



NMAA OFFICIAL BALLOT
SENIOR HIGH REFERENDUM
June 25, 2024



Due Date: July 12, 2024

Upon direction of the Board of Directors, the New Mexico Activities Association is asking member schools 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 7.6.21 – Heat Illness Prevention Protocol

This proposal would update the current Heat Illness Prevention Protocol listed in the NMAA Handbook to, 1) include Wet Bulb Globe Temperature as an alternative to Heat Index, and 2) include required activity restrictions at specific heat measurement thresholds.

7.6.21 Heat Illness Prevention Protocol – CURRENT POLICY

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). 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.

7.6.21 Heat Illness Prevention Protocol – PROPOSED POLICY

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) considers 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 always be available to all athletes.

1. Practice Protocols

a. WBGT < 87 or Heat Index < 95 Degrees

- i. Provide at least 10 minutes of rest breaks distributed throughout each hour of practice. Recommend at least two to three separate rest breaks each hour.

b. WBGT 87 to 89.9 or Heat Index of 95 Degrees to 99 Degrees

- i. Maximum practice time is 2 hours.
- ii. For All Sports: Provide at least 15 minutes of rest breaks distributed throughout each hour of practice. Recommend at least three to four separate rest breaks each hour.
- iii. 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 Heat Index/WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts.

c. WBGT 90 to 92 or Heat Index of 100 Degrees to 104 Degrees

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

d. Above 92.0 WBGT or Heat Index Above 104 Degrees

- i. No outdoor practice. Outdoor practice cannot take place until WBGT level is 92.0 or below or heat index is 104 or below.

2. Competition Protocols

a. WBGT > 87 or Heat Index > 95

- i. **Soccer Modification** - 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.
- ii. **Football Modification** - 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.

b. Above 92.0 WBGT or Heat Index Above 104 Degrees

- i. No outdoor competition. An outdoor competition cannot take place until WBGT level is 92.0 or below or heat index is 104 or below.

Rationale: This revision to the current NMAA Heat Illness Prevention Protocol creates a more thorough policy by including WBGT, considered the "gold standard" in the measurement of heat stress, and more specific activity restrictions at varying heat thresholds to ensure a higher level of health and safety during warm-weather outdoor practices.

UPDATES TO Bylaw 7.6.21 – Heat Illness Prevention Protocol

We Favor

We 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
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NEW - Bylaw 7.6.23 – Air Quality

This proposal would implement an “Air Quality” policy as part of the NMAA Handbook to provide guidance for schools when air quality is questionable.

*ADD Bylaw 7.6.23

7.6.23 Air Quality

During periods of poor air quality, the local AQI (Air Quality Index) should be monitored. The AQI for your current location and time can be located by entering your zip code into the Airnow.gov website. 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. At AQI values above 150 serious consideration should be given to rescheduling the activity or moving it indoors if possible.

Rationale: The inclusion of an “Air Quality” policy helps better ensure the health and safety of student athletes during periods of questionable air quality by providing schools with 1) a standardized resource to measure air quality and 2) activity guidance at varying air quality thresholds.

We Favor

We Do Not Favor

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Bylaw 3.3.1.B – Coaching Requirements (Educational Courses)

This proposal would add verbiage to Bylaw 3.3.1.B so that coaches already receiving similar training from their school/school district do not have to also take the additional NFHS Courses of Bullying, Hazing, & Inappropriate Behaviors and Protecting Students from Abuse.

*Update Bylaw 3.3.1.B (new verbiage underlined)

3.3.1 Coaching Requirements: B. Educational Courses

Coaches must complete the Bullying, Hazing, & Inappropriate Behaviors and Protecting Students from Abuse Courses which are offered through the National Federation of State High School Associations' Coaches Education Learning Center (NFHSlern.com). It is the responsibility of the school district to ensure that each coach has this certification, which is current for two (2) years from the date of completion. This requirement is for ALL middle school / junior high and high school coaches.

