



Soccer

AGENDA

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



Director of Athletics

Dr. Susan Elza



Assistant Athletic Directors

Brian Polk



AJ Martinez



Joseph Garmon



Brandy Belk



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.
- ✓ **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
- ✓ **Soccer Plan** – allows schools to participate in scrimmages 10 days after the first day of practice. Scrimmages are subject to the one contest per school week limitation.



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



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
- 2019-20 Start Date – December 2nd Scrimmages Dec 12th



UIL Staff Studies

- ✓ Allowing 7th through 12th coaches to coach their seniors once an athlete's eligibility is expired
- ✓ 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
- ✓ Allowing intra-district athletic competitions between elementary schools

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).

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.



SOCCKER

Specific Information





OFFICIAL BALL SPONSOR



Official Ball of the UIL

Effective 7/1/2017

Soccer



SC5

- Thermal Bonded Panel Technology
- Top Grade Performance Composite Cover
- Cloth-reinforced Bladder

Item Number > 64-8678

Soccer Scrimmages



1st Scrimmage Date – December 12th

Scrimmage – a meeting of not more than four teams for practice purposes, which does not count as a game for any of the teams.

No scrimmages allowed after first interscholastic game is played.



ALLOWABLE SOCCER CONTESTS

(2019-2020)

- 0 Tournaments and 21 Games or
- 1 Tournament and 19 Games or
- 2 Tournaments and 17 Games or
- 3 Tournaments and 15 Games

2 games may be substituted for a tournament.



SOC CER PLAN

Game Regulations



Games Per Day. No more than two interschool soccer games per day, including tournaments.

Exception: three games may be played in a one-day tournament on a Saturday.

Games Per Week. No high school team or contestant shall participate in more than two matched games per calendar week. The week of an invitational tournament only one matched game may be played.

Double Header. A student may play in a varsity and a junior varsity game or a ninth grade and a junior varsity game at the same site, the same night. It counts as the **two total games** the student may play for the calendar week and two of the total games for the season. Students may not play in a tournament the same week as they play in a double header.

SOCCER PLAN

Invitational Tournaments



Number of Teams and Type of Play. A tournament is defined as at least three teams assembled at one site for competition.

Scheduling. Schools shall not schedule tournaments on Monday, Tuesday, or Wednesday, unless school is not in session.

- Schools may schedule tournaments on Thursday, Friday, and Saturday. A two-day tournament shall not be scheduled on Thursday and Friday. A one day tournament must be scheduled on Saturday.

Pool Play. Teams can play regulation games (two per day) in pool play, or they can play shortened pool play games of 20-minute halves with sudden death for ties. If teams are playing 20-minute halves pool play games, all pool play games combined would count as one of the two allowable games for that day.

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

- *Varsity contests postponed by weather may be made up as an exception to the school week limitation provided it is made up on the next available date.*



TIE BREAKING PROCEDURES

Tie Games. (Invitational Tournaments) In an invitational tournament, the tournament director shall set the tie breaking procedure to be used.

Tie Games. (District) Each District Executive Committee must decide whether to (A) end the game in a tie resulting in ½ game lost and ½ game won; (B) play two 10-minute overtimes; and/or (C) move directly to a shoot-out.

Tie Games. (Post-District) All playoff games that end in a tie will be resolved by playing two 10-minute overtime periods. If the tie still exists, there shall be a shoot-out.

When 10 minute OT periods are played:

- 5 minutes between end of regulation and first OT period.
- 2 minutes between the first and second OT period.



Frequently Asked Questions?



