



UIL - CCP FUNDAMENTALS OF COACHING

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

PAPFs
Spirit
Golf

CCP AGENDA

- STARTS WITH THE COACH
- EXPECTED UIL KNOWLEDGE
- EXPLORING THE UIL WEBSITE
- THE UIL PORTAL
- THE UIL C&CR
- TEA/UIL SIDE-BY-SIDE
- SPORTS MANUALS
- UIL CHECKLIST
- AREAS OF FOCUS





The
IMPORTANCE
of The Coach

Starts With The Coach

- Responsibilities
 - Be vitally interested in the welfare and development of every youngster.
 - Know the substantial range in individual differences among students.
 - Age, Body Build, Interest, Ability, Experience, Health, and Stages of Physiological, Emotional, and Social Maturity.
 - Clearly communicate the expectations of students & parents.
 - Team rules and consequences
 - Sportsmanship



The **INFLUENCE** of The Coach

- Coaches plant the seeds for success.
- They help kids see **POTENTIAL** and **POSSIBILITIES** in themselves.
- They instill **HOPE!**



The **POWER** of The Coach

- Coaches are the **FOUNDATION** of a successful athletic program.
- Coaches teach the skills, work ethic, expectations, knowledge of the game, and the joy of sport are all built in junior high athletics.

Expected UIL Knowledge Needed

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

www.uiltexas.org

The screenshot shows the homepage of the University Interscholastic League (UIL) website. At the top, there is a navigation bar with a "Learn More »" button. Below this is a dark blue header with the University of Texas at Austin logo and name on the left, and a navigation menu with links for "Home", "About", "Calendar", "Contact", "Shop", and "UIL Portal" on the right. The main content area features the UIL logo (a stylized "UIL" with a red star) and the text "University Interscholastic League". To the right of the logo are social media icons for Facebook, X, Instagram, RSS, and Email. Below the social media icons is a search bar with the text "Search" and a magnifying glass icon. At the bottom of the page, there is a dark blue footer with a horizontal menu of categories: "ACADEMICS +", "ATHLETICS +", "MUSIC +", "SPIRIT +", "UNIFIED +", "MEDIA +", and "POLICY +".

Exploring the UIL Website

Increase
Understanding of
Resources Available

UILTEXAS.ORG



A screenshot of the UIL website navigation menu. The menu is organized into three main sections: ATHLETICS, MUSIC, and SPIRIT. Each section has a dropdown arrow. The 'ATHLETICS' section is expanded, showing a list of links including Athletics Home, High School Sports, Junior High Sports, UIL Portal, Sports Officials, Alignments, Health & Safety, District Chairs, Waivers, Booster Club Guidelines, Forms, Manuals, Archives, Scoreboard, and Lone Star Cup. The 'MUSIC' section is also expanded, showing a list of links including Center, Baseball, Basketball, Cross Country, Football, Golf, Soccer, Softball, Swimming & Diving, Team Tennis, Tennis, Track & Field, Volleyball, Water Polo, and Wrestling.

ATHLETICS -	MUSIC +	SPIRIT +
Athletics Home	Center	
High School Sports -	Baseball	
Junior High Sports +	Basketball	
UIL Portal	Cross Country	
Sports Officials	Football	
Alignments	Golf	
Health & Safety +	Soccer	
District Chairs	Softball	
Waivers	Swimming & Diving	
Booster Club Guidelines	Team Tennis	
Forms	Tennis	
Manuals	Track & Field	
Archives	Volleyball	
Scoreboard	Water Polo	
Lone Star Cup	Wrestling	

Exploring the UIL Website

Athletic Homepage

Rules, Guidelines, and Materials

- Drone Policy
- 6th Grade Participation Guidelines
- Four Day School Week
- Homeschool Participation FAQ
- Strength and Conditioning Program Regulations (Summer and Off-Season)
- 2023-24 Tentative Sport Season Dates & Game/Tournament Limits 
- Practice Outside the School Year 
- Pre-Season Football Practice Limitations Q and A
- Charitable Cause Guidelines
- Round Robin Scheduling 
- Non-School Participation Manual 
- Booster Club Guidelines
- School Sponsored Camps 

