



University Interscholastic League
1701 Manor Road Austin, Texas 78722
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1.5 million=students, coaches & officials
Over a million contests EACH year



2013-2014 General Update

- NFHS Rule Changes
- Annual coaching requirements
- Athletic eligibility, NPNP and PAPF
- Amateur rule and off-season practice regulations
- District, region and state meets



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Athletics

- 1.C&CR
- 2.UIL-TEA Side by Side
- 3.RCP Log-in
- 4.NFHS – rule books
- 5.Special docs

CC or TF page

1. Coaches manual
2. Forms
3. Special docs
4. Regional links
5. State meet info



National Federation of State High School Associations



NFHS RULE CHANGES

POLE VAULT

- Pole vault will limit a competitor to one minute to initiate a trial after being called for the attempt (more than three entrants).
- If two or three competitors remain, the allowable time is three minutes; if only one remains, the time limit is five minutes. The time limit for consecutive trials remains unchanged at three minutes.

The installation of pole vault planting box padding permitted under Rule 7-5-24 will be a requirement in high school track and field beginning with the 2014-15 season.



UNIFORMS

- Rule 4-3-1c(7) was modified to require only those visible garments worn under the uniform bottom that extend below the knees to be unadorned and of a single, solid color. Current NFHS rules regarding logos and insignias apply to knee-length or longer garments.

There are no longer restrictions to visible garments worn under the uniform bottom if they terminate above the knees.



ELECTRONIC DEVICE

- Rule 3-2-8 permits the use of electronic devices in unrestricted areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee.
- Electronic devices shall not be used to transmit information to the competitor during the race or trial, nor are they permitted to be used for any review of an official's decision.
- Violation of these rules will result in competitor disqualification .

Coaches can use electronic devices and share information with their athletes as long as the devices are being used in accordance with the stated rule.



UIL POLICY CHANGES



MEET ALLOWANCE

- SEVEN invitational meet allowance rather than in previous years you had eight.
- Does not limit the number of meets with three or fewer teams provided there is no loss of school time.



2013-2014

WHAT DO I NEED TO DO TO
PREPARE FOR NEXT YEAR?



STUDENT REQUIRED FORMS

- Pre-Participation Physical Examination Form
- Medical History Form
- Rules Acknowledgment/Parent or Guardian Permit
- Anabolic Steroid Use and Random Steroid Testing Form
- Concussion Acknowledgement Form
- Cardiac Arrest Acknowledgement Form – New!



UIL Required Training- **NEW COACH ONLY!**

- NFHS Fundamentals of Coaching – 6 hours course/\$35 - all first year coaches and any coach who is not a full-time employee of the school district.
- Available through a link on the UIL website or visit www.nfhslearn.org
- Print certificate to verify completion



UIL Required Training

Rules Compliance Program (RCP)

- Available ONLY via UIL website on a link to gateway - www.uiltexas.org
- Must have a UT Log-in ID and password set-up to complete course
- Print certificate to verify completion



State Law - Texas Education Code

School districts make the arrangements to provide the training:

- Concussion Training – 2 hours
- Must maintain and submit current certification
- Reference available in the UIL-TEA Side By Side

manual



State Law - Texas Education Code

1. **TEC Chapter 33.086** - Certification for CPR/AED and First Aid Training
2. **TEC Chapter 33.202** – Safety Training Requirement
 - Coach completes the training included in RCP
 - Safety information must be presented to the students – PPT provided
 - Rehearse safety communication with athletes in a practice plan per sport
 - Provide the information to the parents



Eligibility for Athletic Contests

- Parent Residence
- Changing Schools for Athletic Purposes (PAPF)
- Age Rule
- Amateur Athletic Status
- No Pass No Play Academic Status





Student's Eligibility

- ✓ Student must be enrolled in participant HS for at least four hours per day .
- ✓ Required courses; in compliance with local transfer and admission policies.
- ✓ 15 day after enrollment and attendance.

Age

Age Rule:

- Student is less than 19 years old on September 1 preceding the contest, or has been granted eligibility based on a disability which delayed his or her education by at least one year



Residence Rule:

- Is a resident of the member school district and a resident of the attendance zone in which the participant school being attended is situated
- Or has been *continuously enrolled* in and regularly attending the school for at least the previous calendar year if his or her parents do not reside within the school district's attendance zone



Previous Athletic Participation Form (PAPF):

New students grades 9-12 who have ever practiced (before, during or after school) or participated in any UIL athletic activity in grade 8-12 at another school **MUST** have this form completed by the previous school and be approved by the District Executive Committee before they are eligible to participate at the varsity level at the new school.



