



Champion

2nd
4th
6th
2020

Wrestling championships

3rd

2nd
4th
2020

Wrestling championships

Champion

3rd

Wrestling

5th



AGENDA

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



ASSISTANT ATHLETIC DIRECTORS

Director of Athletics

Dr. Susan Elza



Brian Polk



AJ Martinez



Joseph Garmon

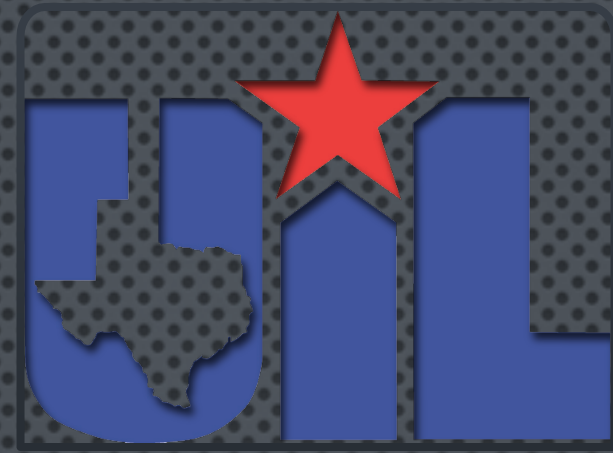


Brandy Belk



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





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



WRESTLING SPECIFIC INFORMATION



NFHS Rule Changes 2020-2021

- ✓ Rule 4-1-1c
 - ✓ Female wrestlers must wear an undergarment that completely covers their breast and that all wrestlers wear suitable undergarments that completely covers parts of the body.
- ✓ Rule 4-2-1 – Modified the hair rule
 - ✓ The length requirement of the rule has been removed and hair coverings are not mandatory
- ✓ Rule 4-5 – Clarified how opponents shall weigh in.
 - ✓ Opponents regardless of gender shall weigh-in together because of the modification of the rule that allows them to wear a legal uniform for weight-ins.
 - ✓ Opponents regardless of gender shall stand shoulder-to-shoulder for the weighing-in process
 - ✓ Referee or other authorized individuals (regardless of gender) are permitted to supervise weigh-ins



NFHS Rule Changes 2020-2021

- ✓ Rule 4-5-7 – Clarified the weigh in attire
 - ✓ Wrestlers are now permitted to weigh-in wearing a legal uniform with suitable undergarments.
 - ✓ Simplify the weigh-in process by having all competitors in the same area and can expedite the activity
- ✓ Rule 5-29-1 – Modified the definition of unnecessary roughness
 - ✓ Pulling an opponent's hair is a violation
- ✓ Rule 7-3-1 – Clarified the application of technical violation while a wrestler is attempting to flee.
- ✓ Rule 8-1-4 – Modified the administration of the stalling penalty
 - ✓ Upon the fourth stalling penalty, 2 pts awarded to opponent and given choice of position on restart
- ✓ Rule 8-2-9 – Modified how imminent scoring should be administered



UIL Wrestling Rule Changes 2020-2021

- ✓ Two-Pound Growth Allowance
 - ✓ December 27th
- ✓ Alternates at Regional and State Competition
 - ✓ **“Alternates will be weighed in with the other competitors in their respective weigh class. Alternates will be placed in the bracket if the advancing wrestler is unable to compete. An advancing wrestler unable to compete due to injury, not making weight, or not being present at the start of weigh-ins can only be replaced from the alternates from his/her same qualifying tournament. An alternate not present at the start of weigh-ins for his/her respective weight class and not registered on the official weigh-in sheet can not replace the advancing wrestler. Each alternate will be given a complimentary pass to be used for both days.”**



CONCERNS 2020-2021

- ✓ Weight Management – Mandatory for all UIL Wrestling Programs
- ✓ Appeals – Know your rules/dates, weight loss limits
- ✓ Weigh-ins, Skin Checks – Doing it right
- ✓ Duals/Tournaments – Know you school week limits
- ✓ Video Usage – Know the Rules... Too many coaches call wanting to protest and use video

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.





UIL Coaches Checklist
Wrestling
2020-21



	CHECKLIST	REFERENCE LINK	COMPLETION DATE
✓	PRE-SEASON		
	Register/update profile in the UIL Portal	UIL Portal	Prior to 1 st Practice
	Print and review Wrestling Manual	Wrestling Manual	Prior to 1 st Practice
	UIL coaching requirements (CCP & Texas Education Code, manual, p. 9)	Coaching Requirements	Prior to 1 st Practice
	Student participation required forms. Keep on file. (manual, p. 11)	Athletic Forms	Prior to 1 st Practice
	Varsity participation required forms. Keep on file. (manual, p. 11)	Athletic Forms	Prior to 1 st Practice
	Review rules regarding eligibility for athletic contests (manual, p. 10)	C&CR Sec. 400 & 403	Prior to 1 st Practice
	Review Wrestling Plan (manual, p. 8)	Wrestling Plan	Prior to 1 st Practice
	Review UIL Rule Changes (manual, p. 6)	UIL Rule Changes	Prior to 1 st Practice
	Review NFHS Rule Changes (manual, p. 7)	NFHS	Prior to 1 st Practice
	Complete PAPFs and file with UIL Office <ul style="list-style-type: none"> Apply/Complete any necessary Waivers and file with UIL 	PAPF Process Waiver Information	Prior to 1 st Practice
	Submit Individual Eligibility Form to district chair (UIL Portal)	UIL Portal	Prior to 1 st Contest
	Email Crystal Victorino if you are a new coach or at a different school	cvictorino@uiltexas.org	September 1
	Gain access to TrackWrestling and pay OPC membership fees	TrackWrestling	September 1
✓	REGULAR SEASON		
	Weight assessments begin		October 1
	Weekly recording of weights is required (manual, p.16), commit in TW		Weekly
	First day for meets and tournaments		November 9
	Final day for weight certifications		January 23
✓	POST-SEASON		
	Review State Qualifier's Handbook	Post-Season Packet	
	Submit entries to district director 5 days prior to district tournament		February 1

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.



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)

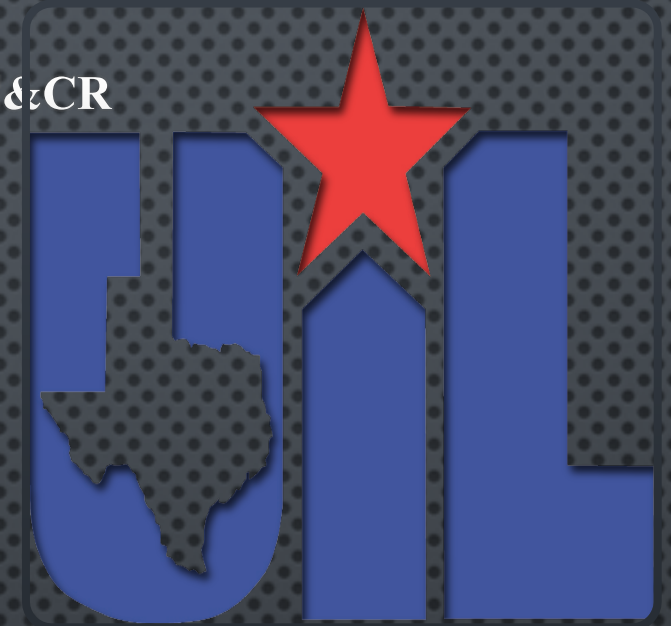


UIL COACHES EDUCATION AND TRAINING REQUIREMENTS

✓ 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*



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

VARSIY 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.





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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