

**2024-2025
MULTI-SPORT
CCP TRAINING
TGCA**



UIL ATHLETIC DIRECTORS



**Director of
Athletics**

Ray Zepeda



**Assistant AD
*Joseph Garmon***

Team & Spring Tennis
Cross Country
Basketball
Soccer
Track & Field



**Assistant AD
*AJ Martinez***

Football
Water Polo
Wrestling
Golf
Baseball



**Assistant AD
*Grace McDowell***

Volleyball
Spirit
Swimming & Diving
Basketball
Softball

UIL TEAM



**Senior Event
Coordinator**
Jessica Walker

UIL Portal & PAPFs
Football
Water Polo
Basketball
Baseball



**Senior Event
Coordinator**
Hannah Higgins

PAPFs
Cross Country
Volleyball
Swimming & Diving
Basketball & Soccer
Track & Field



Event Coordinator
Sydney Johnson

PAPFs
Team Tennis
Wrestling
Spring Tennis
Softball



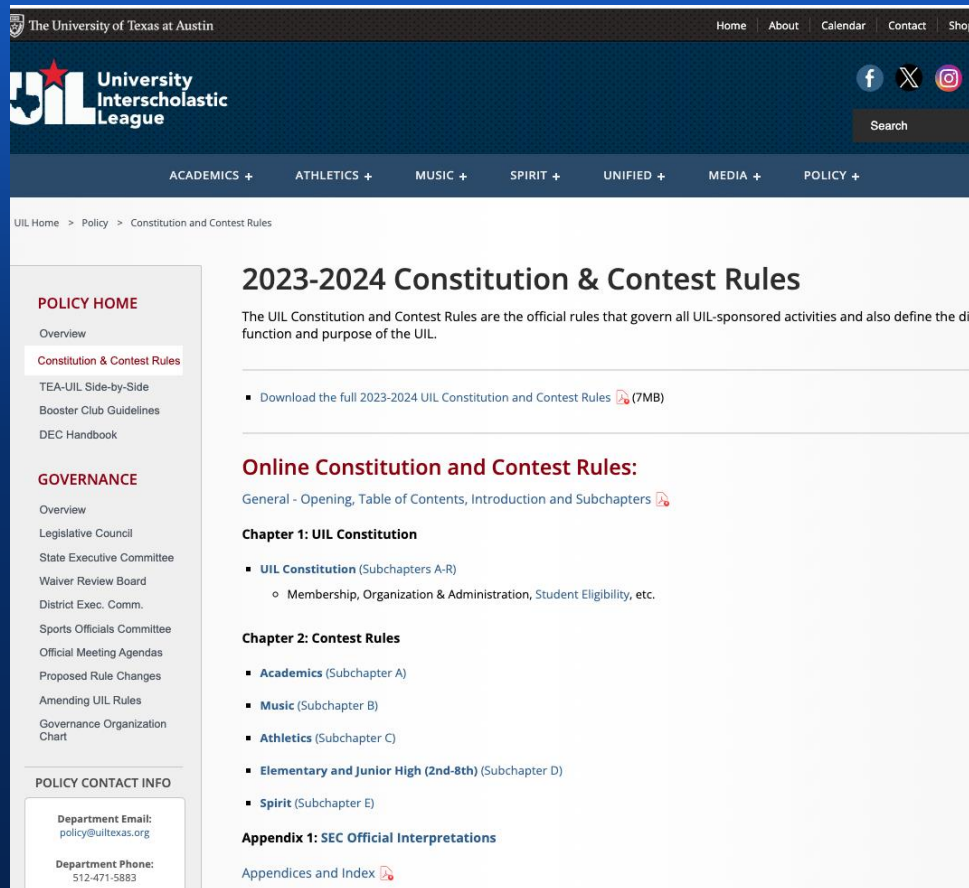
**Coordinator of
Officials**
Dillon Bankston



CCP AGENDA

- Coaching Reminders
- Rules – Sport Specific
- Practice Regulations
- Contest Regulations
- Sport Specific
- Area of Focus
- Sportsmanship

2024-2025 COACHES' REMINDERS



The screenshot shows the UIL website's 'Policy' section for the 2023-2024 Constitution & Contest Rules. The page includes a navigation menu with categories like ACADEMICS, ATHLETICS, MUSIC, SPIRIT, UNIFIED, MEDIA, and POLICY. The main content area features a download link for the full 2023-2024 UIL Constitution and Contest Rules (7MB), an online version, and a detailed table of contents for Chapter 1 (UIL Constitution) and Chapter 2 (Contest Rules). Chapter 1 includes subchapters for Membership, Organization & Administration, Student Eligibility, etc. Chapter 2 includes subchapters for Academics, Music, Athletics, Elementary and Junior High (2nd-8th), and Spirit. Appendix 1: SEC Official Interpretations and Appendices and Index are also listed.

