WHAT TO DRINK DURING EXERCISE AND OTHER PHYSICAL ACTIVITY:**

- For most exercising athletes in most scenarios, water is appropriate and sufficient for pre-hydration and rehydration. Water is quickly absorbed, well-tolerated, an excellent thirst quencher and cost-effective.
- Traditional sports drinks with an appropriate carbohydrate and sodium formulation may provide additional benefit in the following general situations:
  - Prolonged continuous or intermittent activity of greater than 60 minutes
  - Multiple, same-day bouts of intense, continuous or repeated exertion
  - Warm-to-hot and humid conditions
- Traditional sports drinks with an appropriate carbohydrate and sodium formulation may provide additional benefit for the following individual conditions:
  - Poor hydration prior to participation
  - A high sweat rate and/or “salty sweater”

- Poor caloric intake prior to participation
- Poor acclimatization to heat and humidity
- A 6 to 8% carbohydrate formulation is the maximum that should be utilized in a sports drink. Any greater concentration will slow stomach emptying and potentially cause the athlete to feel bloated. An appropriate sodium concentration (0.4–1.2 grams per liter) will help with fluid retention and distribution and decrease the risk of exertional muscle cramping.

#### **WHAT NOT TO DRINK DURING EXERCISE AND OTHER PHYSICAL ACTIVITY:**

- Fruit juices with greater than 8 percent carbohydrate content and carbonated soda can both result in a bloated feeling and abdominal cramping.
- Athletes should be aware that nutritional supplements are not limited to pills and powders as many “energy” drinks contain high levels of sugar, caffeine, and other sources of caffeine such as guarana and green tea extract.
  - The high levels of sugar and caffeine may result in increased anxiety, jitteriness, nausea, and upset stomach or diarrhea. Both can also act as a diuretic, leading to increased risk of dehydration.
  - Many of these drinks are being produced by traditional water, soft drink and sports drink companies which can cause confusion in the sports community. As is true with other forms of supplements, these “power drinks”, “energy drinks”, or “fluid supplements” are not regulated by the FDA. Thus, the purity and accuracy of contents on the label is not guaranteed.
  - Many of these beverages which claim to increase power, energy, and endurance, among other claims, may have additional ingredients that are not listed. Such ingredients may be harmful and may be banned by governing bodies like the NCAA, USOC, or individual state athletic associations.
  - See the **NFHS Position Statement and Recommendations for the use of Energy Drinks by Young Athletes** for further information.

#### **HYDRATION AND FLUID INTAKE TIPS AND GUIDELINES:**

- Many athletes do not voluntarily drink enough water to prevent significant dehydration during physical activity.
- Drink regularly throughout all physical activities. An athlete cannot always rely on his or her sense of thirst to sufficiently maintain proper hydration. When athletes begin to feel thirsty, they are already in an early state of dehydration.
- Drink before, during, and after practices and games. For example:
  - Drink 16 ounces of fluid 2 hours before physical activity.
  - Drink another 8 to 16 ounces 15 minutes before physical activity.
  - During physical activity, drink 4 to 8 ounces of fluid every 15 to 20 minutes (some athletes who sweat considerably can safely and comfortably tolerate up to 48 ounces per hour).
  - After physical activity, drink 16 to 20 ounces of fluid for every pound lost during physical activity to achieve normal hydration status before the next practice or competition (if there is sufficient time to do this safely and comfortably). Importantly, excessive fluid intake in a short period of time can be dangerous to one’s health (see below on hyponatremia).

- The volume and color of your urine is an excellent way of determining if you're well hydrated. Small amounts of dark urine mean that you need to drink more, while a "regular" amount of light-colored or nearly clear urine generally means you are well hydrated. A Urine Color Chart can be accessed at: <http://www.urinecolors.com/themes/uctheme/assets/dehydration-chart.pdf>
- Hyponatremia is a rare, but potentially deadly disorder resulting from the over-consumption of water or other low-sodium fluid (including most sports drinks). It is most commonly seen during endurance events, such as marathons, when participants consume large amounts of water or other beverages over several hours, far exceeding fluid lost through sweating. The opposite of dehydration, hyponatremia is a condition where there is an excessive amount of water in the blood and the sodium content of the blood is consequently diluted to dangerous levels. Affected individuals may exhibit disorientation, altered mental status, headache, lethargy and seizures. A confirmed diagnosis can only be made by testing blood sodium levels. Suspected hyponatremia is a medical emergency and the Emergency Medical System must be activated (or Call 9-1-1). Hyponatremia is treated by administering intravenous fluids containing high levels of sodium.

### **References:**

Casa, D. J., & Csillan, D. Preseason Heat-Acclimatization Guidelines for Secondary School Athletics. *Journal of Athletic Training*. 2009;44:332–333.

McDermott BP, et al. National Athletic Trainers' Association Position Statement: Fluid Replacement for the Physically Active. *Journal of Athletic Training*. 2017;52:877-895.

Montain SJ. Hydration recommendations for sport 2008. *Current Sports Medicine Reports* 2008;7:187-92.

National Collegiate Athletic Association. Guideline 2c: Prevention of Heat Illness. 2014-15 NCAA Sports Medicine Handbook (25<sup>th</sup> edition).

Sawka MN, et al. American College of Sports Medicine Position Stand. Exercise and fluid replacement. *Medicine & Science in Sports & Exercise* 2007;39:377-90.

**April 2022**

**April 2018**

**October 2014**

**October 2011**

**October 2008**

### **DISCLAIMER – NFHS Position Statements and Guidelines**

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals, and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time.





