



# Track & Field Cross Country Update



# AGENDA

- **UIL INFORMATION**
- **SPORT SPECIFIC**
- **COACHING REMINDERS**
- **RULES & REGULATIONS**
- **MISCELLANEOUS INFORMATION**





# ASSISTANT ATHLETIC DIRECTORS

## Director of Athletics

**Dr. Susan Elza**



**Brian Polk**



**Joseph Garmon**



**AJ Martinez**



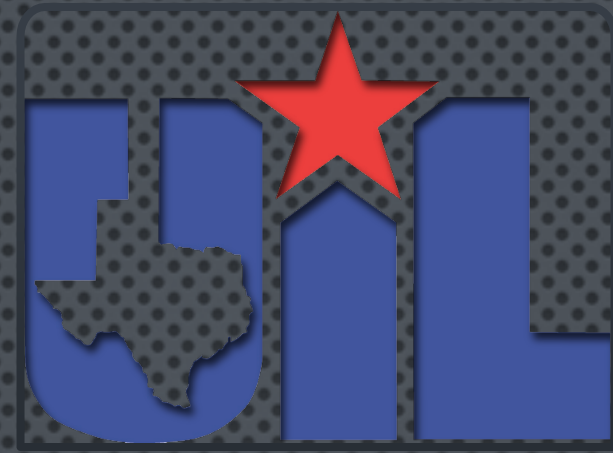
**Brandy Belk**





# 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

- COACHES CERTIFICATION PROGRAM (CCP) – 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

- ELIGIBILITY (FIRST SIX-WEEKS) –
  - (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.
- UNIFIED ACTIVITIES– PILOT PROGRAM TO COLLABORATE WITH SPECIAL OLYMPICS TEXAS FOR UNIFIED SPORTS.
- SEPARATED PARENTS– SEPARATED PARENTS WILL NOW BE CONSISTENT WITH THE GUARDIAN RULE (3 YEARS).
- AREA TRACK MEETS – AREA TRACK MEETS ARE NOW REQUIRED UNLESS THE TWO DISTRICTS ARE MORE THAN 150 MILES APART.







# UIL Staff Studies

- ✓ 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







# SPORT SPECIFIC INFORMATION





# NFHS Rule Changes 2020 (No New Rules for 2020-21)

- ✓ 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.
- \*\*Use 2019-20 Rule Books







# Track & Field Information 2020-2021

- ✓ 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!
- ✓ Indoor Track – Questions...







# CROSS COUNTRY INFORMATION 2020-2021

- REGIONAL MEET ON MONDAY – I DO NOT SEE THIS CHANGING
- STATE MEET – HAVE HAD SUGGESTIONS: 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



# **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."*







# 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.**
- ✓ **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 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 (UPDATED LANGUAGE FOR 2020-21)*
- *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 & 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** **(UPDATES FOR 2020-21 SCHOOL YEAR)**

## **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

- ✓ 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 7<sup>th</sup>-12<sup>th</sup> 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





# Leadership

- ✓ Positive Leadership – You have an incredible platform...
- ✓ 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!
- ✓ Be Pro-Active – Don't be a complainer!





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