



CHS

Junior High Update

AGENDA

- **UIL Information**
- **Coaching Reminders**
- **Practice & Contest Regulations**
- **Junior High Regulations**
- **Eligibility**
- **Non-School Participation**
- **Miscellaneous Information**



Director of Athletics

Dr. Susan Elza



Assistant Athletic Directors

Brian Polk



AJ Martinez



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UIL Athletic Department





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.
- ✓ **Waiver Review Board** – 10 person committee, 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.



CONSTITUTION CHANGES

2019-2020

- ✓ Sport Specific Training / Strength & Conditioning - new regulations, Q&A on website. **Two hours** per athlete total, all sports combined.
- ✓ Wrestling Officials Pay – flat fee schedule and mileage reimbursement would implement revised fees for wrestling officials.
- ✓ Injury Reporting – 6A conference only. Requires all 6A schools to report concussion incidents for all sports to ConTex.



2019-2020 CHANGES

- **Emergency Action Plan** – Requires member schools to have an EAP for each venue that will host practice or contests in the district (MAC, 2019-20).
- **Catastrophic Reporting** – Proposal will require all member schools to report catastrophic injuries that occur in practices or competitions on an online reporting form (MAC, 2019-20).
- ✓ **Non-School Participation** – allows students in grades six and below to participate in two school sponsored camps per sport during the school year. Additionally, this also allows for all students other than students who will be in their second, third, or fourth year of high school to attend two camps (rather than one) in each team sport during the summer where instruction is provided by a school coach in grades 7-12



2019-2020 Updates

- Online PAPF / Waivers – Projected October 2019
- Transportation – Non-school vs school sponsored (S&C, skills)
- Character Development – Outside the school day, must be voluntary, no sport specific information
- Ejections – Went well, official's role concerning incident reports - 48 hours to report. Could should report as well
- Summer Sport Specific Training – We need your feedback...did you utilize it, did you like it, why or why not



UIL Staff Studies

- ✓ Allowing 7th through 12th coaches to coach their seniors once an athlete's eligibility is expired
- ✓ Possible revision to the area track & field regulations
- ✓ Requiring all games to be traded between opponents during football playoffs
- ✓ In 1A and 2A, allow for more than one team to compete when a school meets the 6th grade participation exception
- ✓ Possibility of allowing college students to help with teams outside of student teaching



UIL Staff Studies

- ✓ Allowing intra-district athletic competitions between elementary schools
- ✓ 4A and below home-field advantage for bi-district football playoff
- ✓ Survey all schools on the possibility of adding Water Polo as a sanctioned activity

COACHING REMINDERS

- ✓ **Know Your Rules**
- ✓ **S & C / Sport Specific Skill
Instruction Guidelines**
- ✓ **Yearly Required Training**
- ✓ **Educate / Lead Your Staff**

"I didn't know what the outcome would be but I committed to the purpose."



#coachingwithintent

Summer Strength/Conditioning & Sport Specific Skill Instruction

Strength & Conditioning:

- ✓ No more than 2 consecutive hours, Monday-Thursday
- ✓ Start the Monday after the last day of school.
- ✓ Mandatory “Period of No Activity” – July 9 & 10 / 22 & 23
 - Can use Friday on those two weeks
- ✓ May only include strength & conditioning instruction and exercises. No sport specific skills can be taught and no sport specific equipment shall be used.
- ✓ School shirts, shorts and shoes may be provided (local option).

Summer Strength/Conditioning & Sport Specific Skill Instruction

Sport Specific Skill Instruction:

- ✓ Limited to two hours per week, per athlete, not per sport.
- ✓ Start the Monday after the last day of school.
- ✓ Mandatory “Period of No Activity” – July 9 & 10 / 22 & 23
- ✓ A coach may conduct multiple sessions in one day as long as no athlete receives more than one hour a day.
- ✓ Sport specific skill sessions may include specific sports equipment, but contact equipment (restricted equipment) is not allowed.
- ✓ School shirts, shorts and shoes may be provided (local option).

