

2024-2025 TRACK & FIELD CCPTRAINING

TRACK & FIELD TEAM



Director of Athletics Ray Zepeda



Assistant AD

Joseph Garmon

Track & Field Directo



Senior Event Coordinator Hannah Higgins

Track & Field State Meet Coordinator



Coordinator of Officials

Dillon Bankston



CCP AGENDA

- Important Season Dates
- What's New for 2024-2025
- Coaching Reminders
- Contest Regulations



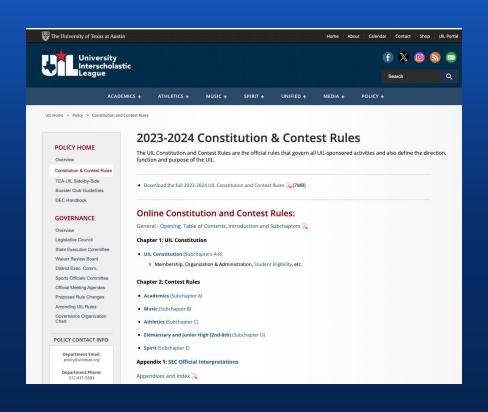
2024 TRACK & FIELD DATES

- Apr 5: District Certification
- Apr 12: Area Certification
- ∘ April 18-19: Regional Meet
- ∘ May 1-3: State Meet

ALL REQUIRED TRAINING MUST BE COMPLETED BY THE FIRST DAY OF PRACTICE OR OF SCHOOL, WHICHEVER OCCURS FIRST.

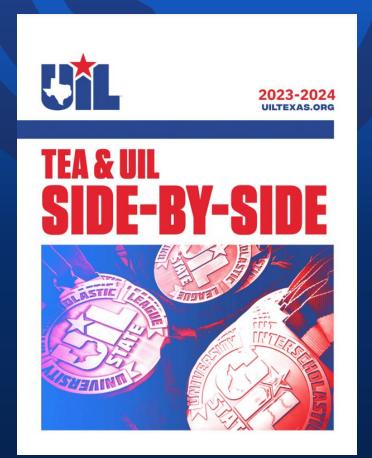
- UIL CCP Trainings
- CPR & First Aid
- AED Training
- UIL Safety Training
- Concussion Training

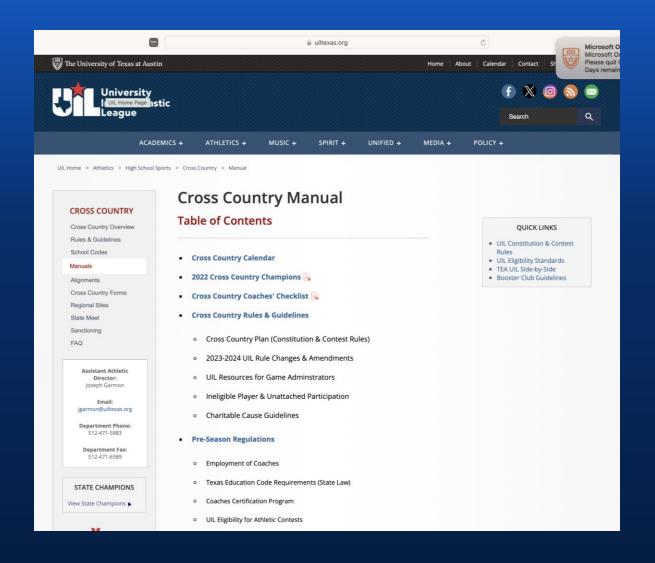




UIL RULES

- UIL Constitution & Contest Rules (C&CR)
- UIL Side by Side Manua
- VERY IMPORTANT!!!
- Download/bookmark these 2 documents.
- They explain UIL eligibility rules and policy, no-pass/no-play, etc.





UIL RULES

- UIL Sport Manuals contain UIL information specific to each sport
- The Track & Field Manual can be found on the left side of the Track & Field page on the UIL website.
- A pdf of the manual will be available to download on the website as well.



