

AGENDA

- ★ UIL Information
- ★ UIL & NFHS Updates
- ★ Coach Responsibilities & Reminders
- ★ Resources



Athletic Dept.

Dr. Susan Elza



UIL Athletic Director

Darryl Beasley



- Team Tennis
- Basketball
- Ind. Tennis
- Soccer
- Softball

Traci Neely



- Cross Country
- Cheer
- Basketball
- Swim/Dive
- Track

Brian Polk



- Volleyball
- Asst. Football
- Wrestling
- Golf
- Baseball



Athletic Department



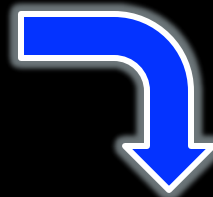
HISTORY



- Since 1909
- Created by the University of Texas
- Largest Organization of its kind



THE



- ◆ **CULTIVATES** lifetime skills.

“Education Based Athletics”

- ◆ **PROVIDES** the best Environment for kids.

“Constitution and Contest Rules”

“Professional Instruction”

- ◆ **MOTIVATION** for higher achievement.

“Involved kids = Better Grades/Attendance”



LEAGUE GOVERNANCE

- ◆ **Legislative Council** — Rule making body
- ◆ **State Executive Committee (SEC)** —
8 school administrators appointed by the Commissioner of Education.
- ◆ **Waiver Review Board** — 10 person committee,
reviews decisions of the UIL Waiver Officer on appeals
- ◆ **District Executive Committee (DEC)** —
Consists of ONE school administrator per school in a given UIL District.



CONSTITUTION CHANGES

2016 - 2017

◆ Full-Time Day Student – ISD Charters and Magnets;
If they do not Offer any UIL Athletics, Within same
School District, Students can participate at zoned school
without attending the school

◆ Changing for Athletic Purposes – Multi-School
District only, School does not offer a particular sport,
student can transfer to school that does with immediate
eligibility, ineligible for other sports



CONSTITUTION CHANGES

2016 - 2017

- ◆ Regular Attendance – exception for the 15 day rule of active duty military personnel.
- ◆ Amateur Athletic Status – Students may receive reasonable fees; Meals – up to local district
- ◆ Limitation of Awards – 2nd major award, \$20 minor award
- ◆ Transportation – Language removed





CONSTITUTION CHANGES

2016 - 2017

- ◆ 1A Baseball/Softball – Pilot like volleyball, top 2
- ◆ 3A Soccer Can Opt Up to 4A – All schools
- ◆ Volleyball Dates – 1st week in August, All dates determined by UIL Calendar
- ◆ Officials Fees – Increase for all sports
- ◆ Games/Lacrosse/Water Polo – Sent for Survey, use your voice



RULE CHANGES 2016 - 2017

NFHS - 9-1-3b **New CC:**

Permits the use of double boundary lines marking both the inside and outside boundaries of the cross country course.

Rationale: The use of the double painted line provides additional guidance to the runners, better defines the race course for spectators, and allows for natural barriers (grasses, hedges, etc.) which appear on many of the newer courses.



RULE CHANGES 2016 - 2017

NFHS 9-3-3a, b **New CC:**

Recommends the use of a video/photograph back-up system for cross country when transponders are used for place finish with a review activated when the timing system indicates a one-tenth second or less differential.

Rationale: Recommends the use of a video/photograph back-up system when order of finish in cross country is determined using a transponder system. Transponders can read early or late, come off the runner etc. The video back-up can confirm close finishes and also assist if other problems arise using the transponder system at the finish line.



RULE CHANGES 2016 - 2017

NFHS 9-3-4, 5 **New CC**, 9-4-6, 8, 9, 10:

A finish corral is recommended at cross country meets in which the transponder system is used for the order of finish.

Rationale: The finish line is opened to its full width when using transponders for order of finish allowing competitors to race through the line. The corral enhances competitors' ability to perform administrative tasks as directed by meet management and then progress in an orderly fashion out of the corral culminating all race activity.



