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UIL Track & Cross Country Update

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2009 – 2010 General Update

- Coaches requirements
- Athletic eligibility and PAPF
- Preseason practice regulations
- “Unattached” athletes
- District meet management
- Rule changes & NFHS Discussions



Update Information

Cross Country - 2009

- Points of emphasis for the season
- Regional report
- State meet report
- Questions

Track & Field - 2010

- Review manual items
- Points of emphasis for the season
- Spring 2009 review
- Future study items
- Questions



UIL Required Training 2009 - 2010

The UIL Legislative Council requires all coaches to complete the:

- UIL **COPE** course program
- UIL **Steroid Education** course with video, "The Making of a Champion"
- UIL **Safety Training** course and presentation to athletes
- ***First year coaches must complete the NFHS Fundamentals of Coaching Course prior to their participation as a coach



UIL Required Training 2009 - 2010

Safety Training: SB 82 legislation from last year

**** Mandates that districts maintain records of compliance**

- Requires safety training for all coaches or sponsors for athletic activities, and any marching band director.
- Requires that students shall be provided safety training.
- Directs coaches to provide the text of sections of the bill as well as included in each Parent Information Manual must be provided to parents of participants.
- Mandates that school programs, (1 per year) conduct a safety drill that incorporates the training.



C & CR Section 400

STUDENT'S ELIGIBILITY

- Is not a high school graduate
- Is a full-time student
- Regular attendance / 15 day rule
- Meets credit requirements (“**NO PASS NO PLAY**”)
- Enrolled in four year program
- Four year rule
- Was not recruited
- Awards Rule
- Meets requirements of C&CR Section 440



Student's Eligibility

- Enrolled in participant high school:
 - a student must be enrolled for at least four hours per day of either state approved or local credit
- Required courses by SBOE; in compliance with local transfer and admission policies
- A student who does not enroll in and attend school within the first six class days is ineligible to participate until the 15th day after enrollment and attendance.
- Students who are in an alternative program under TEC Section 37.006 (c) may resume UIL participation on the first day they return to regular classes, with local school district approval.



“NO PASS NO PLAY”

Eligibility for the FIRST Six Weeks (Credit Requirements):

- ***Grades nine and below*** - must have been promoted from the previous grade.
- ***Second Year of High School*** - five accumulated credit towards state graduation.
- ***Third Year of High School*** - ten accumulated credit toward state graduation.
- ***Fourth Year of High School*** - fifteen accumulated credits toward state graduation.



ELIGIBILITY FOR ATHLETIC CONTESTS:

- Meets all requirements of Section 400
- Parent Residence
- Changing Schools for Athletic Purposes (PAPF)
- Age Rule
- Amateur Athletic Status



Residence Rule:

- Is a resident of the member school district and a resident of the attendance zone in which the participant school being attended is situated
- Or has been ***continuously enrolled*** in and regularly attending the school for at least the previous calendar year if his or her parents do not reside within the school district's attendance zone



Previous Athletic Participation Form (PAPF):

- All new students in grades 9-12 who have ever practiced (before, during or after school) or participated in any UIL athletic activity in grade 8-12 at another school **MUST** have this form completed by the previous school (last school of participation) and be approved by the District Executive Committee **before** they are eligible to participate at the varsity level at the new school.
- The new form also includes a new student eligibility questionnaire that must be completed for any student new to that school district before **varsity** participation.



Preseason practice regulations

- Hourly limits and rest and recovery
- MS training restrictions
- Precautions for heat and humidity
- Start of season – local decision



Unattached athletes

C & CR section 1207

“In any UIL member school sponsored athletic contest, meet or tournament, UIL member high schools students shall not be permitted to enter unattached.”



District meet management

- Certification date: October 31, April 10 (1A) and April 17 (2A-5A)
- Games committee, jury of appeals and referee
- Clerk, finish judges, and inspectors
- Entry forms and 10 day deadline
- Protests and appeals
- Timing system



Rule changes and NFHS discussions

3-2-4g New NOTE, pg. 15

NOTE: All areas designated for the coaches to observe and confer with competitors shall be clearly identified and marked by the host meet management.

- **Rationale:** The games committee has the authority to “designate specific areas for coaches to observe and confer with competitors.” The rules now give further instructions regarding the requirement for these areas to be clearly identified and marked by the host meet management. Coaching boxes are established for a specific purpose, to assist competitors by way of better communication with their coaches, however, proper location and identification are important.



Rule changes and NFHS discussions

3-2-7, pg. 16

Case Book Situation 3.2.7, pg. 14

Video replay or television monitoring equipment, other than the official equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet.

- **Rationale:** The current rule allows for the use of video replay or television monitoring equipment to be used to make decisions related to the meet only if declared official and approved by the games committee. Now the determination to approve such equipment must be made prior to the start of competition eliminating electronic images and video from being presented to meet officials for approval after competition begins.



Rule changes and NFHS discussions

4-5-8e, pg. 28

Communicating with a competitor through the use of a ~~wireless device~~ any device.

- **Rationale:** This rule change broadens the description of devices that cannot be used to communicate with competitor. As technology evolves new devices will be developed. The rule now prohibits communication with “any” device and eliminates the need for new language to constantly address new devices.



Rule changes and NFHS discussions

5-6-3, pg. 35...lanes determined.

All heats and/or sections shall use the same starting procedure.

- **Rationale:** In order for all competitors to receive an equal opportunity in a running event, the starting procedure for the event shall be the same for all heats and/or sections. This change does not prohibit sub-varsity heats and/or sections from using an alternate starting procedure to accommodate expanded participation, as determined by the state association or individual school.



