

University Interscholastic League
P.O. Box 8028
Austin, Texas 78713-8028
(512) 471-5883
www.uiltexas.org

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Cross Country, Swimming & Diving, Track & Field
NPNP Calendars, Internships

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1.5 MILLION
STUDENTS, COACHES & OFFICIALS
OVER ONE MILLION CONTESTS EACH YEAR



UNIVERSITY INTERSCHOLASTIC LEAGUE

78713-8028

MAKING A WORLD OF DIFFERENCE

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Resources

- UIL Constitution and Contest Rules
 - Sport's Manuals
 - TEA/UIL Side by Side (state laws/regulations)
 - Sports Rule Books: Cross Country and Track & Field
 - iTunes: National Federation of State High School Associations (NFHS) Track & Field Rules



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REQUIREMENTS



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RULES COMPLIANCE PROGRAM (RCP)

Available **ONLY** via the UIL website.

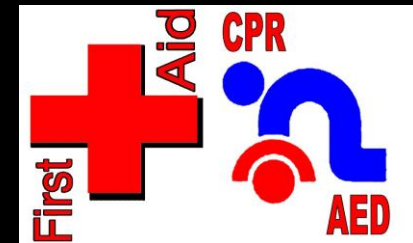
- CONSTITUTION AND CONTEST RULES (HS AND JH)
- ETHICS AND SPORTSMANSHIP
- UIL STEROID EDUCATION
- CONCUSSION EDUCATION
- SAFETY TRAINING
- Sport Specific Module for each sport



UIL COACHES REQUIRED TRAINING BY LAW

2015-16 RULES COMPLIANCE PROGRAM – UIL

- CPR and First Aid Training /AED Training
- Concussion Training (2 hours every other year/1 hour annually)



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REQUIRED STUDENT FORMS

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



THINGS TO REMEMBER



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LIMITS ON PRACTICE AND PERFORMANCE

TOPICS FREQUENTLY ASKED ABOUT:

- Eight Hour Rule
- Season start date
- Indoor meets
- Missed academic time
- Travel out of state
- Summer: school practice – nonschool practice
- Private coaching
- Travel and gear packages for nonschool meets



C&CR SECTION 400 STUDENT'S ELIGIBILITY FOR ALL UIL CONTEST



Student's Eligibility:

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





C&CR SECTION 440 VARSITY ELIGIBILITY

ELIGIBILITY FOR ATHLETIC CONTESTS:

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



PREVIOUS ATHLETIC PARTICIPATION FORM (PAPF)



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PREVIOUS ATHLETIC PARTICIPATION FORM (PAPF)



All **new** students in grades 9-12 who have:

- **Practiced** before, during or after school
- **Participated** in any UIL athletic activity
 - Grades 8-12
- Approved by the District Executive Committee before they are eligible to participate at the varsity level at the new school