NFHS Point of Emphasis

Number of competitors in sections of distance races

When determining the number of competitors to be placed in each section it is important to consider:

1. the size of the field
2. the quality of the performances of the competitors involved
3. the relationship to risk minimization

A section should not be so large as to create an environment that increases the risk for injury due to the competitors being too crowded and not able to freely run.



NFHS Point of Emphasis

Multiple logos on uniform bottoms are non-compliant

When an item is selected as a uniform bottom, it shall not be in compliance if:

1. the waistband has more than one logo or reference to a specific brand
2. multiple references of the manufacturer on the waistband are not actually uniforms but rather an undergarment or base layer

Coaches and athletes should be aware of this problem and avoid selecting non-compliant items and try to “get by” with wearing as a uniform.



State Association Adoptions

Constitution & Contest Rules : Track & Field 1320

Entry Limit Regulations

UIL Member schools must comply with established regulations for entry limits to NFHS 4-2-1:

- 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.
- 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.



NEW Adoption (HS only)

C&CR: 1320 Track & Field

~~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; 3200 meter run.~~





PARTICIPATION

2016 Cross Country Numbers



Boys - 23,258

Schools – 1,291

Girls – 23,206

Schools – 1,295

✧ 1A - 190 Teams

✧ 4A – 190 Teams

✧ 2A – 153 Teams

✧ 5A – 256 Teams

✧ 3A – 221 Teams

✧ 6A – 249 Teams



PARTICIPATION

2016 Track & Field Numbers



Boys - 72,557 Schools – 1,316
Girls – 59,850 Schools – 1,314

✧ 1A – 205 Teams

✧ 4A – 190 Teams

✧ 2A – 205 Teams

✧ 5A – 258 Teams

✧ 3A – 220 Teams

✧ 6A – 247 Teams

COACHING REMINDERS

- ☑ **Know Your Sport Rules – Manual...**
- ☑ **Paperwork And Forms – Yearly...**
- ☑ **Educate Your Staff –Responsible...**



Yearly Coaching Requirements and Training (State Law)

- ☑ **CPR and First Aid Training**
- ☑ **AED Training**
- ☑ **Safety Training**
- ☑ **Concussion Training**



RULES COMPLIANCE PROGRAM (RCP)

Available ONLY online – www.uil-texas.net

- ★ Constitution & Contest Rules (HS/JH)**
- ★ Ethics & sportsmanship**
- ★ UIL steroid education video**
- ★ Safety training**
- ★ Sport-specific module for each sport**



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**



PRACTICE REGULATIONS

Prior to School Starting

- 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

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 limiting to a maximum of eight hours per school week per activity.

<u>What Counts</u>	<u>What Doesn't Count</u>
Actual on field/court practice	Meetings
Sport specific skill instruction	Weight training*
Mandatory conditioning	Film study
Water breaks	Injury treatment
Rest breaks	Voluntary conditioning*



CONTEST REGULATIONS

- **Calendar Week :**

12:01 am Sunday to midnight Saturday

- **School Week:**

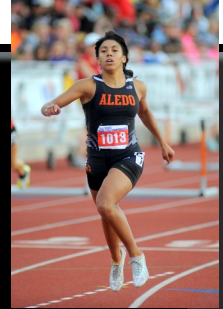
12:01 on 1st instructional day to close of last instructional day of the calendar week

- **One Contest per School Week :**

Per activity-Per Student

Exceptions: Tournaments, Post-Season, Postponed District Varsity Games

*****Junior High – 1 Contest Per CALENDAR WEEK!!!!***



**Know Your
Sport
Game Limitations**



Cross Country and Track & Field Meet Allowances

- ⦿ Contest - in uniform, using equipment, school coach, school transportation
- ⦿ One contest per school week
- ⦿ After close of instruction, additional contest allowed
- ⦿ 7 invitational per season allowed
- ⦿ Dual & Tri- one contest per school week provided no loss of school time; doesn't count against invitational allowance