➤ 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.)*

➤ Varsity games postponed due to weather

- *May be made up as an exception to the school week limitation provided it is made up on the **next available date**.*

➤ Warm-up Games

- *Only teams who are district champions and have a first round bye in the play-offs are given a game in addition to their season limit.*
- *Teams that have advanced to the playoffs may schedule a warm-up game after the District Certification Date that is set by the UIL calendar and before their first playoff game if a team has not reached their allowable season limit. School week limitations apply. **Note:** These games are scheduled like any other regular season game.*

SOCCER CARD POINT SYSTEM

Regular Season Penalty Card Player Misconduct Rule. Points for yellow and red card shall accumulate for all games played through the district championship (includes tournaments, non-district, and district contests). Each player accumulates points for each card that he/she receives in a contest.

- Yellow Card = 1 Point
- Red Card = 5 Points

A soccer player can accumulate a maximum of 5 points in any one contest. Any accumulation of points, which are multiples of five or greater, will require that the player sit out the following numbers of games:

| Points | Games Missed |
|--------|--------------|
| 5 | 1 |
| 10 | 2 |
| 15 | 3 |
| 20 | 4 |
| 25 | 5 |
| 30 | 6 |



SOCCER CARD POINT SYSTEM

The school coach and/or school administrator responsible for soccer must be sure that the red and yellow cards are recorded correctly. The coach must hold a player out of the specified number of games depending on the player's point count for red and yellow cards. Failure to do so could cause forfeiture of the contest and penalty to the coach for intentionally violating rules.

Card Procedure for Post District. The student's cumulative card points return to 0 with the first playoff game after they sit out the number of games specified. Card penalties may **NOT** be served in playoff warm-up games. Warm up games are **NOT** considered playoff games. Points accumulated in warm-up games go against the total for the regular season.





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. Below the navigation bar is a banner image of gold medals with 'UNIVERSITY INTERSCHOLASTIC LEAGUE' inscribed on them. A red box is overlaid on the banner with the text 'Go to specific sport or go to manuals in dropdown box'. At the bottom of the page, the text reads: 'The University Interscholastic League' and 'The University Interscholastic League exists to provide educational extracurricular academic, athletic, and music contests.'

www.uiltexas.org

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 breadcrumb trail is: UIL Home > Athletics > Athletics Manuals. A dropdown menu is open under 'ATHLETICS', listing: 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. 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 dropdown and to the 'MANUALS' heading on the page. The page content includes contact information for the Director of Athletics (Dr. Susan Elza) and Assistant Athletic Directors (Brian Polk and Brandy Belk). A sidebar on the right lists 'Sport Specific Manuals' including Baseball, Basketball, Cross Country, Football, and Golf. 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'.

Go to specific sport or go to manuals in dropdown box

MANUALS

Director of Athletics:
Dr. Susan Elza

Department Email:
athletics@uiltexas.org

Department Phone:
512-471-5883

Department Fax:
512-471-6589

Assistant Athletic Directors:
Brian Polk:
bpolk@uiltexas.org
Brandy Belk:

Sport Specific Manuals

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

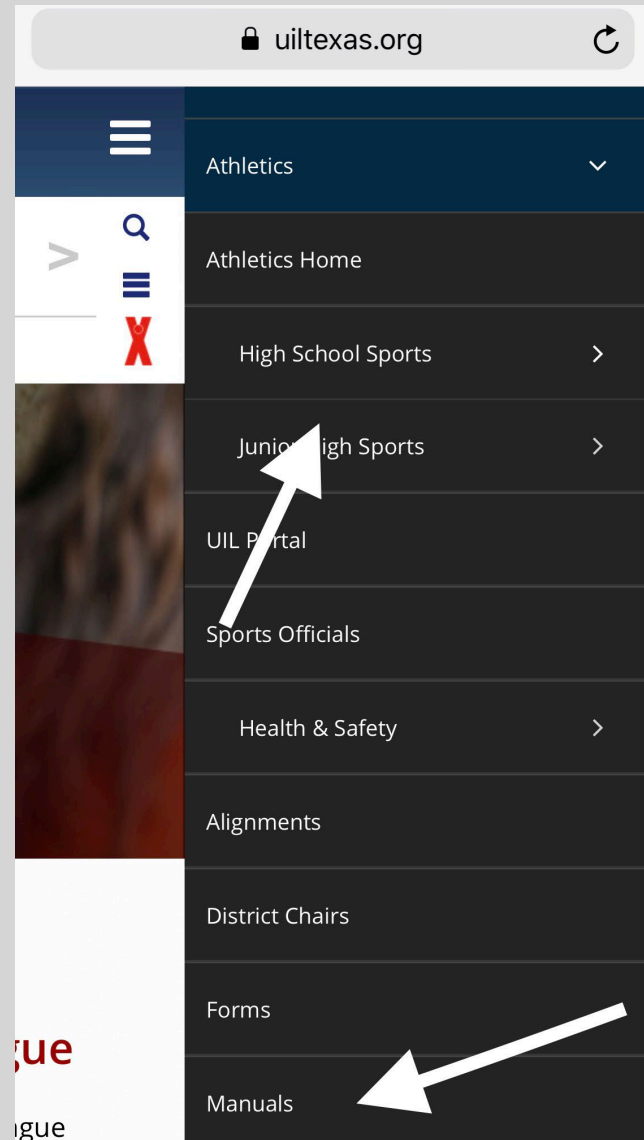
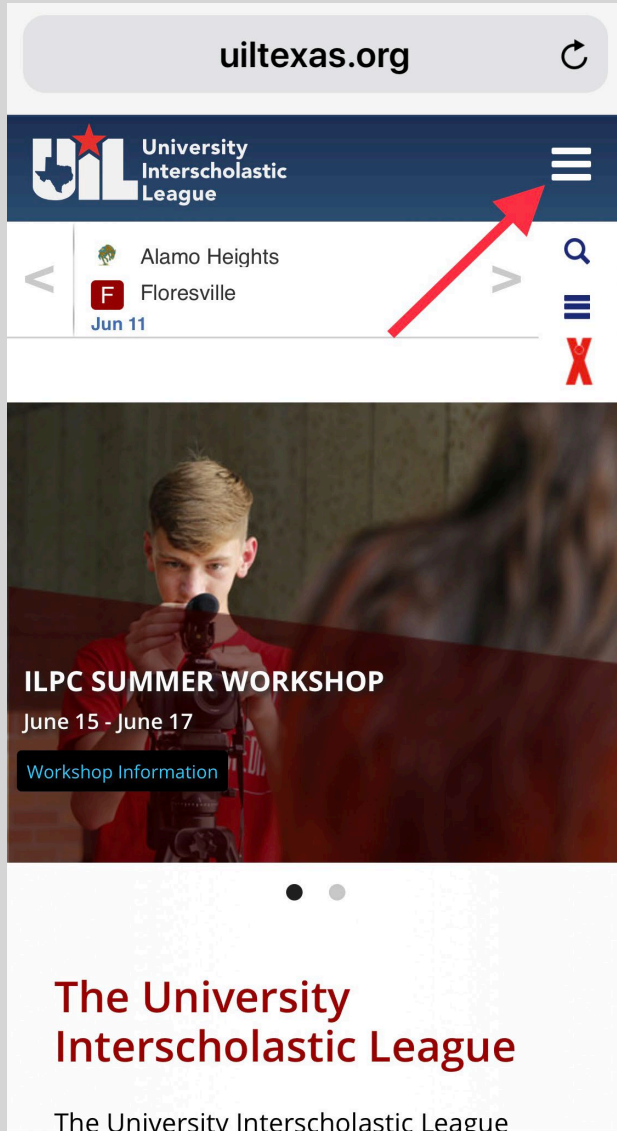
Junior High Manual

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 or 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 available on UIL Portal (C&CR 1202 (L))
 - 9) Safety/Risk Minimization for Cheerleading – local district determines the provider for training, and training must be completed prior to any student contact



