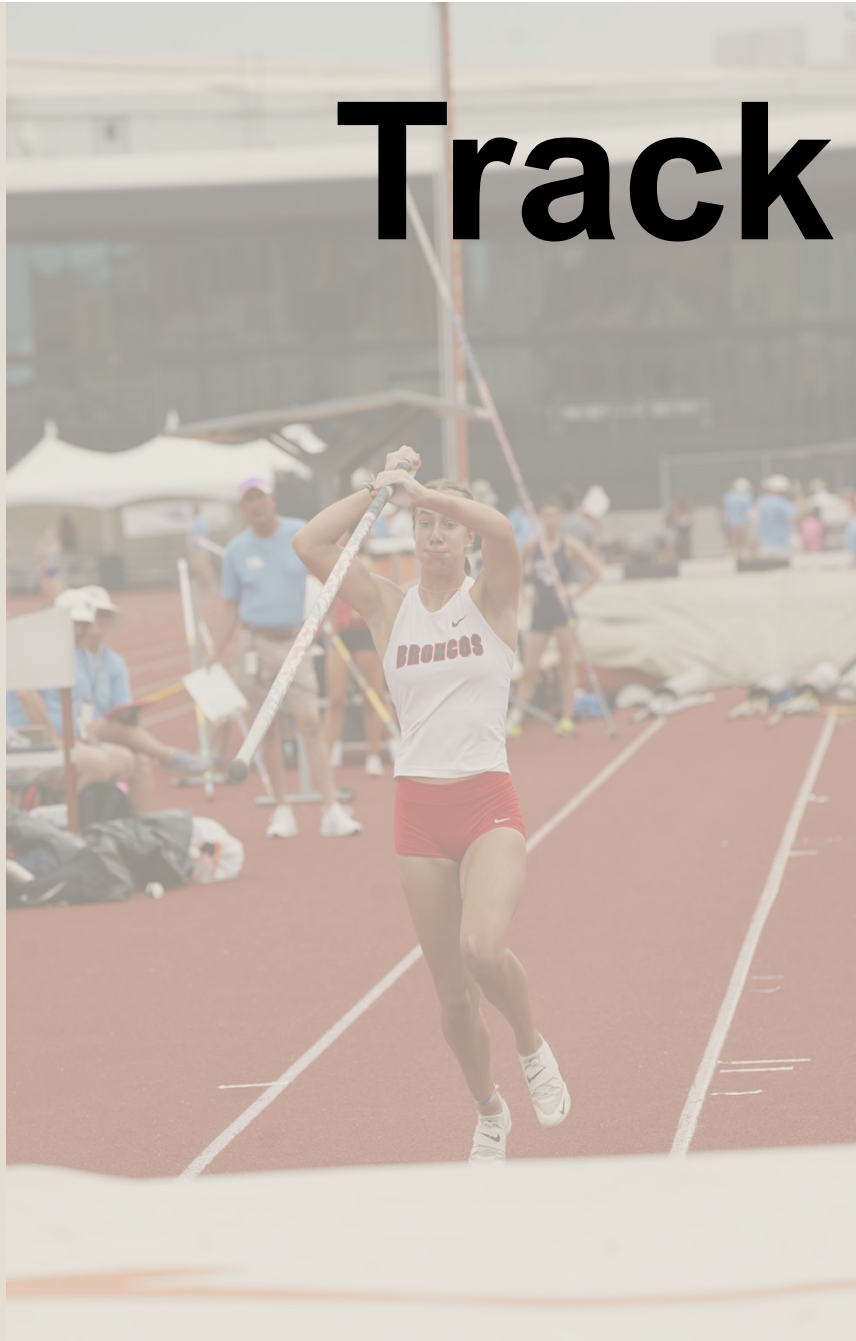


# Track & Field/Cross Country



# UIL Athletic Staff



Director of Athletics  
Ray Zepeda



Assistant AD  
Joseph Garmon



Assistant AD  
AJ Martinez



Assistant AD  
Grace McDowell

# Athletic Staff Responsibilities

**Joseph Garmon**

Team  
Tennis

Cross  
Country

Basketball

Soccer

Spring  
Tennis

Track &  
Field

**AJ Martinez**

Football

Golf

Wrestling

Water Polo

Baseball

**Grace McDowell**

Volleyball

Spirit

Swim &  
Dive

Basketball

Softball



# CCP AGENDA

- UIL Information
- Coaching Reminders
- Contest Regulations
- General Regulations
- Eligibility
- Player Ejections
- Sports Specific Information



# LEAGUE GOVERNANCE

- **Legislative Council** – Rule making body, 32 superintendents, all regions, all conferences represented.
- **State Executive Committee (SEC)** – 12 school administrators appointed by the Commissioner of Education.
- **District Executive Committee (DEC)** – Consists of ONE voting member per school in a given UIL District.
- **Waiver Review Board** – 12 person committee, reviews decisions of the UIL Waiver Officer on appeals.

