





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

Director of Athletics

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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 2020-2021

- <u>COACHES CERTIFICATION PROGRAM (CCP)</u> COACHES NOW REQUIRED TO HAVE ALL CCP COURSES DONE BY THE START OF THEIR FIRST PRACTICE OR THE START OF SCHOOL. WHICHEVER COMES FIRST.
- **PHYSICALS** FOR THE 2020-21 SCHOOL YEAR ONLY, ANY PARTICIPANT WHO HAS NOT PREVIOUSLY COMPLETED A PRE-PARTICIPATION PHYSICAL EXAMINATION (PPE), AND BEEN CLEARED FOR PARTICIPATION, WILL BE REQUIRED TO COMPLETE THE MEDICAL HISTORY FORM, AS WELL AS A PPE PRIOR TO PARTICIPATION IN ANY UIL PRACTICES, GAMES, PERFORMANCES, OR MATCHES.
- PRACTICE REGULATIONS SESSIONS FOR STRENGTH & CONDITIONING INSTRUCTION MAY BE CONDUCTED BY SCHOOL COACHES FOR STUDENTS IN GRADES 7-12 FROM THAT COACHES ATTENDANCE ZONE STARTING THE FIRST DAY OF SCHOOL. A STRENGTH AND CONDITIONING SESSION SHALL BE NO MORE THAN ONE HOUR PER DAY OUTSIDE THE SCHOOL DAY, MONDAY THROUGH FRIDAY, AND A STUDENT SHALL ATTEND NO MORE THAN ONE SESSION OF SUPERVISED INSTRUCTION PER DAY.

CONSTITUTION CHANGES 2020-2021

• <u>Eligibility (first Six-Weeks)</u>-

- (A) GRADES NINE AND BELOW. STUDENTS MUST HAVE BEEN PROMOTED FROM THE PREVIOUS GRADE.
- (B) SECOND YEAR OF HIGH SCHOOL. TWO AND ONE-HALF ACCUMULATED CREDITS
- (C) THIRD YEAR OF HIGH SCHOOL. TEN ACCUMULATED CREDITS OR AT LEAST TWO AND ONE-HALF CREDITS WITHIN THE LAST TWELVE MONTHS
- (D) FOURTH YEAR OF HIGH SCHOOL. FIFTEEN ACCUMULATED CREDITS OR AT LEAST TWO AND ONE-HALF CREDITS WITHIN THE LAST TWELVE MONTHS.
- <u>UNIFIED ACTIVITIES</u>— PILOT PROGRAM TO COLLABORATE WITH SPECIAL OLYMPICS TEXAS FOR UNIFIED SPORTS.
- <u>SEPARATED PARENTS</u>— SEPARATED PARENTS WILL NOW BE CONSISTENT WITH THE GUARDIAN RULE (3 YEARS).
- <u>AREA TRACK MEETS</u> AREA TRACK MEETS ARE NOW REQUIRED UNLESS THE TWO DISTRICTS ARE MORE THAN 150 MILES APART.



<u>UIL Staff Studies</u>

- Study the possibility of changing the Junior High start time for athletic contests.
- Study the possibility of adding 1A volleyball, softball, and baseball to their own district
- ✓ Study the possibility of adding a \$5 increase to official's fees for the 2021-22 school year





2020 COVID-19 Summer Guidelines

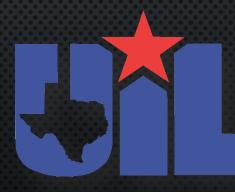
Everything in terms of strength & conditioning, sport specific instruction and camps is very different this summer. Make sure you are familiar with the COVID-19 athletics guidelines page on the UIL website:

www.uiltexas.org/athletics/covid-19-strength-conditioning-2020

COACHING REMINDERS

Know Your Rules Yearly Required Training Educate / Lead Your Staff

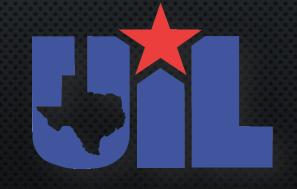
"I didn't know what the outcome would be but I committed to the purpose."