## Heat Illness Prevention Protocol

**NMAA Bylaw 7.6.21:** The athletic trainer and the head coach of each sport and level are responsible for checking the heat index PRIOR TO the beginning of any athletic activity. The heat index for your current location and time can be calculated by entering your zip code into the National Weather Service Heat Index Calculator found on the Sports Medicine page of the NMAA website ([www.nmact.org](http://www.nmact.org)). You may also use the site to calculate for projected high temperatures. If the heat index is above 104, athletic activity must be postponed until later in the day provided the heat index falls to 104 or less. If the heat index is 100-104, consider modifying practices to remove protective equipment and to shorten practice duration. If the heat index is 95-99, use caution, but you may practice. If the heat index is under 95, the risk of heat illness is present, but the risk is greatly reduced. Water breaks should occur every 20-30 minutes during practice. Do not restrict the intake of fluids.

Immersion in cold water is the treatment of choice for management of acute heat exhaustion and heat stroke. Call EMS if you suspect heat illness.

**To determine the Heat Index in your area, click on the National Weather Service link below.** You can enter the Air Temperature and either the Dew Point or the Relative Humidity and then click the Calculate button. Or, even easier, in the upper left corner of the screen you can enter your Zip Code and then click Go. **Be sure that your computer is using an up-to-date browser.**

### **National Weather Service Heat Index Calculator:**

<http://www.wpc.ncep.noaa.gov/html/heatindex.shtml>

---

The NFHS has a terrific FREE course called "[A Guide to Heat Acclimatization and Heat Illness Prevention](#)". The NMAA strongly encourages everyone to make use of this FREE resource.



## **TSSAA Heat Policy (Revised August 2021)**

Each school is responsible for obtaining either a Wet Bulb Globe Temperature or Heat Index reading at the site of practices and competitions. **Wet Bulb Globe Temperature (WBGT)** takes into account more environmental factors than heat index and should be a school's first choice when evaluating conditions and planning activities. In the absence of a Wet Bulb Globe Temperature reading, a digital psychrometer or other instrument may be used at the site of the activity to measure the heat index. The use of a weather app on a cell phone is permissible to measure heat index if no other instrument is available to measure heat index at the site of the practice or competition.

**A cold water immersion tub or other form of rapid on-site cooling should be available for all warm weather practices. If exertional heat stroke is suspected, use immersion for on-site cooling before transporting to the hospital. Access to water should be available to all athletes at all times.**

### **WBGT 82.0 – 86.9 or Heat Index Under 95 Degrees**

- Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.

### **WBGT 87 to 89.9 or Heat Index of 95 Degrees to 99 Degrees**

- Maximum practice time is 2 hours.\*
- **For All Sports:** Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
- **For Football:** Players are restricted to helmet, shoulder pads, and shorts during practice **that does not involve contact**, and all protective equipment must be removed during conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts.

### **WBGT 90 to 92 or Heat Index of 100 Degrees to 104 Degrees**

- Maximum practice time is 1 hour. \*
- **For All Sports:** There must be 20 minutes of rest breaks distributed throughout the hour of practice and no conditioning activities.
- **For Football:** No protective equipment may be worn during practice **that does not involve contact**.

### **Above 92.0 WBGT or Heat Index Above 104 Degrees**

- No outdoor practice. An outdoor practice cannot take place until WBGT level is 92.0 or below or heat index is 104 or below.
- Competitions must be postponed in the absence of an appropriate health care professional with access to a cold water immersion tub or other rapid on-site cooling method. Under no circumstances can an outdoor practice or scrimmage take place in these conditions.

For all sports, competitions must be postponed in the absence of an appropriate health care professional with access to a cold water immersion tub or other rapid on-site cooling method when the WBGT > 92. If using heat index, all competitions must be postponed in the absence of an appropriate health care professional with access to a cold water immersion tub or other rapid on-site cooling method with a heat index > 104.

**TSSAA Heat Policy - Modifications for Soccer Competition**  
**WBGT  $\geq$  87 Heat Index  $\geq$  95**

*The referee shall stop the game for a heat time-out lasting no less than five minutes during the first and second half. The time-out will be called at the first logical time to stop play after the 20 minute mark of each half.*

**TSSAA Heat Policy - Modifications for Football Competition**  
**WBGT  $\geq$  87 Heat Index  $\geq$  95**

*Officials shall stop the game for a heat time-out at the first dead ball after the halfway point of each quarter. If either team has possession of the ball inside the other team's twenty yard line, officials may delay this time out until either the offensive team scores or the ball is turned over.*



## **POSITION STATEMENT ON PHYSICAL ACTIVITY, AIR QUALITY AND WILDFIRES**

**National Federation of State High School Associations (NFHS)  
Sports Medicine Advisory Committee (SMAC)**

### **Background**

Air pollution is due to a mixture of solid particles and gases that may result from a variety of sources including wildfires, internal combustion engines, and industrial emissions. In people without lung disease, the immediate effects and long-term consequences of air pollution upon athletic performance are not well understood. There is some evidence to indicate that chronic exposure may adversely affect blood vessels throughout the body, but more studies are needed before making definitive statements. However, air pollution has long been known to worsen the symptoms of respiratory diseases such as asthma. When compared to adults, children may be more susceptible to having problems while exercising in polluted air.

There are two key components of air pollution that cause respiratory problems, especially in people with underlying respiratory problems: ozone and particulate matter. Ozone is found in smog and is often at its worst in the late afternoon and early evening on hot summer days. It forms through a variety of complex chemical interactions, all of which require sunlight as a catalyst. Ozone can travel significant distances and, contrary to conventional wisdom, is more predominantly a rural pollutant.

The particulate matter found in air pollution can be a hazard at any time of the year, especially when the air is still. Particle pollutants can be high near busy roads and factories, and at times when there is smoke in the air from wood stoves, fireplaces, or wildfires. Other potentially harmful air pollutants include carbon monoxide, nitrogen oxides and sulfur dioxide. Smoke from late summer forest and grass fires has very high levels of particulate matter and is of special concern in the western U.S., often causing severe air pollution coinciding with the beginning of the fall sports season.