# What's New For 2023-24...

- **6th Grade Participation** – Pilot program that allows 1A and 2A schools to use sixth graders to field as many as two (2) teams under this rule. This change allows schools, who qualify to use sixth graders based on participation levels already prescribed in the rule to field two teams. Be aware of first day participation levels prescribed for the allowance of sixth graders. **If you are at or above those standards, you cannot use 6th graders.** Also, once a school qualifies to use sixth graders under this rule, it would qualify to use sixth graders for any activities that follow on the calendar.
- **Baseball Post Season** – Pilot for post season in Conference 5A and 6A requiring a two-out-of-three series unless both schools agree to a single game. Applies to all post-season rounds prior to the state tournament.
- **Golf** – Allows the head golf coach and the assistant golf coach to actively coach during the course of play for all tournaments including district, regional, and state competition.
- **Junior High** – Amendment to junior high track meet start times that allows for two of the allowable six junior high meets to start no earlier than 2:00p.m.
- **Soccer** – Allows for 2A schools who sign up for participation in soccer to be placed in a 4A district for competition.
- **Flat Fee Schedule and Travel Reimbursement** – Effective 2023-24 a ten-year compensation plan for sports officials will begin. (fee increases every 3 years)

# 23-24 UIL Staff Study Items

From June 2023 Legislative Council

**Standing Committee On Athletics approved the following proposal in Concept for Approval in October**

- A proposal to allow coaches to coach their athletes in an All-Star game

**Standing Committee On Athletics Authorized the Staff to Study the Following Proposals**

- A proposal to extend the December game limitation rule to Thanksgiving break
- A proposal to increase the number of athletes from regional to state from two to three in Spring Tennis
- A proposal to add boys volleyball as a UIL sanctioned activity

**Standing Committee On Athletics Authorized the Staff to Continue to Monitor the Following Proposals**

- A proposal to allow 1A schools to participate in additional tournaments in exchange for individual games
- A proposal to allow the district champion home field advantage in the first round of soccer playoffs



# 2023-2024 COACHES REMINDERS

- **Coaches Certification Program (CCP)** – Coaches are required to have all CCP courses done by the start of their first practice or the start of school, whichever comes first.
- **Strength & Conditioning During Summer** – Monday-Friday, no more than two hours per day. A student shall attend no more than one session per day, plus 90 minutes of sport specific instruction, not to exceed 60 minutes of sport specific instruction in any one sport.
- **Strength & Conditioning During School Year** – Allows for 60 minutes of S&C outside the school day for sports that are in off-season. This time may be used all year. No sport specific instruction or equipment is allowed during this time. Skills instruction is only allowed during the athletic period for off-season sports.
- **Checklists** - Checklists for every sport have been created. All links are live and will take you right to the information you are looking for. Checklists are on each sports manual page.
- **Live streaming** - During the regular season, live streaming is permitted by mutual agreement of the two schools. During the postseason, the NFHS owns the rights to all games so a request form must be submitted and approved in order to be able to livestream a postseason contest.

**\*\*Further details may be found on the UIL Athletic Homepage\*\***



# COACHES EDUCATION AND TRAINING: REQUIREMENTS

- **UIL Professional Acknowledgement Form**– On file with the district (C&CR 1202(j))
- **Coaches Certification Program (CCP)**– online / in-person training (C&CR 1208(i))
  - Constitution & Contest Rules
  - Ethics
  - UIL Steroid Education
  - Safety Training (state law)
  - Concussion Training (state law)
  - Sport Specific Training – each sport has a separate module
  - **Football Coaches ONLY** – **ATAVUS Best Practices in Tackling certification**
  - **First Year Coaches ONLY** - **Fundamentals of Coaching in Texas** (C&CR 1202 (L))
  - **Safety/Risk Minimization for Cheerleading Coaches** – local district determines the provider for training, and training must be completed prior to any student contact