	CHECKLIST	REFERENCE LINK	COMPLETION DATE
~	PRE-SEASON		
	Register/update profile in the UIL Portal	<u>UIL Portal</u>	Prior to 1st Practice
	Print and review Track & Field Manual	Track & Field Manual	Prior to 1st Practice
	UIL yearly coaching requirements (CCP & TEC) (manual, p. 12)	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 Track & Field Plan (manual, p. 10)	Track & Field 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
<u> </u>	POST-SEASON		
	Submit District Entries to DEC		5 days prior to mee
	District Certification submitted by District Chair to Regional Host		April 16
	Area Meet Deadline		April 23
	Regional Meet	Regional Sites	April 29-30
	State Meet	State Meet	May 13-14

^{*}ONLINE version of the Coaches' Checklist can be found on the UIL Track & Field web page. (<u>Track & Field Rules & Guidelines</u>)

UIL RULES

- UIL Checklists
- Sport specific documents that can be found on each sports manual page. The Track & Field Checklist is the 3rd bullet listed in the Track & Field Manual.
- A helpful tool for coaches to use in preparation for their season and to help stay in compliance.

NFHS RULE BOOK

Track & Field rules are not UIL rules. UIL Track & Field will follow NFHS rules. Be sure to review the NFHS Rules prior to the season.



HIGH SCHOOL CONTEST REGULATIONS

- One contest per
 SCHOOL WEEK
- Per activity per student
- Calendar week contest limitations differ for each sport.
- See the specific sport manual for calendar week limits.



TRACK & FIELD REGULATIONS 2024-2025...

Number of Meets.

No student representing a member school shall participate in more than **eight meets** during the school year, excluding one district, one regional qualifier meet, regional and state meets.

Meets which are limited to three or fewer schools shall count as a contest for the school week, however it does not count against the meet allowance, provided there is no loss of school time.

Each meet a school enters counts as one meet for each participating individual.

Students are considered to be representing their school if they are wearing and/or using school equipment or being directed or transported by a school employee.



INVITATIONAL TRACK & FIELD MEETS



<u>Day of Week and Starting Time</u>. Students or teams representing a member school are permitted to participate in an invitational track and field meet only as listed below:

After 2:30, on Friday or the last day of the school week, or as early as the end of the academic school day for all participating schools on a day preceding a holiday or break. EXCEPTION: A student representing a member school may participate in a maximum of THREE meets on Thursday or Friday, or the last day of the school week with no restriction on start time. Or on Saturday or school holidays;

Or on any school day other than the last day of the school week with the following conditions:

- Events shall not begin until after the end of the academic school day for all schools involved.
- Schools utilizing this option are limited to a one day meet.
- A school or student participating in this type of meet shall not enter another track and field meet during the same school week, Monday through Friday.
- No event shall start after 10:00 p.m.

DISTRICT MEETS



<u>District Meets.</u> No entries shall be allowed for district meets which are not submitted to the director on or before the fifth day before the first day of the meet.

Districts may authorize a scratch meeting after the entries are submitted to allow for substitutions.

Schools should be permitted to scratch and add according to approved District Executive Committee regulations. Those events that have been entered by the school on the fifth-day-prior entry form may be subject to some changes under the following suggested guidelines:

- Students who are not eligible 5 days prior to the meet, but may become eligible at the time of the scheduled district meet, may be listed on the entry form and assigned to events. They shall be eligible at the time they actually compete.
- Students entered, but who have lost their eligibility because of the academic regulations, should be permitted to be dropped or scratched.
- Other eligible participants should be permitted to be added to the vacated places. These substitutes should be on an eligibility form turned into the district chair prior to the contest.
- If a school which has not entered an event 5 days prior, wishes to enter an
 event at the time of the scratch meeting, it would be up to the District
 Executive Committee's policy or authorized meet director to determine if
 that school could enter.

AREA MEETS



<u>Area Meets.</u> Area sites will be facilitated by mutual agreement between the two designated districts. Schools should contact the DEC chair for district information.

- Area Meets Area sites will be facilitated by mutual agreement between the two designated districts. Unless mutually agreed otherwise, the area meet will rotate from one district to the other in a given alignment. Schools should contact the DEC chair for district information.
 - Unless mutually agreed otherwise (corresponding districts getting one vote each), districts located more than 150 miles apart may conduct a vote between all schools involved to cancel the area meet.
 - Distance shall be calculated by using the furthest schoo in each corresponding district.

DISTRICT & AREA MEET REGULATIONS



- Athletes are allowed 5 events total
- Only 3 running events(relays included)
- No distance restrictions
- Competitor may enter 5 field events with no running events

DISTRICT/AREA/REGIONAL MEET REGULATIONS



Heats

 Heat winner advances to finals and next best performances.

