



TRACK & FIELD
CCCP TRAINING

UIL TRACK & FIELD TEAM



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Joseph Garmon**



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**Director of Athletics
Ray Zepeda**



**Officials Coordinator
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**Assistant AD
Virginia Flores**

CCP AGENDA

- What's New for 2025-2026
- 2025-2026 Areas of Focus
 - Contest Regulations
 - Sport Season Dates
 - Practice Regulations
 - Sportsmanship



WHAT'S NEW FOR 2025-2026

HOMESCHOOL STUDENT PARTICIPATION:

- All homeschool students are eligible to participate in UIL activities, practices and processes unless their local school district has opted out of the law.
- If the local district has opted out, student would be eligible at nearest school that allows participation to their address.
- School districts that do allow participation can elect to not allow students from other districts to participate.



WHAT'S NEW FOR 2025-2026

NIL:

- **UIL rules now allow student-athletes 17 years or older to enter into NIL agreements with colleges & universities while participating in that UIL sport.**
- **Athletes are still prohibited from entering into NIL agreements with any other entity until exhausting their eligibility in that applicable sport.**
- **Athletes are still prohibited from promoting a product or service related to their UIL sport.**
- **UIL rules do not prohibit an athlete from obtaining professional representation.**

WHAT'S NEW FOR 2025-2026

SUB-VARSITY ELIGIBILITY

- Page 1 of the PAPF is now REQUIRED to be completed for new students PRIOR to competing at the sub-varsity level.
- Once page 1 is completed, for transparency reasons, it is recommended that coaches send the PAPF to the previous school.
- The full PAPF should be completed and submitted to the DEC & UIL within the first year of attendance.



ELIGIBILITY PAPF

(PREVIOUS ATHLETIC PARTICIPATION FORM)

WHO NEEDS TO HAVE A PAPF?

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 fully completed PAPF is required.**

****If the student is NEW but did not previously participate, only page 1 of the PAPF is required.**

Previous Athletic Participation Form University Interscholastic League

Eligibility Questionnaire for New Student Athletes in Grades 9-12

Must be on File with School Before Participation at any Level in Grade 9-12
(To be filled out by the student and/or parent and filed with the school.)

Grade Birthdate
City State
City ☐ Public ☐ Charter ☐ Private
City State ☐ Public ☐ Charter
Date of withdrawal from previous school:
Enrolled in the new school for one calendar year? ☐ Yes ☐ No

Has the student practiced or participated in extracurricular athletic activities (before school, after school or during 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 file with the District Executive Committee Chairperson. If no, the student must complete page 1 and file with the school.

Has the student ever enrolled or participated in a Home School program, Magnet program, Charter school, Open Enrollment or International Baccalaureate (IB) program in grades 9-12? If yes, provide the name of the school and school year

REFERENCE RULE: *QUESTIONS IN THIS SECTION ARE REFERRING TO BIOLOGICAL PARENTS. REFERENCE C&CR SECTION 403.

Does the student live with ☐ one parent ☐ both parents ☐ guardian ☐ foster parent(s)? If the student lives with a GUARDIAN or FOSTER PARENT(S), a UIL Parent Residence waiver may be required. You must contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

Are the parents of the student ☐ married ☐ never married ☐ married- living apart ☐ divorced? If the parents are MARRIED-LIVING APART or MARRIED and the student is LIVING WITH ONE PARENT, a UIL Parent Residence waiver may be required. You MUST contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

Do any 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 be required. You MUST contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

Has there been a change in schools but no change in address? If yes, please attach an explanation.

Do the parents own, rent or maintain more than one residence? If yes, please attach an explanation.

Are any members of the family still residing at the previous residence? If yes, it should be investigated prior to participation.

Are there other family members in grades K-12 attending a different school district other than the school district the student is attending?

REFERENCE RULE: REFERENCE C&CR SECTION 403.

Has the student enrolled in less than an average of four hours per day of instruction for either state or local high school for the current year? If yes, please attach an explanation.

