



Track & Field Cross Country Update



AGENDA

- **UIL Information**
- **Sport Specific**
- **Coaching Reminders**
- **Rules & Regulations**
- **Miscellaneous Information**





Director of Athletics

Dr. Susan Elza



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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.
- Injury Reporting – 6A conference only. Requires all 6A schools to report concussion incidents for all sports to ConTex.
- 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).



2019-2020 Updates

- Online PAPF / Waivers – Projected October 2019
- CCP – Over 10,000 certified at coaching school, summer meetings last year
 - Will be posted July 22nd
 - Credit for this session will be notated in portal sometime after 7/25
 - Questions will be randomized
- Ejections – Went well, official's role concerning incident reports - 48 hours to report. Should report as well.
- Transportation – Know the difference between school and non-school



NEW RULE CHANGES

2019-2020

- ✓ **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
- ✓ **Track & Field Plan** – allows schools to participate in invitational meets on a school day similar to other individual sports. They now can participate in 3 meets on a Thursday or Friday with no restriction on start time.
 - Also allows for loss of school time (other than athletic period) to travel to meets.



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
- ✓ Possibility of allowing college students to help with teams outside of student teaching



SPORT SPECIFIC Information





NFHS Rule Changes 2020

- ✓ **Exchange Zone** – From 20 to 30 meters for distances of 200 meters or less. You do not have to repaint track!
- ✓ **Providing Assistance**– Athlete providing assistance will not be disqualified (updated language)
- ✓ **Warm-ups** Athletes are prohibited from running backwards during warm-ups of horizontal events and pole vault.
- ✓ A few other minor adjustments that can be found on NFHS.





Track & Field 2019-2020

- ✓ **Event Scoring**– Currently score to 6 places, have had discussion of scoring to 8...
- ✓ **Relay Points**– We double score the relays, have had some folks wanting us to single score the relays
- ✓ **State Meet Schedule** – New Schedule went well, It is NOT perfect!
 - ✓ Larger crowds, more recovery, no noon running session, less multiple event issues
 - ✓ Long Days, parking problems, coaches credentials





Cross Country 2019-2020

- ✓ Regional Meet on Monday – I do not see this changing
- ✓ State Meet – Discuss: 2-Day Meet, Condensed Schedule
- ✓ 4A and Below Distance– Thoughts on this? If changes are made, would most likely just be 4A girls to start with
- ✓ 4 Teams Advancing from District – Would be difficult
- ✓ Area vs District Meet





CONCERNS 2019-2020

- ✓ Video Usage – Know the Rules... Too many coaches call wanting to protest and use video
- ✓ Event Limitations – Know the Rules... There is a difference in HS and JH, we had multiple kids/teams get DQ'd violating this...
- ✓ Don't Compare – Comparisons are negative... Team sports are different than individual sports, individual sports are different from one to the other... We do not have a sport in the state of Texas that is in bad shape!
- ✓ Social Media – Call us, email us, Negativity on social media is not a good look!

COACHING REMINDERS

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

“I didn’t know what the outcome would be but I committed to the purpose.”



#coachingwithintent

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

The screenshot shows the website www.uiltexas.org in a browser. A red box highlights the address bar with the URL www.uiltexas.org. A red arrow points from this box to the 'ATHLETICS +' dropdown menu in the navigation bar. Another red arrow points from the 'ATHLETICS +' menu to a text box that says 'Go to specific sport or go to manuals in dropdown box'. The website header includes the UIL logo, social media icons, and a search bar. The navigation bar lists categories: ACADEMICS +, ATHLETICS +, MUSIC +, SPIRIT +, MEDIA +, and POLICY +. The main content area features a background image of gold medals with 'UNIVERSITY INTERSCHOLASTIC LEAGUE' inscribed on them.

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 (highlighted), Archives, Scoreboard, and Lone Star Cup. A red callout box with white text says: "Go to specific sport or go to manuals in dropdown box".

MANUALS

UIL Home > Athletics > Athletics Manuals

Director of Athletics:
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Sport Specific Manuals

- Baseball Manual
- Basketball Manual
- Cross Country Manual
- Football Manual
- Golf Manual