Track & Field

Invitational Meet Restriction

- ⦿ Last day of instructional week, meet may start after 2:30pm (travel during athletic period only)
- ⦿ Exception – Two meets may start no earlier than 12 noon (local travel allowance)
- ⦿ District & Area - exceptions



ELIGIBILITY

~NO PASS NO PLAY~



1st Six-Weeks

- ✦ **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

~Sub-Varsity and Junior High~

Sub Varsity

- Full Time Student
- Academically Eligible



Junior High Eligibility

- Full Time Student
- Academically Eligible
- Age Appropriate for JH athletic competition

ELIGIBILITY

~VARSITY ATHLETICS~



- ✦ Meets all requirements of Section 400
 - ✦ Is an amateur (See Section 441)
 - ✦ Meets Parent Residence Rule (See Section 442)
 - ✦ Meets the Age Rule (See Section 446)
 - ✦ Has not changed schools for athletic purposes
- **Previous Athletic Participation Form (See Section 443)**

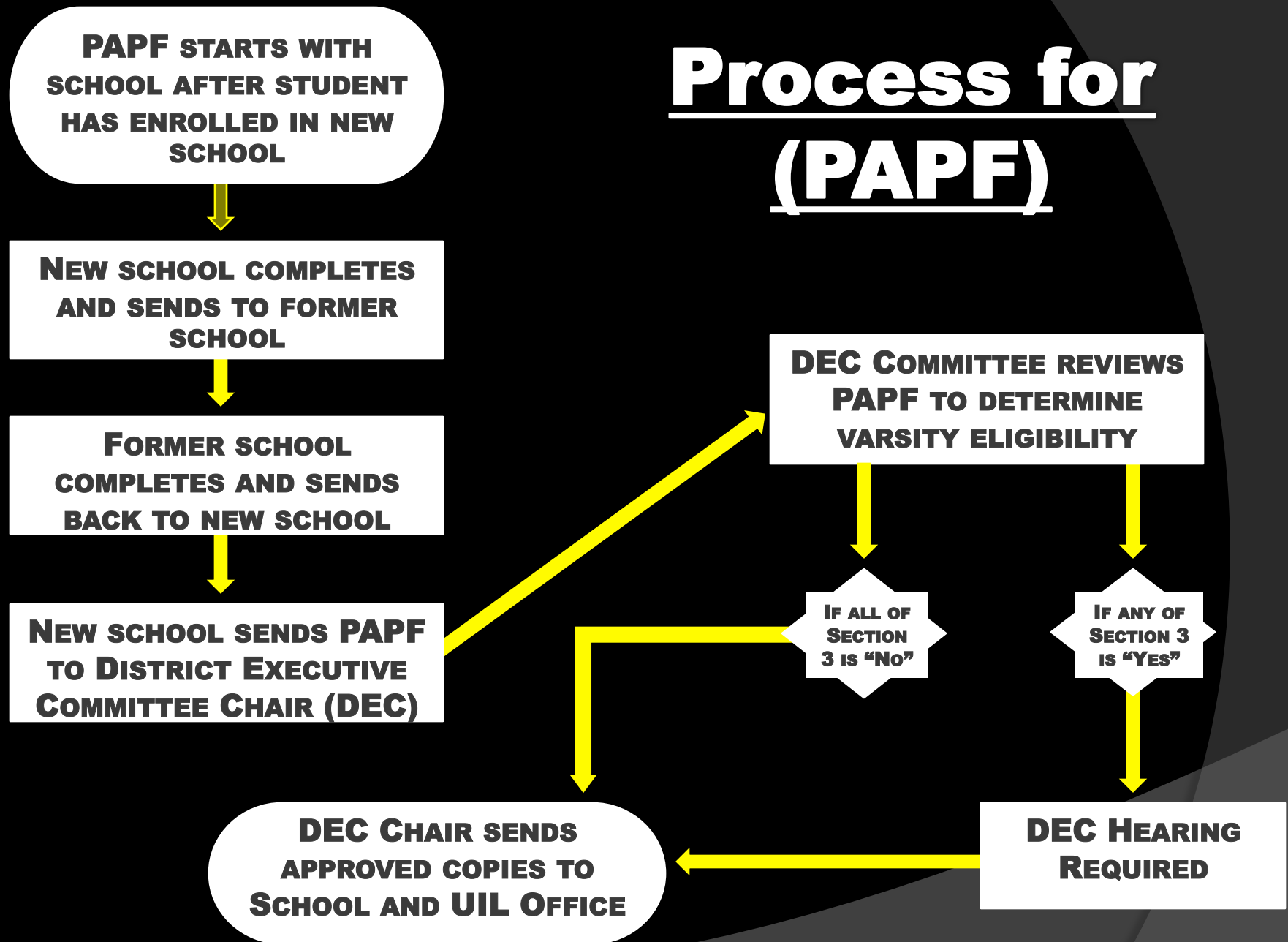
See Section 440 of the Constitution and Contest Rules
(UIL C&CR)

