



2021 NMAA Football Rules Clinic



Dusty Young
NMAA Associate Director



Important Dates

Monday, August 2	First official day of practice (August 9 for mid school)
Friday, August 9	First day full pads are allowed
Weds., August 11	First day that a scrimmage can be held
August 16-21	Competition may begin
September 1	Information due online (rosters, schedule, etc.)
October 16	6-Man Brackets Released
October 22-23	6-Man Quarters
October 23	8-Man Brackets Released
October 29-30	6-Man Semis & 8-Man Quarters
October 30	2A-6A Brackets Released
November 5-6	6-Man Finals (6 th), 8-Man Semis & 2A Quarters 3A, 4A, 5A & 6A 1 st Round of 12
November 12-13	8-Man Finals (13 th) & 2A Semis 3A, 4A, 5A, & 6A Quarters
November 19-20	2A Finals (20 th) 3A, 4A, 5A, & 6A Semis
November 27	3A, 4A, 5A, & 6A Finals

PRE-COVID

▶ Scholastic Eligibility



Physical Fitness

▶ Physicals

▶ Clearance Form





MEDICAL EXAMINATION FOR INTERSCHOLASTIC ATHLETICS

New Mexico Athletic Association
 6500 Palomas NE
 Albuquerque, NM 87109
www.nmaa.org

NOTE: The NMAA does not need a copy of this form. Please return to your school's athletic department.

Emergency Information – Parent/Guardian please fill out prior to examination.

Student Athlete Name (Last, First, MI): _____

Home Address: _____ **Grade:** _____

DOB: _____ **AGE:** _____

Name of Parent/Guardian: _____

Home: _____ **Phone:** _____ **Work:** _____

Cell: _____

Emergency: _____ **Phone:** _____ **Work:** _____

Cell: _____

Policy Number: _____ **Group ID:** _____

ANY STUDENT WILL PARTICIPATE IN (CHECK ALL THAT APPLY)

<input type="checkbox"/> Football	<input type="checkbox"/> Softball	<input type="checkbox"/> Volleyball
<input type="checkbox"/> Basketball	<input type="checkbox"/> Tennis	<input type="checkbox"/> Wrestling
<input type="checkbox"/> Soccer	<input type="checkbox"/> Track/Field	<input type="checkbox"/> Other: _____

Please answer history questions on the following page **PRIOR** to your visit to the doctor. Please fill in the student information (name, gender and birth date) on each page of the form and return the entire packet to the doctor.

ACKNOWLEDGEMENT
 I acknowledge the inherent risk of injury and/or illness associated with participation in athletic activity and grant my child to participate in NMAA activities during the current COVID-19 pandemic.

Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Last updated 05/2018

COVID Guidelines

Mask Wearing (As of today)

No masks when participating outdoors (practice and games)

INDOORS: Masks must be worn at all times by unvaccinated student-athletes and coaches.

*i.e. when in weight room, locker room, transportation



COVID Guidelines

Quarantine

Vaccinated student-athletes and coaches do not have to quarantine if exposed to someone with Covid-19.

Unvaccinated student-athletes and coaches are subject to a 10 day quarantine period if exposed.



COVID Guidelines

- ▶ Social Distancing in effect to the greatest extent possible for unvaccinated
- ▶ No sharing of personal athletic equipment
- ▶ Sanitization



COVID Guidelines

- ▶ Locker Rooms
 - ▶ Air Quality
 - ▶ Sanitization
 - ▶ Masks for Unvaccinated

- ▶ Drinking Fountains



COVID Guidelines

Transportation (As of Today)

Unvaccinated must wear masks on the bus

Overnight Travel (As of today)

- ▶ Unvaccinated - "one per room"
- ▶ Vaccinated can share rooms.



COVID Guidelines

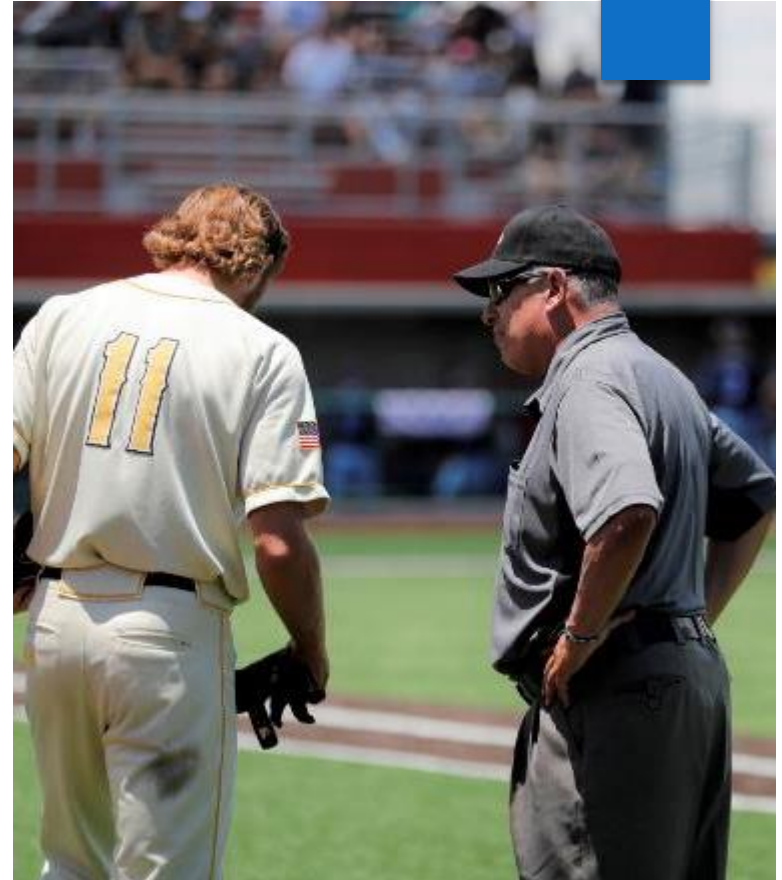
“Stay home”

Been exposed at home or socially

Any signs or symptoms of Covid

Follow school safety plan for case reporting and/or known exposures

COVID is still here!