# COACHES EDUCATION AND TRAINING: REQUIREMENTS-STATE LAW

- **CPR and First Aid Training** – must have a current certification filed with the district
- **AED Training** – must have a current certification filed with the district
- **Safety Training** – training provided by UIL (CCP) program, and must be completed prior to any contact with students
- **Concussion Training** – training must be completed annually (2 hours every other year/1 hour annually)



# UIL RULES / STATE LAW / SPORT PLAYING RULES

# KNOW THE RULES

- Download or bookmark the **Constitution and Contest Rules** and **Side by Side Manual**
  - Will answer UIL eligibility questions no-pass / no-play, eligibility and more.
- Make sure you have a **sport rule book** (  ,  ,  ,  ).
  - Playing rules are not UIL rules, know the difference between playing rules and UIL eligibility and policy rules.
  - Make sure you have the appropriate playing rules book for your sport and know new rules each year.
- Bookmark your **SPORT MANUAL**
  - Manuals are digital and can be found on the left-side menu on your sports page.
  - Information is organized in an easy-to-find manner.

# CONTEST REGULATIONS

- **High School** – one contest per **school week**:
  - See specific sport for calendar week limits.
  - Per activity - per student
- **Junior High** – one contest per **calendar week**:
  - See specific sport for week limits

## DIFFERENCE BETWEEN CALENDAR AND SCHOOL WEEK:

- **Calendar Week**: 12:01 am Sunday to Midnight Saturday
- **School Week**: 12:01 on 1<sup>st</sup> instructional day of the week to close of instruction on the last instructional day of the week



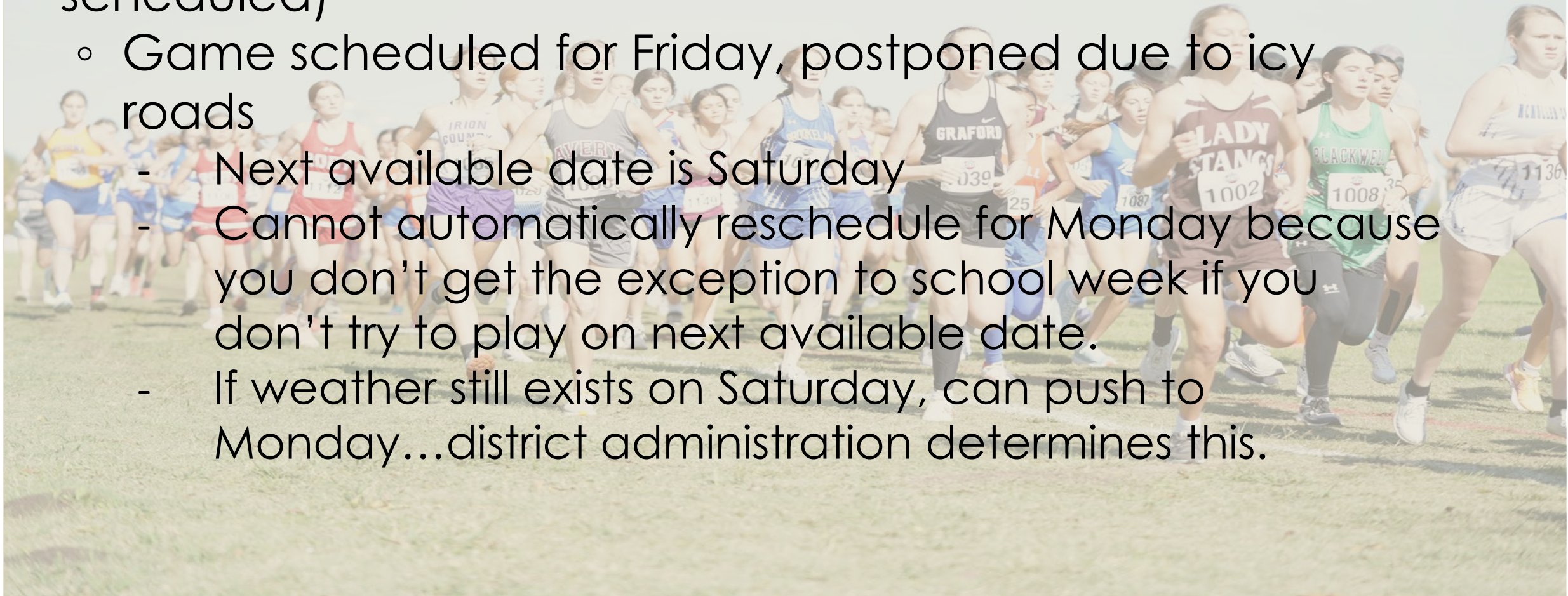
# RESCHEDULING GAMES DUE TO WEATHER

- **District varsity contests** postponed by weather or public disaster, may be made up as an exception to the school week provided they are rescheduled and played on the next available date, other than Sunday, on which another district contest is not scheduled.
- Junior varsity, freshman and junior high teams **may not** play postponed matches / games as an exception to the school week.