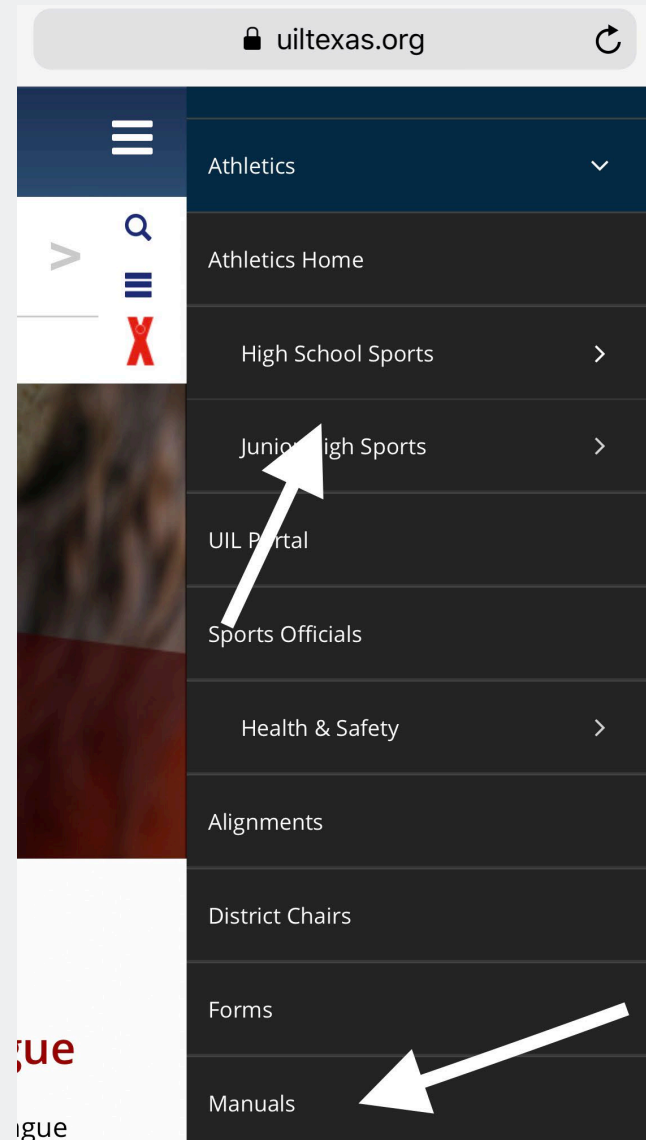
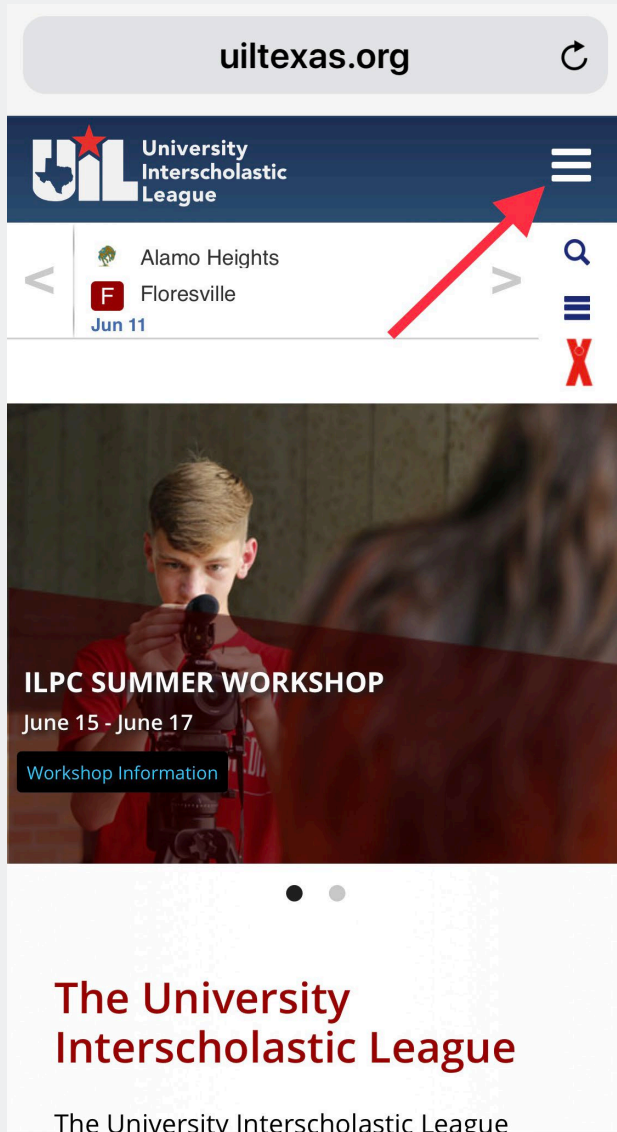
Junior High Manual

The Junior High Manual is available on each of the Junior High Sport pages.