COVID-19 Football Guidelines

- Team Box / Roster Limits
 - Extended on both sides to 10-yard line
 - Maintain social distancing on sideline
 - Do not share helmets, other equipment, water bottles, towels
 - Maximum 75 individuals within the team box
 - Players, Coaches, Managers, Athletic Trainers, etc.
 - Max of 75 total within facility as well
- Field Access
 - Limited to team personnel, officials, media, and essential event staff

State Championship Information

- Official Ball
- District Placement Tie-Breakers
- Postseason Qualifying
- Officials Assignments for State Playoffs & Coach's Feedback



Official NMAA Football

- Wilson is the Official football of the NMAA playoffs. All playoff/ state championship games must be played with a Wilson Football.



District Placement Tie Breakers

- **NMAA Bylaw 7.15.3**

1. Compare the results of head to head competition: If one team has defeated the other two, that team has earned a higher placement.
2. Placement shall be determined by the point spread of games played between the tied teams, with 13 points being the maximum allowed for any one game. Each team involved uses either a plus or a minus spread; if a team wins by 10, they are credited (+10); the other team has a deficit (-10) in the calculation.
3. If two teams tie on the point spread of the tied teams, the team which defeated the other team in regular district play has earned the higher placement.
4. If all teams tie in the point spread of the tied teams, the point spread on all district games shall be used, with 13 points being the maximum allowed for any one game.
5. If two teams tie in the point spread of the tied teams, the team which defeated the other team in regular district play has earned the higher placement.
6. If all teams are still tied, a coin toss determines placement.
 - a. The three tied teams each flip a coin.
 - b. The “odd man out” is the third place team.
 - c. First and second place is then determined by which team defeated the other team in regular district play.

Example: A, B, and C all flip a coin. A and B coins are heads, C coin is tails. C is therefore 3rd place. A beat B head-to-head during regular district play. A is first place and B is second place.

Seeding and Selection

The following criteria will be used by the NMAA seeding committee for the purpose of seeding football teams into the playoffs. There is neither order nor priority in the criteria listed below:

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

****Ties in criteria points will be broken by Head to Head Competition. If no Head to Head is available, the tie will be broken by MaxPreps Rankings****

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

2021 Playoff Formats

- Class 3A-6A: District champions will automatically advance to the playoffs. All other selections will be at-large to make up a 12 team bracket. The top 4 seeds will receive a bye in to the quarterfinals.
 - 6A will have 9 At-large selections
 - 5A & 4A will have 8 At-large selections
 - 3A will have 7 At-large selections
- Host site will be the higher seed in the 1st round and quarterfinals then is based on past history for the semifinals and finals.

2021 Playoff Formats

- Class 2A & 6-Man: District champions will automatically advance to the playoffs. All other selections will be at-large to make up an 8 team bracket.
 - 2A will have 4 At-large selections
 - 6-Man will have 5 At-large selections
- Host site will be the higher seed in the quarterfinals and then is based on past history for the semifinals and finals.

2021 Playoff Formats

- Class 2A Bracket Release
 - Same day as 3A-6A so will be held one week later than normal.
 - Means that ALL schools will have a “BYE” week at the end of the year prior to the quarterfinal round.
- Class 3A-6A Bracket Release
 - All varsity games played on Saturday, October 30th must start at 12pm or earlier so that scores can be entered within MaxPreps by 3pm.
 - Coach Input Forms Due at 4pm.
 - Bracket Release “Show” at approximately 9pm.

2021 Playoff Formats

- Class 8-Man: District champions will automatically advance to the playoffs. All other selections will be at-large to make up a 6 team bracket. The top 2 seeds will receive a bye in to the semifinals.
 - 8-Man will have 4 At-large selections
- Host site will be the higher seed in the quarterfinals and semifinals and then is based on past history for the finals.

2021 State Playoff Bylaw Reminders

- **7.15.4.E – Dates/Times for Playoffs**
 - If the two schools are 250 or more miles apart (one way) the game date/time will be determined by either mutual agreement between the two schools, or if no agreement, it will be played at 1pm on Saturday.
- **7.15.4.D Q&A 1/2 – Definition of Past History**
 - For 6-man & 2A-6A, past history is defined by the NMAA as any semifinal or final round playoff game between 2 schools dating back to 1953.
 - For 8-man, past history is defined by the NMAA as any final round playoff game between 2 schools dating back to 1953.

Officials

- **Playoff procedures**
 - **Assigned by NMAA using input from:**
 - Evaluators
 - Assignors
 - Coach's Feedback
 - **Regular Season Exclusions Honored**
 - **Approved or Certified Status**
 - **Must be Certified for Finals**
 - **Assigned based on Region**
 - **Cannot work Same School Back to Back**



Points of Emphasis

- Practice Regulations
- Competition Period & Game Limitations
- USA Football Heads Up Certification
- Mercy Rule
- Use of Play Clock
- Band Decorum
- Other Important Reminders

Practice Regulations

- **Week 1:**
 - 2 Days with Helmets Only
 - 2 Days Helmets & Shoulder Pads Only (shells)
 - 2 Days Full Contact (maximum 30 minutes per player per day)
- **Week 2:**
 - 120 Minutes (maximum 30 minutes per player per day) of Full Contact Plus 1 Intra-squad or Scrimmage*
- **Week 3-End of Season**
 - 90 Minutes Full Contact (maximum 30 minutes per player per day)
- **Important Definitions**
 - *Full Contact:* football drills or live game simulations where “live action” occurs.
 - *Live Action:* contact at game speed where players execute full tackles at a competitive pace taking players to the ground.

Competition Period & Game Limitations

- **Bylaw 7.15.1.C – Competition Period**

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

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

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

- ^NOTE – Special Teams plays do not count towards participation limits / football experiences.

Competition Period & Game Limitations

- **Bylaw 7.15.1.D – Game Limitations**

- **Football Game Definition** - For the purpose of determining the number of games played by an individual, a student-athlete is considered to have played a football game when he/she participates interscholastically in eight or less football experiences in a consecutive five-day period.

*NOTE - A student-athlete can participate in a maximum of 11 regular season games.

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

A1: Yes. Individuals are limited to 11 games per season.