#coachingwithintent

KNOW YOUR RULES

- Make sure you have a sport rule book (NFHS, NCAA, USTA, USGA).
- **Download and / or print your <u>SPORT MANUAL</u>**
 - Manuals include C&CR sport plan language, NFHS rule changes, UIL rule changes and they are updated annually.
 - **Checklist Quick Reference for everything you need**
- Download or bookmark the Side by Side Manual
 - Will answer questions about no-pass / no-play, eligibility and more.
- **READ-READ-READ!!!**





UIL Coaches Checklist (Junior High) 2020-21

	CHECKLIST	REFERENCE	COMPLETION DATE
~	PRE-SEASON		
	Register/update profile in the UIL Portal	UIL Portal	Prior to 1st Practice
	Print and review Junior High Manual	Junior High Manual	Prior to 1st Practice
	UIL yearly coaching requirements (CCP & TEC) (manual, p. 17)	Coaching Requirements	Prior to 1 st Day of School
	Pre-Participation Physical Examination and Medical History Form. Keep on file. (manual, p. 18)	Athletic Forms	Prior to 1 st Practice
	Parent or Guardian Permit and Rules Acknowledgement Form. Keep on file. (manual, p. 19)	Athletic Forms	Prior to 1 st Practice
	Parent/Student Anabolic Steroid Use and Random Testing Form. Keep on file. (manual, p. 19)	Athletic Forms	Prior to 1 st Practice
	Concussion Acknowledgement Form. Keep on file. (manual, p. 19)	Athletic Forms	Prior to 1st Practice
	Sudden Cardiac Arrest Awareness Form. Keep on file. (manual, p. 19)	Athletic Forms	Prior to 1st Practice
	Review rules regarding eligibility for athletic contests (manual, p. 10)	C&CR Sec. 1478	Prior to 1st Practice
	Review Seventh and Eighth Grade Plan (manual, p. 8)	C&CR Sec. 1400	Prior to 1st Practice
	Review UIL rule changes (manual, p. 6)	UIL Rule Changes	Prior to 1st Practice
~	REGULAR SEASON		
~	POST-SEASON		

NEW 2020-2021 Checklists

Checklists for every sport have been created. All links are live and will take you right to the information you are looking for.
Will be on manual page.
Let us know if there is more you would like to see on these checklists.

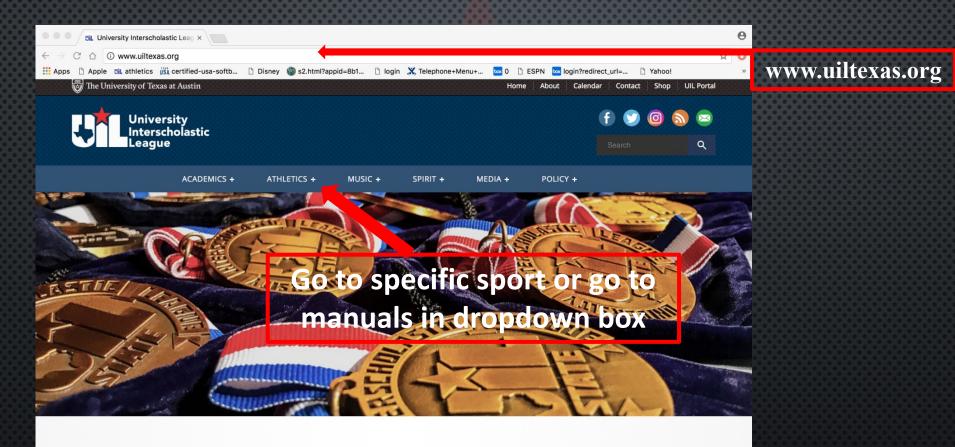
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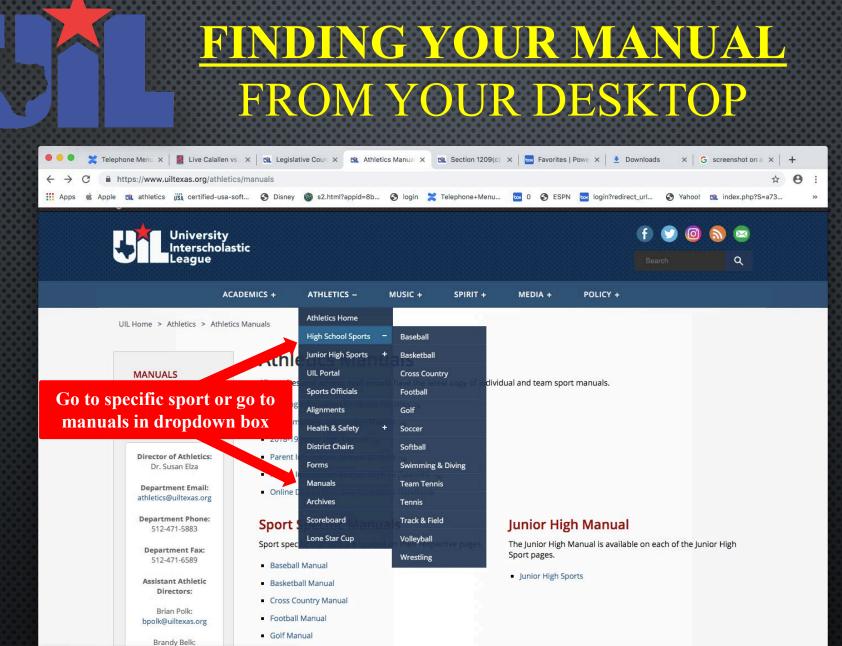