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.**



The image displays the UIL 2023-2024 logo and the cover of the TEA & UIL Side-by-Side manual. The logo features the UIL acronym with a star over the 'I' and the website URL UILTEXAS.ORG. The manual cover has the title 'TEA & UIL SIDE-BY-SIDE' in large, bold, red letters. Below the title is a collage of various UIL medals and trophies, including one with the text 'UNIVERSITY OF TEXAS STATE INTERSCHOLASTIC LEAGUE'.

2024-2025 COACHES' REMINDERS

Athletics Manuals

All coaches and athletic staff should have the latest copy of individual and team sport manuals.

- Lighting Information for Sports Facilities 
- sportsmanship-manual.pdf 
- Athletic Director Checklist 
- Parent Info Handbook 
- Online District Executive Committee Handbook

Sport Specific Manuals

Sport specific manuals are located on their respective pages.

- Baseball Manual
- Basketball Manual
- Cross Country Manual
- Football Manual
- Golf Manual
- Soccer Manual
- Softball Manual
- Swimming & Diving Manual
- Team Tennis Manual
- Tennis Manual
- Track & Field Manual

Junior High Manual

The Junior High Manual is available on the respective Sport pages.


- Junior High Sports

UIL RULES

- **UIL Sport Manuals** contain UIL information specific to each sport
- The Manuals can be found on the UIL website.
- A PDF of the manuals will be available to download on the website as well.



2024-2025 COACHES' REMINDERS

 UIL Coaches' Checklist Swim & Dive 2024-25			
	CHECKLIST	REFERENCE LINK	COMPLETION DATE
✓	PRE-SEASON		
	Register/update profile in the UIL Portal	UIL Portal	Prior to 1 st Practice
	Review Swim & Dive Manual	Swim & Dive Manual	Prior to 1 st Practice
	UIL yearly coaching requirements (CCP & TEC)	Coaching Requirements	Prior to 1 st Practice
	Review TEA-UIL Side-by-Side	Side-by-Side	Prior to 1 st Contest
	Student participation required forms. Keep on file.	Athletic Forms	Prior to 1 st Practice
	Varsity participation required forms. Keep on file.	Athletic Forms	Prior to 1 st Practice
	Review rules regarding eligibility for athletic contests	C&CR Sec. 400 & 403	Prior to 1 st Practice
	Review Swim & Dive Plan	Swim & Dive Plan	Prior to 1 st Practice
	Review UIL rule changes		
	Review NFHS rule changes	NFHS	Prior to 1 st Practice
	Complete PAPFs and file with UIL Office • 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
✓	POST-SEASON		
	District Certification		4A: Jan 25 5A/6A: Feb 1
	Regional Meets	Regional Sites	4A: Jan 31-Feb 1 5A/6A: Feb 7-8
	State Meet	State Meet	4A: Feb 13-14 5A/6A: Feb 21-22

UIL RULES

- **UIL Checklists**
 - Sport specific documents that can be found on each sports manual page.
 - 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 PRACTICE!**



2024-2025 COACHES' REMINDERS

Tennis/Team Tennis



Swimming/Diving

Water Polo/Wrestling

Golf



SWIM & DIVE DATES

- Jan 25: 4A & Below District Certification
- Feb 1-2: 4A & Below Regional Meets
- Feb 2: **5A-6A District Certification**
- Feb 7-8: **5A-6A Regional Meets**
- Feb 13-14: 4A & Below State Meet
- Feb 21-22: **5A-6A State Championship Meets**

Contact Person: Grace McDowell
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Cell: 214-236-927



SWIMMING & DIVING

Rule changes and other great resources may be found on the Swimming & Diving page of the NFHS website.