# GAMES RESCHEDULING: EXAMPLE

- Next available date (that another district game is not scheduled)
  - Game scheduled for Friday, postponed due to icy roads
    - Next available date is Saturday
    - Cannot automatically reschedule for Monday because you don't get the exception to school week if you don't try to play on next available date.
    - If weather still exists on Saturday, can push to Monday...district administration determines this.



# GENERAL REGULATIONS

## JUNIOR HIGH / MIDDLE SCHOOL

- **Scheduling**: No game, contest, scrimmage or tournament, including district competition, shall begin prior to the end of the academic school day for all participants
- **ONE** contest in a calendar week, can also play a tournament in same calendar week.
- **Length of Season**: Know the number of days to complete seasons. Days start counting on the first day of try-outs or practice, whichever is first. Section 1478.
- **No Post-District Competition**: There shall be no post-season playoffs or competition in any athletic event.

# 2023-2024 PLAYER EJECTIONS

- Player Ejection. Any player ejected from a contest is subject to an automatic penalty. The automatic penalty for such an ejection is as follows:
  - (A) Football. Ejected player misses the rest of the game in which they were ejected plus the first half of the following game.
  - (B) Other Team Sports. Ejected player misses the rest of the game in which they were ejected plus all of the following game.
- Soccer Exception. This Section does not alter the current point penalty structure for soccer player ejections, as required by National Federation of State High School Associations soccer playing rules, that is outlined in the soccer coaches' manual.
- Any player ejected from a contest is subject to an automatic penalty as described above. Player ejections **cannot** be overturned by a game official and/or chapter. If a coach has a question following a contest with a player ejection, the coach should contact UIL.



# 2023-2024 SCHOOL SPONSORED CAMPS

**School Year Limitations:** For students in *grades six and below*: two camps are allowed, per sport, during the school year.

**Summer Limitations:** For all students with the exception of students entering their **second, third or fourth** year of high school may attend two school sponsored camps during the summer break.

- No more than six consecutive days for each camp.
- Schools cannot furnish / issue any individual player equipment
- Schools can furnish sport equipment (balls, standards, goals, football dummies, pitching machines, etc.)

# Team Sports

## PRACTICE REGULATIONS OFF-SEASON

### School is In-Session

- **Strength & Conditioning Instruction** – teams in the off-season are allowed one hour of strength & conditioning instruction outside of the school day.
  - Athletes may only attend one, 1-hour session each day, Monday-Friday.
  - No skill instruction or equipment is allowed during this hour of S&C instruction.
- **Skill Instruction** - is only allowed during the athletic period for off-season sports.

# ELIGIBILITY: VARSITY ATHLETICS

- Meets all requirements of Section 400 & 403
- Is an amateur
- Meets Parent Residence Rule
- Meets the Age Rule
- Has not changed schools for athletic purposes
- Previous Athletic Participation Form (If necessary)



# **ELIGIBILITY:** 1<sup>st</sup> Six Weeks Of School Year

- Grades nine and below - promoted
- Second Year of High School – five accumulated credits
- Third Year of High School - ten accumulated credits or five credits within the last twelve months
- Fourth Year of High School - fifteen accumulated credits or five credits within the last twelve months



# ELIGIBILITY: P APF (Previous Athletic Participation Form)

- Required for **ALL NEW** students in grades 9-12 who have:
    - practiced or participated with a former school in grades 8-12 in any UIL athletic activity. If new but did not participate, page 1 only.
  - **New school must verify that the student meets the parent residence rule.**
  - **District Executive Committee** must determine that student did not move for athletic purposes and approve P APF before a student is eligible to participate at the **varsity** level at the new school
  - Submitted to the UIL office.
- \*\*A P APF does not have to be 'filed' in the UIL office before a student can participate, it only needs approval from the DEC.\*\***

# ELIGIBILITY: Sub-varsity & Junior High



An individual is eligible to participate if they are...