Seeding

- Choice for district and area meets
- Seed by qualifying performance for regional meet
- State meet is preferred lanes

WHEELCHAIR DIVISION

- Division includes participants from any conference 1A-6A. The top nine (9) performances that meet the UIL designated qualifying standards will advance to the state meet.
- A Qualifying performance may be obtained during the regular season district, area, regional or Paralympic events from spring 2025.
- The UIL recommends that Wheelchair athletes represent their schools by participating in the district, area and regional meets.



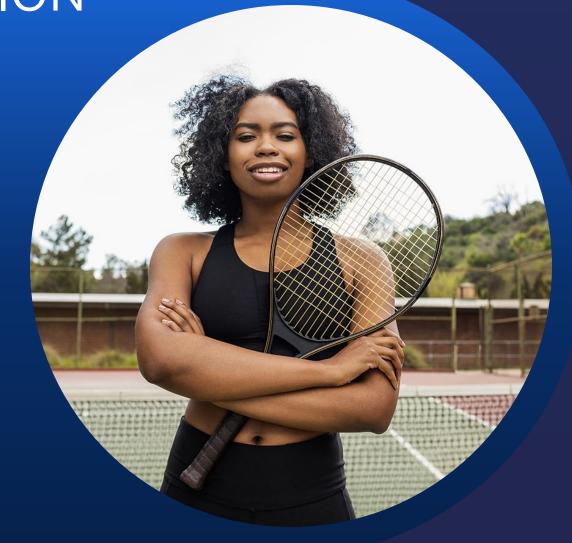
NON-SCHOOL PARTICIPATION

INDIVIDUALSPORTS

Cross Country, Golf, Swimming, Tennis, Track and Field and Wrestling (Guidelines are also applicable to team sports)

During the school year:

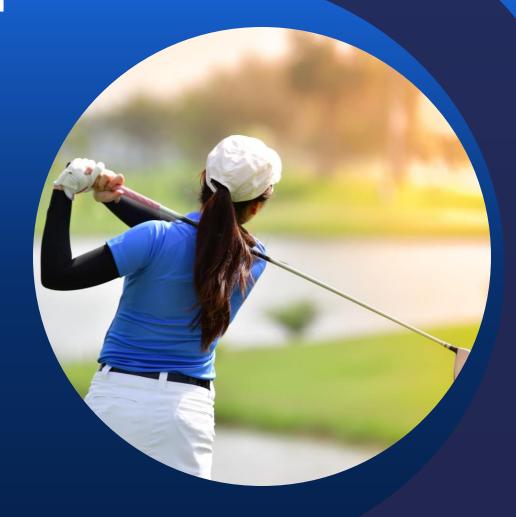
- Coaches of individual sports are allowed to work with student athletes from their attendance zone in non-school practice during the school year
- Any time spent working with an athlete, whether school or non-school, will count as part of the allowable 8 hours allowed outside the school day, during the school week.



NON-SCHOOL PARTICIPATION INDIVIDUAL SPORTS

During the school year:

- Coaches shall not charge a fee for private instruction to student-athletes during the school year. The restriction on charging fees for private instruction applies only to those students who are in grades 9-12, from the coach's attendance zone and participating in the sport for which the coach is responsible (Section 120l [b, 9]).
- Coaches should abstain from any practice that makes a student feel pressured to participate in non-school activities (Section 120l [b, 10]).



Coaches shall not gain financially from a student's participation in a non-school activity.





- Coaches are allowed to coach studentathletes from their own attendance zone.
- Use of school funds, school equipment, school uniforms or school transportation is prohibited. Exception: School administrators may authorize the use of facilities for school programs which are open to all students.
- Coaches should abstain from any practice that makes a student feel pressured to participate in non-school activities.



AREAS OF FOCUS (COACHES)

1. Focus on preseason & in-season eligibility processes

- 2 coaches verify all eligibility processes
- PAPF's first year of attendance (Page 1 completed ASAP)
- Verify residence & contact previous school (Section 442)
- Factually complete the PAPF when sending school
- Appropriate DEC processes (oversight and accountability)



ELIGIBILITY: PAPF (PREVIOUS ATHLETIC PARTICIPATION FORM)