Swimming & Diving Resources

General

[Diving Judge and Diving Referee Calls](#) PDF

[Diving Silhouettes](#) PDF

[Guidelines for Officiating Swimmers With Disabilities](#) PDF

[Guidelines for Virtual Swimming and Diving Competition](#) PDF

[One Meter Diving Table with Video Clips](#) PDF

[Rules Writing Process Video](#)

[Swimming and Diving Championships & Large Meet Administration](#) DOC

[Swimming and Diving Distance Conversion Chart](#)

[Swimming and Diving Finish Rules Best Practices](#) PDF

[Swimming and Diving Pool Diagrams](#) PDF

Rules

[Diving Officials Guidelines Manual - 2024-25](#) DOC

[Swimming & Diving Comments on the Rules - 2024-25](#)

[Swimming & Diving Points of Emphasis - 2024-25](#)

[Swimming & Diving Rules Poster - 2024-25](#)

[Swimming and Diving Rules Interpretations - 2023-24](#)

[Swimming and Diving Uniform Rules - 2023-24](#) DOC

[Swimming Officials Guidelines Manual - 2024-25](#) DOC

The screenshot shows the NFHS website's Swimming & Diving page. At the top, there is a navigation bar with the NFHS logo and the slogan "PLAY. PERFORM. COMPETE. TOGETHER." The main navigation menu includes "Activities & Sports", "NFHS For You", "Resources", and "Campaigns". The page title is "Swimming & Diving". Below the title, there is a section for "Swimming & Diving Articles" with a "View All" link. The article section features four featured articles with images and titles: "Meet Official Responsibilities and Communication Clarified in High ...", "Navigating the Depths: An Athletic Administrator's Perspective on P...", "2024 NFHS Swimming and Diving Committee Welcomes New Members", and "New Free Course for Diving Officials Now Available on the NFHS Lear...". Below the articles, there are two sections: "Rules Changes" and "Publications". The "Rules Changes" section has one article titled "Swimming and Diving Rules Changes - 2024-25". The "Publications" section has one article titled "Swimming and Diving Rules Book" with a small image of the book cover.

Swimming & Diving Articles

[View All](#)



Meet Official Responsibilities and Communication Clarified in High ...



Navigating the Depths: An Athletic Administrator's Perspective on P...



2024 NFHS Swimming and Diving Committee Welcomes New Members



New Free Course for Diving Officials Now Available on the NFHS Lear...

Rules Changes

Swimming and Diving Rules Changes - 2024-25

Publications



The NFHS offers digital rules publications through NFHS AllAccess. You can access/purchase digital publication from AllAccess.org and download the AllAccess mobile app on the Apple and Google Play stores, while print publications can be purchased on [NFHS.com](#).

WATER POLO DATES

August 1 – First Day of Practice

August 3 – First Day of Interschool Scrimmages

August 8 – Last Day of Interschool Games

October 5 – **District Certification**

October 18-19 – **Regional Tournament**

October 25-26 – **State Tournament**

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Wrestling DATES

October 1 – First day for minimum weight certification

November 11 – First day for meets, and tournaments

January 18 – Last day for weight certifications

February 1 – District Certification

February 7-8 – Regional Tournament

February 14-15 – State Tournament

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FEBRUARY 2024						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Feb. 1 - Academics & OAP: Deadline to set up district online.	Feb. 1 - Academics: Last day for district meets. Set A materials. Feb. 1 - A+ Academics: 1st day for spring district meets.
2	3	4	5	6	7	8
				Feb 6 - 8 RECF Robotics: Tentative	Academics: First day for invitationals using Set B materials	CX Debate: Last day for district certification
					Wrestling: Swimming & Diving 5A- Regional meets.	Girls Basketball: District certification deadline
9	10	11	12	13	14	15
	CX Debate: District results deadline. One-Act Play: Title entry due. Softball: 1st day for interschool games.	ILPC: Newspapers & Broadcast due for rating. Newspaper Individual Achievement Awards entries due.	Academics: Essay Competitions: Entry deadline		Girls Basketball: Area.	Theatrical Debates: Entries due
	Girls Basketball: Bi-district.			Swimming & Diving 4A and Below: State Meet.	Boys Basketball: District certification deadline	Wrestling: State Meet.
16	17	18	19	20	21	22
	Baseball: 1st day for interschool games.				Girls Basketball: Regional quarterfinals.	Boys Basketball: Area.
	Girls Basketball: Regional quarterfinals.				Boys Basketball: Bi-district.	Swimming & Diving 5A- Regional meets.
					State Mariachi Festival	
23	24	25	26	27	28	29
	Boys Basketball: Regional quarterfinals.		Legislative Council: Finance Committee Meeting, Austin.		Girls Basketball: State Tournament	
			Film: State Festival			