Individual Sports Page



ACADEMICS +

ATHLETICS +

MUSIC +

SPIRIT +

UNIFI

UIL Home > Athletics > High School Sports > Basketball

BASKETBALL

Basketball Overview

- Rules & Guidelines
- Manual
- Alignments
- Basketball Forms
- Playoff Brackets
- Regional Sites
- Post Season Packet
- Girls State Tournament
- Boys State Tournament
- Officials
- Sanctioning
- FAQ
- Basketball Archives

Basketball



Girls State Tournament

Boys State Tournament

BASKETBALL CONTACT



Athletic Calendar

Contact



AUGUST 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Marching Band: Directors see C&CR, Section 1105 (d) & (e)	1 Water Polo: 1st day to practice.	2	3 Water Polo: 1st day to scrimmage.
4	5 Football: Issue equipment; begin conditioning who contact equipment except helmets; no contact activities-5A & 6A with no spring training, 1A, 2A, 3A, 4A and all 9th graders. Volleyball: 1st day to issue equipment & conduct workouts.	6	7 Football: Begin Practice in Shells (helmet, shorts, shoulder pads, padded girdles); no player to player contact activities-5A & 6A with no spring training, 1A, 2A, 3A, 4A and all 9th graders.	8 Football: Last day for Strength and Conditioning, 5A & 6A Water Polo: 1st day for games.	9 Football: Continue Practice in Shells (helmet, shorts, shoulder pads, padded girdles); player to player contact allowed -5A & 6A with no spring training, 1A, 2A, 3A, 4A and all 9th graders. Volleyball: 1st day for scrimmages.	10 Football: 1st day full contact activities permitted, 5A & 6A w/ no spring training, 1A, 2A, 3A, 4A and all 9th graders.
11 August 10 Academics/CX Debate: Deadline to schedule dist planning mtg. One-Act Play: 1st day to draw perf order/contact judges	12 Football: Begin conditioning who contact equipment except helmets; no contact activities-5A & 6A. Volleyball: 1st day for matches.	13	14 Football: Begin Practice in Shells (helmet, shorts, shoulder pads, padded girdles); no player to player contact activities-5A & 6A	15 Football: 1st day for interschool scrimmages, 5A & 6A w/ no spring training, 1A, 2A, 3A and 4A.	16 Football: Continue Practice in Shells (helmet, shorts, shoulder pads, padded girdles); player to player contact allowed -5A & 6A	17 Football: 1st day full contact activities permitted, 5A & 6A.
18	19	20	21	22 Football: 1st day for interschool scrimmages, 5A & 6A.	23	24
Football, Volleyball and Individual Sports: No 7th or 8th grade practice until the first day of school.						
7th-8th Grade Football: No student or team shall participate in any scrimmage or contest until they have had 5 days of acclimatization and 7 days of contact practice, see section 1478 (h) (3). Note: Days 3, 4, & 5, of the acclimatization period are considered as contact practices.						
25	26	27	28	29 Football: 1st day for games, all conferences.	30	31 A+ Academics: Deadline to hold organizational planning meeting for Fall / Winter One-Act Play: Bi-district information deadline
Strength and Conditioning programs (other than Football and Volleyball) may run up to the day prior to the first day of school or the first day of the sports season, whichever is earlier.						