FOUR YEAR RULE AND AGE RULE: REFERENCE C&CR SECTION 400 & 405(FOUR YEAR) & 440(C), 446 (C)

Did the student first enroll in the 9th grade more than 4 years ago? The first date of enrollment in 9th grade

ELIGIBILITY

PAPF REQUIREMENT

(PREVIOUS ATHLETIC PARTICIPATION FORM)

The UIL Legislative Council approved a change to Section 443 of the UIL C&CR

The completion of the Page 1 of the PAPF in the UIL portal is now REQUIRED prior to participation at ANY level at a new school.

It is recommended that coaches send the PAPF to the previous school once page 1 is completed.

Proposed Amendment to the Interscholastic League Constitution and Contest

Amendment

3, *Changing Schools for Athletic Purposes*, and S
Previous Athletic Participation Form (PAPF) and
to participation at any level at a new school.

ons

not filing timely PAPFs when students enter new s
school in grades 9-12 must complete the New Student
school. The amendment also reorganizes the flow of sec

(c) of the UIL *Constitution and Contest Rules* would b
of Education:

CHANGING SCHOOLS FOR ATHLETIC PURPOSES

NT ELIGIBILITY QUESTIONNAIRE. THE NEW STUDEN
AIRE (PAGE 1 OF THE PAPF) IS REQUIRED FOR ANY M
2. THE NEW STUDENT ELIGIBILITY QUESTIONNAIRE
D AND SUBMITTED PRIOR TO THE STUDENT PARTICI

ELIGIBILITY

PAPF REMINDERS

New school must verify that student athletes meet the parent residence rule (See Sec 442 of the C&CR)

- 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. (14 days)

Previous Athletic Participation Form University Interscholastic League

Eligibility Questionnaire for New Student Athletes in Grades 9-12

Must be on File with School Before Participation at any Level in Grade 9-12
(To be filled out by the student and/or parent and filed with the school.)

Grade Birthdate
City State
City ☐ Public ☐ Charter ☐ Private
City State ☐ Public ☐ Charter
Date of withdrawal from previous school:
Enrolled in the new school for one calendar year? ☐ Yes ☐ No

practiced or participated in extracurricular athletic activities (before school, after school or during school hours) in the United States or Mexico in grades 8-12? If yes, the student must complete page 2 in addition to page 1 and file with the District Executive Committee Chairperson. If no, the student must complete page 1 and file with the school.

ever enrolled or participated in a Home School program, Magnet program, Charter school, Open School or International Baccalaureate (IB) program in grades 9-12?

Provide the name of the school and school year

RESIDENCE RULE: *QUESTIONS IN THIS SECTION ARE REFERRING TO BIOLOGICAL PARENTS. REFERENCE C&CR SECTION 403.

Student live with ☐ one parent ☐ both parents ☐ guardian ☐ foster parent(s)?
If student lives with a GUARDIAN or FOSTER PARENT(S), a UIL Parent Residence waiver may be required. You must contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

Parents of the student ☐ married ☐ never married ☐ married- living apart ☐ divorced
If parents are MARRIED-LIVING APART or MARRIED and the student is LIVING WITH ONE PARENT, a waiver may be required. You MUST contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

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 be required. You MUST contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

change in schools but no change in address? If yes, please attach an explanation.

more than one residence owned, rented or maintained by the parents? If yes, please attach an explanation.

any members of the family still residing at the previous residence? If yes, it should be investigated prior to participation.

where other family members in grades K-12 attending a different school district other than the school district the student is attending?

TIME STUDENT RULE: REFERENCE C&CR SECTION 403.

the student enrolled in less than an average of four hours per day of instruction for either state or local high school?

If yes, please attach an explanation.

FOUR YEAR RULE AND AGE RULE: REFERENCE C&CR SECTION 400 & 405(FOUR YEAR) & 440(C), 446 (C)

Did the student first enroll in the 9th grade more than 4 years ago? The first date of enrollment in 9th grade

ELIGIBILITY

PAPF REMINDERS

VARSITY PARTICIPATION

District Executive Committee must determine that student did not move for athletic purposes & approve/submit the PAPF to the UIL for a student to be eligible for varsity participation.

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

Previous Athletic Participation Form University Interscholastic League

Eligibility Questionnaire for New Student Athletes in Grades 9-12

Must be on File with School Before Participation at any Level in Grade 9-12
(To be filled out by the student and/or parent and filed with the school.)

