



**2024-2025
SPIRIT
CCP TRAINING**

UIL SPIRIT TEAM



**Director of
Athletics**
Ray Zepeda



Assistant AD
Grace McDowell
UIL Spirit Director



**Officials
Coordinator**
Dillon Bankston
**UIL Spirit
State Championship
Coordinator**



**Spirit State Championship
Director**
Jamie Graham

CCP AGENDA

- UIL Spirit Dates
- Coaching Reminders
- Eligibility Rules
- UIL Requirements
- Practice & Contest Regulations
- State Championships
- FAQs
- NFHS Rules
- Sportsmanship





2024-25 SPIRIT DATES

- Sept 4: Event Registration Opens
- Nov 1: **Event Registration Closes**
- Nov 22: Registration Payment Deadline
- Dec 6: 1st Performance Order Posted
- Jan 16-18: **SPIRIT STATE CHAMPIONSHIPS**



2025
10TH ANNIVERSARY
OF THE
UIL SPIRIT
STATE
CHAMPIONSHIPS

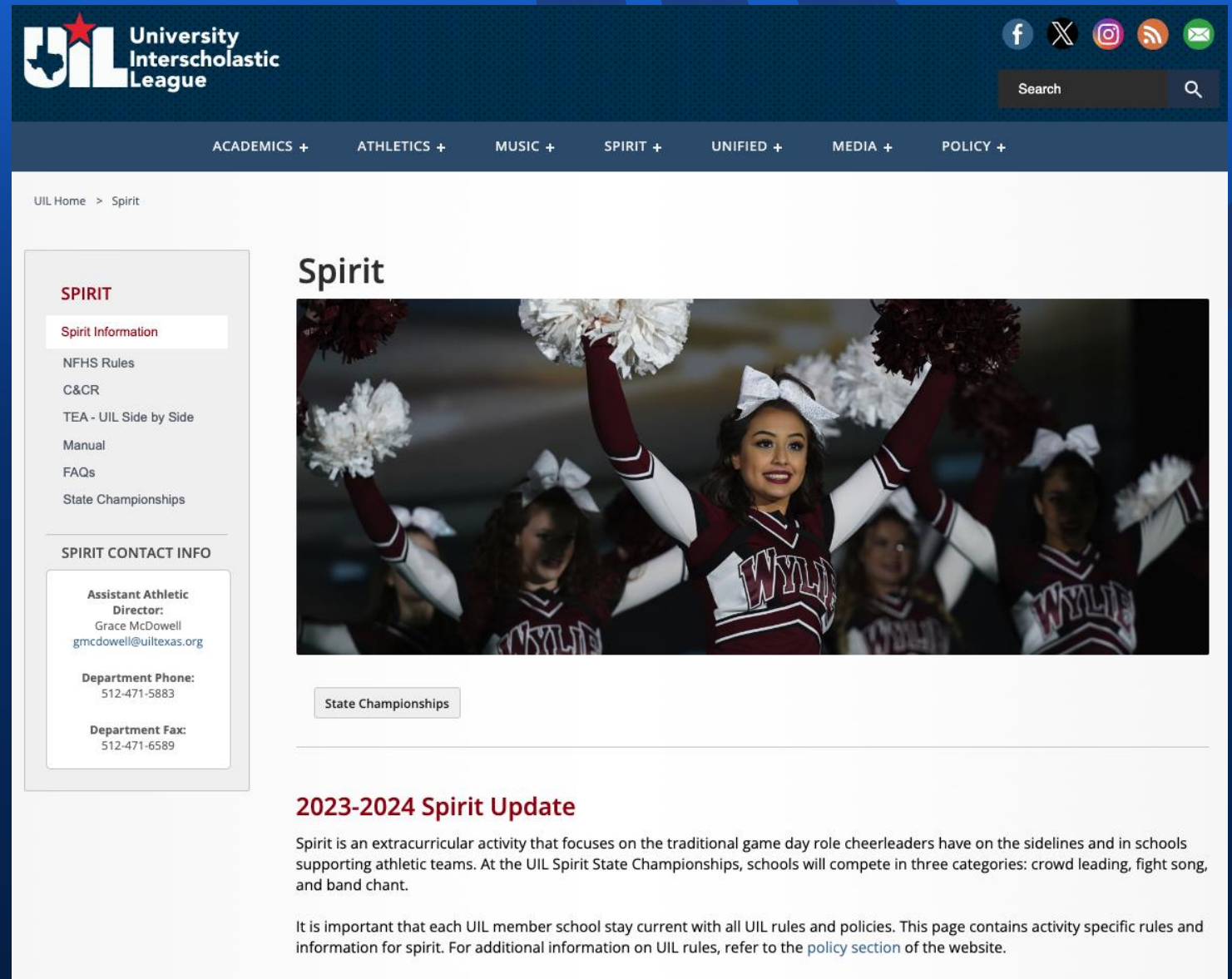
WHAT'S NEW FOR 2024-2025....