Accessing the UIL Portal From your desktop

University Interscholastic League

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 +

The University Interscholastic League

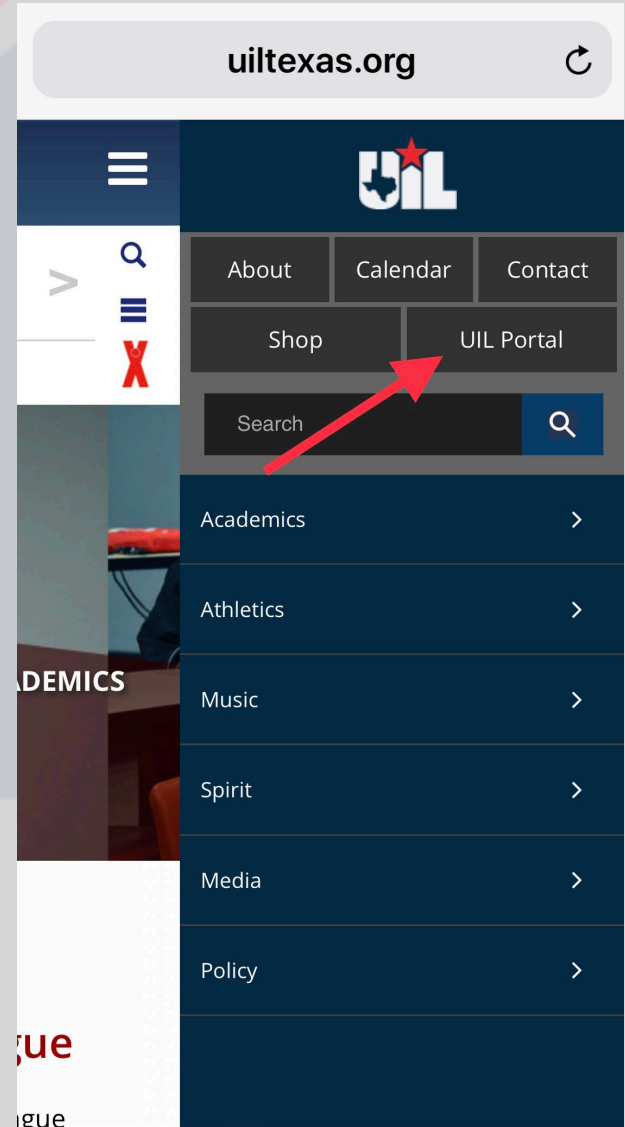
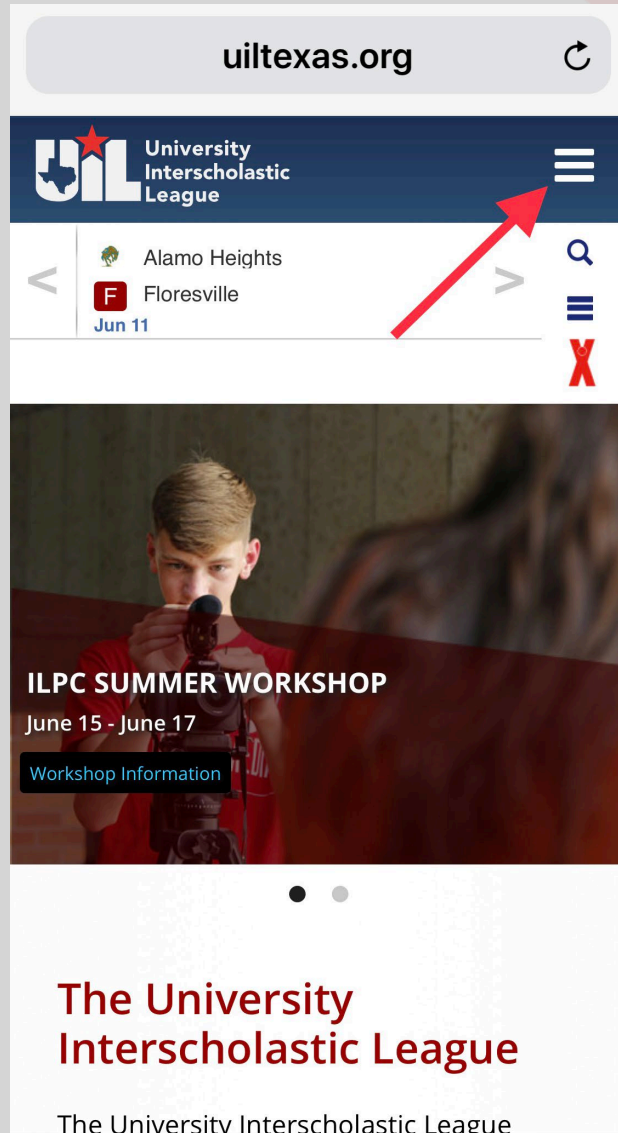
The University Interscholastic League exists to provide educational extracurricular academic, athletic, and music contests.