It is important to realize air pollution may also occur indoors. Potential sources include tobacco smoke in any situation, dust in indoor rodeo arenas, and exhaust fumes from ice resurfacing equipment in ice arenas. Consequently, athletes with asthma should always have their medication available and be especially cautious in these venues.

### **Recognition and Management**

The Air Quality Index (AQI) is a system developed by the US Environmental Protection Agency that describes the general health effects associated with different pollution levels, as well as whatever precautionary steps may need to be taken if air pollution levels rise into an unhealthy range. During times of suspected high air pollution, the AQI should be checked prior to all practices and contests. A particular location's AQI can be found at <https://www.airnow.gov>

The AQI takes into consideration the five major determinants of air pollution: ozone, particulate matter, carbon monoxide, nitrogen dioxide, and sulfur dioxide. The measured pollutant concentrations are then converted into a number on a scale of 0 to 500. Higher numbers correlate to a greater level of air pollution. Under the Clean Air Act, the National Ambient Air Quality Standard is 100. An AQI level greater than 100 indicates that a pollutant is in the unhealthy range. As specific public health department recommendations may vary, it is critical that state associations and schools consult local or state health departments for guidelines on when outdoor activities should be modified or cancelled.

Many western states have additional online resources to track air quality. These websites may use the AQI or a PM2.5 concentration. The PM2.5 describes fine inhalable particulate matter with diameters that are generally less than 2.5 micrometers. As a frame of reference, PM10 is less than the width of a single human hair and is small enough to get into the lungs while matter that is PM2.5 can only be seen with an electron microscope. Because it is so light and small, these tend to stay in the air longer than heavier particles and can penetrate deep into the lung tissue.

Both the AQI and the PM2.5 are reported by a color-coded chart which remains consistent across these different tools. A red “unhealthy” day will be the same whether it is reported as an AQI or a PM2.5 value. The state or local health department is available to serve as a resource to learn more about how this data is reported.

Commercial-grade sensors, such as PurpleAir monitors have expanded the data available beyond the regulatory-grade sensors used by the EPA and DEQ. Unlike the AQI which measures several determinates, most commercial grade sensors only monitor for particulate matter (PM2.5). Due to a high bias toward reporting more PM2.5, they are not as accurate as regulatory-grade monitors. However, they are very precise and can report valuable air quality information closer to your facility location. Ideally, commercial grade sensors are networked into a regional/state system so they can provide a factor to correct for bias.

School personnel should locate the air monitors closest to practice and competition venues at <https://www.airnow.gov>. Not all schools and venues will have a nearby monitor, and weather variation (wind) and geographic features (hills and valleys) can account for large differences between relatively close locations. Therefore, anyone assessing air quality must be familiar with the 5-3-1 Visibility Index Method. Based on previous air pollution research, we know that there is a correlation between air quality and visibility.

The 5-3-1 Visibility Index Method is a simple way to use visibility to estimate air quality and health effects and is particularly useful with rapidly changing weather conditions, like smoke from wildfires. The key to successful use is preparation, as it requires knowledge of large landmarks visible from the venue. Using an online satellite map, locate three landmarks that can be seen from a specific venue. The landmarks you choose should be 1 mile away, 3 miles away and 5 miles away. If you use multiple venues, you will need to do this for each separate location. Standing with the sun behind you, look at the three objects and when the outline of the landmark can no longer be seen, then the visibility range is less than the distance marker. When the air is smoky and hazy, monitoring the AQI or the Visibility Index should be done at least hourly during competitions and practices as conditions can change quickly.

Some students may be more susceptible to the health effects of poor air quality. The Preparticipation Physical Examination helps to identify those students with underlying ailments that make them more affected by poor air quality. Conditions that put students at risk include asthma, recent respiratory infection, and chronic heart or lung disease.

All schools must have an Emergency Action Plan (EAP) in place for every practice and competition venue in case of respiratory or other medical emergencies. Students diagnosed with asthma should have an Asthma Action Plan that they follow if symptoms occur during or after exercise. If poor air quality persists over several days, at risk students will have symptoms triggered more easily than those without pre-existing conditions.

Schools should investigate whether their state has any additional regulations regarding heat and air quality for school employees. Many states in the Western US have passed ***Occupational Safety and Health Administration (OSHA) Rules*** in regards to exposure to wildfire smoke and heat.

If the health effect category is in a zone where your state or local health department discourages outdoor activity, all practices and contests should be moved indoors or cancelled. If activities are moved indoors, you must check with the maintenance staff to ensure existing HVAC systems provide properly filtered indoor air. If the HVAC system cannot appropriately manage the burden of pollutants in the air, indoor air quality **MAY BE WORSE** than the outdoor air and it is not appropriate to practice or workout indoors. Furthermore, when moving indoors, Heat and Hydration Guidelines must be followed as temperatures may be hotter inside a gymnasium on a hot summer day than outside. If indoor practices are not an option, practices may be held earlier in the day to avoid warmer temperatures or moved to a location with better air quality.

Please note that all of the above principles are not limited to athletic events and should also be followed for physical education classes, marching band, and other outdoor activities involving physical activity in order to protect both students and staff.

## References

Giorgini P1, Rubenfire M, Bard RL, Jackson EA, Ferri C, Brook RD. Air Pollution and Exercise: A review of the cardiovascular implications for health care professionals. J Cardiopulm Rehabil Prev. 2016 Mar-Apr;36(2):84-95.

Qin F, Yang Y, Wang ST, Dong YN, Xu MX, Wang ZW, Zhao JX. Exercise and air pollutants exposure: A systematic review and meta-analysis. Life Sci. 2019 Feb 1;218:153-164.