UIL Contact Information

Mailing Address
University Interscholastic League
1701 Manor Road
Austin, Texas 78722

Street Address
1701 Manor Road
Austin, Texas 78722

Phone
512-471-5883
Theatre only: 512-471-9996

Fax
Administration Fax: 512-471-5908
Athletics Fax: 512-471-6589
Academics Fax: 512-232-1499
Theatre Fax: 512-471-7388
Fax for Orders Only: 512-232-6471

ATHLETICS | ACADEMICS | MUSIC | POLICY & ADMINISTRATION

Athletics

Department email: athletics@uiltexas.org
Department fax: 512-471-6589

CONTACT INFORMATION

Name	Title	Responsibilities	Contact Email
Ray Zepeda	Director of Athletics	Athletic Administration Reclassification & Realignment, Eligibility Catastrophic Injuries Officials	athletics@uiltexas.org
Grace McDowell	Assistant Athletic Director	Volleyball Spirit Swimming & Diving Basketball Softball	gmcowell@uiltexas.org
AJ Martinez	Assistant Athletic Director	Football Wrestling Golf Baseball Water Polo	ajmartinez@uiltexas.org
Joseph Garmon	Assistant Athletic Director	Team Tennis Cross Country Basketball Soccer Tennis Track & Field	jgarmon@uiltexas.org

Know The UIL Portal

All Coaches Registered in the UIL Portal

- School Email - This is how we send out communication throughout the year.
- Cell Number
- CCP – Required Training
- PAPF/Waiver Instructions & Walkthroughs
- Varsity Sports Eligibility Instructions
- Transferring Schools

[Login to the UIL Portal](#)

UIL Portal Instructions

[Instructions for Superintendents](#)

[Instructions for Administrators](#)

[Instructions For Coaches to Complete CCP Training](#)

- [Coaches Certification Program Required Training](#)
- [How to add or update your THSCA, TGCA or Atavus IDs](#)

Transferring Schools/Districts

[How do I transfer my account to a school district?](#)

[How do I transfer my account to a new school in the same district?](#)

Updated User Interface

[Updated User Interface Guide](#) - Helpful guide for the new user interface

Managing Roles:

[Managing User Roles](#) - Instructions for Administrators to manage users and their roles.

[DEC Chair Instructions](#) - Instructions on how to assign your DEC Chair role in the UIL Portal

[DEC Member Instructions](#) - Instructions on how to assign your DEC member role in the UIL Portal

[DEC Chair and Member Video Resources](#) - Video walkthroughs of common DEC questions in the Portal

PAPF/ Waiver Instructions:

[PAPF Walkthrough](#) - Detailed instructions of the complete PAPF process in the UIL Portal admin.

[PAPF Video Walkthrough](#)

[Waivers Walkthrough](#) - Instructions for Coordinators to submit a waiver for review.

Know The UIL Portal

Activate Home
Switch Account(s)

Academic Year: 2024-2025

Your Message Center

Registration & Training

My Registrations

School(s) I'm Connected To

Eligibility Forms

PAPF/Eligibility Home

Initiate PAPF/Waiver

Displacement Form(s)

Out-Going Athletes

Varsity Sport Eligibility

Forms


Form Home

Submit New Form

Enrollment & Activity

Enrollment Home

Activity Acceptance Home

Do Less Work And Keep More Money?  Fundraise With Aktivite! [LEARN MORE](#)

My Registrations [+ New Registration](#)

Do you still coach these sports (Pulled From Last Year Registration(s))?

Football 11 Man	High School Assistant Coach	Yes, I still coach this position	No, not this year
Boys Wrestling	High School Head Coach	Yes, I still coach this position	No, not this year
Boys Golf	High School Head Coach	Yes, I still coach this position	No, not this year
Weight Management Assessor	Weight Management Assessor	Yes, I still coach this position	No, not this year
Baseball	High School Assistant Coach	Yes, I still coach this position	No, not this year

[Update Order](#)

[View](#)

[View](#)

[View](#)

[View](#)

My Staff Roles [Update Roles](#)

High School Head Coach
High School Assistant Coach

My Account Options

My Profile	View
Reset Password	Reset
Manage Message Center Subscriptions	Manage
Connected Associations	Manage

Compliance of UIL Rules & Procedure

UIL Contest & Constitution Rules

The UIL Constitution and Contest Rules are the official rules that govern all UIL-sponsored activities and also define the direction, function and purpose of the UIL.

