

SECTION IX JUNIOR HIGH/MIDDLE SCHOOL

(See Section VI for General Eligibility Rules and Section VII for General Athletic Rules)

9.1 JUNIOR HIGH/MIDDLE SCHOOL COMMITTEE

- A.** Purpose: To represent the Junior High/Middle School division of the NMAA, to consider the total programs of the junior high/middle school level; and to give input to the Bylaws Committee and/or Commission. Recommendations for referenda relating to this division may also be made to the Director.
- B.** Committee Composition: The statewide committee shall be composed of ten representatives, two from each of the identified regions. Eligibility is limited to employees of member schools in good standing serving in an administrative capacity.
- C.** Representatives will be appointed by the Director.
- D.** Chairperson: The Chairperson shall be appointed by the Director.
- E.** Meetings: The committee shall meet twice a year, once during Week 11 and once during Week **35** (36) at a time and place determined by the Director.
- F.** Voting: All decisions shall be by a majority vote of those voting. Members shall have one vote each.

9.2 JUNIOR HIGH/MIDDLE SCHOOL MEETINGS AND HANDBOOK

On an annual basis, the NMAA will conduct five (5) centralized regional meetings throughout the State of New Mexico for representatives of member schools. These meetings will be conducted in early fall.

The NMAA requires all regions to submit a Junior High/Middle School Handbook for the conduct and management of sports/events within that region. A copy of the current handbook shall be on file with the NMAA by September 15th annually and revisions are to be submitted to the NMAA as changes are made. (A template from the Association will be posted on-line to assist with uniformity of the Junior High/Middle School Handbooks across the state).

9.3 INTERSCHOLASTIC ELIGIBILITY: GENERAL

- A.** When determining the eligibility of students, it is the school's responsibility to read and follow all sections of the policies and procedures in Section VI.
- B.** Sixth grade participation is permitted with the approval of the local school board.
- C.** Sixth grade participation is permitted with seventh and eighth graders with the approval of the local school board, except in football.
- D.** Schools who allow participation by sixth graders on seventh grade teams must follow all policies and procedures.
- E.** Seventh grade students are not eligible under any circumstances to participate on senior high teams.
- F.** Seventh and eighth grade Students cannot play down at any level.

- G. Eighth grade participation at the high school level is permitted with the approval of the local school board.
- H. An eighth grade student may participate in interscholastic sports at the high school level, but once the election is made to participate on a high school team, that is the Student's open enrollment choice. A change of school attendance after this open enrollment choice will be governed by the transfer rules outlined in Section VI.
- I. In Class A, an eighth grade Student may participate on a junior high/middle school team concurrently until the junior high/middle school game limitations are reached.
- J. Once an eighth or ninth grade Student in Class AA - AAAAA participates at the high school level he/she is required to stay at that level in that particular sport.

9.4 INTERSCHOLASTIC ELIGIBILITY: SCHOLARSHIP

- A. When a Student first enters participation at the sixth or seventh grade level, he/she may compete without reference to his/her immediate previous scholastic record.
- B. An eighth grade Student competing in interscholastic sports at the high school level has his/her open enrollment choice. The Student may compete without reference to his/her immediate or previous scholastic record. The end of the 1st grading period in 8th grade establishes the beginning of the scholarship requirements for this Student.
- C. A ninth grade Student who has not previously competed in interscholastic sports at the high school level has his/her open enrollment choice. The Student may compete without reference to his/her immediate or previous scholastic record in eighth grade (last grading period and/or semester, whichever is applicable). The end of the 1st grading period in 9th grade establishes the beginning of the scholarship requirements for this Student.
- D. The cumulative provision cannot be utilized for middle/junior high school students.
- E. One class or credit may be made up in summer school. Only a core class (English, math, science, or social studies) or a literacy or math block may be made up in summer school.
- F. If a student is ineligible at the semester by their six or nine weeks grade, the semester grades may be used for academic eligibility.

9.5 DUAL PARTICIPATION

- A. Participation on a non-school team in the same sport during the school season is discouraged for a variety of reasons. If a Student is allowed by the Junior High/Middle School to participate in this manner, the Student is strongly encouraged to give the interscholastic schedule precedence. In the event of a conflict with the school schedule, it will be left up to the local school board to decide the penalties.
- B. If an eighth grade Student is participating at the high school level, the dual participate rules in Section VI apply.

9.6 GAME CONTRACTS, GUARANTEES, FORFEITURE FEES

- 9.6.1 Only the administrative head or legally designated school employee shall enter into contracts, pay guarantees or officials, or make final arrangements for events.

9.6.2 It is strongly encouraged that schools contract contests subject to the following exceptions:

- A. A school may not contract or compete against non-member schools.
- B. A school may not contract or compete against a school suspended by the Association.