The University Interscholastic League

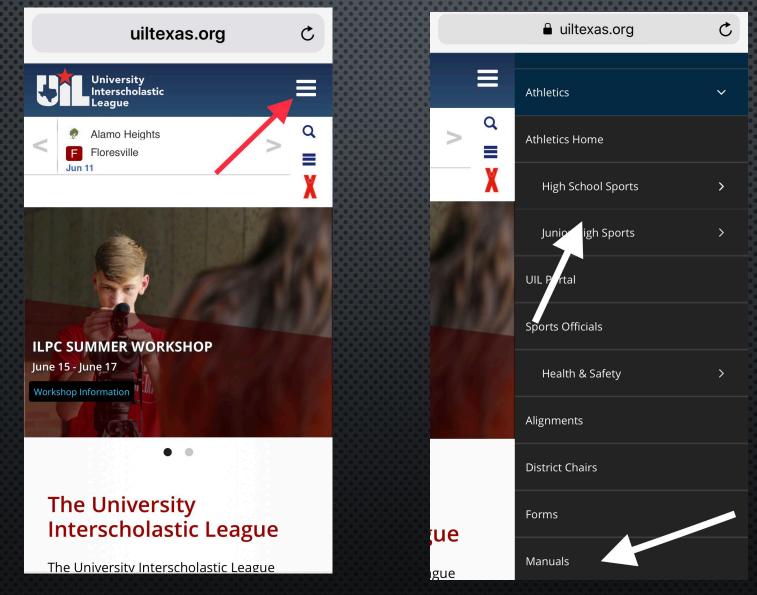
The University Interscholastic League exists to provide educational extracurricular academic, athletic, and music contests.



https://www.uiltexas.org/athletics/sports

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ACCESSING THE MANUALS FROM YOUR PHONE



UIL COACH EDUCATION AND TRAINING REQUIREMENTS (STATE LAW)

<u>CPR AND FIRST AID TRAINING</u> – MUST HAVE A CURRENT CERTIFICATION FILED WITH THE DISTRICT

<u>AED TRAINING</u> – MUST HAVE A CURRENT CERTIFICATION FILED WITH THE DISTRICT

<u>SAFETY TRAINING</u> – TRAINING PROVIDED BY UIL (CCP) PROGRAM, AND MUST BE COMPLETED PRIOR TO ANY CONTACT WITH STUDENTS

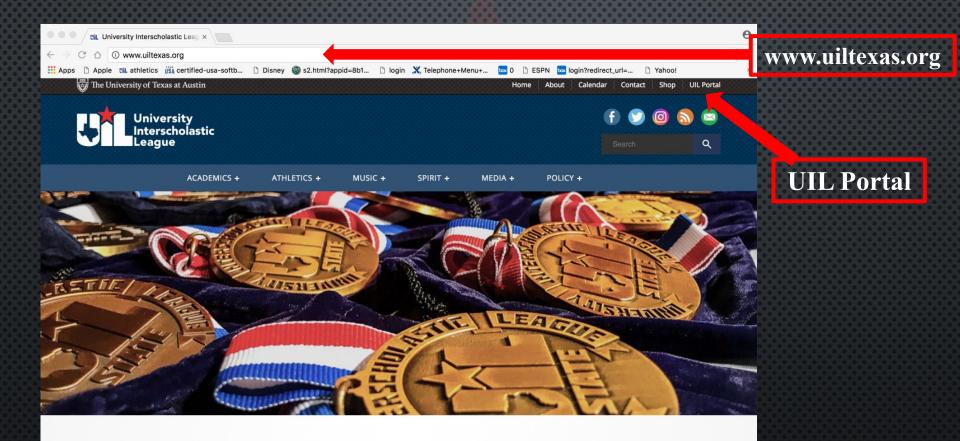
<u>CONCUSSION TRAINING</u> – TRAINING MUST BE COMPLETED ANNUALLY (2 HOURS EVERY OTHER YEAR/1 HOUR ANNUALLY)