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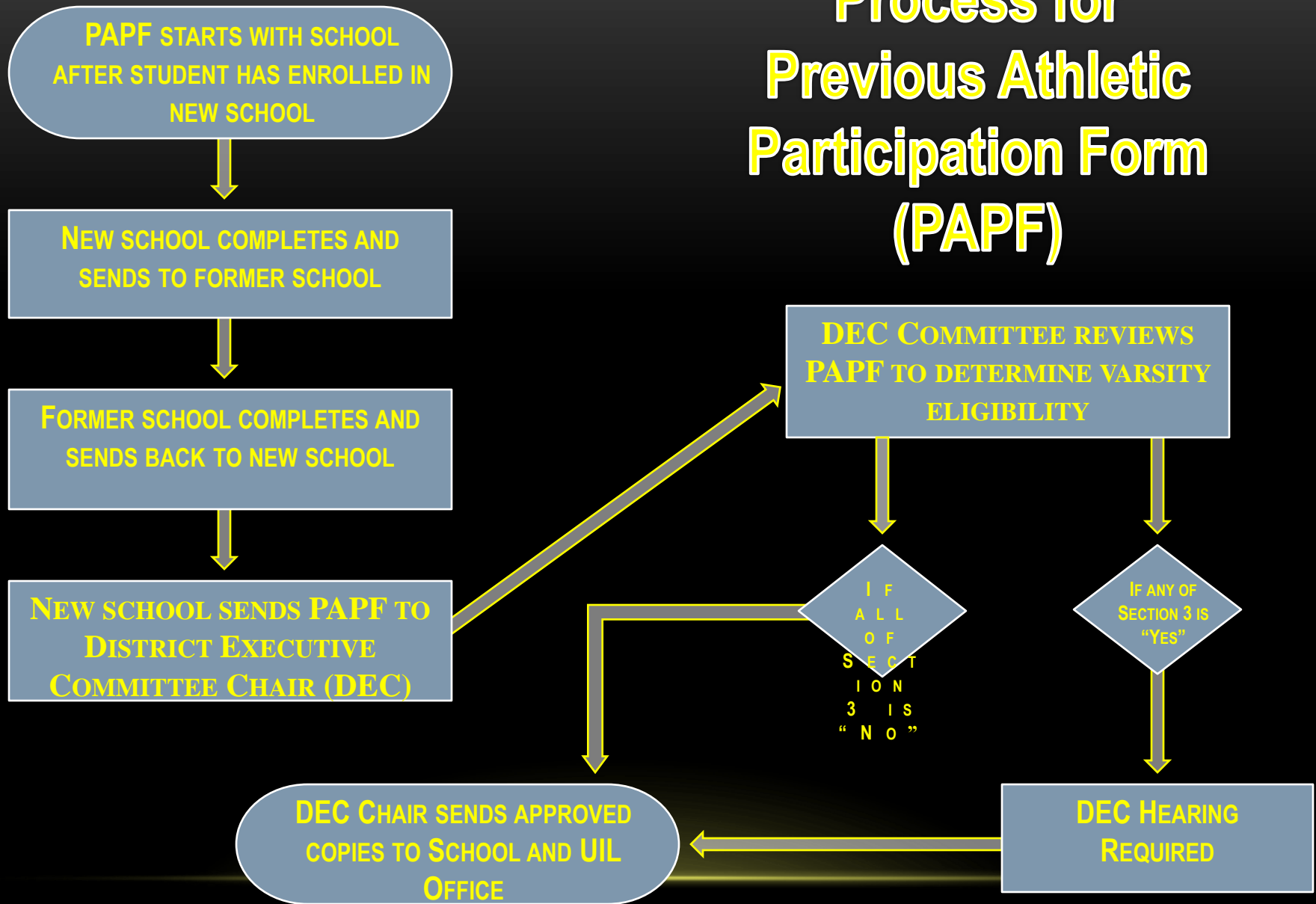
www.uilTEXAS.org (512) 471-5883

VARSDTY ELIGIBILITY - 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



Process for Previous Athletic Participation Form (PAPF)



PREVIOUS ATHLETIC PARTICIPATION FORM

Changing schools for athletic purposes:

● Common Indicators

- Was the student recruited?
- Was the student in good standing in the previous school, either academically or in a sports program?
- Was the student unhappy with a coach in the previous school?
- Did the student play on a non-school team and is transferring to the school where members of the non-school team attend?



UIL REVIEW PROCESS

- The UIL staff does not “approve” or “deny”
- Received and reviewed by administrative staff
- Reviewed by assistant directors
- Filed for records or returned to the school
 - Not returned to the DEC; school responsible for update and status report to DEC.



WAIVERS

- Parent Residence/Four Year Rule Waiver (approved by Waiver Officer) Section 463
- High School Overage Waiver (checked by DEC) Section 446
- Foreign Exchange Waiver (approved by Waiver Officer) Section 440/465
- Retroactive Waiver (approved by Waiver Officer) Section 469





DISTRICT EXECUTIVE CMTE. CC & TRACK DISTRICT MEETS

- Games committee, jury of appeals and referee
- Clerk, finish judges, field events leads and inspectors
- Entry forms/electronic entry/deadlines
- Protests and appeals
- Timing system/Report for advancers
- **AWARDS**



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CROSS COUNTRY REGIONAL SITES

Region I – Texas Tech – All Conferences

Region II – Angelo State – 1A only

Region II – UT Arlington – 2A thru 6A

Region III – Sam Houston State – All Conferences

Region IV – Tx A&M Corpus Christi – All Conferences

Factors identified:

Participants 2500+

Spectators 2000+

Course - starting and finish lines; fan friendly

Supplemental infrastructure - power sources & potable water

Parking – spectators 2000, ADA and school vehicles including busses

Restrooms – permanent or portable

Hydration & Public Concessions

Officials & Volunteers

Entries & Results

Awards Stage & Announcer

Hotels & Restaurants



REGIONAL MEET – MONDAY, OCT 26

SIZE : The cross country regional meet hosts have experienced difficulties with the growth to 1A-6A with 12 races.