FIRST Six Weeks -Credit Requirements

- **Grades nine and below** - must have been promoted from the previous grade.
- **Second Year of High School** - five accumulated credit towards state graduation.
- **Third Year of High School** - ten accumulated credit toward state graduation.
- **Fourth Year or High School** - fifteen accumulated credits toward state graduation.





“NO PASS NO PLAY”

Eligibility for the FIRST Six Weeks (Credit Requirements):

- Students who do not meet the previous requirements are academically ineligible for participation the first six weeks of the school year. Grades are checked at the end of the first six weeks and if the students are passing all classes, they could regain academic eligibility after the seven calendar day grace period.



“NO PASS NO PLAY”

Eligibility AFTER the FIRST Six Weeks:



A student who receives, at the end of any grading period (after the first six weeks of the school year), a grade below 70 in any academic class (other than an identified advanced class) or a student with disabilities who fails to meet the standards in the Individual Education Plan (IEP) may not participate in extracurricular activities for at least three school weeks.

AMATEUR ATHLETIC STATUS

Student-athletes in grades 9-12 shall not:

- Accept any valuable consideration as an award for winning/placing in an athletic contest.
- Valuable consideration is defined as anything wearable, usable or salable, and includes such items as tee-shirts, hamburger coupons, free or reduced rate tennis racquets, etc.
- Accept valuable consideration for teaching or coaching any UIL sport, except beginning swimming or lifesaving lessons.
- Accept valuable consideration for allowing their name to be used for advertisement of a product, plan or service.





AMATEUR ATHLETIC STATUS

- Accept any special service or benefit offered only to athletes or members of an athletic team.
- The penalty for violation of the Amateur Rule is forfeiture of varsity eligibility in the involved sport for at least one year from the date of the violation.
- Sport specific - a violation in one sport would make the student ineligible only in that sport.
- No amateur rule for students competing junior high.



AMATEUR ATHLETIC STATUS

Amateur Rule

- Additional VALUABLE CONSIDERATION THAT SCHOOL TEAMS AND ATHLETES MAY ACCEPT

Examples of additional items deemed allowable under this interpretation if approved by the school, include but are not limited to:

1. meals, snacks or snack foods during or after practices;
2. parties provided by parents or other students strictly for an athletic team



AWARDS RULE

- A participant school may not give and a student may not accept awards for participation in interschool competition in excess of \$10 per sport.
- One time award value at \$70.
- Certificates awarded by the school, school district, or district executive committee to recognize participating students do not count against the \$10 limit.



Practice regulations

Coaches are allowed to coach student-athletes from their own attendance zone ALL YEAR AROUND. The use of school funds, school equipment, school uniforms or school transportation is prohibited DURING THE SUMMER.

**Workout sessions, which involve meals and/or overnight lodgings, are prohibited.*

**** School-sponsored practices for middle school students shall not begin prior to the first day of school.**



Student-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.

WHAT COUNTS AS PRACTICE	WHAT DOESN'T COUNT
ACTUAL ON COURSE OR FIELD PRACTICE	MEETINGS
SPORT SPECIFIC SKILL INSTRUCTION	WEIGHT TRAINING
MANDATORY CONDITIONING	FILM STUDY
	WATER/REST BREAKS
	INJURY TREATMENT



Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.

- On days when more than one practice is conducted, there shall be, at a minimum, TWO HOURS of rest/recovery time between the end of one practice and the beginning of the next practice.
- SCHOOLS SHALL NOT SCHEDULE MORE THAN ONE PRACTICE ON CONSECUTIVE DAYS AND STUDENT-ATHLETES SHALL NOT PARTICIPATE IN MULTIPLE PRACTICES ON CONSECUTIVE DAYS.



Uniform Description

- Undergarments – NFHS matches UIL
- School-issued – no tshirts
- Jewelry - warning
- Hair adornment – headband defined



District – Area Meets

- Games committee, jury of appeals and referee
- Clerk, finish judges, and inspectors
- Entry forms/electronic entry /5 day deadline
- Protests and appeals
- Timing system



Cross Country Regional Sites

Region I – Tx Tech, TBA in Lubbock

Region II – UTA, Vandergriff Park, Arlington

Region III – Humble ISD, Atascosita HS

Region IV – UTSA, TBA in San Antonio



2013 UIL State Championship



UIL – CC & Track Hot Topics

- Area track meet formats.
- Track scoring format for championship meets.
- UIL policy change for one less invitational meet in both cross country and track & field seasons.
- Electronic entry systems.
- Cross country qualifying for state meet
- State meet schedule for track & field.
- Size of the regional cross country meets.



Questions ?



CONTACT ME

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