S & C / Sport Specific Skill Instruction FAQ

- ✓ **When can these S&C and skill instruction sessions begin?**
 - Start the Monday after the last day of school.
- ✓ **Can the strength & conditioning and skill instruction be required?**
 - No, Attendance shall be voluntary. Coaches shall not require athletes to attend in order to try out for or participate in any UIL sport.
- ✓ **Can a coach take attendance for these sessions?**
 - Yes however, no missed sessions can be made up.
- ✓ **Can fees be charged and coaches paid for this?**
 - Yes. Fees are to be established and approved by the district Superintendent. Coaches are to be paid from the school and no other source.
- ✓ **Are athletes allowed to attend an open gym / weight room during a "Period of No Activity"?**
 - No, school facilities may not be available to students during the "Period of No Activity".
- ✓ **May sessions be conducted for incoming 7th and 8th graders?**
 - Yes. Students in the seventh and eighth grade will be allowed to participate and receive instruction from a school coach. UIL staff also recommends that seventh and eighth grade students workout in separate groups from the students in grades nine through twelve.

S & C / Sport Specific Skill Instruction FAQ

- ✓ **Are schools allowed to provide school transportation to students attending a strength & conditioning or sports specific skill session?**
 - Yes. As long as the strength & conditioning or skill instruction is being conducted by the school.
 - If an outside group is running it, school transportation cannot be provided..
- ✓ **Are students required to have a physical on file with the school district in order to participate in the summer strength and conditioning program?**
 - Yes.
- ✓ **May a student who has started practice in a sport that begins prior to school starting still attend sport specific skill instruction for another sport that does not start prior to school starting?**
 - No, athletes may not attend a sport specific skill session in any sport once they have begun a sport.
- ✓ **Can a school coach instruct an athlete in grades 7-12 spring or summer league game, 7 on 7 game, etc.?**
 - No, school coaches cannot give instruction at non-school events.
- ✓ **For the sport specific skill instruction can two schools meet to scrimmage one another?**
 - No, schools may scrimmage themselves during a sport specific skill instruction session but may not scrimmage another school.

Know Your Rules

- ✓ Make sure you have a sport rule book (NFHS, NCAA, USTA, USGA).
- ✓ Download and / or print your [SPORT MANUAL](#)
 - Manuals include C&CR sport plan language, NFHS rule changes, UIL rule changes and they are updated annually.
- ✓ Download or bookmark the Side by Side Manual
 - Will answer questions about no-pass / no-play, eligibility and more.





Accessing Your Manuals From your desktop

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The University of Texas at Austin

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UIL University Interscholastic League

ACADEMICS + ATHLETICS + MUSIC + SPIRIT + MEDIA + POLICY +

Go to specific sport or go to manuals in dropdown box

The University Interscholastic League

The University Interscholastic League exists to provide educational extracurricular academic, athletic, and music contests.