9.6.3 Contracts for regular season contests shall be in writing. The original contract is binding unless nullified by a subsequent contract.

9.6.4 Forfeits - It is recommended that game contracts provide a forfeiture fee to be paid should there be a failure on the part of either party to carry out arrangements agreed upon.

- A. Regardless of sport, if two weeks (14 calendar days) notice is not provided before the cancellation of a game/contest/event, a forfeiture fee will be imposed. By mutual agreement, the forfeiture can be waived.
- B. 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:

Minimum forfeiture fees: If not already in the contract, this applies to both regular season games and tournaments. Other costs of putting on the contest, as well as lost revenues may also be taken into consideration by the Executive Director in assessing the fee owed by the school for failing to meet the obligations of the written or unwritten agreement.

	<u>Football</u>	<u>Basketball</u>	<u>Other Sports</u>
A-AA	\$200	\$150	\$100
AAA-AAAAA	\$500	\$375	\$250

9.7 GENERAL SECTION

The following regulations are common to all sports unless otherwise specified.

9.7.1 Playing Rules/Equipment

Junior High/Middle Schools must use the playing rules and equipment for contests as specified in the NMAA Handbook and the sport specific National Federation rules.

9.7.2 Sport Seasons

The Junior High/Middle School season start dates have been established in Section 9.9. Under no circumstances can the season extend beyond that of the high school.

9.7.3 Championships Prohibited

There shall be no district/regional/state championships declared in any phase of interscholastic competition at the Junior High/Middle School level.

9.7.4 District Clinics

It is strongly recommended that at least one representative from each Junior High/Middle School program attend the state rules clinic and/or district rules clinic in each sport or participation.

9.7.5 Officials

Schools are required to use officials who are registered with the NMAA/NMOA office for all Junior High/Middle School contests.

9.8 SPORTS REGULATIONS

9.8.1 District/Regional/State Championships

There shall be no district/regional/state championships declared in any phase of interscholastic competition at the Junior High/Middle School level.

9.8.2 Baseball

- A. Practice Date** – Practice may begin on the Monday of Week #33.
- B. Game Limitations** – Each team or individual is limited to twelve (12) games.
- C. Bat** – A bat shall not weigh, numerically, more than five ounces less than the length of the bat (e.g., a 32-inch-long bat cannot be less than 27 ounces) for middle school baseball only. (An 8th grade student playing at the high school level must adhere to the “-3” bat.)

9.8.3 Basketball

A. Practice Date

Practice may begin Monday of Week #16 for those schools that do not offer fall team sports programs (football, volleyball, and/or soccer) **or for schools that have split seasons due to facilities**. Football/volleyball/soccer schools may start practice one week (5 school days) after their last scheduled game, but in no case before Monday of Week #16.

B. Specification for Girls Basketball

The basketball used by Junior High/Middle Schools girls’ teams is 28½” in circumference and weighs 18-20 ounces.

C. Game Limitations

- 8th grade – Each team or individual is limited to **eighteen (18)** total games. This includes regular season games and invitational tournament games.
- 7th grade – Each team or individual is limited to **eighteen (18)** total games. This includes regular season games and invitational tournament games.

D. Maximum Length of game time shall be as follows:

<u>Grade Level</u>	<u>Length of Quarter</u>
7 th grade	6 minutes
7 th & 8 th grade	6 minutes
8 th grade	6 minutes
8 th & 9 th grade	8 minutes
9 th grade/C Team	8 minutes

- E. **Quarters of Play** - A player is considered to have played a game when he/she competes interscholastically in five or less quarters on any day or night against a given school. (Five quarters is the maximum permitted.) This applies to all levels including Junior High/Middle School.

9.8.4 Cross Country

- A. **Practice Dates** – Practice may begin Monday of Week #7.

- B. **Practice Requirement**

A school or individual shall have at least five (5) days of practice before the first meet.

- C. **Meet Limitations**

The maximum number of meets for teams or individuals:

7 th & 8 th grade:	Seven (7) meets
9 th grade/C Team	Eight (8) meets

- D. **Distance** – The maximum length of race is approximately 3 miles

9.8.5 Football

- A. **Sixth Graders** may not participate in interscholastic football.

- B. **Seventh Graders** - Schools shall not allow seventh grade intra-school tackle football. Seventh grade students may play on Junior High/Middle school teams of higher grade, if the local school district desires.

- C. **Practice Date** – Practice may begin on the Monday of Week #7.

