



2022-23

UIL CCP

Golf, Swimming & Diving, Tennis, Water Polo, Wrestling



**Director of Athletics
Dr. Susan Elza**



**Assistant AD
AJ Martinez**



**Assistant AD
Joseph Garmon**



**Assistant AD
Brandy Belk**



Athletic Staff



AGENDA

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

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.



2022-2023 FROM JUNE 2022 COUNCIL



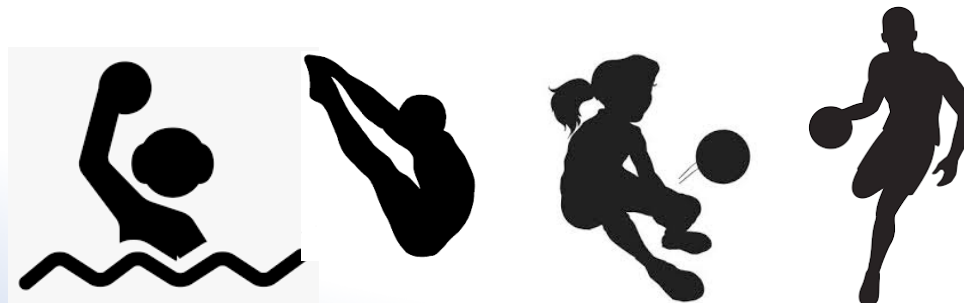
Changes and Amendments:

GENERAL

- Section 1206 – School Practice and Game Restrictions- The language for off-season and summer strength and conditioning has been updated in the C&CR.
- Section 1206, School Practice and Game Restrictions – An update was made to a P.E. class and a class added to the list of courses for which there is an exception to the UIL rule that limits enrollment in physical education (PE) courses during the school day (Lifetime Recreation and Outdoor Pursuits replaces Adventure/Outdoor Education; Innovative Course: Team Sports Officiating was added).
- Section 1204(m), Flat Fee Schedule and Travel Reimbursement – Effective 2022-23, travel reimbursements for sport officials has been increased by \$5.00.
- Section 1204(m), Flat Fee Schedule and Travel Reimbursement – Effective 2023-24 a ten-year compensation plan for sports officials will begin. (fee increases every 3 years)
- Reclassification/Realignment – Allows UIL staff to place charter schools no more than one conference higher than the charter school's enrollment qualifies. (previously, was lowest enrolled school within ISD attendance boundary where charter school is located)

What's New...

- Water Polo – Starts August 1st
- Swim/Dive - 4A & below conference
- 1A / 2A Volleyball – alignments splitting
- TABC Showcase –one-year pilot for boys basketball(Revisit in October council).





Athletic Staff Responsibilities

2022-2023 WHO DOES WHAT NOW?

Joseph
Garmon

Team Tennis

Cross Country

Basketball

Soccer

Spring Tennis

Track & Field

AJ Martinez

Football

Golf

Wrestling

Water Polo

Baseball

Brandy Belk

Volleyball

Spirit

Swim & Dive

Basketball

Softball

CCP/Athletic
Policy

PRACTICE REGULATIONS

(C&CR 1206)

Outside The School Year:

- 1 Practice – Cannot exceed 3 hours
- 2 Practices – Cannot exceed 5 hours
 - 3 hours is maximum length of a single practice
 - More than 1 practice scheduled, must have minimum of 2 hour rest break
- Cannot schedule more than one practice on consecutive days. Exception: Volleyball & **Water Polo**

In-Season for Team Sports / School Year Individual Sports **PRACTICE REGULATIONS ALL SPORTS**

School is In-Session

- **Eight Hour Rule** – Practice outside the school day, from the beginning of the school week through the end of the school week (excluding holidays), is limited to a maximum of eight hours per school week per activity
- The in-school athletic period does not count towards the allotted 8 hours
- Any time used in connection with a practice that is not part of the athletic period counts as part of the 8 hours.
- **Individual sports coaches** - coaching kids in select / club during the school year, school and club practice combined cannot exceed 8-hours during school week.



CONTEST REGULATIONS

- High School – one contest per *school week*:
 - See specific sport for calendar week limits.
 - Per activity - per student
- Junior High – one contest per *calendar week*:
 - See specific sport for week limits

DIFFERENCE BETWEEN CALENDAR AND SCHOOL WEEK:

- Calendar Week: 12:01 am Sunday to 11:59 pm Saturday
- School Week: 12:01 on 1st instructional day of the week to close of instruction on the last instructional day of the week



GENERAL REGULATIONS

JUNIOR HIGH / MIDDLE SCHOOL

- **Scheduling**: No game, contest, scrimmage or tournament, including district competition, shall begin prior to the end of the academic school day for all participants
- **ONE** contest in a calendar week, can also play a tournament in same calendar week.
- **Length of Season**: Know the number of days to complete seasons. Days start counting on the first day of try-outs or practice, whichever is first. Section 1478.
- **No Post-District Competition**: There shall be no post-season playoffs or competition in any athletic event.

2022-2023 PLAYER EJECTIONS

- Player Ejection. Any player ejected from a contest is subject to an automatic penalty. The automatic penalty for such an ejection is as follows:
 - (A) Football. Ejected player misses the rest of the game in which they were ejected plus the first half of the following game.
 - (B) Other Team Sports. Ejected player misses the rest of the game in which they were ejected plus all of the following game.
 - Soccer Exception. This Section does not alter the current point penalty structure for soccer player ejections, as required by National Federation of State High School Associations soccer playing rules, that is outlined in the soccer coaches' manual.
- Any player ejected from a contest is subject to an automatic penalty as described above. Player ejections **cannot** be overturned by a game official and/or chapter. If a coach has a question following a contest with a player ejection, the coach should contact UIL.