____ Grade ____ Birthdate ____
____ City ____ State ____
____ City ____ ☐ Public ☐ Charter ☐ Private
____ City ____ State ____ ☐ Public ☐ Charter
____ Date of withdrawal from previous school: ____
Enrolled in the new school for one calendar year? ☐ Yes ☐ No

Has the student practiced or participated in extracurricular athletic activities (before school, after school or during 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 file with the District Executive Committee Chairperson. If no, the student must complete page 1 and file with the school.

Has the student ever enrolled or participated in a Home School program, Magnet program, Charter school, Open Enrollment or International Baccalaureate (IB) program in grades 9-12? If yes, provide the name of the school ____ and school year ____

HOUSE RULE: *QUESTIONS IN THIS SECTION ARE REFERRING TO BIOLOGICAL PARENTS. REFERENCE C&CR SECTION 403.

Does the student live with ☐ one parent ☐ both parents ☐ guardian ☐ foster parent(s)? If the student lives with a GUARDIAN or FOSTER PARENT(S), a UIL Parent Residence waiver may be required. You must contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

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Do 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 be required. You MUST contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

Has there been a change in schools but no change in address? If yes, please attach an explanation.

Do the parents own, rent or maintain more than one residence? If yes, please attach an explanation.

Are any members of the family still residing at the previous residence? If yes, it should be investigated prior to participation.

Are there other family members in grades K-12 attending a different school district other than the school district the student is attending?

HOUSE STUDENT RULE: REFERENCE C&CR SECTION 403.

Has the student enrolled in less than an average of four hours per day of instruction for either state or local high school? If yes, please attach an explanation.

FOUR YEAR RULE AND AGE RULE: REFERENCE C&CR SECTION 400 & 405(FOUR YEAR) & 440(C), 446 (C)

Did the student first enroll in the 9th grade more than 4 years ago? The first date of enrollment in 9th grade ____

FOCUS ON PRESEASON AND IN-SEASON ELIGIBILITY PROCESSES

- 2 coaches verify all eligibility processes
- PAPF's for all students that require one completed prior to first contest at any level of play
- Factually complete PAPF when sending school
- Appropriate verification of residence (Section 442) & contact previous school

25-26 COACHES AREAS OF FOCUS



CONTINUED FOCUS ON APPROPRIATE 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)**

25-26 COACHES AREAS OF FOCUS



EMERGENCY RESPONSE READINESS (EFFECTIVE EAP'S)

- All EAP's reviewed for all athletic facilities
- Regular rehearsal of EAP by staff and students
- Establish a process for a pregame medical timeout with admin, officials, coaches, & trainers

25-26 COACHES AREAS OF FOCUS



CONTINUED IMPROVEMENT OF SPORTSMANSHIP & RESPONSE TO ADVERSITY

- **Begins with expectations & example of the COACH!**
- **What is your system for teaching sportsmanship?**
- **Active Engagement with the Texas Way Program**
- **Focus on athlete conduct & supervision**
- **Positive Expectations for Parents/Spectators**

**25-26
COACHES
AREAS OF
FOCUS**



Cross Country Dates

October 11 – District Certification

October 20-21 – Regional Meet

October 31-Nov 1 – State Meet



2025 TRACK & FIELD DATES

April 11: District Certification

April 21: Area Meets

May 1-2: Regional Meets

May 14-16: State Meet




Expected UIL Knowledge Needed

Where do I find all the information I need???


www.uiltexas.org




s.org

Latest UIL updates and information [Learn More »](#)