- 1-2 Mascots may be used in the State Championship routine without counting toward the team total number of participants.
- Adjustments on the use of props.
- Study item for next year – Increase 2A max participants

2024-2025 COACHES' REMINDERS

UIL INFORMATION

- [UIL SPIRIT WEBSITE](#)
- **VERY IMPORTANT!!!**
 - Manual
 - FAQs
 - State Championships
 - Side-By-Side



The screenshot displays the UIL Interscholastic League website. At the top, the UIL logo and name are on the left, and social media icons (Facebook, X, Instagram, RSS, Email) and a search bar are on the right. A navigation menu below the header includes links for ACADEMICS +, ATHLETICS +, MUSIC +, SPIRIT +, UNIFIED +, MEDIA +, and POLICY +. The breadcrumb trail shows 'UIL Home > Spirit'. The left sidebar contains a 'SPIRIT' section with a highlighted 'Spirit Information' link, followed by links for NFHS Rules, C&CR, TEA - UIL Side by Side, Manual, FAQs, and State Championships. Below this is 'SPIRIT CONTACT INFO' with details for Assistant Athletic Director Grace McDowell, including her email (gmcowell@uiltexas.org), department phone (512-471-5883), and department fax (512-471-6589). The main content area features a 'Spirit' header above a large image of cheerleaders in maroon and white uniforms with 'WYLLIE' on their sweaters. Below the image is a 'State Championships' button. The '2023-2024 Spirit Update' section explains that spirit is an extracurricular activity for cheerleaders and provides information about the UIL Spirit State Championships categories: crowd leading, fight song, and band chant. It also notes that schools must stay current with UIL rules and policies, directing users to the policy section for more details.

2024-2025 COACHES' REMINDERS



UIL ELIGIBILITY RULES

- *TEA & UIL Side-By-Side*
 - Contains UIL information that explains UIL eligibility rules and policies, no-pass/no-play, etc.