## Sub-Varsity Eligibility

- Full time student
- Academically eligible

## Junior High Eligibility

- Full time student
- Academically eligible
- Age appropriate for JH athletic competition

# STUDENT PARTICIPATION: REQUIRED FORMS



- Pre-Participation Physical Examination Form
- Medical History Form
- Rules Acknowledgment Form
- Parent or Guardian Permit
- Parent/Student Anabolic Steroid Use and Random Steroid Testing Form
- Concussion Acknowledgement Form
- Sudden Cardiac Arrest Awareness Form



# SPORT SPECIFIC

- Coaches Checklist
- Calendars
- Regulations
- Practice Regulations
- Summer Instruction
- Non-School Instruction
- NFHS Rule Changes
- Sportsmanship
- Athletic Staff Contacts





# 2023-2024:



	CHECKLIST	REFERENCE LINK	COMPLETION DATE
✓	<b>PRE-SEASON</b>		
	Register/update profile in the UIL Portal	<a href="#">UIL Portal</a>	Prior to 1 <sup>st</sup> Practice
	Print and review Track & Field Manual	<a href="#">Track &amp; Field Manual</a>	Prior to 1 <sup>st</sup> Practice
	UIL yearly coaching requirements (CCP & TEC) (manual, p. 12)	<a href="#">Coaching Requirements</a>	Prior to 1 <sup>st</sup> Practice
	Student participation required forms. Keep on file. (manual, p. 14)	<a href="#">Athletic Forms</a>	Prior to 1 <sup>st</sup> Practice
	Varsity participation required forms. Keep on file. (manual, p. 14)	<a href="#">Athletic Forms</a>	Prior to 1 <sup>st</sup> Practice
	Review rules regarding eligibility for athletic contests (manual, p. 13)	<a href="#">C&amp;CR Sec. 400 &amp; 403</a>	Prior to 1 <sup>st</sup> Practice
	Review Track & Field Plan (manual, p. 10)	<a href="#">Track &amp; Field Plan</a>	Prior to 1 <sup>st</sup> Practice
	Review UIL rule changes (manual, p. 8)		
	Review NFHS rule changes (manual, p. 9)	<a href="#">NFHS</a>	Prior to 1 <sup>st</sup> Practice
	Complete PAPFs and file with UIL Office	<a href="#">PAPF Process</a>	Prior to 1 <sup>st</sup> Practice
	Submit Individual Eligibility Form to district chair (UIL Portal)	<a href="#">UIL Portal</a>	Prior to 1 <sup>st</sup> Contest
✓	<b>POST-SEASON</b>		
	Submit District Entries to DEC		5 days prior to meet
	District Certification submitted by District Chair to Regional Host		April 16
	Area Meet Deadline		April 23
	Regional Meet	<a href="#">Regional Sites</a>	April 29-30
	State Meet	<a href="#">State Meet</a>	May 13-14

\*ONLINE version of the Coaches' Checklist can be found on the UIL Track & Field web page. ([Track & Field Rules & Guidelines](#))

- Checklists for every sport have been created. All links are live and will take you right to the information you are looking for.
- Will be on manual page.

# Cross Country Calendar

- District Certification Deadline – October 14
- Regional Meets – October 23-24
- State Meet – November 3-4

# Track & Field Calendar



- District Certification Deadline – April 6
- Area Meet Deadline – April 13
- Regional Meets – April 19-20
- State Meet – May 2-4



# Cross Country Regulations

## Number of Meets.

No student representing a member school shall participate in more than **eight meets** during the school year, excluding one district, one regional qualifier meet, regional and state meets.

Meets which are limited to three or fewer schools shall count as a contest for the school week, however it does not count against the meet allowance, provided there is no loss of school time.

Each meet a school enters counts as one meet for each participating individual. Students are considered to be representing their school if they are wearing and/or using school equipment or being directed or transported by a school employee.

# Track & Field Regulations

*Number of Meets.* No student representing a member school shall participate in more than eight meets during the school year, excluding one district, one regional qualifier meet, regional and state meets.

Meets which are limited to three or fewer schools shall count as a contest for the school week, however it does not count against the meet allowance, provided there is no loss of school time.

Each meet a school enters counts as one meet for each participating individual. Students are considered to be representing their school if they are wearing and/or using school equipment or being directed or transported by a school employee.