*NOTE – Coaches that are employees of the school/school district and receive training in these areas (Bullying/Hazing & Protecting Students) directly from the school/school district through another program do not need to complete the NFHS Courses. Schools must ensure, however, that accurate records for training outside of the NFHS Courses be documented and take place by coaches a minimum of every two years. Contract coaches must still complete the two NFHS Courses listed above.

Rationale: Coaches have many requirements both through NMAA Bylaws and school/school district policy. Some of these requirements may overlap and allowing for other training opportunities outside of the NFHS Courses should help to minimize duplicate courses/trainings.

We Favor

We Do Not Favor

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Form box containing fields for: Print Name of Official Voter, Signature of Official Voter, Print Name of Superintendent/Head of School, Signature of Superintendent/Head of School, School, and District/Classification.

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Eligibility Bylaw 6.13.1 – Participation Limits (Season/Championship Limit)

This proposal would update current eligibility bylaws to provide additional opportunities for students who transfer after being cut or before they've participated in a sanctioned NMAA competition in that sport.

**Update Bylaw 6.13.1 (new language underlined. Old language stricken.)*

6.13.1 Season/Championship Limit

A. A Senior High Student is eligible for no more than four (4) seasons in any sport unless that student participated at the senior high level during his/her 8th grade year in which he/she is eligible for no more than five (5) seasons. A Junior High/Middle School Student shall not participate for more than three (3) seasons in a given sport, regardless of circumstances (7th, 8th, and 9th for junior high and/or 6th, 7th and 8th for middle schools).

B. A Student is limited to one (1) season per school year in a specific sport. This applies to Students transferring from another state where the season may have already occurred in that sport.

C. It shall be considered a season of participation ~~in that sport~~ when a student participates in an NMAA sanctioned competition (or equivalent), at any level, in that sport. ~~has practiced at that school for five (5) or more days after the official practice start date.~~ (See Appendices for definitions of participant, participation, and practice.)

D. Students who transfer after participating in tryouts or after practicing at that school for five (5) or more days after the official practice start date will be ineligible for varsity participation ~~at any the level~~ in that sport at the new school for the remainder of the school year.

E. Students who transfer after participating in an NMAA sanctioned competition (or equivalent), at any level, will be ineligible for participation at any level in that sport at the new school for the remainder of the school year.

Rationale: Provides additional competitive opportunities, that minimize displacement and maintain competitive balance, for students who transfer after being cut or before playing in a sanctioned competition.

We Favor

We Do Not Favor

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Bylaw Revisions – NMAA Handbook Sections 2 & 13 (Board Meetings, Appeals)

This proposal would revise bylaws pertaining to Board Appeals and the Appeals Process within Sections 2 & 13 of the NMAA Handbook. Below are bullet points of the proposed changes in each section. The fully updated/proposed bylaws as they would be listed in the Handbook can be accessed at the below links:

- [Section 2](#)
- [Section 13](#)

Revisions to Section 2

2.2.1 Board Meetings (Open Meetings Act)

- Appeals are not open to the public.

2.6.2 Appeals Review Committee Appeal Process

- Appeals may not be heard after the deadline to appeal.
- Sending school will be notified of the appeal and can speak at the appeal in opposition.
- Appeal will be heard via Zoom or teleconference.

2.6.3 Appeals from Review Committee

- Documents not included in the Appeal Review Committee appeal cannot be added to an appeal to the Board of Directors

Revisions to Section 13

13.1.2 Notice of Appeal and Notice of Hearing (Appeals Committee)

- Request must be initiated by the school. No parent appeals.
- Request for appeal must be within 10 business days.
- NMAA must be in receipt of \$250 fee prior to the scheduled appeal. If the appeal is modified or overturned, the fee will be reimbursed.
- Parents must sign off that they have been notified that all documents must be presented to the Appeals Review Committee.
- Appeal hearing will be scheduled within 5 business days.
- Appeal hearing will be heard via Zoom or teleconference.
- Appeal hearings will be audio recorded.
- Sending school can write a statement that they object to, and/or can be present at the hearing and make a statement as such. (13.1.6)

13.1.5 Conduct of Review Committees Hearings

- Hearings will be recorded.
- Hearings will be de novo (new information, testimony allowed). Will look at “gray.”