Rule changes and NFHS discussions

5-6-3, pg. 35

In all races that require a wind reading, the anemometer shall be set 50 meters from the finish line, and for the long jump and triple jump, 20 meters from the foul line. It shall face...

- **Rationale:** This change makes more specific the location of the anemometer for all events requiring wind readings. In the horizontal jumps, where competitors have a choice of take-off boards, the anemometer will remain at 20 meters from the foul line regardless of choice. The anemometer distance will be measured from the common take-off board, not the alternate choice board. The language regarding the 200 meter dash is out of date and no longer needed.



Rule changes and NFHS discussions

5-13-2b, pg. 41

~~Deliberately~~ Knocks down any hurdle by hand ~~or foot~~.

- **Rationale:** The word “deliberately” has been deleted from this rule. The official no longer needs to determine the intent of the competitor. The word “foot” has also been deleted from the rule. The deletion of the word “foot” does not remove the requirement that hurdlers must attempt to clear each hurdle.



Rule changes and NFHS discussions

6-5-5, pg. 47

ART. 5...A 34.92-degree sector shall be marked on the ground.

Radial lines 2 inches (5 centimeters) wide shall extend from the center of the circle ~~through the extremities of the stopboard and continue out~~ to form an area into which legal puts shall be made. The inside edges of these lines shall mark the sector, and the lines shall be placed equidistance from the ends of the stopboard.

- **Rationale:** The rule was changed to correct a statement within the rule regarding the position of the sector lines in reference to the stopboard. With the 34.92-degree sector the radial lines no longer extend from the extremities of the stopboard.



Rule changes and NFHS discussions

7-2-11 New NOTE, pg. 57

NOTE: A bungee cord manufactured for use in the high jump and pole vault may be used during warm-ups, as approved by the games committee.

- **Rationale:** The use of a bungee cord in the pole vault during warm-ups has previously not been allowed. A bungee cord may now be used during warm-ups for both the high jump and the pole vault. If used, the bungee cord must be approved by the games committee and must be a bungee cord manufactured specifically for use in track and field for this purpose. A bungee cord may only be used if the standards for the event are such that they accommodate the specific bungee cord approved for use by the games committee.



Rule changes and NFHS discussions

7-4-6 New NOTE, pg. 54

Other Rules Affected: 7-5-11, pg. 59

NOTE: Effective January 1, 2013, the crossbar shall be circular.

Square with beveled edges or triangular crossbars shall no longer be legal for competition.

- **Rationale:** Crossbars are now being manufactured as circular cross bars. The January 1, 2013 effective date will allow for the replacement of current crossbars which are not circular.



Rule changes and NFHS discussions

7-5-4, pg. 57

ART. 4...A competitor shall not use a ~~bungee cord~~, variable weight pole, a pole which is improperly marked, ~~or~~ a pole rated below his/her weight, or any other equipment which is not legal during warm-up or competition.

- **Rationale:** The reference to the use of a bungee cord during warm-ups has been removed. If used, the bungee cord must be approved by the games committee and must be a bungee cord manufactured specifically for use in track and field for this purpose. A bungee cord may only be used if the standards for the event are such that they accommodate the specific bungee cord approved for use by the games committee.



Rule changes and NFHS discussions

7-5-29g, pg. 62

~~Clears the crossbar with the uprights positioned incorrectly.~~

- **Rationale:** A competitor who clears an attempt in the pole vault should not be responsible for the uprights not being properly positioned by the officials.



Uniform Description

- Color, design and length
- Undergarments
- School-issued
- Bare midriff tops
- Jewelry



Cross Country 2009

Season expectations: C & CR Section 1240

- Precautions for heat & humidity
- Safety and emergency plan including specific protocols for weather or perpetrator threats, road/trail running etiquette, required partners
- 8 meet allowance; District certification Oct. 31
- Review uniform guidelines
- Banquets and booster clubs



Regional Sites

**3 teams and 10 individuals qualify to state
November 7, 2009**

Region I – Tx Tech, Mae Simmons Park, Lubbock

Region II – UTA, Vandergriff Park, Arlington

Region III – Humble ISD, Lone Star College North
Harris

Region IV – UTSA, Brooks City Base, San Antonio



State Meet – Old Settlers Park

November 14, 2009

- Schedule rotation
- Box seeding
- Park upgrades
- Practice and packet pickup
- Parking

Girls	Time	Boys	Time
2A	10:00am	2A	10:20am
3A	10:50am	3A	11:10am
4A	11:40am	4A	12 Noon
5A	12:30am	5A	12:50pm
1A	1:20pm	1A	1:40pm



Track & Field 2010

Season expectations: C & CR section 1320

- 8 meets; more than 3 schools; event limits
- Starting time regulations; Friday exception
- Indoor meets/non-school participation
- Regional qualifiers meet



Track & Field 2010

Points of Emphasis

- Meet Administration
- Reporting to field events; coaches areas
- Uniforms and extra clothing; headgear
- Pole vault equipment; throw sector



Spring 2009 Review

- Reaction to spring meet adjustments
- Regional surveys from coaches
- Regional surveys from regional site directors
- 2010 Regional dates: May 3-4 (Mon.-Tues)
- State meet



Future Study Items

- Indoor Track Season:
 - Venues in Texas
 - Participant numbers
 - Events
- Championship meets:
 - Area meets
 - State meet
 - Number of participants
 - Meet format



Question and Answers

www.uil.utexas.edu

www.nfhs.org