# PRACTICE REGULATIONS

(C&CR 1206)

## OUTSIDE THE SCHOOL YEAR

- 1 Practice – Cannot exceed 3 hours
- 2 Practices – Cannot exceed 5 hours
  - 3 hours is maximum length of a single practice
  - More than 1 practice scheduled, must have minimum of 2 hour rest break
- Cannot schedule more than one practice on consecutive days. Exception: Volleyball



# PRACTICE REGULATIONS IN-SEASON

## School is In-Session

- **Eight Hour Rule** – Practice outside the school day, from the beginning of the school week through the end of the school week (excluding holidays), is limited to a maximum of eight hours per school week per activity
- The in-school athletic period does not count towards the allotted 8 hours
- Any time used in connection with a practice that is not part of the athletic period counts as part of the 8 hours. (Dress, video/meetings, etc.)

## INDIVIDUAL SPORTS

# 2023-2024 SUMMER INSTRUCTION

### Outside of the school year

- Outside of the school year, the restrictions are somewhat reduced. Coaches are allowed to coach student-athletes from their own attendance zone.
- The use of school funds, school equipment, school uniforms or school transportation is prohibited. Exception: School administrators may authorize the use of facilities, including scoreboards, implements, cross bars, poles, discus, shot puts, nets, etc. for school programs which are open to all students.
- School coaches can work with students from his/her own attendance zone in summer recreational programs ( i.e. They may coach in meets and tournaments with permission from superintendent or superintendent's designee).
- Coaches should abstain from any practice that makes a student feel  pressured to participate in non-school activities.
- ***Coaches shall not gain financially from a student's participation in a non-school activity.***

## INDIVIDUAL SPORTS

# 2023-2024 NON-SCHOOL INSTRUCTION

Cross Country, Golf, Swimming, Tennis, Track and Field and Wrestling (Guidelines are also applicable to team sports)

### A. During the school year

- Coaches of individual sports are allowed to work with student athletes from their attendance zone in non-school practice during the school year however any time spent working with an athlete, whether school or non-school, will count as part of the allowable 8 hours allowed outside the school day, during the school week.
- Coaches shall not charge a fee for private instruction to student-athletes during the school year. The restriction on charging fees for private instruction applies only to those students who are in grades 9-12, from the coach's attendance zone and participating in the sport for which the coach is responsible (Section 120I [b, 9]).
- Coaches should abstain from any practice that makes a student feel pressured to participate in non-school activities (Section 120I [b, 10]).
- ***Coaches shall not gain financially from a student's participation in a non-school activity.***



**2023-24 - NFHS**

# **TRACK & FIELD RULE CHANGES:**

- NFHS are our playing rules, purchase a rulebook from [www.nfhs.org](http://www.nfhs.org)
- **2023-24 Rule changes on following slides...**



# SPORTSMANSHIP

- **Starts with the COACH**

- Power of your personal example
- Athletes and Spectators will take your lead.
- Have a plan and be strategic in coaching good sportsmanship
  - Student-Athletes
  - Parents

- **Athletes**

- Appropriate sportsmanship is a requirement.
- Instill a respect for game officials and opponents

- **Spectators/Parents**

- Cannot selectively ignore issues with spectators/parents.
- Requires effective game administrators.



# AREAS OF FOCUS (COACHES)

## **1. Increase Understanding of and Compliance to UIL Rules and Procedures**

- Read UIL/TEA Side-by-Side prior to your sports season (All coaches)
- Read Sports Manual
- Removal of situational ethics

## **2. Focus on preseason & in-season eligibility processes**

- 2 coaches verify all eligibility processes
- PAPF's first year of attendance
- Thoroughly verifying residence & contact previous school
- Appropriate use of automatic bypass (Must do due diligence)
- Factually & fully complete the PAPF when sending school
- DEC Appropriate Utilization

## **3. Sportsmanship Improvement**

- Starts with coach
- Focus on athlete conduct-Supervision
- Parents/Spectators
- Effective Game Administration
- Ejection # Improvement





# AREAS OF FOCUS (UIL STAFF)

## Collaboration, Communication & Consistency

- Regular communication and collaboration with coaching associations & coaches
- Be consistent within our communication (Coaches will get the same answer regardless of which UIL staff member they call)
- Clearly communicate processes, rules, and areas of needed attention

***\*If we are not meeting your needs, call us on it. We want to hear from you and support you in the best way that we can.***

***GOOD LUCK & HAVE A GREAT YEAR!!!!***





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# Athletic Staff Contacts