PREVIOUS ATHLETIC PARTICIPATION FORM (PAPE)

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

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

Process for (PAPF)





WAIVERS

- **Parent Residence/4 Year Rule Waiver**
- **High School Overage Waiver**
- **Foreign Exchange Waiver**
- **Retroactive Waiver**

PRIOR TO FILING A WAIVER FOR THE PARENT RESIDENCY RULE

ASK YOURSELF:

- ⦿ Does this student's situation show choice?
- ⦿ Is this situation governed by a local district policy that is more restrictive than UIL policy?
- ⦿ Is the situation based on provisions for family members other than the student?
- ⦿ Will there be enough documentation to substantiate filing?
- ⦿ Did the DEC rule the transfer move was for athletic reasons?



NON-SCHOOL PARTICIPATION

Individual Sport

- ◆ 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.
- ◆ School coaches can work with students from his/her own attendance zone in summer recreational programs
- ◆ Coaches should abstain from any practice which would bring financial gain to the coach

See Off-Season & Non-School Participation



School PRACTICE REGULATIONS

~Overnight Stays~

- ◎ SCHOOL PRACTICE SESSION CANNOT INCLUDE OVERNIGHT TRIP
- ◎ SCHOOL PRACTICE MAY INCLUDE TRANSPORTATION WITH LOCAL DISTRICT APPROVAL
- ◎ A PARTICIPANT MAY CHOOSE TO ATTEND A NON-SCHOOL TRAINING CAMP WITH AN OVERNIGHT STAY; SCHOOL COACH MAY NOT SUPERVISE OR INSTRUCT



Cross County/Track and Field Coaches Manual

- ⦿ Local determination for start and end dates
- ⦿ Must follow NFHS Rules
- ⦿ Qualifiers for next level
- ⦿ Scoring procedures
- ⦿ Dates and deadlines
- ⦿ Entry procedures for UIL championships



Cross County/Track and Field Coaches Manual

- ⦿ Equipment, track and course markings must comply with NFHS requirements.
- ⦿ Implements and vaulting poles must meet competitive specifications and meet host determines the verification process.





Cross County/Track and Field Uniform Requirements

- ⦿ Males must wear shorts over one-piece or compression style
- ⦿ Closed leg briefs for girls, no high-cut
- ⦿ No bare midriffs
- ⦿ Visible undergarments meet NFHS including relay teams; solid colors
- ⦿ Jewelry and wristwatches allowed
- ⦿ Hair adornment and sunglasses



DISTRICT MEET

- CC: October 22, 2016 TF: April 15, 2017
- District Director Manual available
- Games committee, jury of appeals and referee, timing and results system
- Clerk, finish judges, and inspectors
- Entry forms/electronic entry /5 day deadline
- Process for protests and appeals



Area Track

DEADLINE – April 22, 2017

Area sites will be facilitated by mutual agreement between the two designated districts. The top four area meet finishers advance to region meet.

