



Track & Field-Cross Country

AGENDA

- **UIL Information**
- **Track-Cross Country Specific Information**
- **Coaching Reminders**
- **Practice & Contest Regulations**
- **Eligibility**
- **Non-School Participation**
- **Miscellaneous Information**





Director of Athletics

Dr. Susan Elza



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Brian Polk



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UIL Athletic Department





LEAGUE GOVERNANCE

- Legislative Council – Rule making body
- State Executive Committee (SEC) – Made up of school administrators appointed by the Commissioner of Education
- Waiver Review Board – Reviews decisions of the UIL Waiver Officer on appeals
- District Executive Committee (DEC) – Consists of ONE voting member per school in a given UIL District



UIL-CONSTITUTION CHANGES

CCP – Coaches Certification Program

- **UIL Professional Acknowledgement Form**– On file with the district (C&CR 1202(j))
- **Coaches Certification Program (CCP)**– (C&CR 1208(i))
 - 1) Constitution & Contest Rules
 - 2) Ethics
 - 3) UIL Steroid Education
 - 4) Safety Training (state law)
 - 5) Concussion Training (state law)
 - 6) Sport Specific Training – each sport has a separate module
 - 7) **Football Coaches ONLY** – **Best Practices in Tackling certification**
 - 8) **First Year Coaches ONLY** - **Fundamentals of Coaching in Texas** (C&CR 1202 (L))





UIL-CONSTITUTION CHANGES

- **Fundamentals of Coaching in Texas** – Required of all first year coaches in Texas.
 - NFHS fundamentals course is now only required for coaches who have been ejected
- **Online PAPF** – Available online in the UIL Portal (RMA), schools can use online or paper copy.
- **Waivers** – Available online in the UIL Portal (RMA)
- **Eligibility Forms** – Available in UIL Portal (RMA), fillable and will be housed in the portal
- **Eligibility Forms** – Will be in UIL Portal, fillable and will be housed in the portal



UIL-CONSTITUTION CHANGES

➤ **Player Ejections** – Automatic penalty for a player ejected from a contest.

Penalty is as follows:

- **Football.** Ejected player misses remainder of the game they were ejected from plus the first half of the next game.
- **Other Team Sports.** Ejected player misses remainder of the game they were ejected from plus all of the following game.

	<u>16-17</u>	<u>17-18</u>
REPORTABLE INCIDENTS	374	502
TOTAL FAN EJECTIONS	134	164
TOTAL COACH EJECTIONS	136	128
TOTAL ALLEGED VIOLATIONS	142	94
TOTAL PLAYER EJECTIONS	1614	1586
TOTAL ITEMS WORKED	2,400	2,474



Future Rule Proposals (October)

- **Emergency Action Plan** – Proposal will require member schools to have an EAP for each venue that will host practice or contests in the district
- **Catastrophic Reporting** – Proposal will require all member schools to report catastrophic injuries that occur in practices or competitions on an online reporting form





UIL Staff Studies

- Summer Strength & Conditioning Regulations – Allowing 30 days, Monday-Friday, 5-day mandatory shutdown set by UIL calendar
- Elementary School Leagues – Look at changing language that prohibits
- Cross Country – To have a consistent qualifying procedure for both the district and regional meets (individual medalists only), or qualify 4 teams from district to Regionals...

TRACK & CROSS COUNTRY

Specific Information





RULE CHANGES 2019

4-3-1: Eliminates redundant language and expands definition of foundation garments.

Rationale: This change expands the current interpretation of foundation garment to include any item worn under the uniform top and/or bottom as well as eliminate duplicate language in same rule.

The rule now states that “any visible garment” worn underneath the uniform top and/or bottom is considered a foundation garment. A foundation garment is not subject to logo/trademark/reference or color restrictions.”



RULE CHANGES 2019

4-3-2: Clarifies uniform language for relay and cross country team members.

Rationale: Slight differences in design of uniform do not negatively impact the identification of a relay or cross country team. The expectation of this rule is that all relay and cross country team members can be clearly identified as representing the same school.