Coach Education Requirement

• Bylaw 7.15.1.K

- Football Coaches must complete the USA Football Heads Up Certification Program. It is the responsibility of the school to ensure that each coach has this certification, which is current for four (4) years from the date of completion.
- This requirement is for ALL mid school & high school coaches.
- Certification made up of four courses at www.nfhslearn.com:
 - Concussion in Sports
 - Sudden Cardiac Arrest
 - Heat Illness Prevention
 - USA Football Tackling and Contact



Coach Education Requirement

Exception for Coaches that Received Certification in 2017

- Football Coaches that went through the program in 2017 and are thus up for renewal this year will have their certification extended through May 31, 2022.
- ALL NEW COACHES must still become heads up certified by taking the four courses listed on the previous slide.
- New Course/Process to be implemented for 2022-2023 school year.

MERCY RULE

- **Bylaw 7.15.1.C**

- 8Man-6A: Running clock will go in to effect when a team is up by 35 points. Game will be ended when a team is up by 50 points at half-time or at any point in the second half.
- 6Man: Running clock will go in to effect when a team is up by 35 points at any time during the second half. Game will be ended when a team is up by 50 points at half-time or at any point in the second half.
- Applies to sub-varsity and middle school as well.

- *NOTE – If a team scores a touchdown that puts them up 50 or more points during the second half, the point after should not be attempted.

USE OF PLAY CLOCK

- **Bylaw 7.15.1.L**

- Per NFHS Rules, an electronic/field level 40/25-second clock can be used if the host school has the technology and staff available to effectively operate the system. Game officials can opt to keep this 40/25-second count on the field if it is determined that the clock is malfunctioning or operated inconsistently.

*NOTE – This does not require schools to use this technology; it simply allows it as an option.

NEW – FILM REQUIREMENT

- **Bylaw 7.15.1.M**

- **Film Requirement** – Coaches are required to submit game film to the NMAA/NMOA Football Hudl account for each varsity contest. Film can be raw game footage and need not be clipped. Deadlines for submission after each contest are:
 - Thursday games – film must be submitted by 1:00 p.m. on Saturday
 - Friday games – film must be submitted by 1:00 p.m. on Saturday
 - Saturday games – film must be submitted by 10:00 a.m. on Sunday
- Coaches can use the platform to exchange film between one another if they so choose, but the intent of the account is for internal use by the NMAA/NMOA staff and officials.

NEW – BAND DECORUM

- **NEW Band Protocol**

- School Administrators and coaches that have active bands should work with and instruct the band directors to be careful when the band is playing that they do not play so loudly that the opposing teams cannot hear their signals. While bands certainly improve the atmosphere of the game they should not be disruptive to the opposing team.
- Coaches/Players can no longer request through the referee that bands stop playing due to difficulties hearing signals while on offense. This now will be solely up to the officials to determine if the band is causing an issue for the offensive team.
- Warning and/or unsportsmanlike penalty can still be enforced by the referee.

Heat Illness Prevention Protocol

- Athletic Trainer or Head Coach must check heat index prior to start of practice
 - CANCEL if over 104
 - Modify/shorten if between 100-104
 - Proceed with caution if 95-99
 - Under 95 less risk, but stay aware
- Water Breaks/Cold Water Emersion
- www.nmact.org (SMAC page for more info)

Concussion Requirements

- Concussion in Sports Fact Sheet for Coaches, Athletes, and Parents is a legal YEARLY requirement. For more information visit the NMAA website at www.nmact.org.
- SB 38 – Legislation effective as of May 2017 (all student-athletes must take the NFHS Concussion for Students Course)

*NOTE – This is State Law

Verification of Equipment and Sportsmanship Regulations

- Please understand the following; it is your responsibility to ensure that your sub-varsity coaches (JV, C-Team, Freshmen, etc) are aware of the information as well.

I acknowledge thatall players:

1. have been informed what equipment is mandatory and what constitutes illegal equipment.
2. have been provided the equipment mandated by rule.
3. have been instructed to wear and how to wear mandatory equipment during a game.
4. have been instructed to notify the coaching staff when equipment becomes illegal through play during the game.
5. have been made aware of and will practice the safety as well as the sportsmanship regulations in concert with NFHS and NMAA rules.

By signing the rules clinic attendance form, you certify that you and all members of your team/coaches are cognizant of this information.

Questions



NFHS Power Point Rule Changes & Points of Emphasis

- Jack Jones
 - Former NMOA Official & Group Leader





2021 NFHS FOOTBALL RULES CHANGES





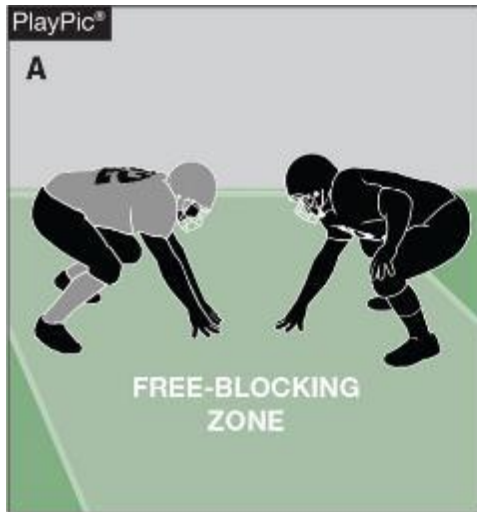
NFHS FOOTBALL RULES

Each state high school association adopting these NFHS football rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS football rules should contact the football rules interpreter designated by his or her state high school association.

The NFHS is the sole and exclusive source of model interpretations of NFHS football rules. State rules interpreters may contact the NFHS for model football rules interpretations. No other model football rules interpretations should be considered.