 The University of Texas at Austin

Home | About | Calendar | Contact | Sh

 **University Interscholastic League**

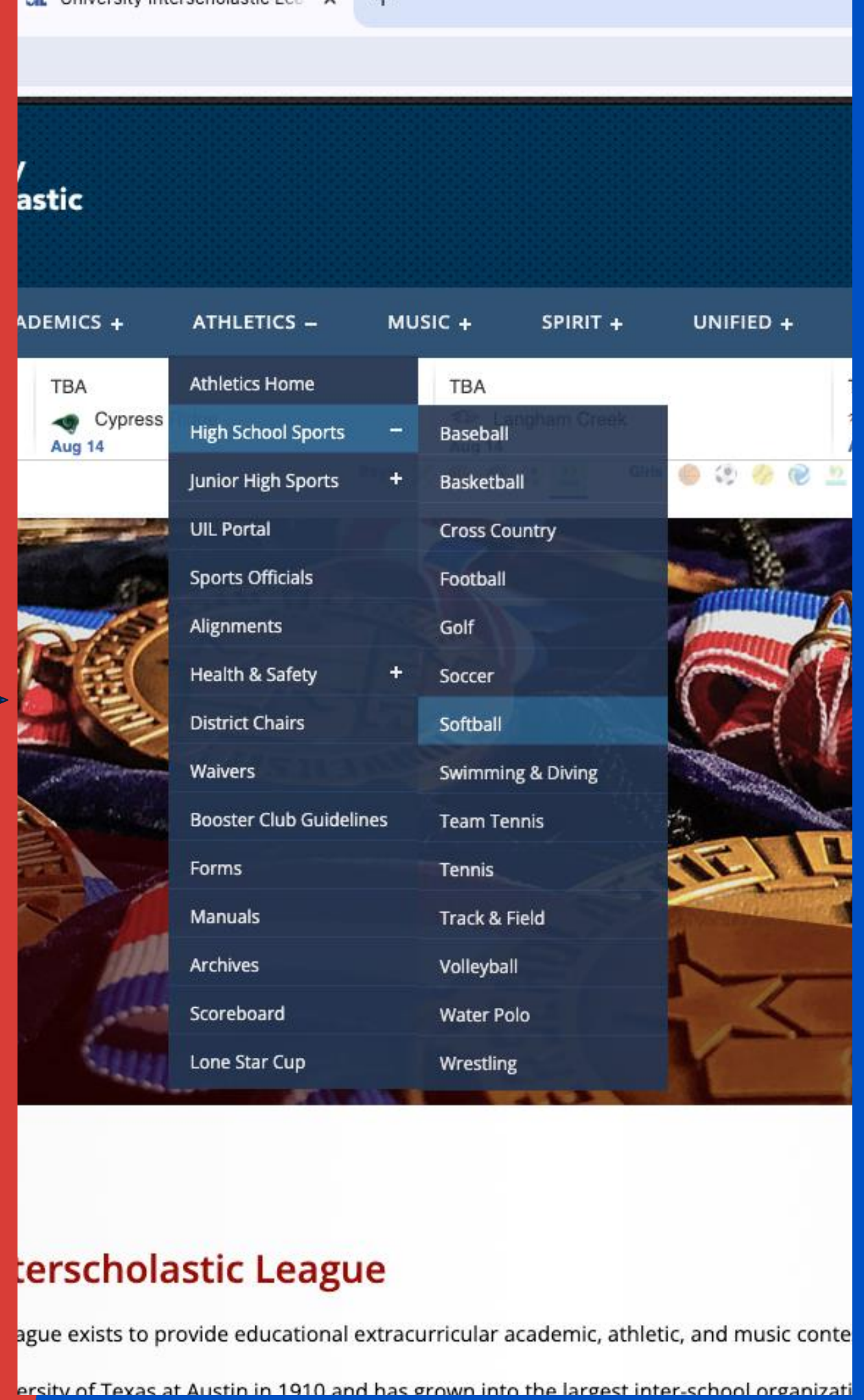
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Exploring the UIL Website