1. Each team or individual must have at least ten (10) days of practice before competing in a game. Sundays are not counted toward the ten (10) days of practice required in advance of competition.
2. **The first three (3) days** of practice for each participant/team shall be a time of conditioning without the wearing of pads (helmets are permissible.) The remaining seven (7) days, pads are permissible.
3. **A junior high / middle school football player should be limited to 48 minutes per week if they participate on more than one team.**

- D. **Game Limitations**

7th grade teams are limited to seven (7) games
8th grade teams are limited to seven (7) games
9th grade teams are limited to seven (7) games

- E. **Competition Length** – game time is as follows:

Grade level	Quarters
7 th & 8 th grade:	8 minutes
8 th grade:	8 minutes

8 th & 9 th grade:	10 minutes
9 th grade/C Team	10 minutes

- F. **Tie Breaking** – No tie breaking procedures may be used in Junior High/Middle school football contests.
- G. **Mercy Rule** – A game is ended at half-time or during the second half if a team is 35 or more points behind.

9.8.6 Golf

- A. **Practice Date** – Practice is open year around.
- B. **Meet Limitations** – The maximum number of meets for teams or individuals is eight (8).

9.8.7 Soccer

- A. **Practice Dates** – Practice may begin on Monday of Week #7.
- B. **Game Limitations** – Each team or individual is limited to fourteen (14) games. This limit includes regular season and tournament games.
- C. **Mercy Rule** – A game is ended at half time or anytime during the second half if a team is ten (10) or more goals behind.

9.8.8 Softball

- A. **Practice Date** – Practice may begin on Monday of Week #33.
- B. **Game Limitations** – The maximum number of games for teams or individuals is **eighteen (18)**.

9.8.9 Swimming and Diving

- A. **Practice** – Practice is open year round.
- B. **Meet Limitations** – The maximum number of meets for teams or individuals is eight (8).
- C. **Events** – Events are the same as those for high school students.

9.8.10 Tennis

- A. **Practice** – Practice is open year round.
- B. **Match Limitation** – The maximum number of matches for a team or individual is eight (8).

9.8.11 Track and Field

- A. **Practice** – Practice may begin on Monday of Week #33.
- B. **Meet Limitations** – the maximum number of meets for:

Grade Level	Meet Limits
7 th grade teams or individuals	Five (5)
8 th grade	Seven (7)

Combined grade levels (7 and 8, 8 and 9, or 7, 8 and 9) the meet limit is set at the higher level.

C. Distances/Events – Distances for individual events and relays for 7th, 8th and 9th grade students are the same as those at the Senior High Level.

1. A 9th grade student shall adhere to the participation limits for the Senior High Level, which is five (5). The maximum number of running events is four (4), no more than three (3) of which are 400 meters or more.

2. A 7th or 8th grade student is limited to four (4) events in any track meet. No more than three (3) of these may be running events, including relays. No more than two running events may be 400 meters or more.

3. 1600 meters will be the maximum distance event for junior high and middle school.

D. 7th and 8th Grade Hurdle Height

The boys' 110 meter high hurdles are 36" in height.

The boys' 300 meter intermediate hurdles are 33" in height.

The girls' 100 and 300 meter hurdles are 30" in height.

E. Javelin Exclusion – The javelin throw is excluded from Junior High and Middle School track and field meets.

F. Standardized Weight of Discus and Shot Put - The discus must weigh 1 kilogram and the shot put 4 kilograms.

9.8.12 Volleyball

A. Practice Date – Practice may begin Monday of Week #7.

Match Limitations – Each team or individual is limited to fourteen (14) matches. This includes regular season and invitational tournament matches. All matches are considered the best 2 out of 3 games.

B. Individual Game Limitations

An individual may not participate in more than 4 games in succeeding matches.

9.8.13 Wrestling

A. Practice – Practice may begin on Monday of Week #16.

B. Junior High/Middle School Competition Date – The earliest date for competition is five days after the start of practice.

C. Season End – The season must end by Saturday of Week #33.

D. Match Limitations – The maximum number of matches for teams or individuals is twelve (12). A match of any type counts toward the limit and a tournament counts as only one match.

E. Competition Length – The length of the three (3) periods for dual meets and tournaments is one minute, two minutes and two minutes.

F. Over-Time Periods – Overtime in tournaments only consists of three (3) periods, each 30 seconds in length.

G. Weigh-In Regulations – The time limits for weighing in are the same as those stated in the National Federation Wrestling Rulebook.

H. Weight Classes – The weight classes are as follows:

Grades 7-8-9, 7-8, 9 combination (20 weight classes):

65	85	105	125	150
70	90	110	130	160
75	95	115	135	170
80	100	120	140	185*

** Must weigh at least 171 pounds and no more than 225 pounds*

I. Uniform – A wrestling uniform, a singlet, sweat pants and any body-tight fitting T-shirt must be worn. High top tennis shoes may be used or low tops taped on.

J. Rules – The National Federation Wrestling Rulebook governs all other matters.