



**CROSS COUNTRY**  
**– TRACK & FIELD**  
**2022-2023**

# AGENDA

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



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



**Assistant AD:  
AJ Martinez**



**Assistant AD:  
Joseph Garmon**



**Assistant AD:  
Brandy Belk**



***Athletic Staff***

# 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



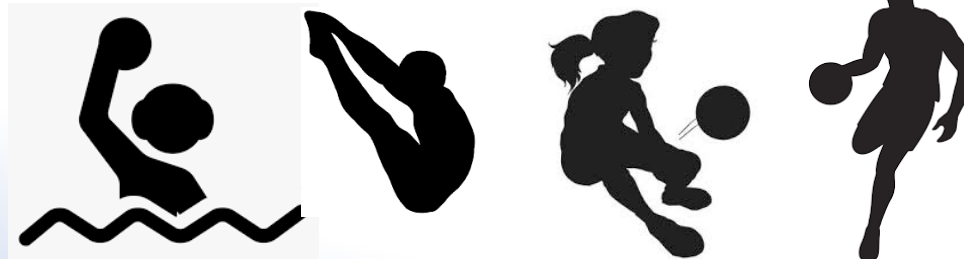
# Changes and Amendments:

## 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 1<sup>st</sup>
- 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



# **CROSS COUNTRY – TRACK & FIELD**

- Practice Regulations
- Contest Regulations
- Coaches Reminders
- Summer S&C And Skill  
Instruction



# CROSS COUNTRY INFORMATION 2022-23

- Cross Country Calendar – Posted on our site.
- Regional Meet– All regional sites will have two day meet.
- State Meet – Will remain two day meet as well.



# TRACK & FIELD INFORMATION

## 2022-23

- Track & Field Calendar –Posted on our site.
- Event Scoring – Score to 6 places, proposal to score to 8 at Legislative Council
- State Meet Schedule – Three day format still in place



# CROSS COUNTRY – TRACK & FIELD CALENDAR

## Cross Country

- District Certification Deadline – October 15
- Regional Meets – October 24-25
- State Meet – November 4-5

## Track & Field

- District Certification Deadline – April 15
- Area Meet Deadline – April 22
- Regional Meets – April 28-29
- State Meet – May 11-13

## COACHES REMINDER

# 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.
- **Summer Regulations** – Monday-Friday, S&C plus 90 minutes of sport specific instruction, not to exceed 60 minutes in any one sport.
- **Strength & Conditioning During School Year** – Allows for 60 minutes of S&C outside the school day for sports that are in off-season. This time may be used all year. No sport specific instruction is allowed during this time.
- **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.
- **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.



# PRACTICE REGULATIONS **IN-SEASON**

## 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. (Dress, video/meetings, etc.)

# PRACTICE REGULATIONS **IN-SEASON**

School is **NOT** In-Session:

- Maximum length of a single practice is 3 hours
- When two practices will happen in a day, a minimum of a 2 hour break must happen between the two practices
- If two practices happen, the total of both practices must not exceed 5 hours

# PRACTICE REGULATIONS OFF-SEASON

## School is In-Session

- Strength & Conditioning Instruction – teams in the off-season are allowed one hour of strength & conditioning instruction outside of the school day.
  - Athletes may only attend one, 1-hour session each day, Monday-Friday.
  - No skill instruction or equipment is allowed during this hour of S&C instruction.
- Skill Instruction - is only allowed during the athletic period for off-season sports.



# 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 Midnight Saturday
- School Week: 12:01 on 1<sup>st</sup> 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.

# RESCHEDULING GAMES DUE TO WEATHER

- District varsity contests postponed by weather or public disaster, may be made up as an exception to the school week provided they are rescheduled and played on the next available date, other than Sunday, on which another district contest is not scheduled.
- Junior varsity, freshman and junior high teams ***may not*** play postponed matches / games as an exception to the school week.



# GAMES RESCHEDULING: EXAMPLE

- Next available date (that another district game is not scheduled)
  - Game scheduled for Friday, postponed due to icy roads
    - Next available date is Saturday
    - Cannot automatically reschedule for Monday because you don't get the exception to school week if you don't try to play on next available date.
    - If weather still exists on Saturday, can push to Monday...district administration determines this.



# 2022-2023 UIL

# CHECKLISTS



## UIL Coaches' Checklist Soccer 2022-23

	CHECKLIST	REFERENCE	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 Soccer Manual	<a href="#">Soccer Manual</a>	Prior to 1 <sup>st</sup> Practice
	Update Coach's Name in MaxPreps	<a href="#">MaxPreps</a>	Beginning of School Year
	UIL yearly coaching requirements (CCP & TDC) (manual, p. 9)	<a href="#">Coaching Requirements</a>	Prior to 1 <sup>st</sup> Practice
	Student participation required forms. Keep on file. (manual, p. 11)	<a href="#">Athletic Forms</a>	Prior to 1 <sup>st</sup> Practice
	Varsity participation required forms. Keep on file. (manual, p. 11)	<a href="#">Athletic Forms</a>	Prior to 1 <sup>st</sup> Practice
	Review rules regarding eligibility for athletic contests (manual, p. 18)	<a href="#">C.A.C.R. Sec. 490 &amp; 491</a>	Prior to 1 <sup>st</sup> Practice
	Review Soccer Plan (manual, p. 8)	<a href="#">Soccer Plan</a>	Prior to 1 <sup>st</sup> Practice
	Review UIL rule changes (manual, p. 5-6)	<a href="#">UIL Rule Changes</a>	Prior to 1 <sup>st</sup> Practice
	Review NFHS rule changes (manual, p. 7)	<a href="#">NFHS</a>	Prior to 1 <sup>st</sup> Practice
	Complete PAPA and file with UIL Office • Apply/Complete any necessary Waivers and file with UIL.	<a href="#">PAPE Process</a> <a href="#">Waiver Information</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>REGULAR SEASON</b>		
	First day of practice		November 29
	First day for interschool scrimmages		December 10
	First day for playing interschool games		January 3
	Update schedule and record on MaxPreps	<a href="#">MaxPreps</a>	Ongoing
✓	<b>POST-SEASON</b>		
	Print and review Post Season Handbook	<a href="#">Post Season Handbook</a>	
	District Certification by District Chair	<a href="#">Certification Form</a>	March 22
	Advancing team's coach must report scores on MaxPreps	<a href="#">MaxPreps</a>	

- 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.



SKILL SPECIFIC and STRENGTH & CONDITIONING

# 2022-2023 SUMMER INSTRUCTION

- **Limitations:** Sessions for both strength & conditioning and sport specific skill instruction may be conducted by school coaches for students in grades 7-12 from that coaches attendance zone.
- A ***strength and conditioning session*** shall be no more than two hours per day, Monday through Friday. A student shall attend no more than one session per day.
- ***Sport specific skill instruction*** may be conducted in addition to the strength and conditioning session(s), and a student shall attend no more than 90 minutes per day of sport specific skill instruction with no more than 60 minutes per day in a given sport, Monday through Friday.
- Further details are on the UIL Athletic Homepage

# 2022-2023 SCHOOL SPONSORED CAMPS

***School Year Limitations:*** For students in *grades six and below*: two camps are allowed, per sport, during the school year.

***Summer Limitations:*** For all students with the exception of students entering their **second, third or fourth** year of high school may attend two school sponsored camps during the summer break.

- No more than six consecutive days for each camp.
- Schools cannot furnish / issue any individual player equipment
- Schools can furnish sport equipment (balls, standards, goals, football dummies, pitching machines, etc.)







# 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.



# 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
  - 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

# **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 & 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 CONTACTS**



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