www.uiltexas.org

UIL Portal

Accessing the UIL Portal

From your phone





PRACTICE REGULATIONS (C&CR 1206)

Outside of 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 of 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:

- 12:01 am Sunday to midnight Saturday
- **School Week:**
 - 12:01 on 1st instructional day of the week to close instruction on the last day of the week

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

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

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
- Filed with the UIL.

Non-school Participation (Team Sports)

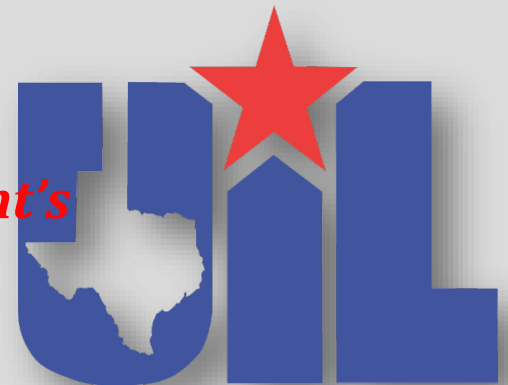
Team Sports

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.
- 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

SUMMER CAMPS (Team Sports)

- Allowed in BASEBALL, BASKETBALL, FOOTBALL, SOCCER, SOFTBALL AND VOLLEYBALL.
- After last day of the school year in May, June, July and before the second Monday in August.
- All students with the exception of students entering their second, third, or fourth year of high school may attend.
- 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.
- School Equipment- Schools may furnish school-owned equipment with the following exceptions:
 - 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

Miscellaneous Information

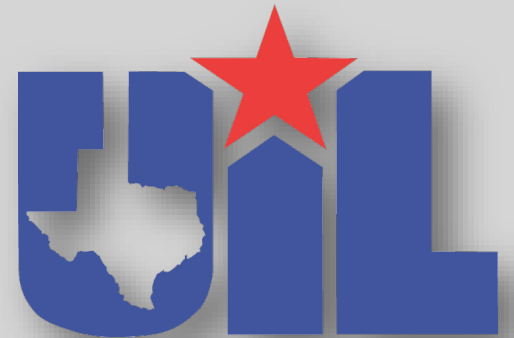




NFHS SOCCER PLAYING RULES

Playing Rules. The current National Federation Soccer Rules shall govern League Soccer. Rule books may be ordered from the NFHS customer service office (800-776-3462) or online at www.nfhs.org.

NFHS rulebooks may also be available for purchase on iTunes, Amazon and other online sites.





NFHS RULE CHANGES 2019 - 2020

3-4-3: The clock shall be stopped when a substitute by the team in the lead is beckoned on the field in the final five minutes of the second period only.

Rationale: Rule affected by change in 7-4-3.