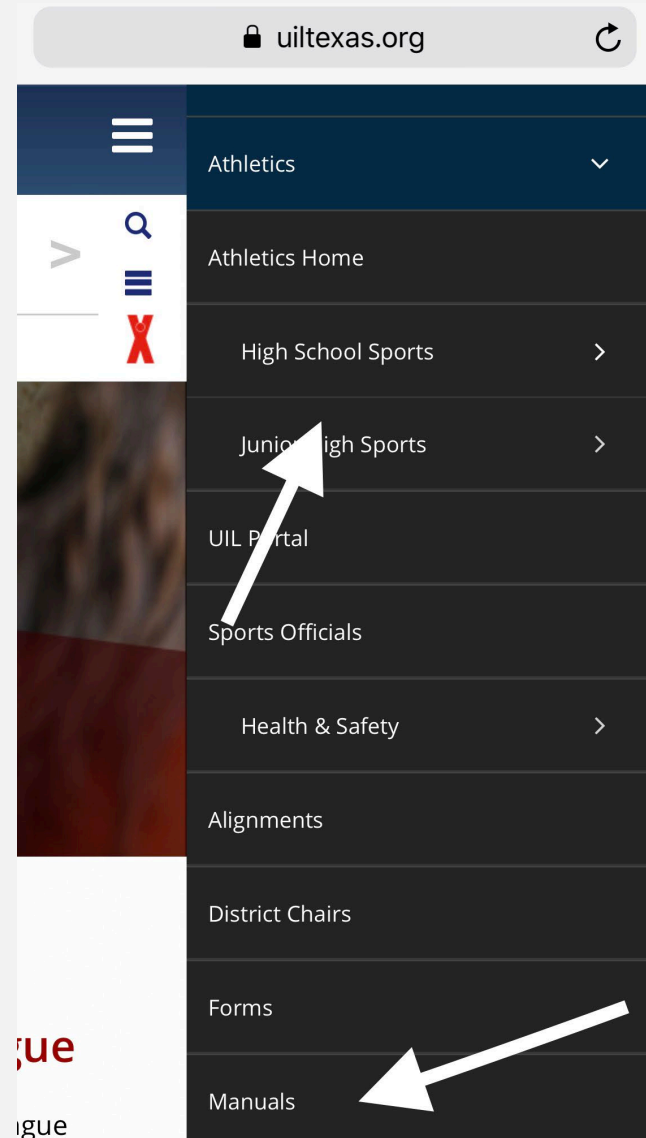
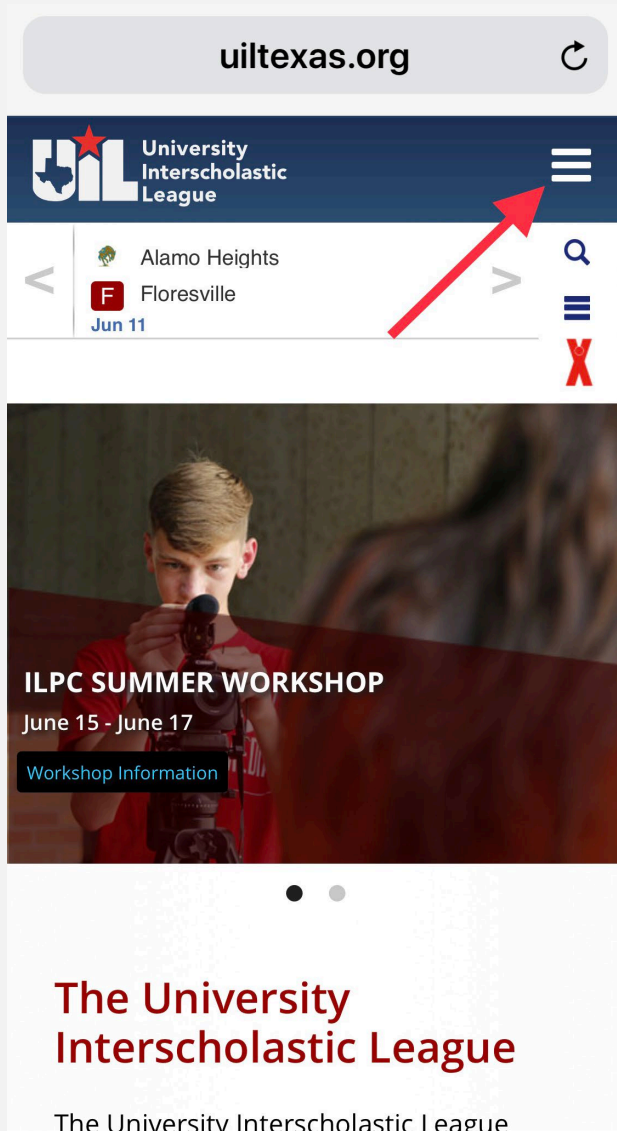


Finding Your Manual From your desktop

The screenshot shows the website <https://www.uiltexas.org/athletics/manuals>. The navigation bar includes: ACADEMICS +, ATHLETICS - (selected), MUSIC +, SPIRIT +, MEDIA +, and POLICY +. The Athletics dropdown menu is open, showing options: Athletics Home, High School Sports - (selected), Junior High Sports +, UIL Portal, Sports Officials, Alignments, Health & Safety +, District Chairs, Forms, Manuals, Archives, Scoreboard, and Lone Star Cup. The 'High School Sports' dropdown is further open, listing: Baseball, Basketball, Cross Country, Football, Golf, Soccer, Softball, Swimming & Diving, Team Tennis, Tennis, Track & Field, Volleyball, and Wrestling. A red callout box with white text says: "Go to specific sport or go to manuals in dropdown box". Two red arrows point from the callout box to the 'Manuals' option in the Athletics dropdown and the 'Manuals' option in the High School Sports dropdown. The page content includes contact information for the Director of Athletics (Dr. Susan Elza) and Assistant Athletic Directors (Brian Polk and Brandy Belk). A section titled "Junior High Manual" states: "The Junior High Manual is available on each of the Junior High Sport pages." and lists "Junior High Sports".

