

FOOTBALL



WRESTLING

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 represented
- **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



2021-2022

UIL Changes and Amendments:

GENERAL

- **Section 1204 – Officials Pay**- Effective the 2021-22 school year the portal-to-portal travel reimbursement for the UIL Officials Fee Schedule (1204) removes the last mileage range (91-120.9 miles) initiating travel reimbursement at 91 miles in place of the original 121 miles. (Dillon, put link here to new mileage information)
- **Section 1207 Rules, Violations and Penalties**– Changes to this section of the constitution more clearly reflects the authority of the District Executive Committee and the State 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.

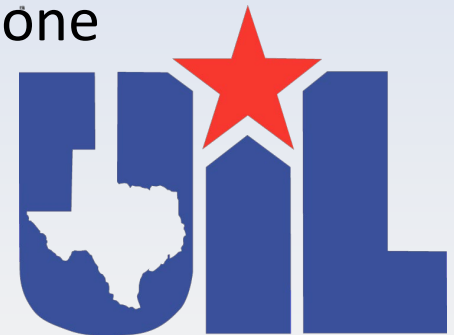


2021-2022

UIL Changes and Amendments:

GENERAL

- **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.
- **Spectator Policies** – Schools shall develop policies for preventing any spectator who commits assault of a sports participant, inclusive of officials, from attending future events in activities sanctioned by the UIL.
- **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. ***This is for sports in off-season only.***



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



June Legislative Council

2021-22 UIL STAFF STUDIES

- A proposal to modify the available playing options in post season baseball.
- A proposal to add a 3rd division/conference in swimming and diving

A photograph of a wrestling match in progress on a blue mat. Two wrestlers are on the mat, one in a white singlet and the other in a maroon singlet. The maroon singlet has "WRESTLING" written on it. The background is blurred, showing spectators and other people. A large, bold, black text box is overlaid on the center of the image.

WRESTLING SPECIFIC INFORMATION

WRESTLING INFORMATION 2021-22

- Wrestling Calendar – Back to traditional. Posted on our site.
- 8 Tournament Limit – Back to regular tournament guidelines.
- Weight Management – Mandatory for all UIL Wrestling Programs
- Appeals – Know your rules/dates, weight loss limits
- District Certification – February 5, 2022
- Regional Meets – February 11-12, 2022
- State Meets – February 18-19, 2022



NFHS RULE CHANGES 2021

- **Rule 4-5-7** - Any length socks should be acceptable to wear during weigh-in.
 - All contestants shall weigh-in wearing a legal uniform (4-4-1) and a suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh-in wearing shoes or ear guards. Female contestants shall also wear a suitable form-fitted compression undergarment that completely covers their breasts. Contestants may wear ~~low-cut~~ socks that cannot be removed or added if the wrestlers do not make weight.
- **Head, Neck & Cervical** - With the addition of a head/neck/cervical injury timeout definition and separate injury rule, this amendment is needed to accommodate the medication of this injury timeout rule as it relates to bad time.



NFHS RULE CHANGES 2021

- **Rule 1-4-3** - Representation, 5 matches in any one day of competition
 - Exception: No wrestler shall wrestle in more than six matches (championship or consolation), excluding forfeits in any one day of a tournament conducted by the state high school association for qualification to the state high school championships or the championships themselves.
- **Rule 4-4-1** – Weight Classifications
 - Weight classes will remain the same for the 2021-22 UIL wrestling season.



COACHES 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.
- 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
2021-22

	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 8
	Final day for weight certifications		January 22
✓	POST-SEASON		
	Review State Qualifier's Handbook	Post-Season Packet	
	Submit entries to district director 5 days prior to district tournament		January 31

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 any additional information 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



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.





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
- 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



ELIGIBILITY: PAPF (Previous Athletic Participation Form)

- *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.

**** A PAPF does not have to be 'filed' in the
UIL office before a student can participate, it only
needs approval from the DEC. ****

**UIL office
needs approval from**



NON-SCHOOL PARTICIPATION INDIVIDUAL SPORTS

***Individual Sports: Cross Country, Golf, Swimming, Tennis, Track and Field and Wrestling
(Guidelines are also applicable to team 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.

B. Outside the school year:

- 1) You are allowed to coach athletes from your attendance zone.
- 2) No use of school funds.
- 3) 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.*****



A background image of a wrestling match in a gymnasium. Two wrestlers are in a low, ready position on a red mat. The gymnasium is filled with spectators in blue seats. There are signs for 'EXIT', '120', and '132' visible. A person in a red shirt with 'KATY' on it is also visible.

UIL CONTACTS & LINKS

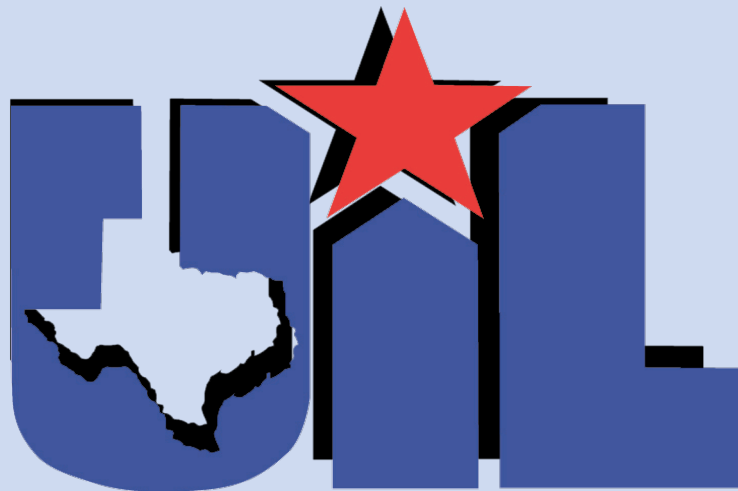
LINKS FOUND ON UIL WEBSITE

- 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



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!



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