13.2.1 Appeal to the Board of Directors

- Five board members to hear the appeal on record (no new information, documents, testimony). In cases of appealing a sanction, testimony will be heard.
- Any evidence or testimony not at the Appeal Committee hearing will not be considered.
- No testimony will be heard. Board will review Appeals Committee decisions and all documents including the recording.

13.2.2 Notice of Appeal

- Appeal must be requested within 10 business days.
- NMAA must be in receipt of \$500 fee prior to the scheduled appeal. If the appeal is modified or overturned, the fee will be reimbursed.
- Parent appeals will be considered by the Board, but the school must initiate the appeal and indicate it is a parent appeal.

13.2.5 Scheduling the Hearing

Five Board members will review Appeals Committee decisions and all documents including the recording within 5 days of the appeal. The board can review independently prior to the scheduled hearing.

13.2.5 Conduct of Hearing

Parents and school can attend the hearing but not make a statement. The Board decides whether the Executive Director and Appeals Committee applied bylaws correctly.

BUSINESS DAY – Weekdays that are not state or federal holidays or when the NMAA Offices are closed.

RECORD – The record is all materials and testimony (as recorded) provided to the Appeals Review Committee or the Board of Directors for consideration during an appeal hearing.

RECORDS – All types of materials containing information, including without limitation, educational records maintained by a school or health care provider, electronic or hard copy documents, emails, social media posts, other electronically stored information, photographs, videos, on which information is included.

Rationale: These changes will create more clear, consistent, and efficient appeals procedures.

REVISIONS to NMAA Handbook Sections 2 & 13 (Board Meetings, Appeals)

We Favor

We Do Not Favor

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Bylaw Revisions – NMAA Handbook Sections 6 (Participation, Eligibility, Appeals)

This proposal would revise bylaws pertaining to participation, eligibility, and appeals within Section 6 of the NMAA Handbook. Below are bullet points of the proposed changes in each section. The fully updated/proposed bylaws as they would be listed in the Handbook can be accessed at the below link:

[-Section 6](#)

Revisions to Section 6

6.1 Student Participation

-Deleted language to ensure that parents do not use this paragraph for reasoning not to follow eligibility bylaws. Student discipline is at the discretion of the school.

6.9.3 Eligibility Review Process

-Hardship Petition - Sending school will be notified and can oppose in front of the Hardship Committee.
 -Parents sign off on Petition for Eligibility that all documents have been included in the Regular and Hardship petition.

6.9.4 Effect of Eligibility Determination

-Determination of eligibility by the NMAA does not guarantee playing time. That is the discretion of the school.

Rationale: Create more clear, consistent, and efficient student-eligibility petition procedures.

We Favor

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Upon direction of the Board of Directors, the New Mexico Activities Association is asking member schools **that participate in the sport of soccer** 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.

Soccer Bylaw 7.17.1.G – Regular Season Tournament Overtime Procedures

This proposal would add verbiage to Bylaw 7.17.1.G so that teams are credited with a win/loss to their record if a winner is determined via overtime or shootout during a regular season soccer tournament.

**Update Bylaw 7.17.1.G (new verbiage underlined)*

Bylaw 7.17.1.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. Regardless of the overtime procedures used, if a winner is determined during overtime or shootout, teams will be given a win/loss towards their record.

Rationale: This change provides a clear understanding of how regular season tournament results will be applied towards a school’s record when a match is tied at the end of regulation, but overtime procedures declare a winner. Under the current procedure, regardless of the tournament format, the outcome is classified as a tie even if a team scores in overtime or during penalty kicks.

We Favor

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