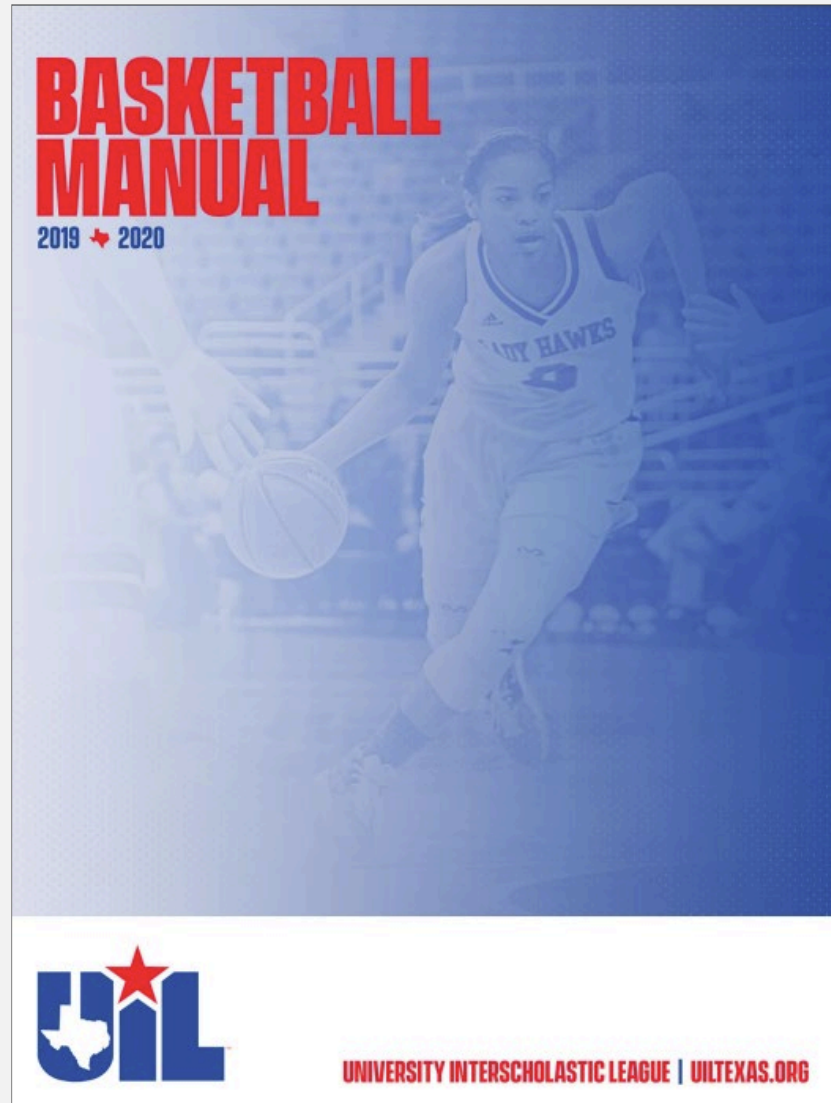
Accessing the Manuals

From your phone





Accessing the Manuals





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 – training must be completed annually (2 hours every other year/1 hour annually)



UIL 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))
 - 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))
 - 9) **Safety/Risk Minimization for Cheerleading Coaches** – local district determines the provider for training, and training must be completed prior to any student contact