With approval of the majority of schools in the two corresponding districts, the area meet can be cancelled. Top two finishers advance to region.

With approval of the majority of schools in the two corresponding districts, the district meets can be skipped and the corresponding districts can elect to go straight to an area meet. Top four finishers advance to region.



Cross Country REGIONAL MEET

DEADLINE – MONDAY, OCTOBER 31, 2016

1A- 6A Region I – Texas Tech, Mae Simmons Park, Lubbock

1A Region II – TBD

2A – 6A Region II – UT Arl, Lyn Creek Park, Grand Prairie

1A-6A Region III – SHSU, Kate Barr-Ross Park, Huntsville

1A-6A Region IV – TAMUCC, Track Stadium, Corpus Christi



Cross Country REGIONAL MEET

- ◉ DEADLINE – MONDAY, OCTOBER 31, 2016

An exception for cross country regional meet sites has been approved to reflect similar language provided for golf and tennis that have contests regularly scheduled on a Monday or Tuesday.

Section 1206 (b) (3) of the UIL Constitution and Contest Rule:

SUNDAY PROHIBITION EXCEPTION

(C) CROSS COUNTRY. IF THE REGIONAL AND/OR STATE CROSS COUNTRY MEETS ARE SCHEDULED ON A MONDAY, AND IF PARTICIPANTS ARRIVE AT THE SITE ON THE PRECEDING SUNDAY BECAUSE OF TRAVEL DISTANCE, IT WILL NOT BE A VIOLATION OF THIS RULE IF SCHOOL DISTRICT PERSONNEL ACCOMPANY OR TRANSPORT PARTICIPANTS TO THE COURSE SITE FOR THE PURPOSE OF PRACTICING ON THEIR OWN, IF PERMITTED BY THE REGIONAL OR STATE DIRECTOR.

Legislative Council Consideration; Effective Date

The Standing Committee on Athletics moves that the Legislative Council pass this amendment, to be effective August 1, 2016, if approved by the Commissioner of Education.