The screenshot displays the UIL website's navigation and content. At the top, the University of Texas at Austin logo and navigation links (Home, About, Calendar, Contact, Shop, UIL Portal) are visible. The UIL logo and name are prominently displayed. A search bar is located in the top right corner. Below the navigation bar, a menu lists various categories: ACADEMICS +, ATHLETICS +, MUSIC +, SPIRIT +, UNIFIED +, MEDIA +, and POLICY +. The main content area is titled "2023-2024 Constitution & Contest Rules" and includes a brief description of the rules' purpose. A download link for the full 2023-2024 UIL Constitution and Contest Rules (7MB) is provided. The page also features sections for "Online Constitution and Contest Rules" (General - Opening, Table of Contents, Introduction and Subchapters), "Chapter 1: UIL Constitution" (UIL Constitution (Subchapters A-R) with a sub-item for Membership, Organization & Administration, Student Eligibility, etc.), "Chapter 2: Contest Rules" (Academics (Subchapter A), Music (Subchapter B), Athletics (Subchapter C), Elementary and Junior High (2nd-8th) (Subchapter D), Spirit (Subchapter E)), and "Appendix 1: SEC Official Interpretations" (Appendices and Index). A sidebar on the left contains a "POLICY HOME" section with links to Overview, Constitution & Contest Rules (highlighted), TEA-UIL Side-by-Side, Booster Club Guidelines, and DEC Handbook. Below this is a "GOVERNANCE" section with links to Overview, Legislative Council, State Executive Committee, Waiver Review Board, District Exec. Comm., Sports Officials Committee, Official Meeting Agendas, Proposed Rule Changes, Amending UIL Rules, and Governance Organization Chart. At the bottom of the sidebar is "POLICY CONTACT INFO" with Department Email (policy@uitexas.org) and Department Phone (512-471-5883).

COMPLIANCE OF UIL RULES & PROCEDURE

TEA/UIL Side-by-Side

- Academic Requirements (No Pass No Play)
- 1st Six Weeks Eligibility
- Grading Periods/7-day Grace/Incompletes
- Honors Courses???
- Admission/Enrollment Requirements
- Limits on Practice & Performance
- School Week/Calendar Week Limitations
- Eligibility Calendar

TEA & UIL SIDE-BY-SIDE



COMPLIANCE OF UIL RULES & PROCEDURE

Sport Manuals

- Pre-Season Regulations
- Coach & Athlete Requirements
- Regular Season Information
- Practice Limitations
- Calendar Week Limitation – Sports Specific
- Post Season Information
- Off-Season Regulations

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- **Football Calendar**
- **2023 Football State Champions**
- **Football Coaches' Checklist**
- **Football Rules & Guidelines**
 - Football Plan (Constitution & Contest Rules)
 - 2023-2024 UIL Rule Changes & Amendments
 - Practice Rules and Guidelines
 - UIL Resources for Game Administrators
 - ATAVUS Online Procedures/Directions for Tackling Training
 - Ineligible Player & Unattached Participation
 - Ejections
 - Charitable Cause Guidelines

On the left side, there is a sidebar menu under the heading "FOOTBALL" with the following items: Football Overview, Rules & Guidelines, ATAVUS Tackling Training, **Manual** (highlighted), Alignments, Football Forms, Playoff Brackets, Post Season Packet, State Championships, Officials, Functioning, and Archives. At the bottom of the sidebar, there is a "CONTACT" section.