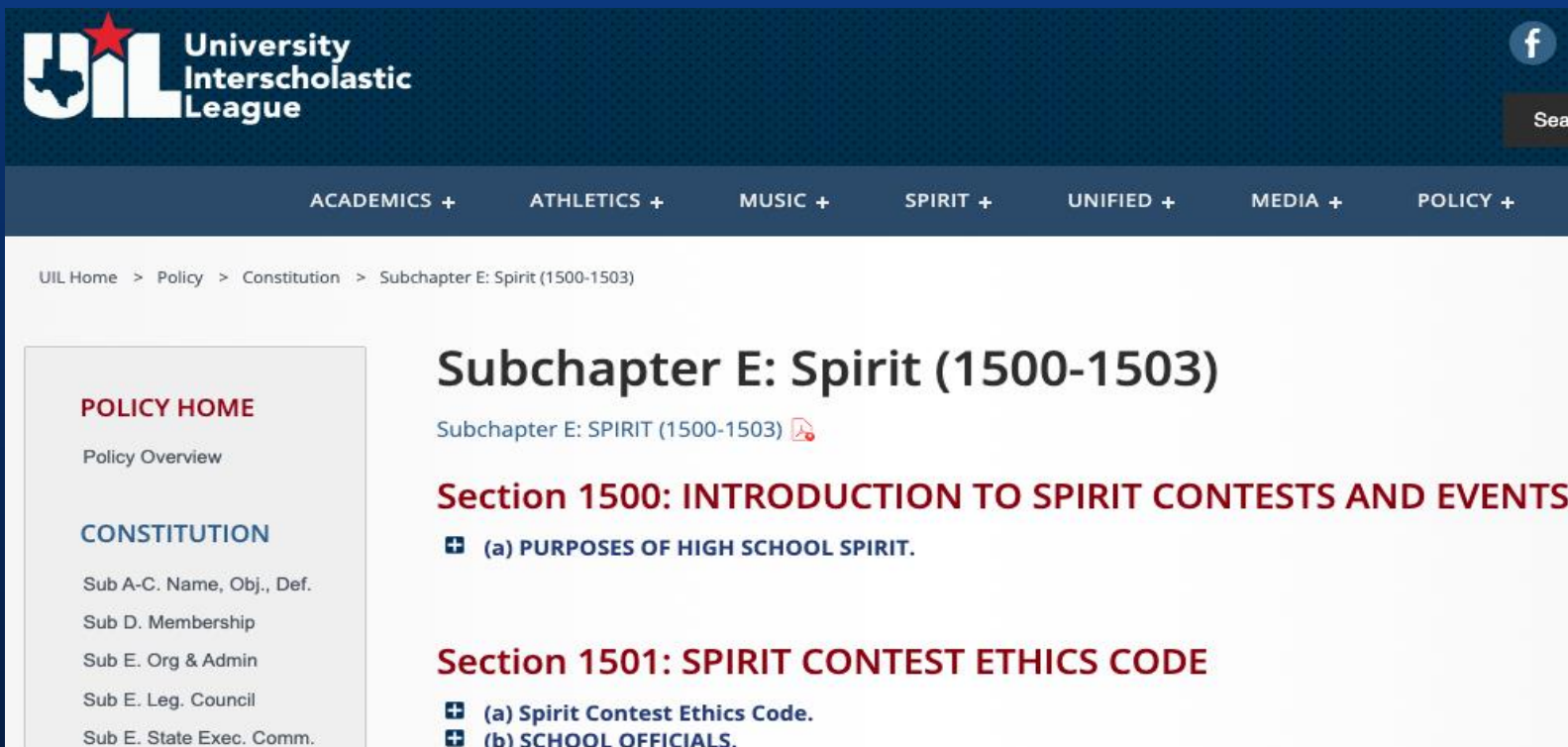


2024-2025 COACHES' REMINDERS

UIL CONSTITUTION & CONTEST RULES

- **Section 1500** – Introduction to Spirit Contest & Events
- **Section 1501** – Spirit Contest Ethics Code
- **Section 1502** – General Regulations
- **Section 1503** – Health and Safety

****Review the rules on an annual basis.***



The screenshot shows the UIL website interface. At the top left is the UIL logo with a red star and the text "University Interscholastic League". To the right is a Facebook icon and a search bar. Below the logo is a navigation menu with categories: ACADEMICS +, ATHLETICS +, MUSIC +, SPIRIT +, UNIFIED +, MEDIA +, and POLICY +. The breadcrumb trail reads: UIL Home > Policy > Constitution > Subchapter E: Spirit (1500-1503). The main content area is titled "Subchapter E: Spirit (1500-1503)" and includes a subchapter description. Below this are two sections: "Section 1500: INTRODUCTION TO SPIRIT CONTESTS AND EVENTS" with a sub-section "(a) PURPOSES OF HIGH SCHOOL SPIRIT.", and "Section 1501: SPIRIT CONTEST ETHICS CODE" with sub-sections "(a) Spirit Contest Ethics Code." and "(b) SCHOOL OFFICIALS." A sidebar on the left contains a "POLICY HOME" section with a "Policy Overview" link, and a "CONSTITUTION" section with links for "Sub A-C. Name, Obj., Def.", "Sub D. Membership", "Sub E. Org & Admin", "Sub E. Leg. Council", and "Sub E. State Exec. Comm."



UIL ELIGIBILITY: CHEERLEADING

A student is eligible if the student...

- Is a full-time student at the school at which they will participate
- Meets all requirements of Section 400 of the C&CR
- Meets the academic eligibility standards of state law and UIL rules
- Home school students if allowed by the district



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



UIL SPIRIT

CHEER falls under the **SPIRIT** tab for UIL – What does that mean?

- Cheer/Spirit teams have a set of *guidelines* which are *unique to just them*.
- Also, a few rules that apply to students involved in sports under Athletics Policy, **do not apply to cheer/spirit:**
 - Parent Residency Rule –The location of a cheerleader's residence **DOES NOT** impact their eligibility.
 - PAPF – newly enrolled students who make the cheer team **DO NOT** need to complete a Previous Participation Form.



UIL REQUIRED STUDENT PARTICIPATION FORMS

- Concussion Acknowledgement Form
- Sudden Cardiac Arrest Awareness Form
- *Check with your local school district policies regarding additional required documentation for students.*
- *Physical & Medical History forms are not required by the UIL, but may be required by district policy.*



UIL SPIRIT COACHES EDUCATION & TRAINING REQUIREMENTS

- **AED & CPR Certification**
- **UIL Concussion Education** – Two hours every two years
- **UIL Coaches Certification Program** – UIL Portal
 - Safety training for extracurricular activities
 - Spirit Specific module
- ***Cheer Specific Safety Course*** (not through UIL)

CCP must be completed by the first practice or start of school, whichever comes first.