**April 2023**

**April 2019**

## **DISCLAIMER – NFHS Position Statements and Guidelines**





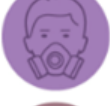

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time.

# CALIFORNIA INTERSCHOLASTIC FEDERATION

SPORTS MEDICINE / SPORTS / INCLUSIVE SPORTS / PARENTS & STUDENTS / COACHES & ADMIN / GOVERNANCE  
 MEDIA CENTER / SPORTSMANSHIP / OFFICIALS / SPONSORS / MERCHANDISE / CIF SECTIONS / FAQ'S / ABOUT

## CIF Sports Medicine Advisory Committee Statement on Air Quality and Sport Participation

Updated 10/19/23

	US AQI Level	PM2.5 ( $\mu\text{g}/\text{m}^3$ )	Health Recommendation (for 24 hour exposure)
	Good 0-50	0-12.0	Air quality is satisfactory and poses little or no risk.
	Moderate 51-100	12.1-35.4	Sensitive individuals should avoid outdoor activity as they may experience respiratory symptoms.
	Unhealthy for Sensitive Groups 101-150	35.5-55.4	General public and sensitive individuals in particular are at risk to experience irritation and respiratory problems.
	Unhealthy 151-200	55.5-150.4	Increased likelihood of adverse effects and aggravation to the heart and lungs among general public.
	Very Unhealthy 201-300	150.5-250.4	General public will be noticeably affected. Sensitive groups should restrict outdoor activities.
	Hazardous 301+	250.5+	General public at high risk of experiencing strong irritations and adverse health effects. Should avoid outdoor activities.

*Pictured: Air quality index chart with corresponding PM2.5  $\mu\text{g}/\text{m}^3$ .*

Recent catastrophic and historical fires in California continue to raise numerous questions regarding safe participation in sport and practice for young athletes. This position statement serves as a resource to coaches, administrators, parents, and students who have questions about participation in outdoor activity during periods of diminished air quality for California high school sport.

Healthy athletes are at increased risk for inhaling pollutants in the air. Physical activity increases ventilation and the number of pollutants that are inhaled are increased compared to periods of rest. During physical activity, air is often inhaled directly into the mouth, bypassing the built-in nasal filtration system. Deep inhalation diffuses pollutants into the bloodstream more quickly during exercise. These risks are increased if an athlete has a pre-existing medical condition such as asthma or a cardiac condition.

A valid and reliable standardized national air quality resource is the National Weather Service (NWS) Air Quality Forecast System. This system provides constant monitoring of ozone, particulate matter, and pollutants with accurate and advanced notice to prevent the adverse effects of decreased air quality.

The key component of the standardized air quality resource is the NWS Air Quality Index (AQI). The AQI provides real-time monitoring and alerts in response to changing air quality levels. Five different pollutants are tracked in this system including the following: 1) ground-level ozone 2) particle pollution 3) carbon monoxide 4) sulfur dioxide 5) nitrogen dioxide. Ground-level ozone and particulate matter are the most concerning pollutants for outdoor physical activity. The AQI is reported as a single number based on a scale of 0 to 500 with 0 being completely safe and 500 indicating the most hazardous levels of air pollution.

Consistent with this national reporting system and consistent with the National Collegiate Athletic Association Committee on Competitive Safeguards and Medical Aspect of Sport, the CIF Sports Medicine Advisory Committee offers the following general guidance to institutions seeking to make decisions about the appropriateness of practice or competition in questionable air quality situations. With recent severe fires within the state of California, both regional and statewide authorities have often established alerts to canceling sports events or practices because of local risk. CIF recommends following these guidelines. If specific guidelines have not yet been provided, the following are useful guidelines consistent with NCAA and NFHS position statements on air quality.

1. Monitoring of local AQI and associated air quality alerts, especially during times of extreme environmental conditions is recommended. Advice and monitoring is best done by the primary athletics health care providers (athletic trainers, school nursing staff, team physicians) who have training in



such monitoring. Schools may choose to delegate this responsibility to a staff member with knowledge of AQI.

2. Member schools should consider shortening or canceling outdoor athletic events (practices or competitions) in accordance with AQI recommendations. Exposure to air should be managed more carefully for students with pre-existing lung or heart conditions. When the AQI rises above 100 schools should consider removing such athletes at risk from practice or competition.
3. At AQI values above 150 serious consideration should be given to rescheduling the activity or moving it indoors if possible. Prolonged exposure and heavy exertion should be avoided.
4. School Emergency Action Plans may guide the emergency care response in these circumstances and the staff should be made aware of this plan.
5. The Preparticipation Physical Examination for Sport will be used as a tool to identify students at risk for smoke inhalation exposure such as asthma, cardiac disease, and respiratory disease.
6. Emphasize to student-athletes that the wearing of masks, such as for protection against COVID-19 does not protect against exposure to hazardous air quality. Consequently, wearing masks will not allow competition or practices when AQI is at hazardous levels.

There are now validated online applications to smartphones which can track not only AQI in a town or city, but also AQI regionally near each neighborhood within each town or city. Consistent with NFHS, California Air Quality Board and California Environmental Protection Agency, the CIF recommends using the [www.airnow.gov](http://www.airnow.gov) application for this purpose. The AQI may even be checked periodically during a day of competition or practice in case of changing conditions. The application was created with the collaboration of the Environmental Protection Agency and contains not only air quality data but also current fire conditions, webcams, and email notifications consistent with local and regional up-to-date conditions.