- Junior High Sports

Accessing the Manuals

From your phone





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

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***



Accessing the UIL Portal From your desktop

www.uiltexas.org

The University of Texas at Austin Home About Calendar Contact Shop UIL Portal

UIL University Interscholastic League

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

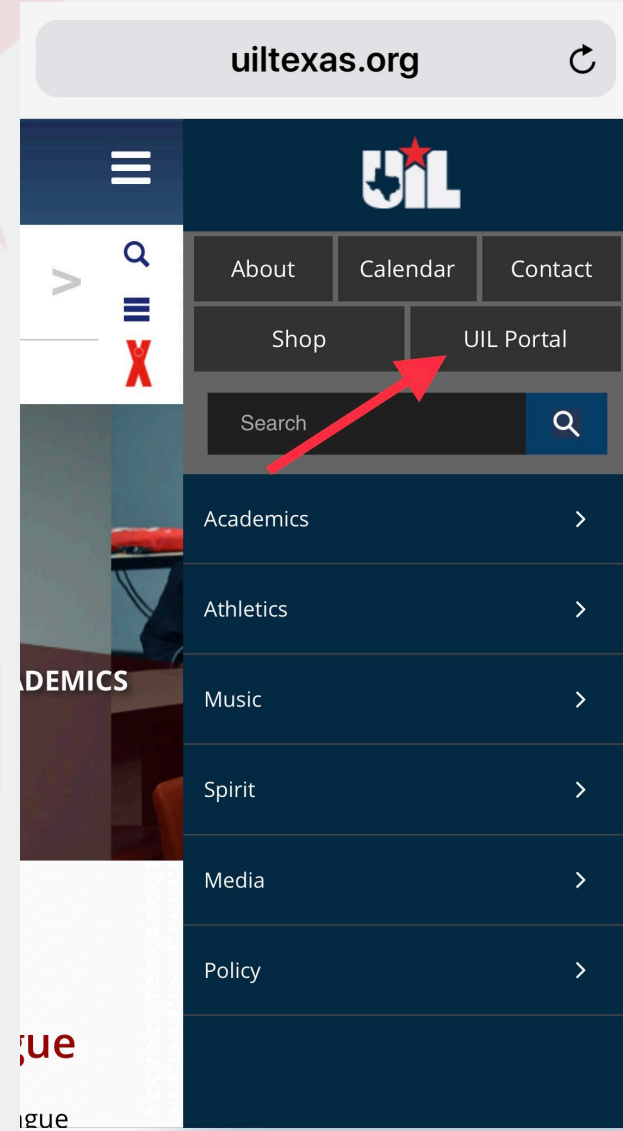
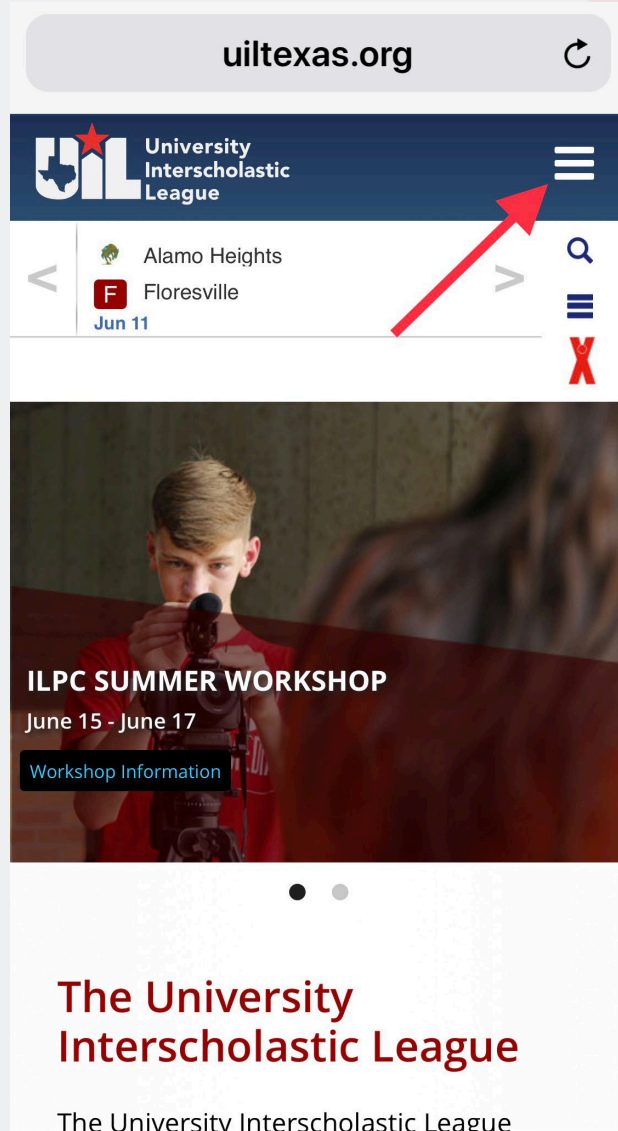
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Accessing the UIL Portal

From your phone





PRACTICE & GAME REGULATIONS

➤ *Practice*

➤ *Outside the school year vs School is in-session*

➤ **Coaching outside your sport season**

➤ **Individual Sports vs Team Sports**

➤ **Games**

➤ **Season Limits**

➤ **School Week vs Calendar Week**

➤ **HS vs JH**



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

Section 1209(c), Non-School Participation

NEW RULE (2019-20): School Sponsored Camps

- ✓ School sponsored camp for students in *grades six and below*: two camps are allowed, per sport, during the school year.
- ✓ Allowed in BASEBALL, BASKETBALL, FOOTBALL, SOCCER, SOFTBALL AND VOLLEYBALL.
 - ✓ 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)

Contacts & Links



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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