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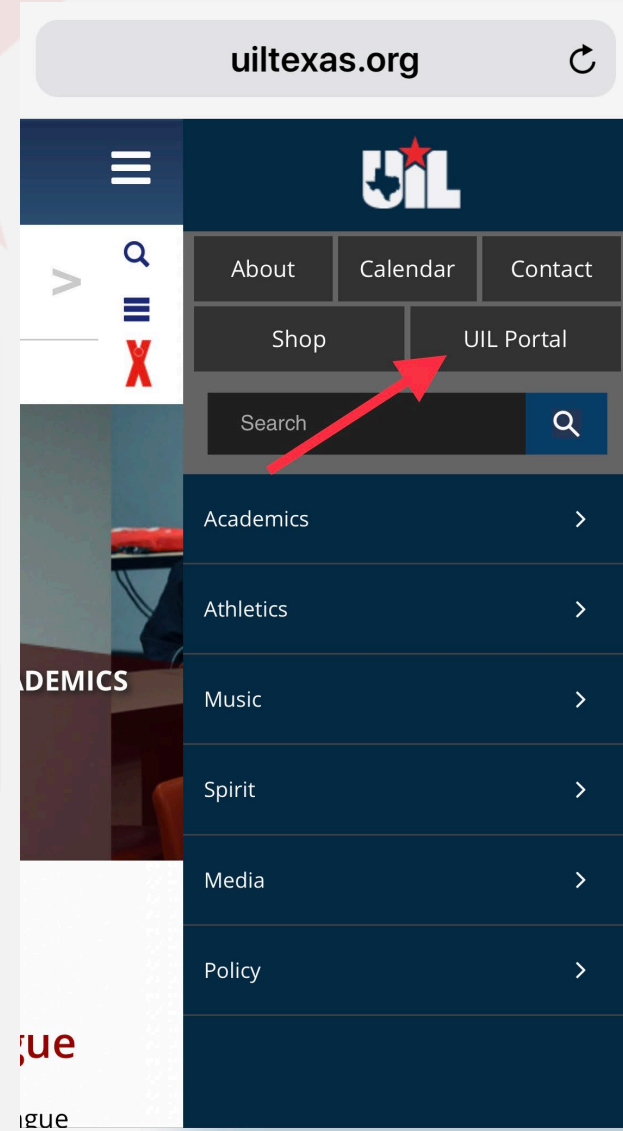
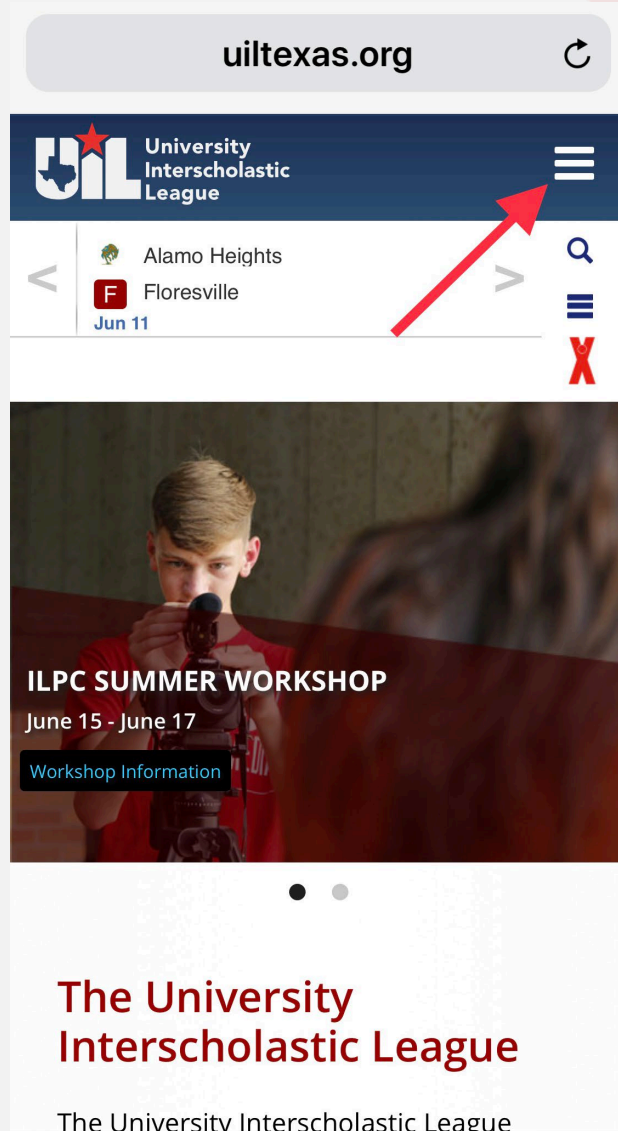
UIL Portal

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Accessing the UIL Portal

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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

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



CONTEST REGULATIONS

✓ **High School** - One Contest **per School Week**:

- See specific sport for calendar week limits.

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 instructional day of the week

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



CONTEST REGULATIONS

Allowable Season Limits

Sport	Number of Contests Allowed	# of Days for Workouts and Games
Baseball/Softball	2 tournaments and 12 games	97
Basketball	2 tournaments and 12 games	121
Football	9 (recommended-8)	80
Soccer	2 tournaments and 10 games	86
Volleyball	2 tournaments and 12 games	86
Individual Sports	6 meets or tournaments	Nothing starts before school

Two games may be substituted for a tournament in baseball, softball, basketball, soccer and volleyball.