UILTEXAS.ORG

Increase Understanding of Resources Available

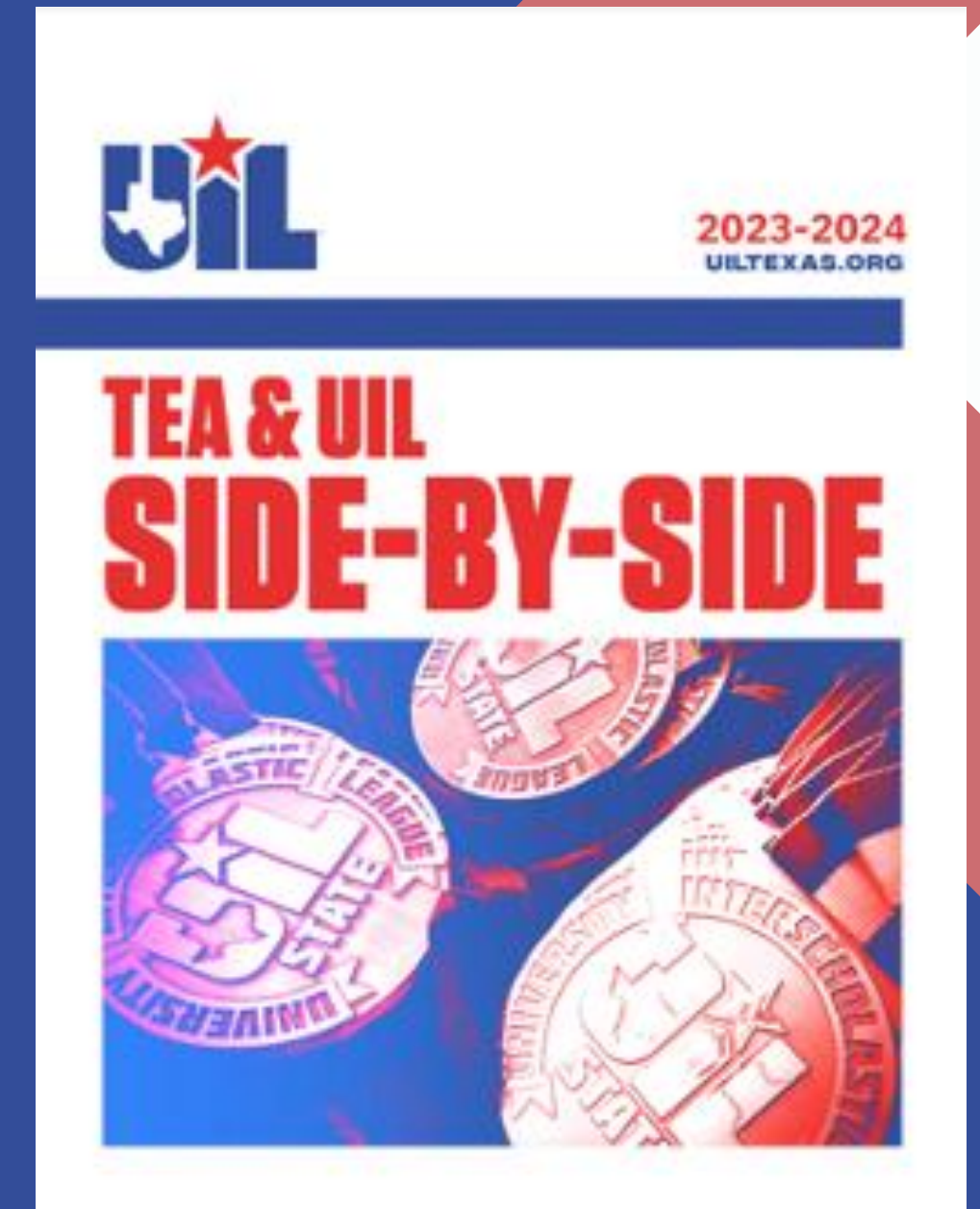


2025-2026 COACHES' REMINDERS

UIL RULES



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



TRACK & FIELD

Track & Field Overview

Rules & Guidelines

Wheelchair Division

School Codes

Manual

Alignments

Track & Field Forms

Regional Sites

State Meet

Sanctioning

FAQ

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Director:
Joseph Garmon

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512-471-5883

Department Fax:
512-471-6589

STATE CHAMPIONS

View State Champions ►




Track & Field Manual

2025-2026 Track & Field Manual

The content of the online sport manuals below are now available in two printable PDFs.