#### References

1. Air Quality Position Statement. NCAA Sports Science Institute, Sept 2018
2. NFHS Position Statement on Physical Activity, Air Quality, and Wildfires, April 2019
3. CIF North Coast Section. Air Quality Index Rules, Bylaw 1003H.
4. US Environmental Protection Agency. Air Now website [www.airnow.gov](http://www.airnow.gov)

Share    



4658 Duckhorn Drive - Sacramento, CA 95834

Phone: (916) 239-4477 Fax: (916) 239-4478



Select Language ▼

Powered by  Google Translate

#### CIF Disclaimer Regarding the Use of Google Translate

CIF has added a link to the translation feature developed by Google Translate, a third party service which the CIF has no control over. The service provides automated computer translations that are only an approximation of the websites original content. The translations should not be considered exact and only used as rough guide. CIF does not warrant the accuracy, reliability or timeliness of any information translated by this system and will in no way accept liability for loss or harm incurred as a result to them.

CIF disclaims and is not liable for any inaccuracies or problems that may be caused by the use of Google Translate feature on our website. Please check with your local Section and/or State CIF offices if you have any questions.



# New Mexico Activities Association

## Commission Meeting – February 14, 2024



### SOCCER: DISTRICT TIEBREAKER PROCEDURES

☒ Action Item  
☐ Discussion Item

☐ Referenda Item  
☒ Non-Referenda Item

#### **Presenter:**

Chris Kedge, Assistant Director

#### **Proposal:**

Consider updates to soccer bylaws pertaining to the process used for ties in district standings.

*\*Remove Strikethrough Text, Add Underlined Text*

Bylaw 7.17.1.H - District Tie-Breaking Procedures to Determine Placement - ~~For district games teams earn 3 points for a win, 1 point for a tie and 0 points for a loss.~~ If two or more teams tie during regular season district play (~~based on point totals~~), placement is determined by a goal differential system during the season as follows:

7. If all teams are still tied, a coin toss, conducted by NMAA administration, determines placement.

REMOVE 7.17.1.H.8 – Tiebreaker Examples

Q & As will also be edited accordingly

#### **Rationale:**

Clarifies the procedure for District Chairpersons submitting District standings for seeding purposes.

**Soccer Sports Specific Committee Recommendation:** Approve

**NMAA Staff Recommendation:** Approve

**Attachments:** NMAA Soccer Bylaws (with proposed edits)

# New Mexico Activities Association

## Commission Meeting – February 14, 2024



### SOCCER: POSTSEASON CARD ACCUMULATION

☒ Action Item                      ☐ Referenda Item  
☐ Discussion Item                      ☒ Non-Referenda Item

#### **Presenter:**

Chris Kedge, Assistant Director

#### **Proposal:**

Consider updates to soccer bylaws pertaining to the misconduct progression rule for the postseason.

*\*Remove Strikethrough Text*

#### Bylaw 7.17.3.B. – Misconduct Progression Rule - Postseason

1. If a player is ejected for “persisting in misconduct after receiving caution” (a “second yellow card” offense) ~~he/she is charged with one caution in that contest. However,~~ the player ejected is not permitted to participate in the following contest.
2. ~~Any yellow cards received during the regular season or first round of the playoffs DO NOT carry over into the post-season.~~ Athletes who receive a second yellow card in post-season play will be required to sit out the next game. Also, an athlete who receives a red card must sit out the next game minimally, no matter when it is received.

Q & As will be edited accordingly

#### **Rationale:**

Helps to clarify current bylaws and provides clear procedure on when players need to sit out games due to card accumulation.

**Soccer Sports Specific Committee Recommendation:** Approve

**NMAA Staff Recommendation:** Approve

**Attachments:** NMAA Soccer Bylaws (with proposed edits)

---

## SOCCER

---

### 7.17.1 General Rules/Policies

- A. **Classes** - There are three classes for both boys and girls, A/3A, 4A and 5A.
- B. **Practice Date** - Practice may begin Monday of Week #7.
- C. **Practice Requirement** - Each team or individual must have at least five (5) days of practice before competing in a game.
- D. **NMAA Rules Clinic** - At least one head boys' team coach and one head girls' team coach from each declared soccer school must complete the rules clinic in person or online at [www.nmact.org](http://www.nmact.org) between August 1<sup>st</sup> and August 15<sup>th</sup>. Failure to comply shall result in a \$100 fine per coach to the school which will be assessed on September 1st.
- E. **Game Limitations**
  - 1. Each varsity team or individual is limited to twenty (20) regular season games, inclusive of a tournament. Each sub-varsity team or individual is limited to seventeen (17) regular season games.
  - 2. In a two game combination (varsity/sub-varsity) on any given day against the same school, a player may not play in more than three (3) of the four (4) halves. Overtime periods and shootouts are considered part of the second half.

***Q1: Can an athlete play in more than one game (in excess of 3 halves) in one day?***

***A1: Yes, as long as the games are against different schools. Example: A player plays in a tournament in which he/she plays in two games against different schools on the same day. Each game shall count against his/her maximum allowable game limits.***

- F. **Length of Game** - Games are two (2) halves of forty (40) minutes each as per the National Federation rulebook. Varsity regular season games, including district play, which are tied after the completion of regulation play shall be resolved in the following manner: The teams shall play two ten-minute sudden victory overtime periods. If no goals are scored during the two ten-minute sudden-victory overtime periods the game shall remain a tie. **Exceptions:** 1. All Junior Varsity games shall remain tied at the end of regulation time and 2. Regular season tournament games may, at the option of the tournament host, be settled by kicks from the mark (shootout) and 3. State Tournament games will be settled by kicks from the mark (shootout) as per 7.17.1.J.

