



JUNIOR HIGH ATHLETICS COACHES MANUAL



~ UIL PERSONNEL ~

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~NOTICE OF NON-DISCRIMINATION ~

The University Interscholastic League (UIL) does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs. See Section 360, Non-Discrimination Policy, UIL *Constitution and Contest Rules*.

<https://www.uiltexas.org/policy/constitution/general/nondiscrimination>

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For further information on notice of non-discrimination, visit

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PURPOSE | To acquaint junior high coaches and administrators with the policies, rules, procedures, and forms necessary for proper enforcement of regulations for junior high sports, and to insure a better opportunity for coaches to

LIMITATIONS | This manual does not cover all rules. The Constitution and Contest Rules is the official UIL rulebook and covers information more detailed than does this manual. Coaches should confer with their principals and superintendents if there are

WARNING ABOUT THE INHERENT DANGERS OF ATHLETIC PARTICIPATION
 Student athletes and parents should be aware that any athletic participation will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in sports, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

The UIL encourages student athletes in all sports, and their parents, to discuss risks.

~ Junior High Athletic Plan ~

Section 1400: JUNIOR HIGH (SEVENTH AND EIGHTH GRADES)

(a) ELIGIBILITY REQUIREMENTS FOR SEVENTH AND EIGHTH GRADE PARTICIPANTS.

- (1) Student's Eligibility. An individual may participate in UIL competition or contests as a representative of the participant school he/she attends if that student has been in attendance and has passed the number of courses required by state law and by rules of the State Board of Education, and is passing the number of courses required by state law and by rules of the State Board of Education.
- (2) Junior high students are not prohibited from competing at a grade level higher than the one in which they are enrolled. Refer to Subchapter M for high school eligibility standards.
- (3) To participate in athletic competition, a student who initially entered the seventh or eighth grade during the current school year and has a special needs condition which delayed his or her education by at least one year, and students who are overage due to limited English proficiency, and who have substantiation from a language proficiency assessment committee, may petition the UIL to participate at grade level. The following must be submitted to the UIL for eligibility determination (not required for non-athletic competition).
 - (A) A special education student must provide documentation of a special education status and documentation that a disability delayed his or her education by at least one year.
 - (B) A student with a history of a disability must provide documentation from a 504 committee or an ARD committee proving the existence and length of time of the disability that caused the delay of at least one year in his or her education.
 - (C) A student with limited English proficiency must provide documentation of the recommendation of the LPAC.
 - (D) Students must provide documentation of date of birth and a copy of a current physical, including height and weight.
 - (E) The district executive committee may appeal the decision of the UIL to the State Executive Committee.

(b) ELIGIBILITY REQUIREMENTS FOR ELEMENTARY SCHOOL PARTICIPANTS. An individual may participate in UIL competition or contests as a representative of the participant school he/she attends if that student:

- (1) Has been in attendance and has passed the number of courses required by state law and by rules of the State Board of Education and is passing the courses required by state law and by rules of the State Board of -Education.
- (2) Is a sixth grade student who will be too old to participate the following year as a seventh grader and who has a special needs condition which delayed his or her education by at least one year. (Applies to athletic competition only – Refer to Section 446).
- (3) No Interscholastic Athletic Competition Below Seventh Grade. No interscholastic athletic competition is allowed in any conference for teams in the sixth grade and below. This does not apply to annual inter-school elementary field days. This rule would not prohibit a school district from being involved in the facilitation of an enrichment/intervention program which may or may not include athletic activities involving students from their own schools. Exception: Certain athletic exceptions allow sixth grade students to participate. Refer to (2) above and Section 1478.

(c) RULES JURISDICTION. All public schools that participate in seventh and eighth grade UIL activities must abide by public school laws, TEA regulations and UIL regulations. Refer to Section 11.

(d) SCHEDULING.

- (1) District Academic Contests. Schools may use no more than one school day or two half-school days per school year to hold the district academic contests.
- (2) District Music Contests. Schools may use no more than one school day per school year to hold the concert and sight

reading contests. Students in seventh and eighth grade may participate in composite groups prior to the end of the academic school day. Refer to Section 1102 for definition of composite groups.