1. Parks are difficult to secure that have the type of space needed for such a large meet.
2. A single day racing schedule is vulnerable to weather related postponement with eight (8) races at the 5K distance with at least 30 minutes each and four (4) 3200m races that must be afforded at least 20 minutes per race.



REGIONAL MEET – MONDAY, OCT 26

LOCATION: The cross country regional alignment across all six conferences no longer matches up to a common geographical location for a common site regional meet. As a result of that situation, in 2015, travel relief was afforded to the Region I, II and IV 1A region schools by shifting the 1A meet to alternate geographic locations.

The regional contest consists of twelve (12) races during one day that has created numerous negative situations:

1. parking overflow and traffic congestion
2. demand for additional portable restroom facilities at the race site
3. increased management time for processing entries, scratch and add
4. increased workload of school packets and information distribution
5. Increased need for hotels - lack of adequate accommodations for schools
6. increased expenses associated with timing and results of additional competitors
7. increased expense to manage the larger attendance of patrons to an increasingly popular spectator sport



2015

SURVEY ITEM:

CONCERNING TRACK AND FIELD RESTRICTIONS

The current rules for track and field allows a participant to compete in no more than three running events, including the relays, and not more than five events total. The running events that extend beyond one full circular of the track, which include 400m/800m/1600m run/3200m run, also have an additional restriction to allow only two races from this group. Competing on the 1600m relay does not count against this restriction.

- **Would you be in favor of allowing any race distance from which a competitors is able to choose the allowed three running events by removing the current restriction?**





STATE ASSOCIATION ADOPTIONS

TEXAS - Entry Limit Regulations for High School and Junior High **UIL Member schools must comply with established regulations::**

- An individual may enter no more than three **(3)** running events, including the relays, and not over five **(5)** events total.
- A contestant is permitted to enter up to five **(5)** field events.
- VOTE IN OCTOBER 2015

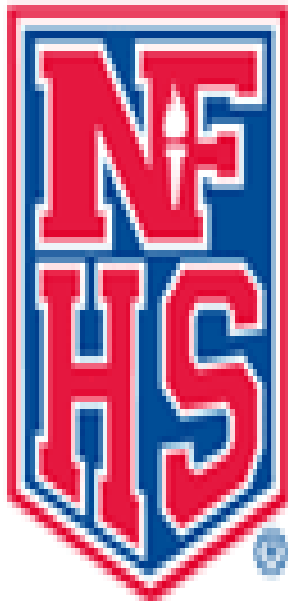
No contestant shall be allowed to enter more than two **(2)** of the following individual events: 400-meter dash; 800-meter run; 1600-meter run; 2400-meter run; 3200-meter run. (This does not bar a 400, 800, 1600, 2400 or 3200-meter contestant from relays.)_This refers to all events one **(1)** lap or greater.

- Championship meet (district, area, region, state) scoring shall be awarded 1st-6th place and points will be given 10-8-6-4-2-1.
- Relays will be scored 20-16-12-8-4-2.



NFHS RULES

National Federation of State
High School Associations



DISCUSSIONS:

- Uniforms
- Jewelry allowance
- Electronic devices
- Official interps

www.nfhs.org



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ON – GOING DISCUSSIONS

- Regional sites for CC – 5 meet sites/24 meets
- Regional sites for Track & Field – 20 meet sites/24 meets
- New alignment for 2016-18
- Awards for regional – state qualifiers
- Entry limitations for events in track – restrictions on 400m and up
- Adding javelin
- Wheelchair pilot program
- Area meets



KNOWLEDGE IS POWER

- Regional site issues – State meet issues
- Legislative Council – circular race restriction proposal/awards discussion
- Legislative Council – meet allowances
- Nonschool events
- “Unattached” requests
- Track season – distance race discussion items
- NFHS Rules – Uniform requirements/jewelry allowance
- Alignment 2016-18: new maps
- Data warehouse pilot plan