SPIRIT PRACTICES & CONTESTS



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

School Week – From the first day
school is in session for the week until
the end of instruction on the last
instructional day.

Calendar Week – 12:01 AM Sunday
to midnight on Saturday.

SPRIT PRACTICE REGULATIONS

When School is In-Session

Eight Hour Rule –

- Practice outside the school day is limited to a maximum of eight hours per school week per activity
- The in-school cheer period does not count towards the allotted 8 hours

***Practice is unlimited outside the school week.**



SPIRIT

PRACTICE REGULATIONS

When School NOT In-Session



- No rules limiting practice during summer
- No rules limiting practice during school holidays

SPIRIT CONTEST REGULATIONS

- Can cheer at one contest during school week and one after the end of the school week.
- *Example:* Can cheer at volleyball on Tuesday and then again at volleyball on Friday or football on Friday.
- CANNOT cheer at volleyball on Tuesday and football on Thursday.
- Playoffs are an exception to the school week limitation.



SPIRIT STATE CHAMPIONSHIP REGULATIONS

Information for Participant Schools contains important information pertaining to the UIL Spirit State Championships.



The screenshot shows the website's navigation menu on the left and the main content area on the right. The navigation menu includes links for Overview, Spectator Information, Hotel Accommodations, Information for Participant Schools (highlighted with a red arrow), Schedule, Media, 2024 State Program, Results, Spirit Home, PAST RESULTS (with a list of years from 2022-2023 to 2015-2016), and SPIRIT CONTACT INFO (with contact details for the Assistant Athletic Director, Grace McDowell).

Spirit

Information for Participant Schools

2025 UIL Spirit State Championships - Performance Order: Will be posted December 6, 2024

2025 UIL Coaches' Packet: TBA

2025 UIL Timeline and Additional Information: TBA

2025 Event Map: TBA

2025 Team Transportation Information: TBA

2025 Competition Venue Map by Conference & Division: TBA

2025 Team Meal Catering Form: TBA (Deadline to Order - TBA)

2025 UIL Spirit State Championships - Rules and Regulations

2025 UIL Spirit State Championships - Overview: TBA

SPIRIT STATE CHAMPIONSHIP REGULATIONS

SPIRIT CONTACT INFO	
Assista Director Grace McDowell gmcowell@uiltexas.org	2025 Competition Venue Map by Conference & Division: TBA
	2025 Team Meal Catering Form: TBA (Deadline to Order - TBA)
	2025 UIL Spirit State Championships - Rules and Regulations 
	2025 UIL Spirit State Championships - Overview: TBA

Rules and Regulations
for the State
Championships can be
found in the list of
information for
participant schools.



2025 SPIRIT STATE CHAMPIONSHIPS RULES AND REGULATIONS

SECTION I: SCHOOL REPRESENTATION

A. PARTICIPATION AND FEES

The total number of participants for a school team is determined by counting spirit-leading participants including cheerleaders, dancers, and flag runners. Up to two mascots can be added to your routine and must be registered with the team. Mascots **will not** toward the total number of participants allowed but may impact scoring. The use of live band and/or drum line to supplement the Game Day environment is not permitted.

Schools are responsible for registering their squad in the appropriate division based on conference classification and (when applicable) school enrollment. Each school team will be allowed to enter one (1) school team in the appropriate classification as determined by the school enrollment reported for the [2024-2026 UIL Conference School Alignment](#). Teams should register by conference classification only. Any division splits will be determined following the close of registration and will be based on the total number of teams in a single conference and school enrollment.

All teams consisting of three (3) or more male cheerleaders will participate in the Coed Division. Only the number of male cheerleaders is considered when determining a coed team. Teams participating in the Coed Division are expected to incorporate male cheerleaders into the execution of cheerleading skills including stunts, jumps, and/or tumbling. Males utilized only for flags or props should be registered as Flag Runners and would not be counted as a Coed participant.

Mascots and Flag Runners are not considered in coed determination, and they cannot be involved in the execution of stunts. Mascots executing any jumps or tumbling must be in accordance with NFHS Spirit rules.