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.
- **Sunday Participation.** Sunday participation, contests or practice, is prohibited.
- **Holiday Restriction.** School facilities, personnel or equipment can not be used during five consecutive days in December. Days must include the 24, 25, 26.
- **Physical Education / Athletic Periods.** No student is allowed to be enrolled in more than one athletic period / PE class each day.



Additional Regulations for Team Sports

- **Involvement with Non-School Teams.** Coaches cannot schedule matched games for their kids nor can they coach any student in grades 7-12 (exception: may coach their own biological or adopted kids).
- **Rule Modifications.** Any extension of a game (playing 3rd game in volleyball even if one team won first team) should involve different players from those who participated in the earlier contest.
 - Additional play counts as one of allowable games for calendar week and season for the individuals participating.
 - Schools are allowed to pay an additional partial game fee to officials.



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

Junior High

An individual may participate in athletic competitions / contests as a representative of a participant school if he / she:

Junior High Eligibility

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

Age Rule

- 7th grade competition – is not 14 on or before September 1
- 8th grade competition – is not 15 on or before September 1
- Overage students may participate according to age* (7th graders on 8th team and up; 8th graders on 9th grade team and up).

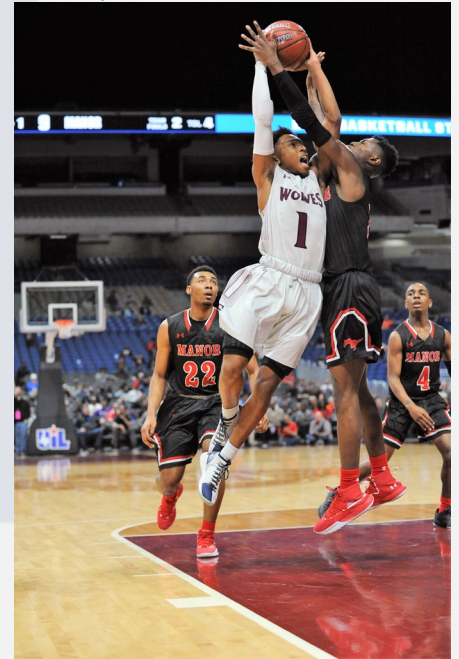


ELIGIBILITY

JH Eligibility Requirements Continued

An individual may participate in athletic competitions / contests as a representative of a participant school if he / she:

- Has not repeated the 7th or 8th grade for athletic purposes. A student who has repeated for athletic purposes is eligible for only two consecutive years in 7th and 8th grade after the first enrollment in the 7th grade. Students held back one year in JH for athletic purposes will lose their fourth year of eligibility after entering the 9th grade.
- Has not changed schools for athletic purposes.



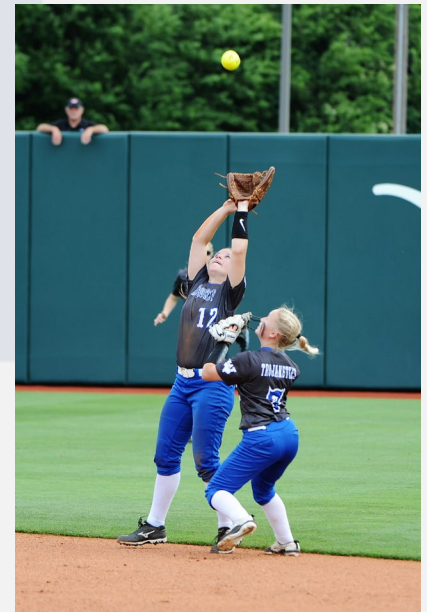
ELIGIBILITY

Junior High

Four Consecutive Years. A student has only four consecutive calendar years to complete high school varsity eligibility.

Athletic Class. Overage students who are 15 on or before September 1st and are participating with the high school sub-varsity or varsity may be assigned to high school athletic periods. In all other situations, 7th and 8th grade students remain in their JH school athletic class throughout the school year.

Full Participation Allowed. Only overage students who are too old to represent their 8th grade team may participate on the high school's athletic team. Overage students who participate on the high school team may participate fully under the rules for high school athletes in that sport.



ELIGIBILITY

Sixth Grade Participation

No Interscholastic Competition Below Seventh Grade. Sixth grade students may not practice with or against junior high students.