WRESTLING

Wrestling Overview

Rules & Guidelines

Manual

Alignments

Wrestling Forms

Regional Sites

State Tournament

Officials

Sanctioning

FAQ

WRESTLING CONTACT INFO

**Assistant Athletic
Director:**
AJ Martinez

Email:
ajmartinez@uiltexas.org



Department Phone:
512-471-5883

Wrestling Rules & Guidelines

UIL Rule Amendments & Sport Plan

- 2023-2024 UIL Rule Changes & Amendments 
- Wrestling Plan (Constitution & Contest Rules) 

UIL Guidelines

- UIL Resources for Game Administrators 
- Weight Assessment Information
- Trackwrestling Information
- Ineligible Player and Unattached Participation
- Limits on Awards (Subchapter O)
- 2024 Wrestling District Director's Handbook 
- Charitable Cause Guidelines

NFHS Rules & Rule Changes

- NFHS Wrestling and Rules Information

WRESTLING INFORMATION

- Wrestling Forms
- District Director's Manual
- Trackwrestling Information
- Weight Assessment Information
- NFHS Rule Changes

GOLF CALENDAR

April 8, 2025 – District Certification Deadline

April 14-17, 2025 – Regional Tournaments

April 28-29, 2025 – Girls' State Tournament

May 5-6, 2025 – Boys' State Tournament

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USGA



Rules and Guidelines

- USGA Range Finder Guidelines
- UIL Golf Hard Card

GOLF

[Golf Overview](#)

[Rules & Guidelines](#)

[Manual](#)

[Alignments](#)

[Golf Forms](#)

[Regional Sites](#)

[State Tournament](#)

[Sanctioning](#)

[FAQ](#)

GOLF CONTACT INFO

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512-471-5883


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Golf Rules & Guidelines





UIL Rule Amendments & Sport Plan

- [2023-2024 UIL Rule Changes & Amendments](#) 
- [Golf Plan \(Constitution & Contest Rules\)](#) 

UIL Guidelines

- [UIL Resources for Game Administrators](#) 
- [Ineligible Player and Unattached Participation](#)
- [Charitable Cause Guidelines](#)

USGA Rules & Rule Changes

- [USGA Range Finder Guideline](#) 
- [2024 UIL Golf Hard Card](#) 
- [USGA Rules & Information](#) 
- [2023 USGA Major Rule Changes](#) 

2024 TEAM TENNIS DATES

- Oct 5: **District Certification**
- Oct 7-8: **Bi-District Deadline**
- Oct 10-12: **Area Deadline**
- Oct 14-15: **Regional Quarterfinals**
- Oct 17-18: **Regional Tournament**
- Oct 23-24: **State Championships**

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2024 TENNIS DATES

April 30: **District Certification**

May 7-10: **Regional Meets**

May 15-16: **State Meet**

❖ **1st, 2nd and 3rd at regionals qualify for state**

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TENNIS

Tennis Overview

Rules & Guidelines

Manual

Alignments

Tennis Forms

Regional Sites

State Tournament

Sanctioning

FAQ

TENNIS CONTACT INFO

Assistant Athletic
Director:
Joseph Garmon

Tennis Regional Spring Meet Sites

1A

- 1A Region I
- 1A Region II
- 1A Region III
- 1A Region IV

4A

- 4A Region I
- 4A Region II
- 4A Region III
- 4A Region IV

2A

- 2A Region I
- 2A Region II
- 2A Region III
- 2A Region IV

5A

- 5A Region I
- 5A Region II
- 5A Region III
- 5A Region IV

3A

- 3A Region I
- 3A Region II
- 3A Region III
- 3A Region IV

6A

- 6A Region I
- 6A Region II
- 6A Region III
- 6A Region IV

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



ALLOWABLE CONTESTS

8 MEETS/TOURNAMENTS

- 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 shall count as a contest for the school week, however it does not count against the invitational (8) meet/tournament 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.



Golf

Wrestling

Swim & Dive

Tennis

NON-SCHOOL PARTICIPATION

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 swim 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

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.****

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)



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, TASC0, 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

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 AD STAFF CONTACTS



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