				Previous Athletic Pa University Intersc		n.	Page 1 Revised 070/21	
			FRAME	ty Questionnaire for New S		Sender 0.12		
For	UIL U	se Only	This Form Must be	on File with School Before	e Participation at an	v Level in Grade 9-12		
Name of Student (print)			0.00.00		Grade	Birthdate	Age	
Studen	ıt's Cu	rrent Address			City	State	Zip Code	
New S	chool			City		Public Charter	Private School	
Last S	school	of Participati	on:	City	State	Public Ch	arter Private Scho	
Date o	of enro	llment in nev	school:	Date of w	ithdrawal from previ	ous school:	Name and the state of the state of	
Has th	be stud	ent been cont	imously enrolled in th	e new school for one calend	ar vear? Yes] No		
Yes	No.	 Has the student ever practiced or participated in extracurricular athletic activities (before school, after school or during an athletic period) a mother school in the United States or Mexico in grades 8-12° If yes, the student must complete page 2 in addition to page 1 and both pages must be sent to the District Executive Committee Chairperson. If no, the student must complete page 1 and file with the school and/or athletic department ONIX. 						
		(within th	. Has the student ever enrolled or participated in a Home School program, Magnet program, Charter school, Open/Choice Enrollm (within the ISD) or international Baccahaute (IB) program in grades 9-12? If yes, please provide the name of the school and school year					
		PARENT RES		IONS IN THIS SECTION ARE REP	ERRING TO BROLOGICA	L PARENTS. REFERENCE C	&CR Section 440(a) &	
_		OUTSTANCE AND	HEIR PULLCTOL COOLUMN	one parent both par RDIAN or FOSTER PARENT(for then contact the UIL Athle	rice mediatriment in (5)	41 4/1-0000		
	-	4. Are the p If the waiver ma \$883.	arents of the student parents are MARRIED-I y be required. You MUS	married never to JVENG APART or MARRIET T contact the district Athletic	married marr) and the student is LI Director Coordinator	ied-living apart VING WITH ONE PARE then contact the UIL Athle	divorced deceas NT, a UIL Parent Residen etics Department at (512)	
		5. Does the pa	is the parent(s) of the student reside outside the attendance zone of the school the student wishes to represent? If yes, a UIL Parent Residence waiver may required. You MUST contract the district Athletic Director Coordinator thes contact the UIL Athletics Department at (\$12) 471-5883.					
			Is there a change in schools but no change in address? If yes, plexio attach an explanation.					
			is more than one residence owned, rented or maintained by the parents? If yet, please attach an explanation. Are any members of the family still residing at the previous residence? If yet, it should be investigated prior to participation on the variety lev					
님	\vdash							
ш	П	attending?		grades K-12 attending a diffi FERENCE C&CR SECTION 4		er than the school district	the student is now	
_				n an average of four hours per		aither etate or local bish	school andit? W.V.	
ш			h an explanation.	a an arrenda or non money but	tary or annuaction for	eman som to acat mga :	Kanda Cream; 11 3 405,	
				ULE: REFERENCE CACR	SECTION 400 & 405	FOUR YEAR) & 440(C)	, 446 (AGE).	
П		11. Did the s	tudent first enroll in the	9th grade more than 4 years a	go? The first date of e	prollment in 9th grade.		
$\overline{\Box}$		12. Has the s	tudent ever repeated a g	rade since first entering the 7t	h grade? If yet, please	attach an explanation.		
		13. Will (or	was) the student 19 year	s of age on or before Septemb	er 1 of the current sch	ool year?		
		FOREIGN	EXCHANGE RULE:	REFERENCE C&CR SECTION	ON 468(3).			
				student? If yes, a Foreign Each REFERENCE C&CR SECTION		for Varnity athletic partiri	paties.	
		-						
J	_	ASSIST IN	 Has the student done anything to jeopardize their amasteur athletic status? Assist In Determining if Student CHANGED SCHOOLS FOR ATHLETIC PURPOSES; REFERENCE C&CR ECTION 443. 					
				contact the student prior to th				
			800 MM	from participation at the previ		THE RESERVE OF THE PARTY OF THE		
				sool team and is transferring to				
П				ig in accordance with Section onths? If yes, a FULL hearing				
		20. Has the s	tudent enrolled in/attend	led any other high school(s) in	Charles and the Control of the	And in the contract of the contract of		
		max time acqui	ols and attach an expla	RICHARD BY STUDENT, PARENT A	SD ADMINISTRATOR (FNEW SCHOOL		
Hiegz Sudde which	g an athi d Steroic en Cardi	letic period), scris I Use and Randos ac Arrest Awaren	each school to have on file nmage or game. Preparticipal n Staroid Testing, Parent and	the following required annual forms into Physical Extensionation (for stude 15 student Notification/Agreement information provided by the parent less. The following signatures cer-	for each student who parti- nts in their first and thir nm, Acknowledgement of or student could cause inel- tify that to the best of your	ripates in any practice (before s d year of high school participat hules Form, Concussion Actual publish and could result in the knowledge, all information pre	ion), Medical History Form, moveledgement Form and forfeiture of contests in sented on this form is true	
Sig	nature	of Student		Date	Signature of Pare	0222 12-212-12-22	Date	
		of New Schoo		Date	Signature of New	School Administrator	Date	
Ner	w Scho	ol Coach Nat	se .	Coach's Email Address		S	port	