- Download the printable 2025-26 Track & Field Manual (sport specific content)
- Download the printable 2025-26 Individual Sport Manual (general content applicable to all team sports)

Table of Contents

- [Track & Field Calendar](#)
- [2025 Track & Field Champions](#) 
- [Track & Field Coaches' Checklist](#)
- [Track & Field Rules & Guidelines](#)
 - Track & Field Plan (Constitution & Contest Rules)
 - 2025-2026 UIL Rule Changes & Amendments
 - UIL Resources for Game Administrators
 - Charitable Cause Guidelines
- [Pre-Season Regulations](#)
 - Student Participation Required Form
 - UIL Eligibility for Athletic Cont

QUICK LINKS

- [UIL Constitution & Contest Rules](#)
- [UIL Eligibility Standards](#)
- [TEA UIL Side-by-Side](#)
- [Booster Club Guide](#)

COACHES' REMINDERS

UIL SPORTS MANUALS

- 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.

COACHES' REMINDERS

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.
- **ALL REQUIRED TRAINING MUST BE COMPLETED BY THE FIRST DAY OF SCHOOL!**

Coaches' Checklist Cross Country 2025-26

| | REFERENCE LINK | |
|--|---|--|
| IST | | |
| ortal | UIL Portal | |
| | Cross Country Manual | |
| s (CCP & TEC) | Coaching Requirements | |
| | Side-by-Side | |
| orms. Keep on file. | Athletic Forms | |
| orms. Keep on file. | Athletic Forms | |
| n UIL Office ry Waivers and file with UIL | PAPF Process Waiver Information | |
| bility for athletic contests | C&CR Sec. 400 & 403 | |
| n | Cross Country Plan | |
| | | |
| ges | NFHS | |

TRACK & FIELD RULE BOOK



The track & field rules are not UIL rules.

*UIL track & field will follow NFHS rules. It is important to review the **NFHS Rules** prior to the season.*

TRACK REMINDERS

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



TRACK REMINDERS

practice regulations

***IN-SEASON: When School Is Not In Session
(HOLIDAY BREAKS)***

1 Practice – Cannot exceed 3 hours

2 Practices – Cannot exceed 5 hours

- **3 hours is max for a single practice**
- **More than 1 practice scheduled, must have a minimum of 2-hour rest break**

Cannot schedule and students may not participate in more than one practice on consecutive days.



ALLOWABLE CONTESTS

8 MEETS

- No student representing a member school shall participate in more than eight meets during the school year, excluding one district meet, the regional meet, and the state meet.
- Meets which are limited to three or fewer schools count as a contest for the school week, however it does not count against the invitational (8) meet allowance as long as no school time is missed.
- 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.



ALLOWABLE CONTESTS

**VERY IMPORTANT TO UNDERSTAND THE
DIFFERENCE BETWEEN CALENDAR AND
SCHOOL WEEK!**

Meets Allowed per School Week:

- **A team or individual player may only compete in one meet during the school week.**
- **Exceptions: The Regional and State Meet and District Varsity Meets postponed by weather or public disaster, may also be scheduled during the school week.**





**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

WHEELCHAIR DIVISION

WHEELCHAIR Division includes participants from any conference 1A–6A. Current Events: 100M Dash, 400M Dash & Shot Put

We will continue to ask coaches to help increase participation by actively searching your school for students that could possibly participate in wheelchair track activities. Increased participation would lead to having full heats, which could lead us to possibly having more events!

§Wendy Gumbert is an incredible advocate and resource wgumbert@hotmail.com



NON-SCHOOL PARTICIPATION COACHES' REMINDERS INDIVIDUAL 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.
- **Example:** A coach can coach their own students in club, but the time spent in club practice would count towards the 8 hours of allowable practice time.



NON-SCHOOL PARTICIPATION COACHES' REMINDERS 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 120I [b, 9]).
- Coaches should abstain from any practice that makes a student feel pressured to participate in non-school activities (Section 120I [b, 10]).