4-3: Improperly Equipped Players (18-1-1u) Cautions will not be issued for improperly equipped player(s). If not immediately correctable, improperly equipped player(s) shall be instructed to leave the field of play when the ball next ceases to be in play. The player(s) may be replaced. The removed player(s), if not replaced, may re-enter at the next dead ball only after reporting to an official, who shall be satisfied the player's equipment and uniform are in order. Play shall not be stopped for an infringement of this rule except that the referee may stop play immediately where there is a dangerous situation.





NFHS RULE CHANGES 2019 - 2020

5-3-1d: The officials shall: (d) call out "play on" and, with an underswing of one or both arms, indicate a foul which was observed but shall go un-penalized because penalizing the offending team would give an advantage to the offending team. If the referee applies the advantage, which was anticipated but does not develop at that time, the referee shall penalize the original offense.

7-4-3 NEW: The clock shall be stopped when a substitute by the team in the lead is beckoned onto the field in the final five minutes of the second period only.
Rationale: Coaches in the lead will make multiple substitutions in the later stages of the match. This tactic is being used as a time-wasting ploy. Adding this rule will help the game to be decided by the players and not a coach who is wasting time when in the lead. These substitutes are usually players from the far side of the field that take more time off the clock.
This addition would stop this practice.





NFHS RULE CHANGES 2019 - 2020

9-2-1: The game is restarted with a drop ball:

- a. When the ball is caused to go out of bounds by two opponents simultaneously;
- b. When the ball becomes deflated;
- c. Following temporary suspension of play for an injury or unusual situation and a goalkeeper is not in possession of the ball
- d. When simultaneous fouls of the same degree occur by opponents.

9-2-3: The ball is dropped by an official from waist level to the ground. Any number of players may contest a dropped ball (including the goalkeepers); a referee cannot decide who may contest a dropped ball or its outcome.

Rationale: This addition helps to provide clarity in the application of this rule.





NFHS RULE CHANGES 2019 - 2020

9-2-5 (NEW): ART.5...The ball shall be dropped again if it touches a player before it touches the ground or leaves the field of play after it touches the ground without touching a player.

Rationale: This addition helps to avoid confusion and allow the rule to be more equitable under the circumstances.

9-2-6 NEW: ART.6...If a dropped ball enters the goal without touching at least two players, play is restarted with a goal kick if it enters the opponent's goal or a corner kick if it enters the team's own goal.

Rationale: This addition helps to avoid confusion and allow the rule to be more equitable under the circumstances.

9-3: In case of a temporary suspension due to injury or any unusual situation the game shall be started by a drop ball at the point where the ball was when the play was suspended (except as noted in 14-1-7), provided the ball was not in the goal area and not in the possession of the goalkeeper. 12-8-2



NFHS RULE CHANGES 2019 - 2020

Major Editorial Changes

4-2-6: Clarifies that the wearing of a cochlear implant is legal provided the device does not create the threat of injury.

Points of Emphasis

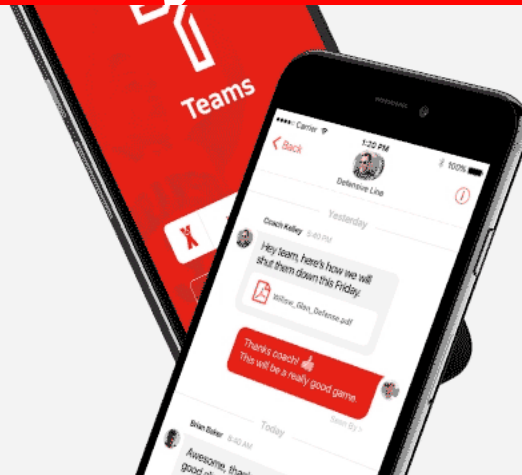
Prevention of Knee Injury

Pre-game Communication Between the School Administration and Game Officials

Officials Communicating Misconduct to Coaches



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- Sync your team's schedule with your iOS or Google calendar
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[Learn more at MaxPreps.com/teams](http://MaxPreps.com/teams)

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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