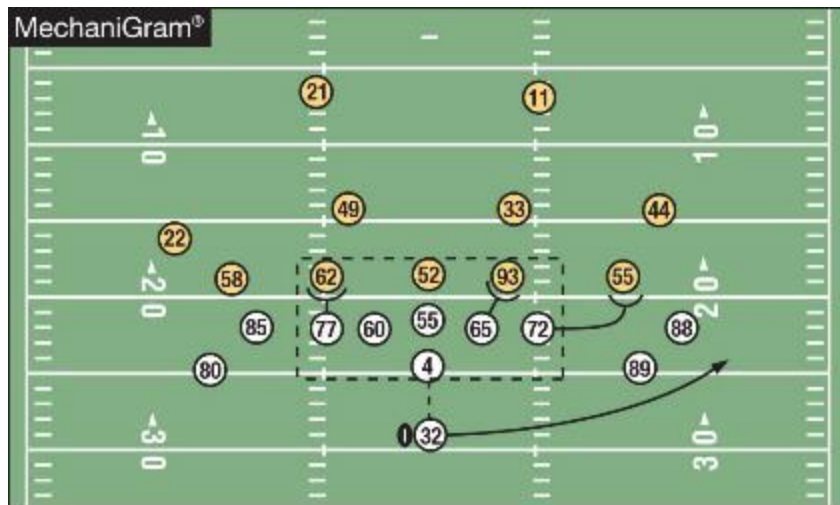


BLOCKING BELOW THE WAIST RULE 2-17-2c (NEW)



In PlayPic A, both players are in the free-blocking zone and on their lines of scrimmage. In PlayPic B, the block is legal because it is in the zone at the time of the snap, is an immediate, initial action following the snap, and both players began the play on their lines of scrimmage and in the free-blocking zone.

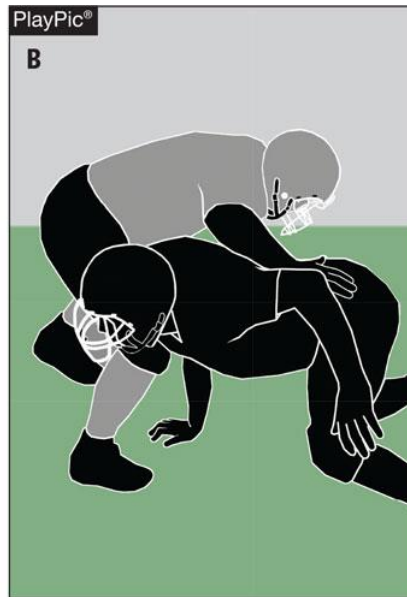
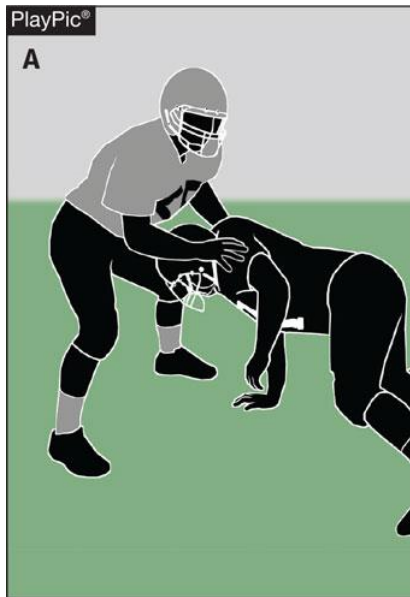
BLOCKING BELOW THE WAIST RULES 2-17-1, 2-17-2, 2-17-4



It is legal for offensive linemen to block below the waist in the free-blocking zone, provided both players were on their lines of scrimmage and within the zone at the time of the snap and the block is an immediate, initial action following the snap. No. 77 could only block No. 62 below the waist if the block was immediate, initial action following the snap. No. 65 can block No. 93 below the waist even though No. 93 is playing off his shoulder, if the block is an immediate, initial action following the snap. No. 72 could not block No. 55 below the waist at any time during this play.

BLOCKING BELOW THE WAIST

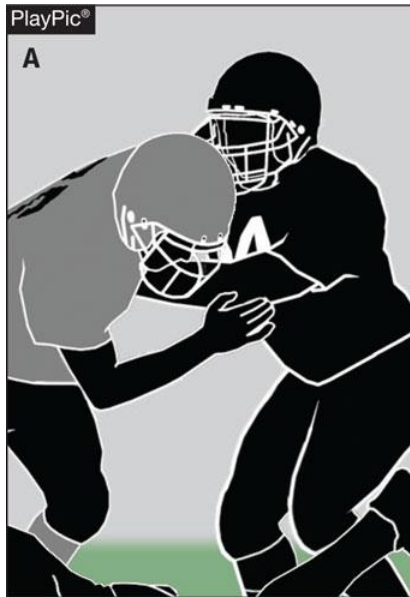
RULES 2-3-7, 2-17-1, 2-17-2, 9-3-2



While in the free-blocking zone, the initial contact in PlayPic A is with the hands below the waist. When the blocker finishes the block below the waist as in PlayPic B, it is not a foul. A block below the waist is legal if it occurs in the free-blocking zone, provided both players were on their lines of scrimmage and within the zone at the time of the snap and the block is an immediate, initial action following the snap.

BLOCKING BELOW THE WAIST

RULES 2-3-7, 2-17-1, 2-17-2, 9-3-2



The initial contact in PlayPic A is above the waist. In PlayPic B, the blocker then loses contact and the blocker starts a new block below the waist, this is a foul. A block below the waist is legal if it occurs in the free-blocking zone, provided both players were on their lines of scrimmage and within the zone at the time of the snap and the block is an immediate, initial action following the snap.

BLOCKING BELOW THE WAIST RULES 2-3-7, 2-17-2, 9-3-2



The rules regarding blocking below the waist apply equally to both teams. In the PlayPic, the defender goes below the waist outside the free-blocking zone to take out the lead blocker. This is an illegal block by the defender. A block below the waist is only legal if it occurs in the free-blocking zone, provided both players were on their lines of scrimmage and within the zone at the time of the snap and the block is an immediate, initial action following the snap.

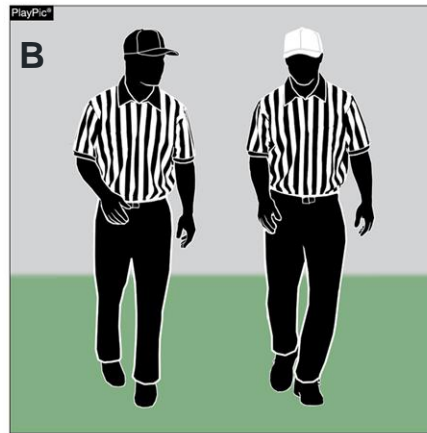
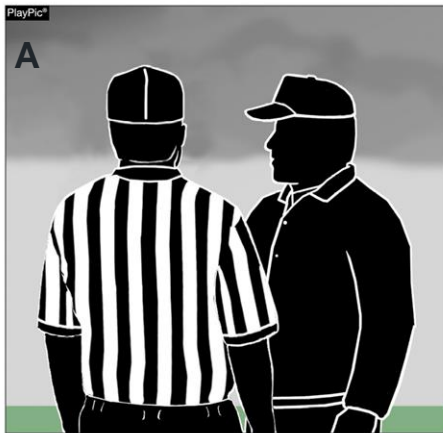


