



**TRACK & FIELD –  
CROSS COUNTRY  
2021-2022**

# AGENDA

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







**Director of Athletics:  
Dr. Susan Elza**



**Associate Athletic  
Director: Brian Polk**



**Assistant Athletic  
Director: Joseph  
Garmon**



**Assistant Athletic  
Director: AJ  
Martinez**



**Assistant Athletic  
Director:  
Brandy Belk**

# LEAGUE GOVERNANCE

- **Legislative Council** – Rule making body, 32 superintendents, all regions, all conferences represent
- **State Executive Committee (SEC)** – 12 school administrators appointed by the Commissioner of Education.
- **Waiver Review Board** – 12 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.



# UIL UPDATES 2021-2022

- **Strength & Conditioning During School Year** – Allows for 60 minutes of S&C outside the school day. This time may be used all year. No sport specific!
- **Physicals** – for the 2021-22 school year, all students entering seventh grade and their first and third year of high school must get a physical, any student that did not get a physical in 2020 regarding the above requirements must also get a physical for 2021.
- **Eligibility (First Six-Weeks)** – Back to traditional start



# UIL UPDATES 2021-2022

- **Assault of an Official - 33.081 E-1 of the Texas Education Code** – As a result of the passage of HB 2721 a participant who assaults an official will be suspended from participation for a minimum of two years.
- **Rules, Violations and Penalties** – changes to this section of the constitution more clearly reflects the authority of the district executive committee to suspend a school or team when a member of that team commits an assault on a sports official. This amendment would also require schools to develop policies for suspending a spectator who commits an assault on a sports official from future events.
- **NIL** – Not much for us right now...



# UIL UPDATES 2021-2022

**Homeschool** – Bill passed to allow for homeschool athletes to participate in UIL activities.

- Responsibility of the school district to allow, must notify UIL and DEC by August 1
- Must live within attendance zone, no option for waiver
- Must participate for public school if public school allows, cannot go to Charter first
- Not eligible if they drop out from public into homeschool
- Homeschool student that has moved within previous 12 months REQUIRES DEC Hearing
- Must only compete in UIL
- Must follow regulations our kids follow during school day
- Must turn in grades during the same time frame the school district has grade checks
- Responsibility is on the school...
- Realignment process is still being evaluated





A high jumper in a blue uniform is captured mid-air, clearing a bar. The background is a blurred stadium setting. The text is overlaid in the center of the image.

**TRACK & FIELD –  
CROSS COUNTRY  
SPECIFIC  
INFORMATION**



# CROSS COUNTRY INFORMATION

## 2021-22

- Cross Country Calendar – Back to traditional. Posted on our site.
- Regional Meet on Monday – Sites may end up having option of a one or two day meet. Regional site issues...
- State Meet – Looking to stay with a two-day-meet. Released soon.
- 4A and Below Distance – Continues to be a hot topic, does not have a majority at this point.



# TRACK & FIELD INFORMATION 2021-22

- Track & Field Calendar – Back to traditional. Posted on our site.
- 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 – Went to a three day schedule due to Site and protocols, we do not know what we will do moving forward at this point, but looking to keep the three day format!



# COACHING REMINDERS

1. KNOW YOUR RULES
2. YEARLY REQUIRED TRAINING
3. REGULATIONS
4. ELIGIBILITY



*“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.
- Checklists – New feature on UIL Website
- Download or bookmark the Side by Side Manual
  - Will answer questions about no-pass / no-play, eligibility and more.





UIL Coaches Checklist  
Cross Country  
2021-22

	CHECKLIST	REFERENCE LINK	COMPLETION DATE
✓	<b>PRE-SEASON</b>		
	Register/update profile in the UIL Portal	<a href="#">UIL Portal</a>	Prior to 1 <sup>st</sup> Practice
	Print and review Cross Country Manual	<a href="#">Cross Country Manual</a>	Prior to 1 <sup>st</sup> Practice
	UIL yearly coaching requirements (CCP & TEC) (manual, p12)	<a href="#">Coaching Requirements</a>	Prior to 1 <sup>st</sup> Practice
	Student participation required forms. Keep on file. (manual, p. 14)	<a href="#">Athletic Forms</a>	Prior to 1 <sup>st</sup> Practice
	Varsity participation required forms. Keep on file. (manual, p. 14)	<a href="#">Athletic Forms</a>	Prior to 1 <sup>st</sup> Practice
	Review rules regarding eligibility for athletic contests (manual, p. 13)	<a href="#">C&amp;CR Sec. 400 &amp; 403</a>	Prior to 1 <sup>st</sup> Practice
	Review Cross Country Plan (manual, p. 10)	<a href="#">Cross Country Plan</a>	Prior to 1 <sup>st</sup> Practice
	Review UIL rule changes (manual, p. 8)		
	Review NFHS rule changes (manual, p. 9)	<a href="#">NFHS</a>	Prior to 1 <sup>st</sup> Practice
	Complete PAPFs and file with UIL Office	<a href="#">PAPF Process</a>	Prior to 1 <sup>st</sup> Practice
	Submit Individual Eligibility Form to district chair (UIL Portal)	<a href="#">UIL Portal</a>	Prior to 1 <sup>st</sup> Contest
✓	<b>POST-SEASON</b>		
	Submit District Entries to DEC		5 days prior to meet
	District Certification submitted by District Chair to Regional Host		October 16
	Regional Tournament	<a href="#">Regional Sites</a>	October 25
	State Tournament	<a href="#">State Meet</a>	November 6

\*ONLINE version of the Coaches Checklist can be found on the UIL Cross Country web page. ([Cross Country Forms](#))

# CHECKLIST

- 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 COACHES 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))
  - Constitution & Contest Rules
  - Ethics
  - UIL Steroid Education
  - Safety Training (state law)
  - Concussion Training (state law)
  - Sport Specific Training – each sport has a separate module
  - **Football Coaches ONLY** – Best Practices in Tackling certification
  - **First 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

# 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





# 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.



A group of female athletes in white and green athletic wear are running on a grassy track. They are captured in motion, with their hair and clothing slightly blurred, suggesting speed. In the background, a large crowd of spectators is visible, seated in bleachers. The overall scene is bright and outdoors, likely during a track and field event.

# UIL ELIGIBILITY



# ELIGIBILITY: 1<sup>ST</sup> 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/Homeschool
- Academically eligible

## Junior High Eligibility

- Full time student/Homeschool
- 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



# ELIGIBILITY: PAPF (Previous Athletic Participation Form **NEW**)

- *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.







# UIL CONTACTS & LINKS



# LINKS FOUND ON UIL WEBSITE

- Constitution & Consent Rules (C&CR)
- TEA – UIL Side-by-side
- Athletic Rules (Section 1200 through 1210 C&CR)
- Rules Violations and Penalties (Section 1207 C&CR)
- Booster Club Guidelines
- Summer Strength and Conditioning Regulations
- Non-School Participation Regulations





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## **LEADERSHIP**

- ✓ **Positive**
- ✓ **Don't Compare**
- ✓ **Be Pro-Active**
- ✓ **Social Media**