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RULE CHANGES 2019

6-6-11, 6-8-12: Records measurement in discus and javelin to the nearest lesser inch or centimeter.

Rationale: Clarifies measurements when using metric system.

8-3-2 thru 5: Clarifies order of finish based on torso.

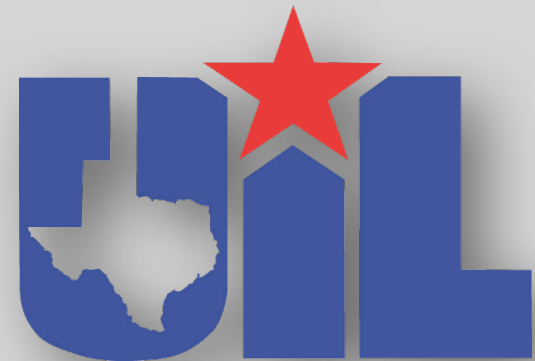
Rationale: Clarifies that no matter the system used, the order of finish is based on when the torso crosses the finish line.

Participation Numbers

2018 Track & Field Numbers

73,459 Male Participants

53,119 Female Participants



Participation Numbers

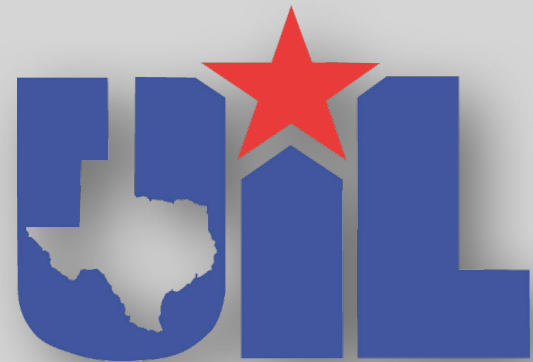


2017 CROSS COUNTRY

Numbers

24,301 Male Participants

23,031 Female Participants



ALLOWABLE CONTESTS

Number of Contests (2018-2019)

8 Meets

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



FAQ's

Frequently Asked Questions



- Contests Per Week– School week vs Calendar week
- Summer - Can I coach my athletes at a summer meet
- Season Length Being Short– Why did we lose a week last year
- State Meet – Why don't we move the State Meet
- Distance - 5K race for all classifications, all genders

FAQ's

Frequently Asked Questions

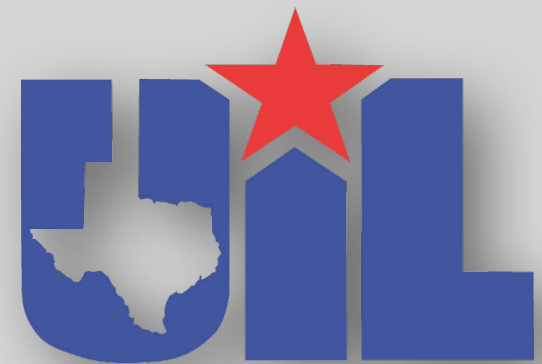


- Regional Meets – Can we get a consistent Schedule? Starting Heights...
- Area Meets – Why is it a vote
- Score to 8 Places – Can we do this
- State Meet – Why is it a 2-day meet
- Travel – Being able to miss school time for Meets



COACHING REMINDERS

- **Know Your Rules**
- **Yearly Required Training**
- **Educate / Lead Your Staff**



Know Your Rules

- **Make sure you have a sport rule book (NFHS, NCAA, USTA, USGA)**
- **Download or print your sport manual**
 - **Manuals include C&CR sport plan language, make sure you are familiar with it**
- **Download Side by Side Manual**
 - **Will answer questions about no-pass /no-play, eligibility and more**