- 1. Is the student NEW to your school?
- 2. Did they participate in 8th grade or beyond at a different feeder school or high school in the US or Mexico?
- *If the answer to both questions is YES, then a PAPF is required.
- **If the student is NEW but did not previously participate, only page 1 of the PAPF is required.

ELIGIBILITY: PAPF (PREVIOUS ATHLETIC PARTICIPATION FORM)

				Previous Athletic Par University Intersch		C.	Page 1 Revised 03/0/21		
			FRoikil	ity Questionnaire for New St		rades 9.12			
For	UIL U	se Only	This Form Must b	e on File with School Before e filled out by the student and/or p	Participation at an	y Level in Grade 9-12			
Name	of Stu	dent (print)			Grade	Birthdate	Age		
		rrent Address			City	State	Zip Code		
New S	chool		8	City		Public Charter	Private School		
Last S	school	of Participat	ion:	City	State	☐ Public ☐ Ch	sarter Private Scho		
Date o	of enro	llment in nev	v school:	Date of wit	hdrawal from previo				
				ne new school for one calendar		2000 NO	- 10		
Yes	No.	1. Has the st	udent ever practiced or bool in the United State at to the District Execu	participated in extracurricular a s or Mexico in grades 8-12? If ye tive Committee Chairperson. If n	athletic activities (hefs	ore school after school or	during an athletic period a to page 1 and both pages rith the tchool and/or athle		
		2. Has the st (within th		participated in a Home School Baccaluarte (IB) program in	l program, Magnet p grades 9-12?	and school year	l, Open/Choice Enrollme		
				IONS IN THIS SECTION ARE REFE	THE RESERVE AND ADDRESS OF THE RESERVE AND ADDRE	Control of the Contro	ACR Sperrow 440(n) &		
_	→			one parent both pare RDIAN or FOSTER PARENT(S) after then contact the UL Athleti					
	_	5833		married never m LIVING APART or MARRIED of Contact the district Athletic D					
П	П	pa radgica	d. You MUST contact the	e outside the attendance zone of the district Athletic Director Coordin	intor then contact the U	IL Athletics Department a	, Parent Residence waiver a at (512) 471-5883.		
				o change in address? If yes, plexs					
7. Is more than one residence owned, rented or maintained by the parents? If yes, p									
님	\vdash		ry members of the family still residing at the previous residence? If yes, it should be investigated prior to participation on the variety level- ere other family members in grades K-12 attending a different school district other than the school district the student is now						
П	П	attending		n grades K-12 attending a differ EFERENCE C&CR SECTION 40:		er than the school distric	t the student is now		
	-								
	\Box		dent corolled in less that h an explanation.	an an average of four hours per d	lay of instruction for	iither state or local high:	school credit? If Yes,		
				RULE: REFERENCE CACR ST	ECTION 400 & 4050	FOUR YEAR) & 440(C)	, 446 (AGE).		
	П	11. Did the :	tudent first enroll in the	9th grade more than 4 years ago	o? The first date of en	collment in 9th grade.			
ŏ		12. Has the	tudent ever repeated a	grade since first entering the 7th	grade? If yes, please a	attach an explanation.			
		13. Will (or	was) the student 19 year	rs of age on or before September	I of the current scho	ol year?			
		FOREIGN	EXCHANGE RULE:	REFERENCE C&CR SECTION	N 468(3).				
				e student? If yes, a Foreign Eachar REFERENCE C&CR SECTION		for Varnity athletic partici	paties.		
-		-		jeopardize their amateur athleti					
			DETERMINING IF S	TUDENT CHANGED SCHOOL		IC PURPOSES: REFE	RENCE C&CR		
		16. Did anyo	me from the new schoo	l contact the student prior to their	r enrollment in the ne	w school?			
				from participation at the previou					
				hool team and is transferring to					
		19. Homesch	sool students participati	ng in accordance with Section 3: nonths? If yes, a FULL hearing	3.0832 of the Texas E	ducation Code: Has the	student moved into the		
				ded any other high school(s) in a					
		list the orbo	ols and attach an expl	anation.		000000000000000000000000000000000000000			
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3.00		of Student		Date	Signature of Pares	n/Guardian	Date		
Sig	nature	of New School	ol Coach	Date	Signature of New S	School Administrator	Date		
N.	- C.L.	ol Coach Na	20	Coach's Email Address		1	Sport		

District Executive Committee must determine that student did not move for athletic purposes and approve the PAPF before a student is eligible to participate at the varsity level at the new school.