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 **BIRST YEAR COACHES ONLY** - FUNDAMENTALS OF COACHING IN TEXAS (C&CR 1202 (L)) **SAFETY/RISK MINIMIZATION FOR CHEERLEADING COACHES** – LOCAL DISTRICT DETERMINES THE

PROVIDER FOR TRAINING, AND TRAINING MUST BE COMPLETED PRIOR TO ANY STUDENT CONTACT

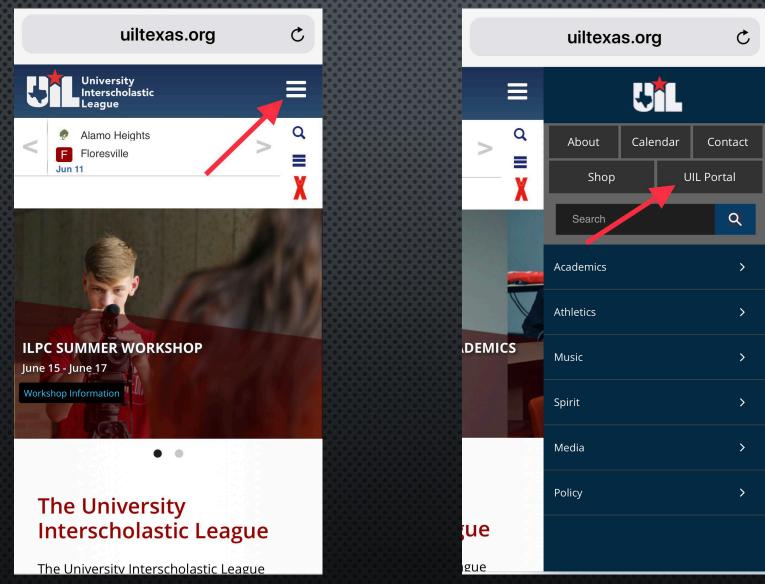




The University Interscholastic League

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

ACCESSING THE UIL PORTAL FROM YOUR PHONE



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

<u>HIGH SCHOOL</u> - ONE CONTEST PER <u>SCHOOL WEEK</u>:

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

Know Your <u>Sport</u> Yearly Game Limitations!! (See Manual)

SCHOOL WEEK:

12:01 ON 1ST INSTRUCTIONAL DAY OF THE WEEK TO CLOSE OF INSTRUCTION ON THE LAST INSTRUCTIONAL DAY OF THE WEEK

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.

<u>GENERAL REGULATIONS FOR</u> JUNIOR HIGH

<u>Scheduling.</u> 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 THAT ONE ATHLETIC PERIOD / PE CLASS EACH DAY.





ELIGIBILITY JUNIOR HIGH

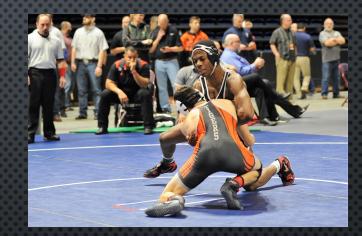
An INDIVIDUAL MAY PARTICIPATE IN ATHLETIC COMPETITIONS / CONTESTS AS A REPRESENTATIVE OF A PARTICIPANT SCHOOL IF HE / SHE:

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.

✓ <u>ATHLETIC CLASS</u>. 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 8THGRADE 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

SEXTH 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:

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 6^{TH} graders can be notified that they may tryout for the combined 7^{TH} and 8^{TH} 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

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 <u>exception</u> 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

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 <u>ALLOWS</u> 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)

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.

Individual Sports: Cross Country, Golf, Swimming, Tennis, Track and Field and

Wrestling (Guidelines are also applicable to team sports)

B. OUTSIDE THE SCHOOL YEAR

- YOU ARE ALLOWED TO COACH ATHLETES FROM YOUR ATTENDANCE ZONE.
- NO USE OF SCHOOL FUNDS.
- 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. **





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