**NOTE:** The official time is kept on the field by the head referee.

- G. **Regular Season Tournament Overtime Procedures** - The tournament organizer has the ability to modify the overtime procedures during regular season tournaments prior to the tournament beginning.
- H. **District Tie-Breaking Procedures to Determine Placement** - ~~For district games teams earn 3 points for a win, 1 point for a tie and 0 points for a loss.~~ In the event that two or more teams tie during regular season district play (~~based on point totals~~), placement is determined by a goal differential system during the season as follows:
  - 1. Compare the results of head to head competition.
  - 2. Placement shall be determined by a goal differential of the teams tied based on district

games, with 5 points being the maximum allowed for any one game. Each team involved uses either a plus or a minus goal differential; if a team wins by 5, they are credited (+5); the other team has a deficit (-5) in the calculation.

3. If two or more teams tie on the goal differential of the tied teams, the team which defeated the other teams in regular district play has earned the higher placement.
4. If all teams tie in the goal differential of the tied teams, the goal differential on all district games shall be used with 5 points being the maximum allowed for any one game.
5. If two or more teams tie in the goal differential of the tied teams on all district games, the team which defeated the other teams in regular district play has earned the higher placement.
6. If all teams tie in the goal differential on all district games, the least number of goals allowed in district play shall be used. The team which has allowed the least number of goals has earned the higher placement.
7. If all teams are still tied, a coin toss, **conducted by NMAA administration**, determines placement.

~~8. This process, including the coin toss, is administered by the NMAA staff. The official declaration of results is the responsibility of the Association staff.~~

**Example A:**

~~Team A and Team B are tied at the end of the season with 8 points. Team A defeated Team B by scores of 5-2 and 3-1; therefore, Team A (+5) has earned the higher placement over Team B (-5).~~

**Example B:**

~~Team A and Team B are tied at the end of the season with 8 points. Team A defeated Team B 4-2 and tied Team B 1-1. Team A (+2) has earned the higher placement on the basis of the win over team B (-2).~~

**Example C:**

~~Teams A, B and C are tied at the end of the season with 8 points. The result of district games involving the tied teams is as follows:~~

~~Team A (4) vs Team B (2) — Team A (1) vs Team B (1)  
Team B (4) vs Team C (1) — Team B (2) vs Team C (1)  
Team C (5) vs Team A (1) — Team C (3) vs Team A (3)~~

~~Results: Team A = 2; Team B = +2; Team C = 0. Team B has earned the highest placement (+2); with Team C 2nd (0) and Team A 3rd (-2).~~

**Example D:**

~~Teams A, B and C are tied at the end of the season with 8 points. The result of district games involving the tied teams is as follows:~~

~~Team A (4) vs Team B (2) — Team A (1) vs Team B (1)  
Team B (4) vs Team C (1) — Team B (2) vs Team C (1)  
Team C (4) vs Team A (1) — Team C (3) vs Team A (3)~~

~~Results: Team A = -1; Team B = +2; Team C = -1. Team B has earned the highest placement (+2); Team A and Team C are tied with a -1 goal differential. Team C has a +3 point differential in the head to head games against Team A and therefore has earned the #2 placement; Team A is 3rd.~~

**I. Game Tie-Breaking Procedure - Regular season tournament games (at option of the host school) and all state tournament games**

In games, when the score is tied at the end of regulation time, the referee instructs both teams to return to their respective team boxes. Coaches are allowed five minutes to confer with their teams. During this timeframe, the referee shall instruct both coaches as to proper procedure.

1. There shall be two ten (10) minute sudden victory overtime periods.
    - a. A coin toss shall be held as indicated in the National Federation Soccer Rulebook.
    - b. At the end of each ten (10) minute sudden-victory overtime period, teams shall change ends.
  2. If the score still remains tied, coaches, officials and team captains assemble at the halfway line to review the procedure as outlined below:
    - a. The head referee chooses the goal at which all of the kicks from the penalty line shall be taken.
    - b. Each coach selects any five players, including the goalkeeper, on or off the field (except those who may have been disqualified) to take the kicks.
    - c. The head referee designates which captain will call the coin toss. The team winning the coin toss has the choice of kicking first or second.
    - d. Teams alternate kickers; there is no follow-up on kicks. .
    - e. Following a total of five kicks for each team, the team scoring on the greatest number of these kicks is the winner.
    - f. The defending team may change the goalkeeper prior to each penalty kick.
  3. If the score remains tied after each team has had five kicks from the penalty line:
    - a. Each coach selects five different players than the first five who already have kicked to take the kicks in a sudden victory situation, the teams kicking in the same order as determined by the coin toss. If one team scores and the other team does not score, the game is ended without further kicks being taken.
    - b. If the score remains tied, continue the sudden victory kicks with the coach selecting any five players to take the next set of alternating kicks. If a tie still remains, repeat step 3a for regular season contests and other applicable games in which a winner must be determined through a progression.
  4. Sub-varsity games are considered an official game at the end of regulation, regardless if the game is tied.
- J. Mercy Rule** - A game is ended if at half-time or any time during the second half a team is ten (10) goals behind.

**K. Officials**

1. Officials working any NMAA sanctioned event must be registered through the Association. Schools are required to use two (2) NMAA/NMOA officials for NMAA regular-season sanctioned contests.
2. Schools are subject to a fine for using non-registered officials.

- L. Scorebook Requirement** – The home team is required to maintain a game scorebook. For all contests minimally, the scorebook must include team rosters, record of halves played, goals scored by team and individuals and cards issued. The head referee must sign the book at the conclusion of the contest.

**M. Games Interrupted** (See also 7.10.2)

1. In the event that a game must be interrupted because of conditions which make it impossible to continue play (i.e. lightning, darkness, power outage, etc.) the head

official/referee shall declare it an official game if one complete half or more of the game has been played; based upon the NFHS definition of a regulation game.

2. If less than one-half of the game has been played, and it is a district game/post-season game, the game must be rescheduled from the point of interruption/suspension of play.
3. If less than one-half of the game has been played, and it is a non-district game, the participating schools must mutually agree to reschedule the game from the point of interruption/suspension of play or the game will be considered a non-game.