2021 NFHS FOOTBALL RULES REMINDERS



DESIGNATING TEAM REPRESENTATIVE

RULES 1-4-1, 1-4-4, 2-32-5, 3-5-2, 10-1-1, 10-1-2, 10-2-4



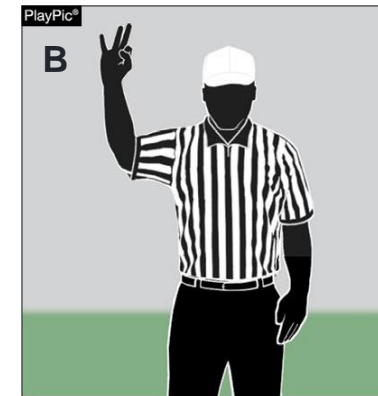
Prior to the game the head coach will notify the referee of the designated representative (coach or player) who will make decisions regarding penalty acceptance or declination (PlayPic A). When a foul occurs, the linesman or line judge will inform the referee as to the penalty decision if a coach is the decision maker (PlayPic B).

HALFTIME INTERMISSION OPTION FOLLOWING WEATHER DELAY

RULE 3-1-6c EXCEPTION

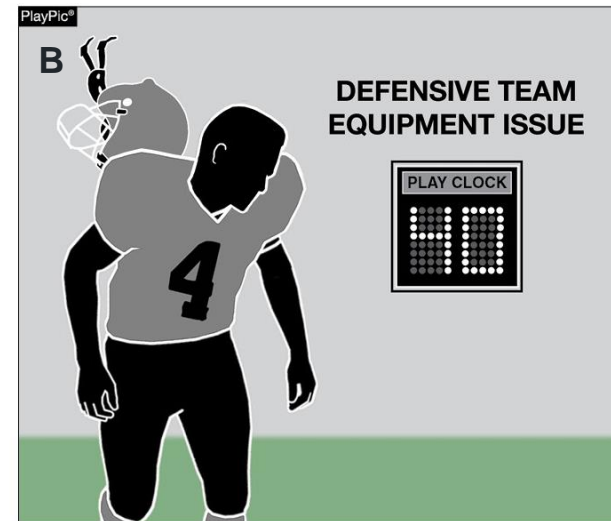


HALFTIME INTERMISSION



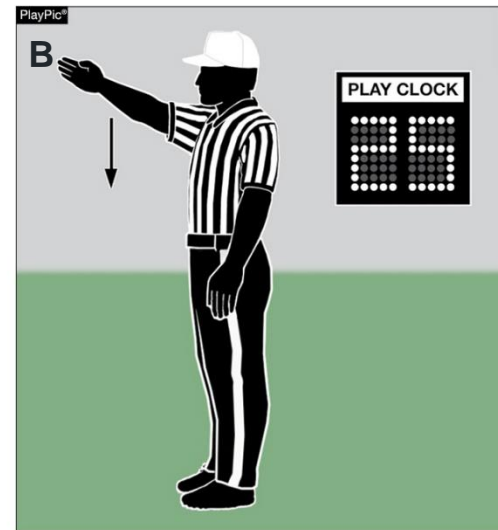
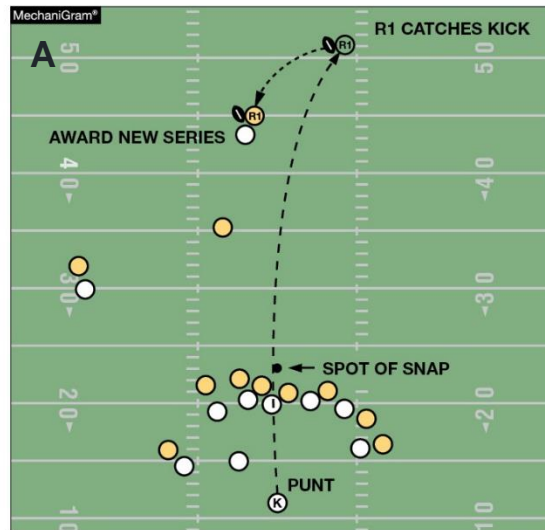
If weather causes a delay of at least 30 minutes during the last three minutes of the second period, the opposing coaches may mutually agree to shorten the halftime intermission below the 10-minute minimum (PlayPic A). The mandatory 3-minute warm-up must take place before the third period begins (PlayPic B).

40-SECOND PLAY CLOCK CLARIFICATION RULES 3-6-1a(1)e EXCEPTIONS 2 AND 3



The play clock will be set to 40 seconds when an officials' time-out is initially taken for an injury to a defensive player (PlayPic A) or a defensive player has an equipment issue (PlayPic B).