OTHER REMINDERS



- PLAYING RULE CHANGES
- COACHES TRAINING REQUIREMENTS
- STUDENT PARTICIPATION: REQUIRED FORMS

"I didn't know what the outcome would be but I committed to the purpose."

KNOW THE RULES

- Make sure you have a sport rule book (, , , ).
 - Playing rules are not UIL rules, know the difference between playing rules and UIL eligibility and policy rules.
 - Make sure you have the appropriate playing rules book for your sport and know new rules each year.
- Bookmark your **SPORT MANUAL**
 - **NEW:** Starting with the 2022-23 school year manuals will be digital and can be found on the left-side menu on your sports page.
 - Information is organized in an easy-to-find manner.
- Download or bookmark the Side by Side Manual
 - Will answer questions about no-pass / no-play, eligibility and more.



YEARLY UPDATE

2022-2023 COACHES REMINDERS

- **Coaches Certification Program (CCP)** – Coaches are required to have all CCP courses done by the start of their first practice or the start of school, whichever comes first.
- **Live streaming** –During the regular season, live streaming is permitted by mutual agreement of the two schools. During the postseason, the NFHS owns the rights to all games so a request form must be submitted and approved in order to be able to livestream a postseason contest.
- **Checklists** - Checklists for every sport have been created. All links are live and will take you right to the information you are looking for. Checklists are on each sports manual page.

2022-2023: CHECKLISTS



UIL Coaches Checklist Water Polo 2022-23

	CHECKLIST	REFERENCE	COMPLETION DATE
✓	PRE-SEASON		
	Register/update profile in the UIL Portal	UIL Portal	Prior to 1 st Practice
	Print and review Water Polo Manual	Water Polo Manual	Prior to 1 st Practice
	Update Coach's Name in MaxPreps	MaxPreps	Beginning of school year
	UIL yearly coaching requirements (CCP & TEC) (manual, p. 8)	Coaching Requirements	Prior to 1 st Practice
	Student participation required forms. Keep on file. (manual, p. 9)	Athletic Forms	Prior to 1 st Practice
	Varsity participation required forms. Keep on file. (manual, p. 10)	Athletic Forms	Prior to 1 st Practice
	Review rules regarding eligibility for athletic contests (manual, p. 8)	C&CR Sec. 400 & 403	Prior to 1 st Practice
	Review Water Polo Plan (manual, p. 6)	Water Polo Plan	Prior to 1 st Practice
	Review UIL rule changes (manual, p. 5)	UIL Rule Changes	Prior to 1 st Practice
	Review NFHS rule change (manual, p. 6)	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
✓	REGULAR SEASON		
	First Day of Practice		August 1
	First Day of Interschool Scrimmages		August 5
	First Day of Interschool Games		August 8
	Update schedule and record on MaxPreps	MaxPreps	Ongoing
✓	POST-SEASON		
	Review Water Polo Post Season Packet	Post Season Packet	
	District Certification by District Chair	Certification Instructions	October 8

- 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.

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)



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, 1.0 & 2.0
 - 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



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 & Junior High

An individual is eligible to participate if they are...

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.*****



2022-23 TEAM TENNIS & TENNIS

- **TEAM TENNIS:**

- District Certification – October 8, 2022
- State Tournament – October 26-27, 2022

- **SPRING TENNIS:**

- District Certification – April 5, 2023
- State Meet – April 25-26, 2023



TEAM TENNIS:

Classifications. Three classifications for regional and state meets for Team Tennis:

- Conference 4A, 5A, 6A (Boys & Girls)

TENNIS:

- Boys', Girls' Divisions.
 - High school boys, singles and doubles,
 - High school girls, singles and doubles; and
 - Mixed doubles.

(2) Entries. At the district meet, each school may enter two boys' singles and two girls' singles, two boys' doubles and two girls' doubles, and two mixed doubles teams.



2022-23 SWIM & DIVE DATES

An official starting date for swimming and diving is not set by UIL. A starting date should be set by local school administration.

- **5A / 6A:**

- District Certification – January 28, 2023
- Regional Meet Deadline – February 4, 2023
- State Meet – February 17 & 18, 2023

- **4A and below:**

- District Certification – January 21, 2023
- Regional Meet Deadline – January 28, 2023
- State Meet – February 9 & 10, 2023



2022-23 WATER POLO DATES

- **First Day of Practice-** August 1, 2022
- **First Day of Interschool Scrimmages-** August 5, 2022
- **First Day of Interschool Games-** August 8, 2022
- **District Certification-** October 8, 2022
- **Bi-District-** October 11, 2022
- **Area-** October 15, 2022
- **Regional Quarterfinal-** October 18, 2022
- **Regional Tournament-** October 22, 2022
- **State Championships-** October 29, 2022



2022-23 GOLF DATES

- District Certification Deadline – April 8
- Regional Meets – April 17-20
- State Meet (Girls) – May 15-16
- State Meet (Boys) – May 22-23

School Week Limitation. No student representing a member school shall participate in more than eight invitational tournaments (more than three schools represented) during the school year, excluding district, regional and state meets.

WRESTLING DATES – 2022-23

October 1 – First day for minimum weight certification

November 7 – First day for meets and tournaments

January 21 – Last day for all weight certifications
(2 weeks prior to district certification)

February 4 – District Certification

February 10-11 – Regional Meet

February 17-18 – STATE MEET



NEW WEIGHT CLASSES

Effective 2022-23 Season

Girls – 12 Weight Classes

100, 107, 114, 120, 126, 132,
138, 145, 152, 165, 185, 235

Boys – 14 Weight Classes

106, 113, 120, 126, 132, 138, 144,
150, 157, 165, 175, 190, 215, 285



UIL Director of Athletics
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Athletics Staff Contacts



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