**Note:** If one complete half or more of the game has been played in a post-season game, it will be left up to the discretion of the tournament director and/or the NMAA Executive Director to determine if the game is played to its entirety.

- N. Forfeits** – The score of a forfeited game shall be 1-0 if the game is not started, the score is tied or the offending team is ahead at that time. If the offending team is behind at the time of the forfeit, the score at that time is the final score.

#### **7.17.2 State Tournament (All Classes)**

**A. Dates:**

Week #18 A/3A Quarterfinals, 4A-5A First Round & Quarterfinals  
Week #19 All Classes – Semifinals and Finals

- B. Roster Limitation** - Each team is limited to twenty-two (22) squad members.

**C. State Pairings (See Section 7.11)**

In all classes, the District Champion advances to the NMAA State Tournament. The remainder of the field will be filled with at-large selections.

**D. State Tournament**

1. **A/3A** – Eight (8) teams will advance to the State Tournament and participate in an 8-team single elimination bracket, with the quarterfinals and to be played at the home site of the higher seed.
2. **4A-5A** – Twelve (12) teams will advance to the State tournament and participate in a 12-team single elimination tournament, with the first round, quarterfinals, and to be played at the home site of the higher seed. The top four seeds are given a bye for the first round.

#### **7.17.3 Misconduct Progression Rule**

**A. Regular Season**

1. Yellow cards received during regular season or tournament competition must be counted. Once a player has accumulated five yellow cards, they are suspended for the next game. Once the player accumulates three additional yellow cards (totaling eight yellow cards), they are suspended for the next two games and are required to attend a meeting with the school's Athletic Director, head coach and the NMAA Executive Director or his/her designee. Any additional yellow cards received by a player after eight total cards will be subject to more severe penalties by the NMAA Executive Director, including but not limited to suspension from additional contests.

2. Any team whose players and coaches, during the regular season, collectively receive a total of 24 or more yellow cards (including all second yellow/red cards and straight red cards) will be required to attend a meeting with the school's Athletic Director and the NMAA Executive Director or his/her designee.
3. Any school receiving 32 or more yellow cards will be prohibited from participation in post-season. Any yellow/red cards received by the coach will count toward the 32 card total.
- 4a. If a player receives a red card or a second yellow card resulting in disqualification, that individual is suspended for the next scheduled game. These are minimum penalties. (See 7.7.2)
- 4b. A coach or player who is issued a red card for (D9) Violent Conduct-Fighting may receive a three (3) match suspension, starting with the next scheduled match and including any carryover to the State Soccer Tournament. A second Violent Conduct-Fighting red card received in the same season may result in an automatic suspension for the remainder of the season, including carryover to the State Soccer Tournament.
- 4c. By definition a player or coach would be guilty of Violent Conduct – Fighting if he/she acts deliberately to strike or punch, or attempt to strike or punch another player, coach, bench personnel or fan. These acts include, but are not limited to, kicking, head butting, hair pulling or an open handed strike, if done deliberately and in a malicious manner, either on the field of play or outside its boundaries and whether the ball is in play or not. A player, coach or member of bench personnel shall be guilty of fighting if he/she leaves the coaching/bench area to participate in an altercation.
5. Coaches who are ejected must sit out the next contest minimally in post season as well as regular season play.

## **B. Post Season**

Upon the commencement of the first round of post-season, all players and coaches receive a “clean slate” for the accumulation of cards. However, any pending sit-out resulting from the accumulation of cards or a direct send-off must be fulfilled in post-season (starting the quarterfinal round) if the requirement for a sit-out has not been met during the regular season or first round of the playoffs. For example, if a player receives his/her fifth yellow card or is sent off during the final regular season game, he/she will be required to sit out the first game of the post-season if the team has qualified for post-season competition. If the team earns a first round bye he/she will be required to sit out the quarterfinal game. If the player receives his/her fifth yellow card or is sent off during the first round of the state playoffs, he/she will be required to sit out the quarterfinal round of the post season. The player will sit out the first game of the next season if the team has not qualified for post-season competition.

1. If a player is ejected for “persisting in misconduct after receiving caution” (a “second yellow card” offense) ~~he/she is charged with one caution in that contest. However,~~ the player ejected is not permitted to participate in the following contest.
2. ~~Any yellow cards received during the regular season or first round of the playoffs DO NOT carry over into the post season.~~ Athletes who receive a second yellow card in post-season play will be required to sit out the next game. Also, an athlete who receives a red card must sit out the next game minimally, no matter when it is received.
3. Coaches who are ejected must sit out the next contest minimally in post season as well as regular season play.

### C. Referee

At the end of each contest, the referee confirms that all cautions and ejections during the contest are recorded both on his/her game report form (for players, name and number should be listed) and in the official scorebook (normally kept by the home team).

### D. Athletic Administration

Athletic Directors, Administrators and/or Coaches are required to monitor the misconduct of their team members and themselves. The referee notes all cautions/ejections and reports it to the NMAA no later than the day following the game.

~~Q1: During a contest player "A" receives a yellow card in the first half and a second yellow in the second half, resulting in disqualification from the game. How many yellow cards has player "A" received under the Progression Rule (7.17.3A1)?~~

~~A1: Player "A" has accumulated 1 yellow card toward the Progression Rule. The second yellow card/soft red card does not count toward the Progression Rule. However the second yellow/soft red does count toward the team card totals (7.17.3A2 & A3).~~

~~Q2: During a contest player "B" receives a yellow card in the first half and a straight red card in the second half. How many cards have been accumulated under the rules?~~

~~A2: The yellow card received by player "B" in the first half counts as a yellow card under the Progression Rule. The straight red card, resulting in ejection from the contest, counts only toward the team totals (7.17.3A2 & A3).~~

Q3: Player "C" has accumulated 4 yellow cards going into today's game. During the first half of today's game player "C" receives a yellow card, his 5<sup>th</sup> of the season. What penalties occur as a result of his 5<sup>th</sup> yellow of the season?