On the right side, there is a "QUICK LINKS" section with the following items:

- UIL Constitution & Rules
- UIL Eligibility Stand
- TEA UIL Side-by-Side
- Booster Club Guide

COMPLIANCE OF UIL RULES & PROCEDURE

Rules & Guidelines

- Sports Plans
 - Holiday Restriction
- Guidelines
 - Bench Protocols
 - Ejections
 - Limits on Awards
- NFHS Rules Link

BASKETBALL

[Basketball Overview](#)

[Rules & Guidelines](#)

[Manual](#)

[Alignments](#)

[Basketball Forms](#)

[Playoff Brackets](#)

[Regional Sites](#)

[Post Season Packet](#)

[Girls State Tournament](#)

[Boys State Tournament](#)

[Officials](#)

[Sanctioning](#)

[FAQ](#)

[Basketball Archives](#)


BASKETBALL CONTACT INFO

Assistant Athletic
Director:
Grace McDowell





Email:
gmcowell@uilitexas.org

Basketball Rules & Guidelines

UIL Rule Amendments & Sport Plan

- [2023-2024 UIL Rule Changes & Amendments](#) 
- [Basketball Plan \(Constitution & Contest Rules\)](#)
- [5 Day Holiday Restriction](#)

UIL Guidelines

- [UIL Basketball Bench Protocol Guidance](#) 
- [UIL Official Baden Balls](#) 
- [UIL Resources for Game Administrators](#) 
- [Basketball Announcer Responsibilities](#) 
- [Ineligible Player and Unattached Participation](#)
- [Ejections](#)
- [Limits on Awards \(Subchapter O\)](#)
- [Charitable Cause Guidelines](#)

NFHS Rules & Rule Changes

- [NFHS Basketball Rule Changes for 2023-24](#) 
- [NFHS Basketball and Rules Information](#) 

COMPLIANCE OF UIL RULES & PROCEDURE



UIL Coaches' Checklist Volleyball 2023-24

	CHECKLIST	REFERENCE LINK	COMPLETION DATE
✓	PRE-SEASON		
	Register/update profile in the UIL Portal	UIL Portal	Prior to 1 st Practice
	Review Volleyball Manual	Volleyball Manual	Prior to 1 st Practice
	Update Coach's Name in MaxPreps	MaxPreps	Beginning of school year
	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 Volleyball Plan	Volleyball Plan	Prior to 1 st Practice
	Review UIL rule changes	UIL Rule Changes	Prior to 1 st Practice
	Review NFHS rule change	NFHS	Prior to 1 st Practice
	Complete PAPFs and file with UIL Office <ul style="list-style-type: none"> Apply/Complete any necessary Waivers and file with UIL 	PAPF Process Waiver Information	Prior to 1 st Practice
	Submit Varsity Team Eligibility Form to District Chair (UIL Portal)	UIL Portal	Prior to 1 st Contest
	Practice begins		July 31
	Scrimmages allowed		August 4
	Matches allowed - 3 matches (or dual matches) allowed in calendar week; only 1 match during school week, 2nd and 3rd played outside the school week, Friday and Saturday		August 7
	Matches (or dual matches) allowed - 2 matches / calendar week; 1 match during school week		August 21
	Update schedule and record on MaxPreps	MaxPreps	Ongoing
✓	POST-SEASON		
	Print and review Post Season Handbook	Post Season Handbook	
	District Certification by District Chair	Certification Instructions	October 28

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.



COACHES' REMINDERS

SPORT RULE BOOK

Playing rules are not UIL rules. Be sure to review the appropriate rules for your sport prior to the season..



CONTEST REGULATIONS

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

Calendar Week: 12:01 am Sunday to Midnight Saturday

School Week: 12:01 on 1st instructional day of the week to close of instruction on the last instructional day of the week

- One contest per **SCHOOL WEEK**
- Per activity - per student
- Calendar week contest limitations differ for each sport
- See the specific sports manual for calendar week limits
- Junior High – One contest per calendar week

AREAS OF FOCUS (NEW COACHES)

1. Focus on Learning UIL Rules & Guidelines

- Become familiar with the UIL Website
- Explore the UIL Portal
- Eligibility, Eligibility, Eligibility
- Become experts in your specific sports
 - UIL Sports Manual
 - Playing Rule Books – NFHS, NCAA, USTA, USGA

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 (NEW COACHES)

3. Sportsmanship Improvement

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

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?



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