TEAM DIVISIONS:

	FEE:
1A – Maximum of 12 participants (2 or fewer male cheerleaders), up to 2 alternates	\$275.00
2A – Maximum of 12 participants (2 or fewer male cheerleaders), up to 2 alternates	\$350.00
3A – Maximum of 20 participants (2 or fewer male cheerleaders), up to 4 alternates	\$425.00
4A – Maximum of 24 participants (2 or fewer male cheerleaders), up to 4 alternates	\$500.00
5A – Maximum of 30 participants (2 or fewer male cheerleaders), up to 6 alternates	\$575.00
6A – Maximum of 30 participants (2 or fewer male cheerleaders), up to 6 alternates	\$625.00
Coed – Maximum of 30 participants (3 or more male cheerleaders), up to 6 alternates	\$625.00

SPIRIT FAQs

“Can you tell me what the UIL try-out requirements are for cheerleading?”

- **A: None exist. The try-out process is up to the discretion of the local school / district and coach.**

“Does a new student who transferred to my school need to wait 15 days before they participate?”

- **A: No, cheer does not fall under the transfer rule that athletic teams fall under. As long as a student is enrolled full-time in your school and is academically eligible, they are able to cheer.**

SPIRIT FAQS

“My daughter/son was on varsity as a junior, that means they are entitled to be on varsity as a senior, correct?”

- **A: Incorrect. A coach can require students to try-out each year to ensure the varsity team is as good as it can possibly be.**

“My superintendent did not select ‘SPIRIT’ on the varsity acceptance form in January. Does that mean we cannot participate in the state spirit contest?”

- **A: No. The varsity acceptance form has nothing to do with the State Spirit competition. In order for a team to compete in the state event, they must register using the link that will be on the Spirit State Championship page in September.**

SPIRIT FAQs

“Does the school’s cheerleading coach/sponsor need to be a full-time employee in order to coach and instruct a cheerleading team or spirit squad?”

- **A: No. The local school district has the discretion over who will be designated to serve as the cheerleading coach or sponsor.**

“Can a school hire a cheer coach and allow them to coach their students in the summer or in a non-school program?”

- **A: Yes. Cheerleading coaches and sponsors will be allowed to instruct the participants anytime during the school year with local district approval. During the regular academic school year, a school coach is subject to the eight hours of practice limitation per school week.**

2024-2025 COACHES' REMINDERS

SPIRIT RULE BOOK

The Spirit rules are not UIL rules. UIL Spirit will follow NFHS rules. Be sure to review the NFHS Spirit Rules prior to the school year and to the State Championships.



NFHS RULE REMINDERS FOR 2025

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

It is very important for Cheer Coaches to review all NFHS Spirit Rule Changes!

The screenshot shows the NFHS website's Spirit page. At the top, there is a navigation bar with the NFHS logo and the slogan "PLAY. PERFORM. COMPETE. TOGETHER." Below this, there are links for "Activities & Sports", "NFHS For You", "Resources", and "Campaigns". The main heading is "Spirit". Underneath, there is a section for "Spirit Articles" with a "View All" link. Three articles are featured: "Varsity Spirit Announces Inaugural DI and DII National School Spirit...", "Risk Minimization, Skill Development Focus of 2024-25 High School S...", and "STUNT - USA Cheer". Below the articles, there are sections for "Rules Changes" and "Publications". The "Rules Changes" section highlights "Spirit Rules Changes - 2024-25". The "Publications" section includes a cover image of the "SPIRIT RULES BOOK 2023-24" and text explaining that digital rules publications are available through NFHS AllAccess, along with buttons for "NFHS AllAccess" and "View Print Books".

Spirit Resources

General

[Rules Writing Process Video](#)

[State Cheer Event Dates](#)

[Stunt Progressions](#) PDF

[USA Cheer Music Copyrights Educational Initiative](#)

Rules

[Spirit Comments on the Rules - 2023-24](#)

[Spirit Points of Emphasis - 2023-24](#)

[Spirit Rules Poster - 2023-24](#) PDF

[Spirit Rules Questions](#)

Safety

[NFHS Concussion Courses](#)

[Spirit Coaches Responsibilities](#)

[Spirit Participants Responsibilities](#)

[USA Cheer/AACCA Spirit Safety Certification](#)

Rules Changes

[Spirit 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](#).

[NFHS AllAccess](#)

[View Print Books](#)

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, TASCOS, 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 OTHERS
2. CONTROL OF SELF
3. SPIRIT OF COMPETITION

UIL SPIRIT TEAM CONTACTS



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Director
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