25-SECOND PLAY CLOCK CLARIFICATION RULE 3-6-1a(1)f

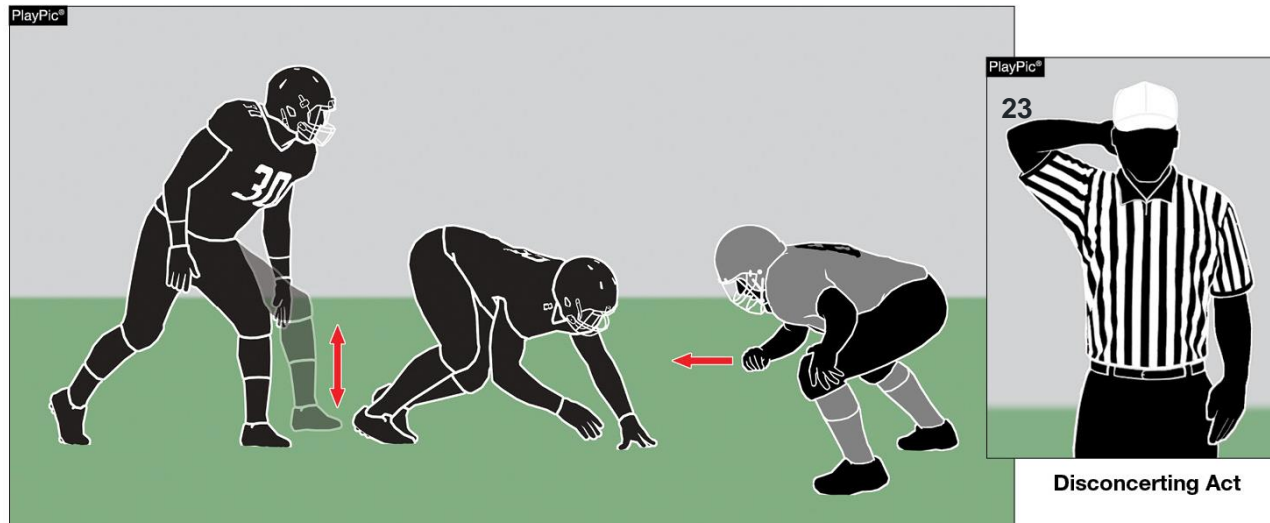


When either team is awarded a new series after a legal kick (MechaniGram A), the play clock is set to 25 seconds and starts with the ready-for-play signal (PlayPic B).



DISCONCERTING ACT FOUL AND PENALTY RECLASSIFIED

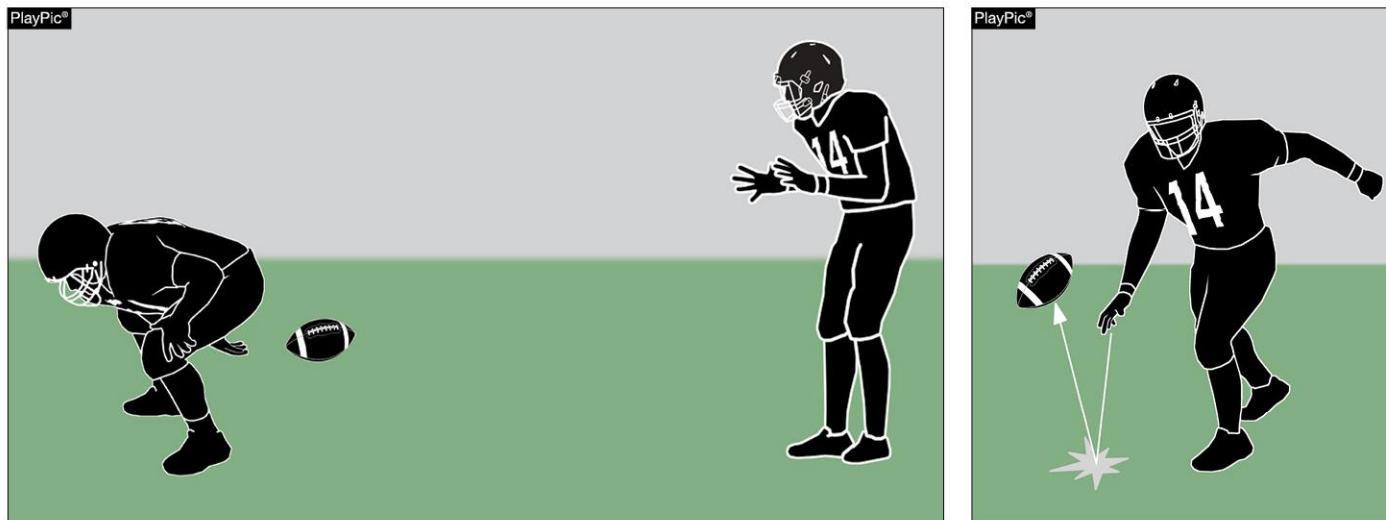
RULES 7-1-9, 7-1-9 PENALTY



Disconcerting acts or words by the defense has been reclassified from an unsportsmanlike foul to a disconcerting act foul, and the penalty changed from 15 yards to 5 yards. Signal 23 will be used to indicate the foul.



SPIKING THE BALL TO CONSERVE TIME 7-5-2e EXCEPTION, TABLE 7-5-2e EXCEPTION, TABLE 7-5e EXCEPTION



The exception to allow a player to conserve time by intentionally throwing the ball forward to the ground immediately after receiving the snap has been expanded. This exception now includes snaps that are not hand-to-hand.