A3: Player "C" may complete the current game, assuming he does not receive a second yellow, but must sit out the following game and complete all requirements under 7.7.2 (NMAA Game/contest ejection policy). ~~In addition, the yellow card counts toward the team card totals under 7.17.3A2 & A3.~~

Q4: During the final game of the regular season player "A" receives a yellow card, which is his 5<sup>th</sup> yellow card of the regular season. Does he have to sit out the first game of the state tournament, since players receive a "clean slate" in respect to cards (7.17.3B)?

~~A4: Players have a "clean slate" with respect to accumulation of cards starting with the state quarterfinal game. Yes, Any pending sit out resulting from accumulation of cards during the regular season must be served. Player "A" must therefore sit out the first game of the state playoffs.~~



~~Q5: During the first round of the state playoffs, a player receives his/her 4<sup>th</sup> yellow card of the season. During the quarterfinal round game, the player receives his /her 5<sup>th</sup> yellow card. Does the player have to sit out the semi-final round game as a result of the accumulation of yellow card rule?~~

~~A5: No, after the first round of state, the player receives a “clean slate” for the quarterfinal round and beyond. However the yellow received in the quarterfinal game counts as the player’s first yellow in state play. If he/she receives a second yellow during the semi-final game, he/she would be required to sit out the championship game if the team qualifies.~~

# New Mexico Activities Association

## Commission Meeting – February 14, 2024



### FOOTBALL: STATE PLAYOFF QUALIFIERS

☒ Action Item                      ☐ Referenda Item  
☐ Discussion Item                      ☒ Non-Referenda Item

#### Presenter:

Dusty Young, Associate Director

#### Item:

Consider adjusting the number of qualifiers for the 8-Man and 2A State Football playoffs from 8 to 12 starting with the 2024-2025 school year (2024 football season).

#### Rationale:

With the new Classification & Alignment breakdown for 2024-2025/2025-2026, both 8-Man and 2A will see an increase in schools within their respective classifications. Increasing the playoff field will allow for a similar percentage of schools within the division to qualify for the state tournament. If approved, the breakdown for all classes would be as follows.

Classification	Number of Schools	Number of Districts	Current Qualifiers	Proposed Qualifiers
6-Man	13	2	8	8
8-Man	19	3	8	12
2A	17	3	8	12
3A	19	3	12	12
4A	15	2	12	12
5A	16	2	12	12
6A	21	3	12	12

**NMAA Recommendation:** Approve

**Football Sports Specific Committee Recommendation:** Approve

# New Mexico Activities Association

## Commission Meeting – February 14, 2024



### FOOTBALL: OFF-SEASON/SUMMER REGULATIONS

<u>X</u> Action Item	<u>X</u> Referenda Item
<u>    </u> Discussion Item	<u>    </u> Non-Referenda Item

#### Presenter:

Dusty Young, Associate Director

#### Item:

Consider adjusting bylaws for the sport of football so that schools would have the option to utilize helmets/pads for limited full contact workouts during the summer.

Edit Bylaws 7.5.2.G and 7.15.1.B.4 to read as follows:

#### 7.5.2.G. Football Specific

1. If approved by school/district administration, helmets and/or pads are permitted for a period of no more than two consecutive weeks (Monday-Saturday) beginning the Monday of week #47 through the Saturday of week #3 of the following NMAA calendar year. If a school opts to conduct off-season/summer workouts in this capacity, the following regulations must be followed:

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 20 minutes per player on each day.

Week 2 – Full contact is allowed for a total of no more than 90 minutes per player for the week. Also, on a single day, full contact should be limited to no more than 30 minutes per player. In addition, schools could utilize this second week as an opportunity for students to attend a full padded camp if approved by local administration.

Note – As is the case with all sports, football workouts/camps held during the off-season/summer cannot be mandatory for student-athletes.

2. Outside of the above two-week helmeted/padded practice opportunity, the following provisions shall apply.
  - a. Equipment such as, but not confined to football helmets, pads, etc. is prohibited in school sponsored off-season and summer programs.
  - b. Schools may use dummies, blocking sleds, and hand shields for conditioning and instructional purposes during the off-season and summer programs.
  - c. Schools are prohibited from attending full contact team camps during the off-season and summer programs.
  - d. Individuals may attend full contact summer position camps. They may utilize school owned football safety equipment if approved by the local school district.

#### 7.15.1.B. Practice Regulations

4. The use of helmets/pads is mostly prohibited during the off-season/summer. If approved by school/district administration, helmets/pads may be used in a limited capacity beginning the Monday of week #47 through the Saturday of week #3 of the following NMAA calendar year. See Bylaw 7.5.2.G for exact regulations.

**NMAA Recommendation:** Approve

**Football Sports Specific Committee Recommendation:** Approve

# New Mexico Activities Association

## Commission Meeting – February 14, 2024



ESPORTS: SANCTION AT MIDDLE SCHOOL LEVEL

☒ Action Item  
☐ Discussion Item

☐ Referenda Item  
☒ Non-Referenda Item

**Presenter:**

Dusty Young, Associate Director

**Proposal:**

Consider approving Esports as an NMAA Sanctioned Activity at the Middle School Level.

**Rationale:**

The NMAA currently sanctions Esports at the high school level only. Now that this activity has been well established, member schools would like to see this at the middle school level as well. Currently, over 30 middle schools across the state are already participating in “Club Esports” programs that are not under the NMAA umbrella.

**Budget Impact:** Although PlayVS no longer charges per student fees, there are start up costs for the equipment needed to participate in Esports.

**NMAA Staff Recommendation:** Approve