UIL Coach Education and Training Requirements

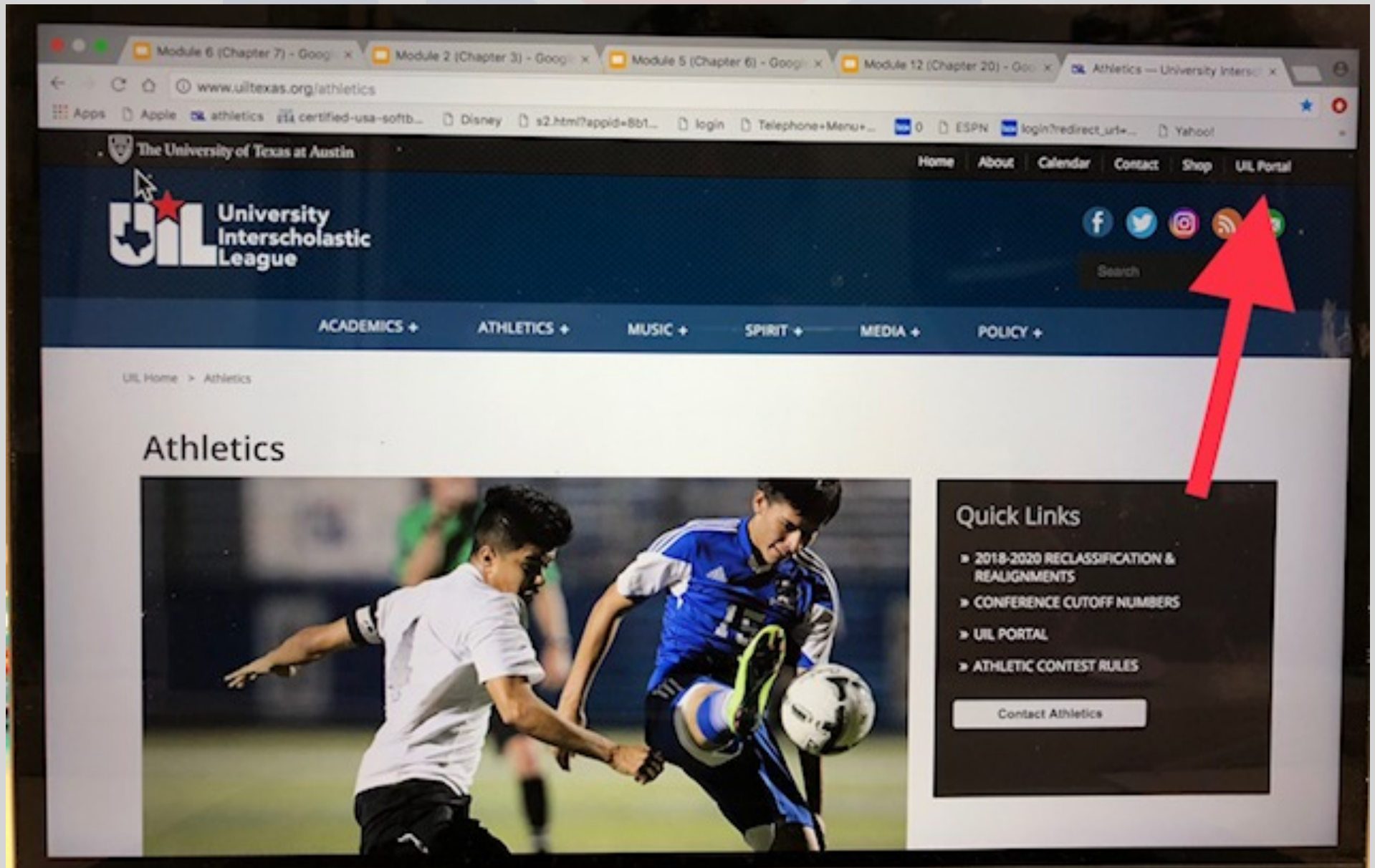
(State Law)

