

# Gadsden Independent School District

## Athletic Guidelines for Middle Schools

Chaparral Middle

Gadsden Middle

Santa Teresa Middle

Fall: Football, Volleyball, Cross Country

Winter: Boys & Girls Basketball, Boys & Girls Soccer, Wrestling  
(In District Only)

Spring: Baseball, Softball, Track

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## Preface

This is the official publication of the Gadsden Independent School District Athletic Middle School policies and procedures. It is designed to assist administrators, coaches, and participants with the operations of the district.

Schools are urged to make this handbook available to those responsible for conducting the various athletic programs, which in turn should review all rules, regulations of the district with the student athletes and parents as appropriate.

## Athletic District Office Personnel

Karen Nougues , Athletic Director  
575-882-6924  
[knougues@gisd.k12.nm.us](mailto:knougues@gisd.k12.nm.us)

Maria Kennedy, Athletic Coordinator  
[mkennedy@gisd.k12.nm.us](mailto:mkennedy@gisd.k12.nm.us)

Hermalinda Montoya, Athletic Secretary  
575-882-6942  
[hmontoya@gisd.k12.nm.us](mailto:hmontoya@gisd.k12.nm.us)

Priscilla Gutierrez, Athletic Secretary  
575-882-6922  
[prgutierrez@gisd.k12.nm.us](mailto:prgutierrez@gisd.k12.nm.us)

## School Personnel

Chaparral Middle:

Cathie Williams, Principal  
Robbie Larriva, Asst. Principal/Athletic Coordinator  
575-824-4847

Gadsden Middle:

Raul Villagrana, , Principal  
Dolores Roque, Asst. Principal/Athletic Coordinator  
575-882-2372

Santa Teresa Middle:

Barbara Peterson, Principal  
Angel Delgado , Asst. Principal/Athletic Coordinator  
575-874-7200

## General Rules and Guidelines

### Practice and Game Playing Time

- Practice is mandatory
- Excused absences are to be addressed as appropriate
- All athletes that attend EVERY practice the week of the game must play
- Game management, including amount of playing time is at the discretion of the coach
- Practice is closed to guests unless specified by administration

### Team Rosters

- The process to select team members must be approved by the Athletic Coordinator
- Skills assessment must be completed and documented via a rubric
- Players cannot join a team once roster has been set. ( May be waived due to unforeseen circumstances. Ex. Lack of players, roster not full.)
- Players must attend all days of try-outs.

### Eligibility/Clearance to Participate

- Participation is a privilege, not a right
- NMAA Academic Rules apply
- Players must be cleared via RANKONE prior to participation.

## CROSS COUNTRY

Practice start Date- Practice may begin on the first day as allowed by the NMAA and in accordance with Little 13 schedules.

### Try-Outs/Participation

- Athletics will provide one (1) bus to cross country meets.
- School can keep up to 40 participants
- At individual schools discretion as to allowing athletes that are in volleyball or football to participate.

## FOOTBALL

Practice start Date- Practice may begin on the first day as allowed by the NMAA and in accordance with Little 13 schedules.

### Practice Regulations:

- Each individual must have at least eight (8) days of practice before participating in a scrimmage and ten(10) days of practice before competing in a game. The first regular season games may be scheduled based on NMAA start dates.

### Week 1

- The first four (4) days of practice for each participant shall be a time of conditioning without wearing full pads.
- The first two (2) days of practice should Be in shorts and helmets (no pads). During days three and four participants should be in shorts, shoulder pads, and helmets ("shells").
- Full pads may then be worn during all remaining practices
- Full contact allowed on day five and six, Limited to no more than 30 minutes per player each day.

### Week 2

- Full contact is allowed for a total of no more than 120 minutes per player per week.
- On a single day, full contact should be limited to no more than 30 minutes per player.
- One intra-squad or scrimmage will be allowed.

\*\*\*NOTE: Per NMAA bylaws, schools are allowed ONE scrimmage. Players must participate in a minimum of eight (8) days of practice prior to participating in a scrimmage and ten (10) days of practice prior to competing in a game.

Week 3 through end of season

- Full contact is allowed for a total of no more than 90 minutes per player per week
- On a single day, full contact should be limited to no more than 30 minutes per player.

### Important Definitions

- Full Contact- Football drills or live game situations where “live action” occurs
- Live Action - Contact at game speed where players execute full tackles at a competitive pace taking players to the ground.
- Shells - Players dressed in shorts, shoulder pads, and helmets
  - No live action should occur while players are in “shells”

### VOLLEYBALL

Practice start Date- Practice may begin on the first day as allowed by the NMAA and in accordance with Little 13 schedules.

