



NMAA OFFICIAL BALLOT
SENIOR HIGH REFERENDUM
March 4, 2024



Due Date: March 18, 2024

*Upon direction of the Board of Directors, the New Mexico Activities Association is asking member schools **that participate in the sport of football** to vote on the issue below. Please read through the entire referendum before selecting your response. Thank you for your participation in the governance of your organization and for your support of interscholastic activities.*

Bylaw 7.5.2.G - Out of Season Coaching / Summer Regulations – Football Specific Rules & Bylaw 7.15.1.B.4 - Football Practice Regulations

This proposal would afford schools the option to utilize helmets/pads for limited full contact workouts during the offseason/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.

Rationale: With recent changes to NMAA out of season coaching bylaws, football is now the only sport sanctioned by the Association that has specific rules prohibiting certain types of workouts during the offseason/summer. This change will provide local autonomy to schools to determine if it best fits their community to allow coaches to conduct limited full contact practices with helmets and shoulder pads, similar to what is done during the first two weeks of the official season.

UPDATES TO BYLAWS 7.5.2.G and 7.15.1.B.4 (Football Practice Rules)

51 Favor
3 Do Not Favor

This box must be completed by all member schools.

_____ Print Name of Official Voter	_____ Signature of Official Voter
_____ Print Name of Superintendent/Head of School	_____ Signature of Superintendent/Head of School
_____ School	_____ District/Classification

Due date is March 18, 2024, at 4:00 p.m.

*This ballot, with both signatures affixed, must be received in the NMAA office by 4:00 p.m. Please fax completed referenda to Mindy loane at (505) 923-3114. **Please note that if either signature above is missing, the ballot will not be counted.** Contact Dusty Young (dusty@nmact.org) if you have any questions regarding this referendum.*