- 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 – 2 hours every 2 years



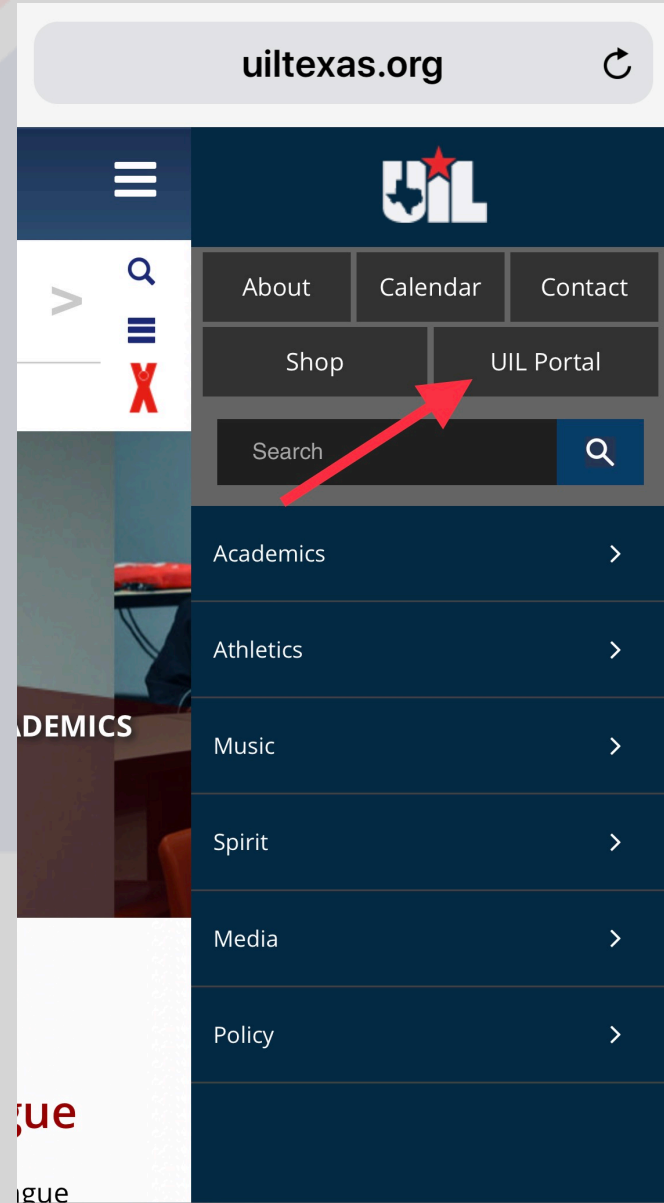
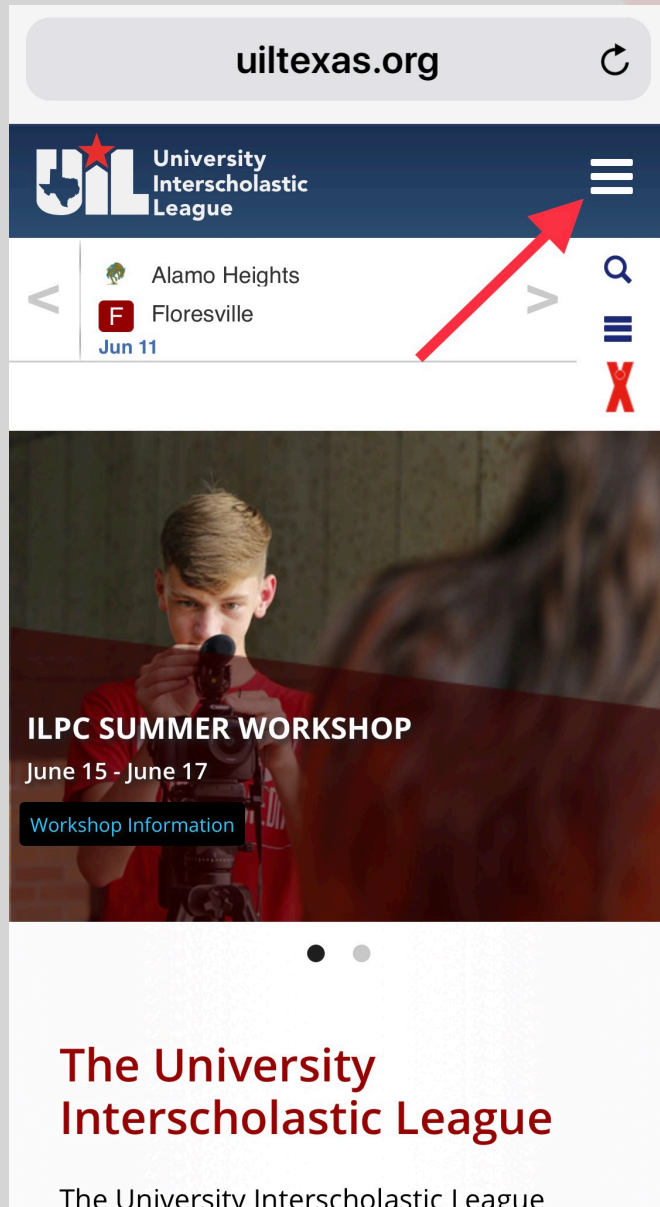
Accessing the UIL Portal