### Try- Outs

- Each school will have try-outs
- Tryouts are to consist of skill demonstration, practice and scrimmages
- A roster is to be kept and the 15 highest ranked participants will be placed on the team

### Match Rules

- We will play 2 of 3 games to determine winner
- Rally Scoring
  - 25 point games. Must win by 2 (cap 30)

### Serve

- 7th grade: Player serving has option of underhand or overhand
- 8th grade: Player must serve overhand

## BASKETBALL

- Try -outs may be held following completion of fall sports.
- Tryouts are to consist of skill demonstration, practice and scrimmages
- A roster is to be kept and the 15 highest ranked participants will be placed on the team.

## SOCCER

- Try -outs may be held following completion of fall sports.
- Tryouts are to consist of skill demonstration, practice and scrimmages
- A roster is to be kept and the 18 highest ranked participants will be placed on the team.

## BASEBALL/SOFTBALL

- Try -outs may be held following completion of winter sports.
- Tryouts are to consist of skill demonstration, practice and scrimmages
- A roster is to be kept and the 15 highest ranked participants will be placed on the team.

## Rules/Regulations

- 3 outs or 9 batters, whichever comes first
- Metal cleats are NOT allowed
- If the game is tied at the end of 1:50 or 90 minute drop dead, revert back to the last completed inning where there was no tie
- If the game is still tied after reverting back, a flip of the coin will determine the winner

## Baseball - Pitching Restriction Regulations for Middle School / Junior High

### NMAA Bylaw 9.8.1.C.3

#### 1. Pitching Restrictions

a) A pitcher may throw 90 pitches in any one day. The pitcher will be allowed to finish a batter if they hit the maximum limit (90) during an at-bat, but must exit the game after the batter.

Note – Once a player exceeds the maximum daily pitch count threshold, that player is considered ineligible to pitch, and if used as pitcher once ineligible, the game must be forfeited by the team in violation of these regulations. The school and/or head coach will also be subject to additional sanctions as determined by the Executive Director.



b) Coaches must keep a written record of all pitch counts for each player for all games. This information should be kept on file with the head coach and also reported to the school administration. (Coaches are responsible for their own players only)

#### c) Required Rest Periods

##### Pitches Required Rest

|       |                 |
|-------|-----------------|
| 81+   | 4 Calendar Days |
| 61-80 | 3 Calendar Days |
| 41-60 | 2 Calendar Days |
| 21-40 | 1 Calendar Day  |
| 0-20  | 0 Calendar Days |

Calendar day = If a pitcher throws 75 pitches on Tuesday, that player cannot pitch again until Saturday (3 required calendar days of rest).

Note – if a player pitches on consecutive days, the cumulative pitch count from those two days must be used to calculate the required rest period. Example = Pitcher A throws 17 pitches on Friday and 45 pitches on Saturday, which is 62 pitches cumulatively – required rest after day two would be 3 calendar days.

#### d) Additional Recommendations

1. Once a pitcher is removed, consideration should be given to the position he is assigned once he is done pitching. Consideration should be given to the throwing requirement of the fielding position once the pitcher vacates the mound.

2. Develop a pitching philosophy that includes the instruction in proper throwing mechanics, broadening the number of players who will become pitchers on their staffs, and developing a “work up” plan so that a pitcher is not throwing the maximum allowable pitches from the first day of competition (i.e., no more than 50 pitches in weeks 1-3, no more than 70 in weeks 4-6 to allow for growth and arm strength to develop.)

## TRACK

Practice may begin following the last baseball/softball game.

\*\*\*\* Participants are encouraged to participate in a minimum of 3 events

## ELIGIBILITY

### **Gadsden Independent School District Scholastic Eligibility for Middle Schools**

The academic success of our students and the opportunity to participate in activities is crucial to the development of all students. Maintaining academic and attendance standards will ensure that our students will be prepared for high school and beyond. Due to this the following eligibility guidelines will be implemented for middle school students who wish to participate in athletics.

#### **Students' eligibility based on the following guidelines:**

1. 2.0 and no F's at each 4.5 weeks marking period based on the school calendar
2. Students who fail to meet the minimum academic standards may earn eligibility at the next 4.5 weeks marking period

#### **Attendance:**

1. Attendance Requirements Pursuant to New Mexico State Statute 22-12-2.1, the Local School District is required to enforce that no student shall be absent from school for school-sponsored interscholastic extracurricular activities in excess of fifteen days per semester, and no class may be missed in excess of fifteen times per semester. Exception - Absences due to participation in state and national competitions. GAME DAY: Students must attend 51% of classes.
2. District Attendance Policy will be followed.