Two Scenarios That Would Allow 6th Graders To Participate On The 7th Grade Team:

1. A student with a disability which delayed their education by at least a year and who meets all other requirements listed in section 1478 (c)(2).
2. In conference 1A & 2A or in a small junior high whose enrollment corresponds to 1A and 2A enrollment when their participation is vital to field one combined seventh and eighth team. ****Note:** Sixth graders may not be used when a school has more than one team playing.

ELIGIBILITY

Sixth Grade Participation Stipulations

- Sixth graders may not be used when a school has more than one team playing.
- If fewer than the number listed below report the first day of the season, then 6th graders can be notified that they may tryout for the combined 7th and 8th grade team and may participate for the entire season.
 - Baseball: 18
 - Basketball: 10
 - Football: 6-man – 12 and 11-man - 22
 - Soccer: 22
 - Softball: 18
 - Volleyball: 12

Individual Sports. Sixth grade participation is not permitted in individual sports, except students with disabilities who meet the criteria of the provisions of section 1478 (c) (2).



NON-SCHOOL PARTICIPATION

Section 1209(c), Non-School Participation

NEW RULE (2019-20): School Sponsored Camps (Team Sports)

- ✓ Allowed in BASEBALL, BASKETBALL, FOOTBALL, SOCCER, SOFTBALL AND VOLLEYBALL.
- ✓ School sponsored camp for students in *grades six and below*: two camps are allowed, per sport, during the school year.
- ✓ 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.
- ✓ Instruction can be given by 7th-12th grade coach from their school district.

See Off-Season & Non-School Participation – Section 1209

(continued on next slide)



NON-SCHOOL PARTICIPATION

Summer Camps (Team Sports)

- ✓ Attendance is limited to no more than six consecutive days for each camp.
- ✓ School Equipment. Schools may not furnish any individual player equipment, including uniforms, shoes, caps, gloves, etc., but may furnish balls and court equipment including nets, standards, goals, balls, etc. for volleyball, basketball and soccer camps.
- ✓ For football camps, schools may furnish hand dummies, stand-up dummies, passing and kicking machines and footballs. Use of any other football equipment, including contact equipment, is prohibited.
- ✓ For baseball and softball camps, schools may furnish balls, bats, bases, pitching and batting machines, batting helmets and catcher protective equipment. No other baseball or softball equipment may be used.

See Off-Season & Non-School Participation – Section 1209

Non-school Participation

(Team Sports)

Team Sports

Football, Volleyball, Basketball, Soccer, Baseball, Softball In accordance to Section 1201, 1206 and 1209 regarding non-school competition (leagues, camps, clinics, clubs, tournaments, 7 on 7, lineman challenges) coaches:

The C&CR **prohibits** the following:

- 1) Coaching students from your attendance zone in grades 7-12.
- 2) Scheduling games between your team and one other team.
- 3) Transporting kids to non-school activities in school vehicles or with school resources.
- 4) Using school equipment, uniforms or first aid equipment.
- 5) Using school or booster funds.
- 6) Pressuring athletes to play non-school leagues.
- 7) Participating with athletes in their sport.

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





Non-school Participation

(Team Sports)

In accordance to Section 1209 regarding non-school competition (leagues, camps, clinics, clubs, tournaments, 7 on 7) coaches or a group of coaches:

The C&CR **allows** the following:

- 1) You can supervise the facility.
- 2) You can assist with organization. You are allowed to assign officials, secure facilities, develop schedules, assist with registration and help secure equipment.
- 3) You can assist with the selection of coaches.
- 4) You can assist with the selection of players.
- 5) You can distribute information about non-school activity.
- 6) You can collect registration fees that are made payable to an outside entity (not the school).



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 shall not gain financially from a student's participation in a non-school activity.*****

Miscellaneous Information



Frequently Asked Questions?



✓ **December 26th**

- *Exception to the holiday restriction because it falls on a Thursday in 2019. You are able to play on December 26th this year, as long as you have satisfied your 5-day holiday restriction prior to December 26th.*

✓ **Games postponed due to weather**

- *JH games postponed by weather cannot be made up as an exception to the school week.*

✓ **Games and State Testing**

- *Regular season – local district decision*
- *Postseason – cannot play games until the day after testing ends. (ie. last day that primary test is administered is Thursday, that school cannot play until Friday.)*



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





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