Cross Country STATE MEET

Public admission – Yes, adult \$10, student \$7 – Cash Only

Public entrance – south entrances only, near Dell Diamond

Public parking – Yes, \$5 Cash Only with shuttle bus service from Dell Diamond

Course – new start and finish line in north east quadrant of course

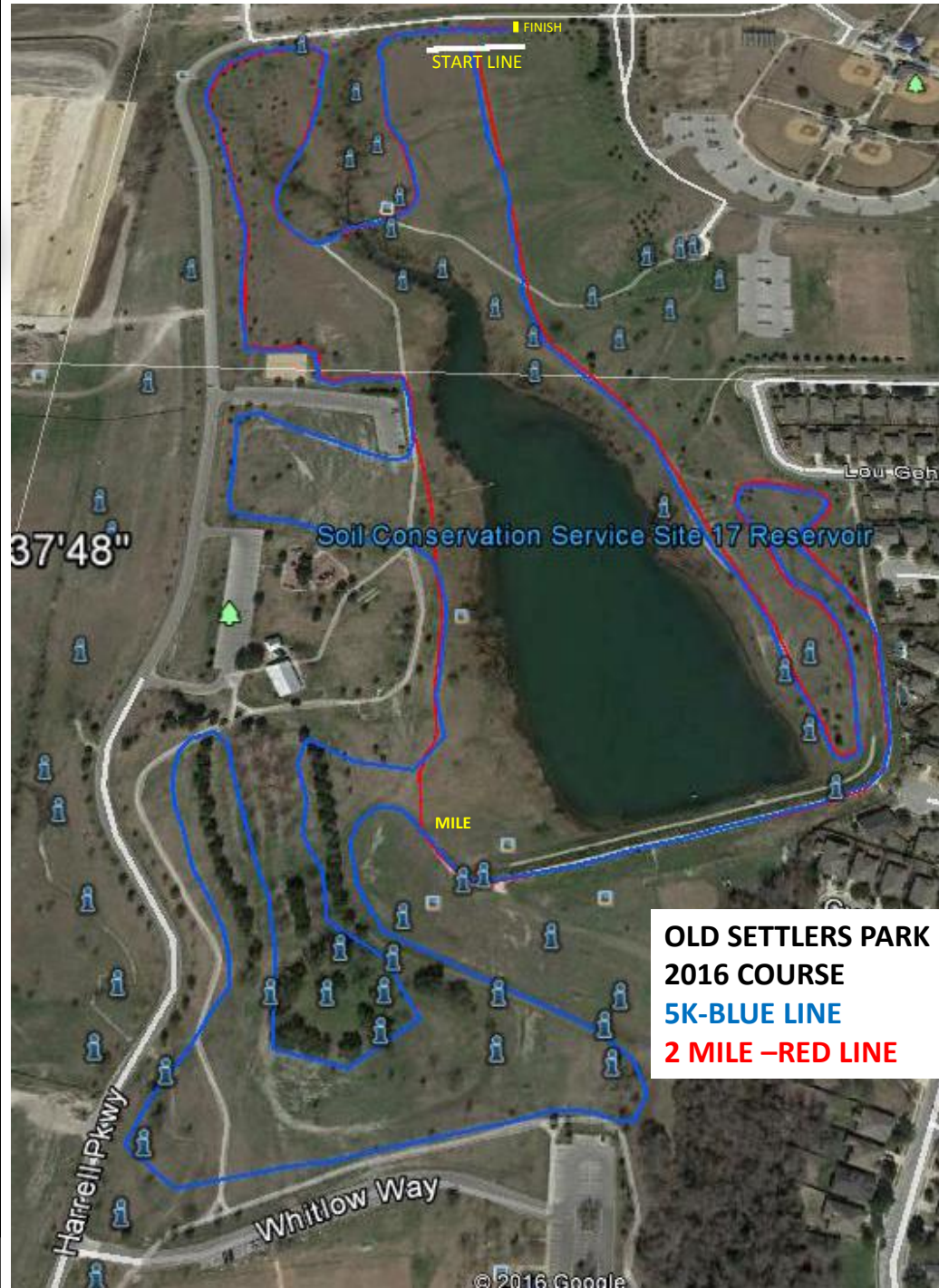
Box seeding – 5m boxes

Round Rock Parks – construction site on west; completion in 2017 that will include paved public parking, concessions and awards area

Practice - after 2pm on Friday

Packet pickup – at course, north entrance near tennis courts

School entrance & parking – north entrance, baseball diamonds



**OLD SETTLERS PARK
2016 COURSE**
5K-BLUE LINE
2 MILE-RED LINE



Track & Field STATE MEET

Thursday – Saturday, May 11-13, 2017

UT Mike Myers Track and Soccer Complex

- Regional directors certify top two to state meet
- School information on UIL website
- Meet schedule conference rotations on UIL website
- 9th qualifier selected from next best performance any region; ties broken using NFHS rules; by lot
- Relays qualify as a school, enter names at regional
- Wheelchair division pilot program qualifications

RESOURCES (UIL Website)

- ☑ **Constitution & Contest Rules**
- ☑ **Sport Manuals**
- ☑ **TEA-UIL Side by Side Manual**
- ☑ **Booster Club Guidelines**
- ☑ **Parent Information Manual**
- ☑ **Junior High Manual**





The Greatest Profession



- ◆ **Your Attitude is Contagious...**
- ◆ **Learn Something Everyday!**
- ◆ **Communicate**

Questions?

- ◆ Contact us at the UIL:
- ◆ Emails on website
- ◆ Speak to your Head Coach/Cord./ Ath. Director
- ◆ UIL Office (512) 471-5883