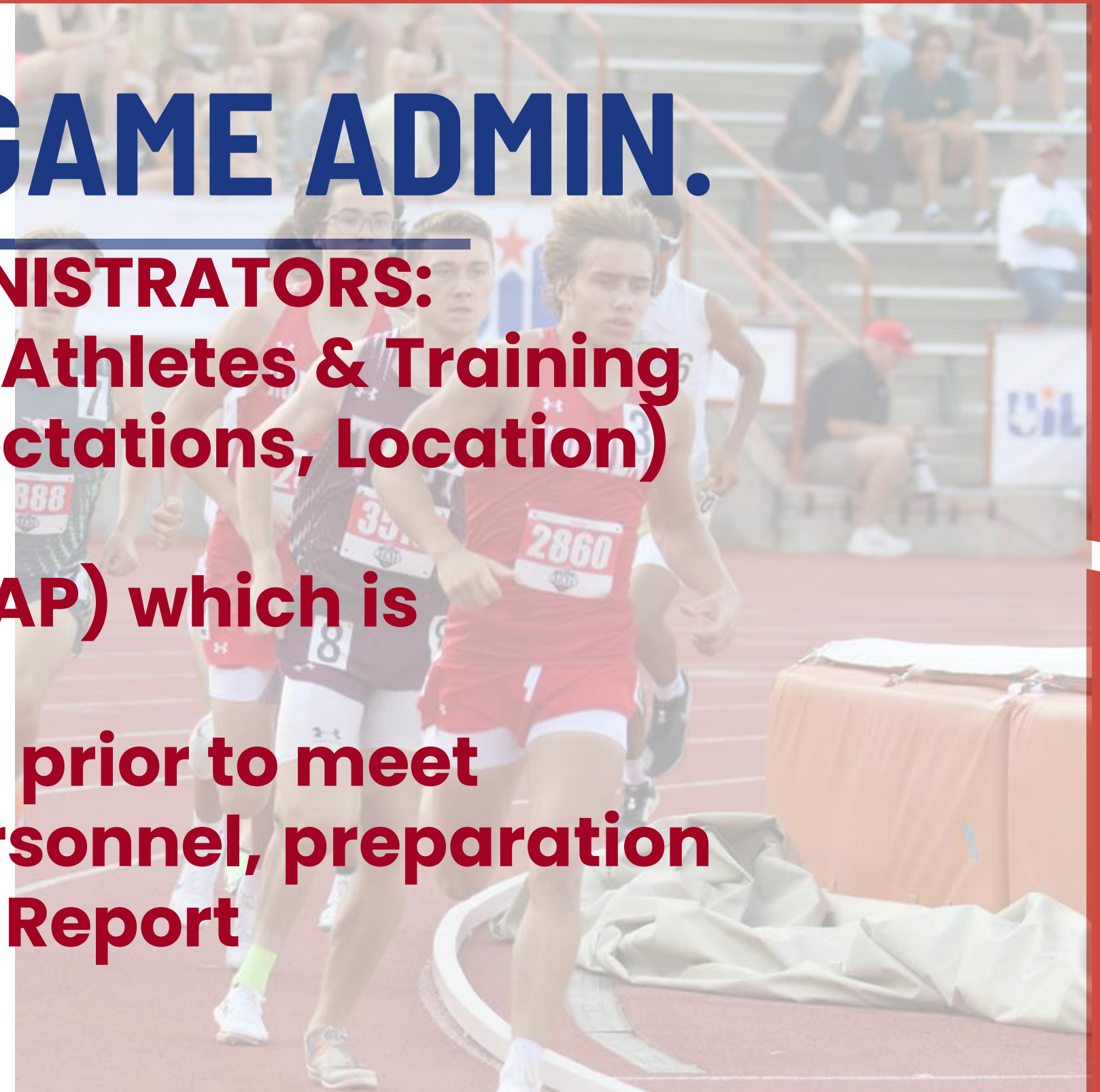
*****Coaches shall not gain financially from a student's participation in a non-school activity.*****



SPORTSMANSHIP/GAME ADMIN.

FOR COACHES/OFFICIALS/ADMINISTRATORS:

- Provide Specific Instruction to Athletes & Training In Case of Negative Event (Expectations, Location)
- Game Administrator Training
- Have a plan for your facility (EAP) which is Challenging in Track
- Be specific send out to schools prior to meet
- Be Proactive w/your plans, personnel, preparation
- Positive/Good Sportsmanship Report



SPORTSMANSHIP THE TEXAS WAY!!

REMINDERS FOR COACHES:

- Provide Specific Instruction to Athletes
- Ensure Athletes Understand Standards & Expectations
- Communicate Expectations to Parents





A GOOD COACH
CAN CHANGE
A GAME,
A GREAT COACH
CAN CHANGE
A LIFE.



UIL ATHLETIC DIRECTORS



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