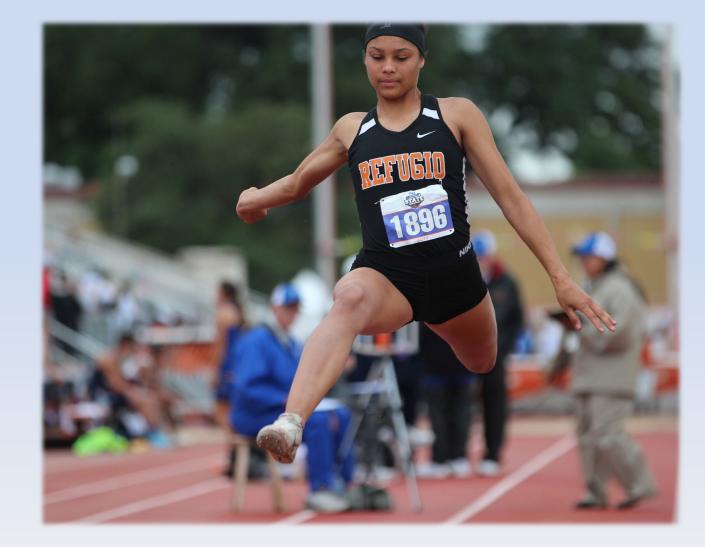
TRACK & FIELD – CROSS COUNTRY 2021-2022

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



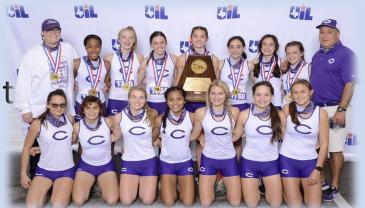
Assistant Athletic Director: AJ Martinez



Assistant Athletic Director: Brandy Belk

LEAGUE GOVERNANCE

- Legislative Council Rule making body, 32 superintendents, all regions, all conferences represent
- <u>State Executive Committee (SEC)</u> 12 school administrators appointed by the Commissioner of Education.



- <u>Waiver Review Board</u> 12 person committee, reviews decisions of the UIL Waiver Officer on appeals.
- <u>District Executive Committee (DEC)</u> 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

- <u>Assault of an Official 33.081 E-1 of the Texas Education Code</u> 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.
- <u>Rules, Violations and Penalties</u> 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.
- <u>NIL</u> Not much for us right now...



UIL UPDATES 2021-2022

<u>Homeschool</u> – 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 withing 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



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

CROSS COUNTRY INFORMATION 2021-22

- Cross Country Calendar Back to traditional. Posted on our site.
- <u>Regional Meet on Monday</u> Sites may end up having option of a one or two day meet. Regional site issues...
- **<u>State Meet</u>** Looking to stay with a two-day-meet. Released soon.
- <u>4A and Below Distance</u> 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...
- <u>**Relay Points**</u> We double score the relays, have had some folks wanting us to single score the relays.
- <u>State Meet Schedule</u> 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 <u>SPORT MANUAL</u>
 - 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 an more.



UIL Coaches Checklist Cross Country 2021-22

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

- <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))
 - Constitution & Contest Rules
 - Ethics
 - UIL Steroid Education
 - Safety Training (state law)
 - Concussion Training (state law)
 - Sport Specific Training each sport has a separate module
 - <u>Football Coaches ONLY</u> Best Practices in Tackling certification
 - First Year Coaches ONLY Fundamentals of Coaching in Texas (C&CR 1202 (L))
 - <u>Safety/Risk Minimization for Cheerleading Coaches</u> 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

- <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
- <u>No Post-District Competition</u>: There shall be no post-season playoffs or competition in any athletic event.





UIL 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/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 <u>NEW</u> students in grades 9-12 who have:*
- **Required** if a student <u>practiced</u> or <u>participated</u> with a former school in grades 8-12 in any UIL athletic activity.
- <u>New school</u> 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 <u>varsity</u> 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





Dr. Susan Elza (UIL Director of Athletics) 214-418-3591 Brian Polk (Associate Athletic Director) 903-821-4242 Brandy Belk (Assistant Athletic Director) 512-635-6634 AJ Martinez (Assistant Athletic Director) 361-816-1281 Joseph Garmon (Assistant Athletic Director) 361-244-0497

LEADERSHIP

- ✓ <u>Positive</u>
- ✓ Don't Compare
- ✓ <u>Be Pro-Active</u>
- ✓ Social Media