2021 – GRAY HOME FOOTBALL JERSEY RULE 1-5-1(b)3



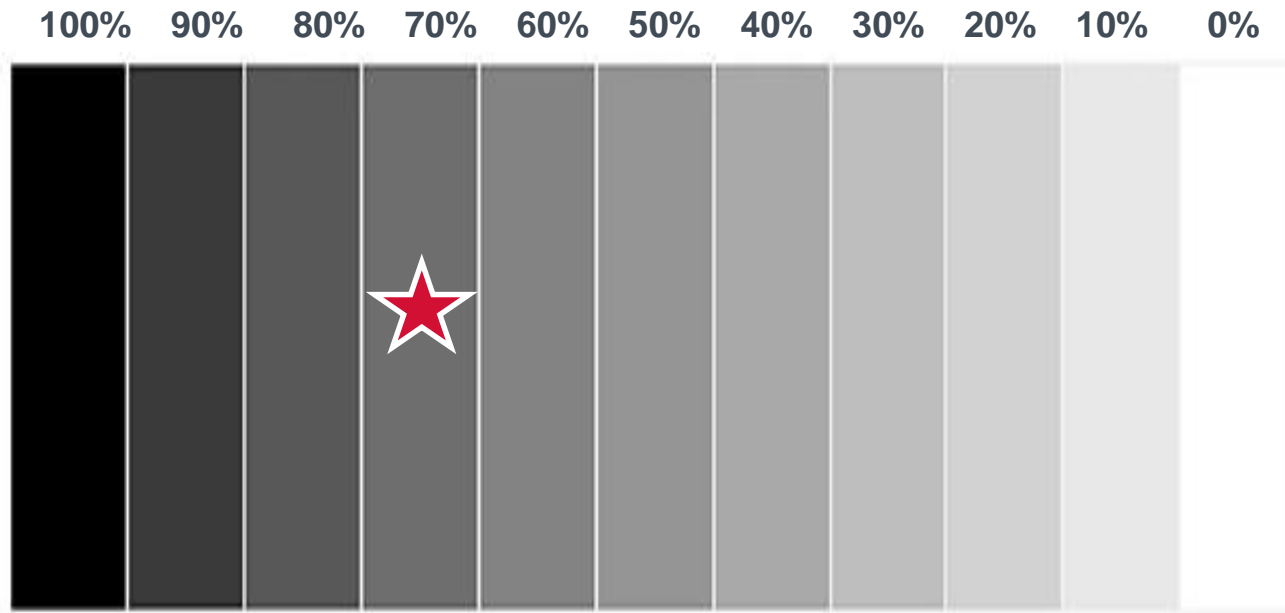


2021 – HOME TEAM JERSEYS RULE 1-5-1(b)3

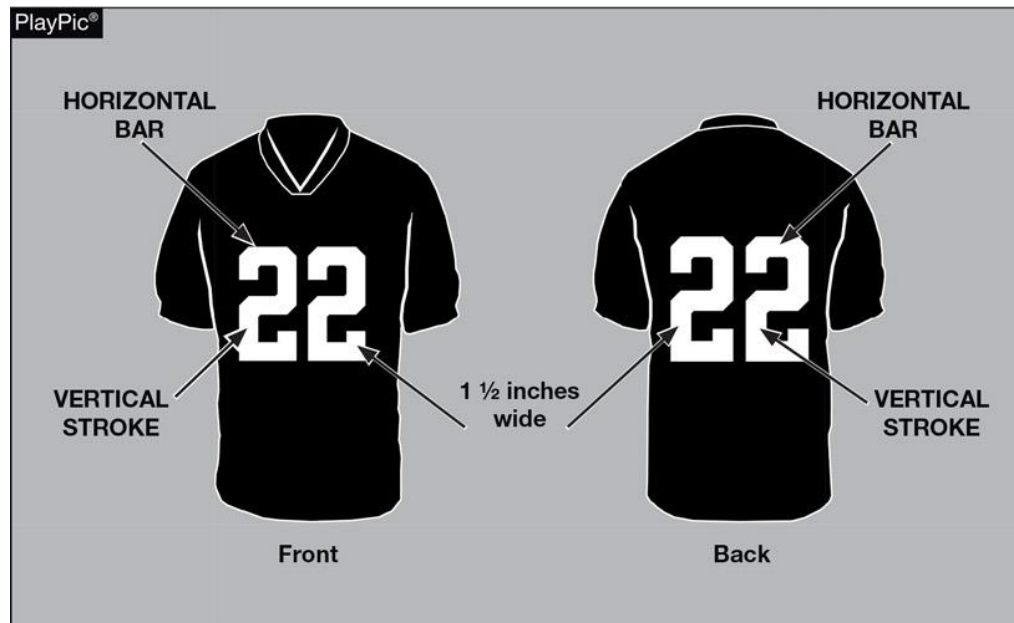




2021 – HOME TEAM JERSEYS GRAY COLOR SPECTRUM CHART



FOOTBALL JERSEY NUMBERS RULE 1-5-1c, 1-5-1c(6)



The entire body of the number (the continuous horizontal bars and vertical strokes) exclusive of any border(s) shall be approximately 1½-inches wide, and a single solid color that clearly contrasts with the body color of the jersey starting in 2024.

2024 - FOOTBALL JERSEY NUMBERS RULES 1-5-1c; 1-5-1c(6)



Effective with the 2024 season, the entire body of the number (the continuous horizontal bars and vertical strokes) shall be a single solid color that clearly contrasts with the body color of the jersey.



2024 – FOOTBALL JERSEY NUMBERS RULES 1-5-1c, 1-5-1c(6)



The style of the numbers on all three of these jerseys are legal now and will be in 2024 as well.

2024 – FOOTBALL JERSEY NUMBERS RULES 1-5-1c, 1-5-1c(6)



The style of the numbers on these jerseys are legal through the 2023 season. The following four types of number designs will be illegal in 2024.



2021 NFHS FOOTBALL POINTS OF EMPHASIS

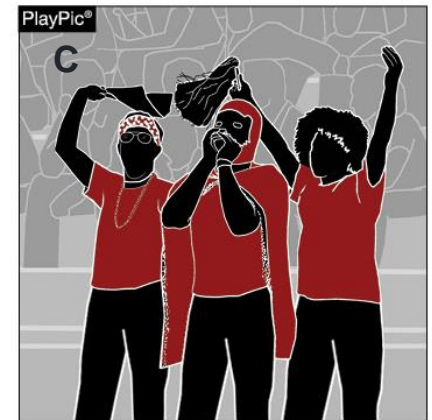


2021 NFHS FOOTBALL POINTS OF EMPHASIS

1. Sportsmanship
2. Intentional Grounding
3. Ineligible Downfield and Line of Scrimmage Formation

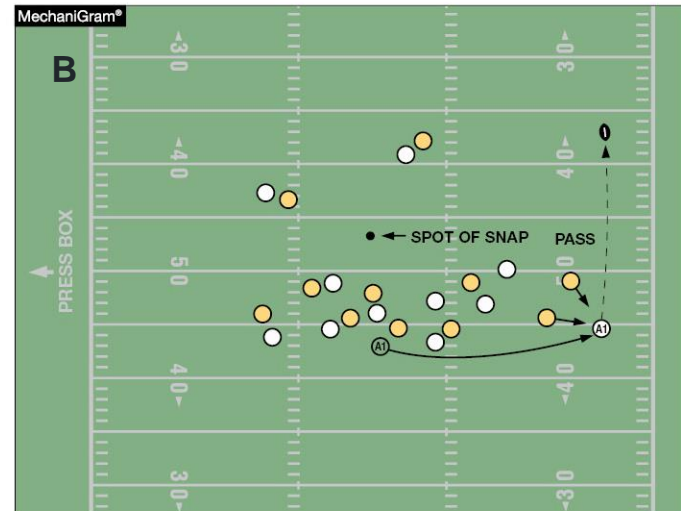
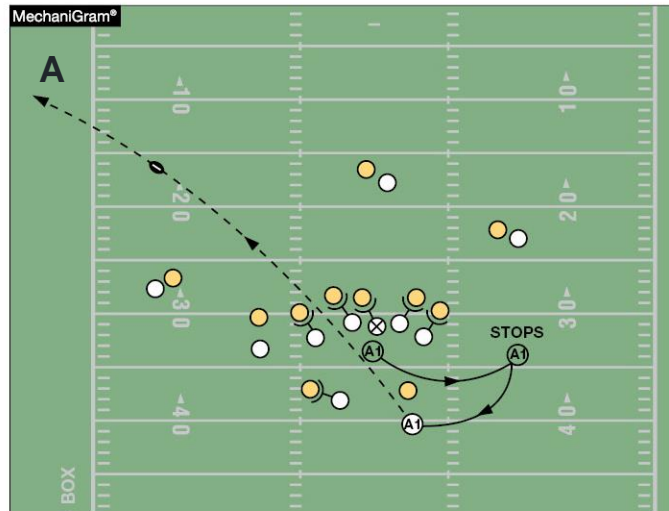