Once approved by the DEC, the PAPF must be submitted to the UIL office by the DEC Chair.

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

ELIGIBILITY: PAPF (PREVIOUS ATHLETIC PARTICIPATION FORM)

- <u>New school</u> must verify that student athletes meet the parent residence rule.
 - Contact previous school
 - Appropriate documentation
 - Could conduct a home visit
- In reference to PAPF Section III., the appropriate use of the automatic bypass feature is important.

Execut	LAST SCHOOL OF PARTICIPATION CERTIFICA 9-12 who has ever participated in baseball, basketball, of track and field, volleyball or wrestling in grades 8-12 at the level at the new school. Please check the appropriate respice Committee (DEC) would be required only if requested tring of the DEC is required in the new district.	eross country another schoonses below	r, football, golf, soccer, softball, swimming and di ool in the United States or Mexico before they are v. If any of questions 1-5 are marked 'Yes', a fu	iving, team tennis, tennis, e eligible to participate at all meeting of the District					
Yes	No								
	1. Was there any conflict or dissatisfaction between the student, his/her parents, and the athletic/academic supervisors at the school?								
	2. Was this student recruited to attend another school or was any undue influence exerted upon this student or family to change schools?								
	3. Did this student quit an athletic activity or program while enrolled in your school? If yes, attach explanation to DEC.								
	4. Was this student ever suspended or removed from your school athletic program? If yes, attach explanation to DEC.								
	5. Would the student be prohibited from participation in athletics had they not changed schools? If yes, attach explanation to DEC.								
6. Based on your knowledge of the student and their circumstances, is this student changing schools for athletic purposes? If yes, attach explanation to DEC.									
Print N	ame of Former superintendent or designated administrator		Print Name of Former principal or coach						
	ure of Former superintendent or designated administrator signatures required)	AND	*Signature of Former principal or coach	Date Signed					
Last School of Participation:			State						

AREAS OF FOCUS (COACHES)

2. Focus on Ethics and Accountability

- Removal of situational ethics
- Willingness to act and be responsible when necessary (Do your part)
- Power of a positive example (Be what you expect others to be)





AREAS OF FOCUS (COACHES)

3. Sportsmanship Improvement

- Starts with coach!
- Focus on athlete conduct-Supervision
- Parents/Spectators-What are your expectations?
- Effective Game Administration
- What is your system for teaching sportsmanship?
- Texas Way





SPORTSMANSHIP THE TEXAS WAY!!



A collaborative campaign initiated by THSCA, THSADA, and 2Words, and endorsed by coaches and officials' organizations across the state, including TGCA, TABC, TASCO, THSBCA, TSMCA, TASO, & THSBOA, along with the UIL, joining together with coaches and schools to:

SPORTSMANSHIP THE TEXAS WAY!!



- 1. IMPROVE SPORTSMANSHIP
- 2. DECREASE EJECTIONS
- 3. STRENGTHEN COMMUNITIES & RELATIONSHIPS

THE THREE PILLARS OF THE TEXAS WAY!!



1. RESPECT FOR OTHERS2. CONTROL OF SELF3. SPIRIT OF COMPETITION

AREAS OF FOCUS (COACHES)

4. Promoting and Modeling Education and Community Based Athletics

- Promote the value of representing your community.
- Focus on providing life lessons for athletes.
- What makes us different? What makes us special?





AREAS OF FOCUS (UIL STAFF)

Collaboration, Communication & Consistency

- Communicate and collaborate regularly with coaching associations & coaches
- Consistency within our communication (Coaches will get the same answer regardless of which UIL staff member they call)
- Clearly communicate processes, rules, and areas of needed attention

If we are not meeting your needs, call us on it.

We want to hear from you and support you in the best way that we can.

Celebrating & Acknowledging the Positive

Refining of Accountability Processes



UIL STAFF CONTACTS



Director of Athletics Ray Zepeda 281-594-9893



Assistant AD

Joseph Garmon

361-244-0497



Assistant AD

AJ Martinez

361-816-1281



Assistant AD *Grace McDowell*214-236-9279