From your desktop



Accessing the UIL Portal

From your phone



Practice & Contest Regulations

- **Practice Regulations**
 - Outside the School Year
 - What counts as practice time
- **Practice Regulations**
 - School in Session
 - What counts as practice time
- **Contest Regulations**
- **Junior High Regulations**





PRACTICE REGULATIONS (C&CR 1206)

Outside the School Year

- 1 Practice – Not to exceed 3 hours
- 2 Practices – Not to exceed 5 hours combined
 - 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

(C&CR 1206)

Outside the School Year

What is considered Practice time?

<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*

* Does not count towards practice time, but cannot be done during the 2 hour rest/recovery time.



PRACTICE REGULATIONS

(C&CR 1206)

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.
 - 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, mandatory weights/video/meetings, etc.)



CONTEST REGULATIONS

➤ High School - One Contest per School Week :

Per activity-Per Student

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

➤ Junior High – 1 Contest Per Calendar week.

Difference between Calendar and School week:

➤ Calendar Week :

- 12:01 am Sunday to midnight Saturday

➤ School Week:

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

**Know Your
Sport
Yearly Game
Limitations!!
(See Manual)**

General Regulations for Junior High

- **Scheduling.** No game, contest, scrimmage or tournament, including district competition, shall begin prior to the end of the academic school day for all participants.
- **No Post-district Competition.** There shall be no post-season playoffs or competition in any athletic event.



Eligibility





ELIGIBILITY

Eligibility - 1st 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

Sub-Varsity and Junior High

An Individual is Eligible to participate if...

Sub Varsity Eligibility

- 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 & 403
- Is an amateur
- Meets Parent Residence Rule
- Meets the Age Rule
- Has not changed schools for athletic purposes
- Previous Athletic Participation Form

PREVIOUS ATHLETIC PARTICIPATION FORM (PAPF)

Required for All NEW students in grades 9-12 who have:

- **Required** if a student practiced or participated with a former school in grades 8-12 in any UIL athletic activity
- 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 PAPF before a student is eligible to participate at the varsity level at the new school
- Submitted to the UIL office



Non-school Participation

(Individual Sports)

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

A. During the school year

- 1) You can work with athletes from your attendance zone but must abide by the 8-hour rule.
- 2) You cannot charge a fee for private instruction during the school year. This applies to students in grades 9-12 only.
- 3) You cannot pressure an athlete into participating in non-school activities.

B. Outside the school year

- 1) You are allowed to coach athletes from your attendance zone.
- 2) No use of school funds.
- 3) Cannot pressure your athletes to participate in non-school activities.

*****Coaches cannot gain financially from a student's participation in a non-school activity.*****

Miscellaneous Information



Links found on UIL Website

- [Constitution & Contest Rules \(C&CR\)](#)
- [TEA-UIL Side-by-Side](#)
- [Athletic Rules \(Sections 1200 through 1210 C&CR\)](#)
- [Rules Violations and Penalties \(Section 1207 C&CR\)](#)
- [Booster Club Guidelines](#)
- [Summer Strength & Conditioning Regulations](#)
- [Non-School Participation Regulations](#)



Still Have Questions?

- Speak to your Head Coach / Coordinator / AD
- Reference Sport Manuals
- Contact us at the UIL
- Use Our Website
 - www.uiltexas.org





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