SPORTSMANSHIP



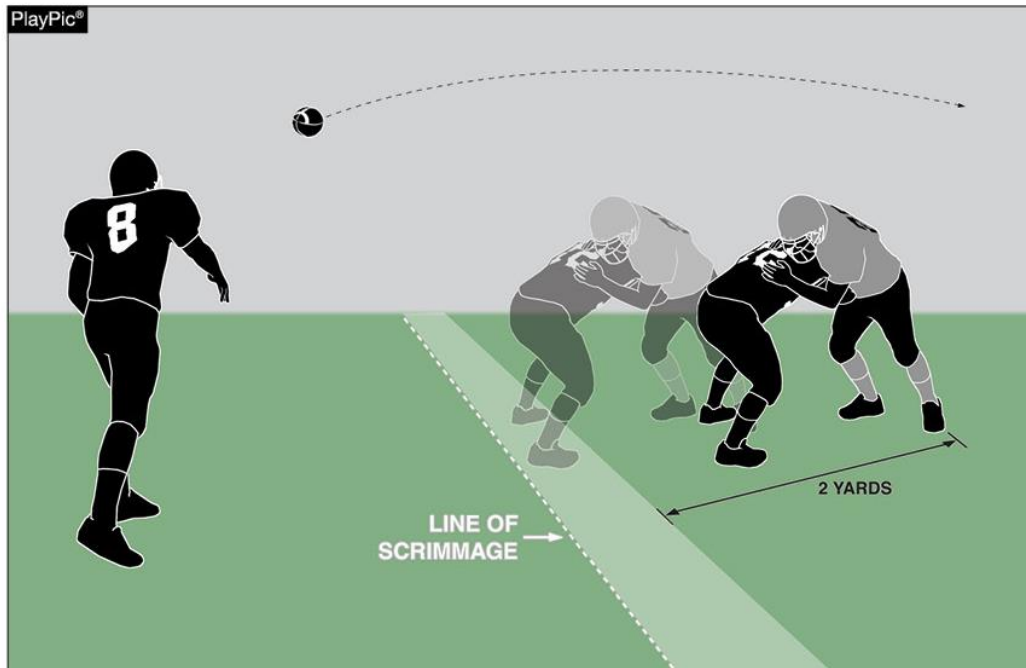
When considering sportsmanship, many may first think only of the game participants (athletes and coaches) within the timeframe of the game. Although players and coaches are the most visible in their displays of sportsmanship, proper sportsmanship also includes public address announcers (PlayPic A), bands (PlayPic B) and spectators (PlayPic C).

INTENTIONAL GROUNDING



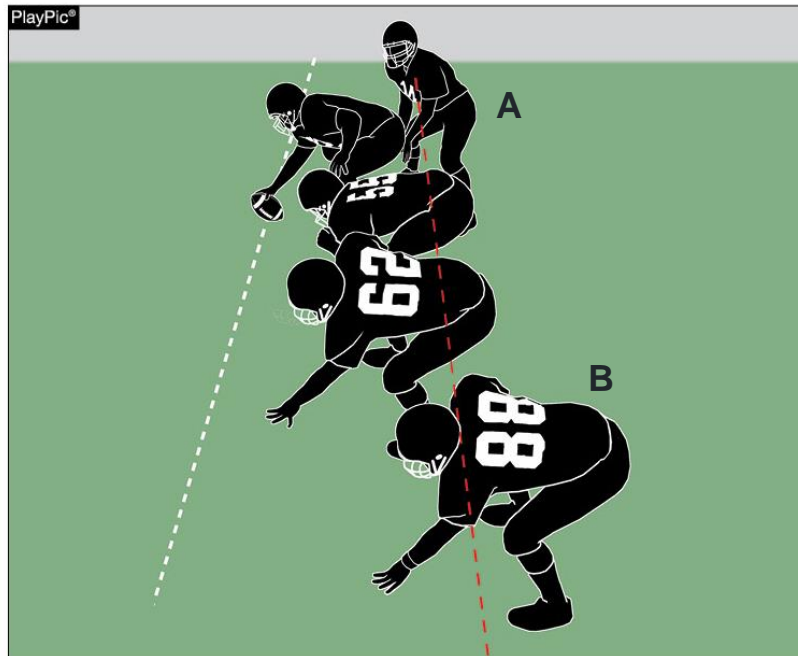
Under NFHS rules, unless using the legal exception in Rule 7-5-2e, intentional grounding is a foul whenever a forward pass is thrown to prevent a loss of yardage or to conserve time (PlayPic A) or to an area not occupied by an eligible receiver (PlayPic B). High school referees need to be aware of these situations and, with the help of the line judge and linesman, make the correct call under NFHS football rules.

INELIGIBLE DOWNFIELD



Ineligible A players may not advance beyond the expanded neutral zone on a legal forward pass play before a legal forward pass that crosses the neutral zone is in flight. The neutral zone expands two yards behind the defensive line of scrimmage following the snap. When identifying A players who are illegally downfield it is important to make sure that the A player is clearly beyond the expanded neutral zone (2 yards) at the moment that the pass occurs.

LINE OF SCRIMMAGE FORMATION



Only one player may not be on the line but still penetrate the vertical plane through the waistline of his nearest teammate who is on the line. This player (A) must be in position to receive a hand-to-hand snap, but does not have to actually receive it. By rule, he is the only player allowed to be positioned in “no man’s land” at the snap. All other players not on the line must be clearly positioned as backs. The player marked (B) is in an illegal position.



QUESTIONS / THANK YOU!