- (3) Other Competitions. No other game, contest or tournament shall begin prior to the end of the academic school day.
- (e) SUNDAY PARTICIPATION. No UIL participant school shall sponsor individuals or teams in any contest or school competition on a Sunday in a UIL contest or a contest similar to one offered by the UIL. Schools shall not conduct practices or teach any plays, formations or skills on Sunday.
- (f) NON-TRADITIONAL SCHOOL YEAR. (Refer to Section 383).
- (g) LIMITATION OF AWARDS.
 - (1) Awards To Individuals. A participant school may not give and a student may not accept awards for participation in interschool competition in excess of \$10 per year (total for all UIL school activities). Certificates awarded by the school, school district or district executive committee to recognize participating students do not count against the \$10 limit. A student may accept a symbolic award in recognition of his/her achievement in an interschool contest if it is given by the organization conducting the contest (e.g., all-tournament awards, ribbons, plaques and medals).
 - (2) Awards To Schools. A district championship trophy or award may be awarded by the district executive committee.
- (h) AMATEUR RULE. There is no amateur rule for junior high school students competing in junior high competitions. Section 441, Amateur Athletic Status, does not apply to students until the first class day of their ninth grade year.
- (i) MEMBERSHIP.
 - (1) School District. Junior high/middle schools receive membership in the UIL through the paid memberships of their parent high schools.
 - (2) K-8 Independent School Districts. For school systems with no high schools, refer to the membership fee structure in Sections 10 through 14.
 - (3) Superintendent's Responsibility. The superintendent shall have final responsibility for membership. When a school board elects to pay membership fees to join the UIL, it agrees to accept and observe the terms of participation in the contests as set forth in the Constitution and Contest Rules. This is a voluntary organization. All conditions surrounding participation are freely accepted and both the letter and spirit of the rules are to be observed. Thus, when disputes arise, they shall be settled by the committees in the prescribed manner.
- (j) DISTRICTS.
 - (1) No District Assignments. Junior high schools will not be assigned to junior high districts or conferences by the UIL office. Schools may follow the high school academic and/or athletic district assignments or form their own district. Students will represent their campus in the junior high academic and athletic district meets.
 - (2) Required Assignments. The UIL office reserves the right to assign contestants or teams to districts.
 - (3) Composite or Combined Teams. Students will represent their campus. Combined or composite teams are not allowed in UIL district academic or athletic competitions.
- (k) PROTESTS.
 - (1) Persons Responsible. In junior high schools that do not form a district, the district executive committee of the high school which the students will attend shall decide protests for the junior high school that has been protested. In junior highs that do form districts, the junior high school administrators from their schools shall consider all protests and eligibility of the students. In disputes between junior high schools from different junior high districts, neutral representatives from the executive committees of both districts will settle the dispute.
 - (2) Time For Protest. The superintendent or a designated administrator must file the protest in writing with the district executive committee. The protest must be filed within a reasonable time, but not exceeding four days after the contest, unless it involves eligibility or a rule imposing mandatory penalties.
 - (3) Appropriate Committees. All disputes among participant schools shall be settled by the appropriate executive committee.
 - (4) Jurisdiction Within District. The district executive committee shall have jurisdiction over all eligibility cases, disputes and protests within the district. The representative of a protesting school or the school protested is disqualified from the

adjudication of the dispute.

- (5) Jurisdiction Outside Of District. All disputes and protests arising between schools belonging to different districts shall be resolved through a meeting with equal representation from each district including the two teams involved. The disputing school and the school charged with violation shall not be allowed to vote.
- (l) VIOLATIONS AND PENALTIES.
- (1) Penalties. Penalties are applicable to the appropriate violator as stated in Sections 27 and 29.
- (2) May Not Play Suspended Schools. No school in the UIL shall engage in any contest, game or scrimmage with a suspended school, and any school violating this rule may be suspended. This prohibition applies only to the contest in which the school is suspended.
- (3) Minimum Penalty. Forfeiture of the contest is the minimum penalty for using an ineligible contestant.
- (4) Receiving High School. The receiving high school will be notified of any violations. The associated high school may be suspended by the State Executive Committee in the activity in which the junior high violates rules if the junior high does not abide by the ruling of the district executive committee.
- (m) INDIVIDUAL PLANS. Specific requirements and regulations may be found in the individual contest plans.
- (1) Academic. Sections 1410-1474.
- (2) Athletics. Section 1478.

~ Junior High Athletic Plan ~

Section 1478: SEVENTH AND EIGHTH GRADE ATHLETIC PLAN

- (a) PURPOSES. The UIL is vitally interested in the welfare and development of every youngster. A properly administered athletic program can enhance their overall education. Junior high programs need to take into consideration the substantial range in individual differences among seventh and eighth grade students, i.e., age, body build, interests, ability, experience, health, and stages of physiological, emotional and social maturity. Exploring a wide range of activities rather than specializing in one area, and what is best for the greatest number of participants involved should be emphasized. Each local district has final responsibility for enforcement of all objectives, guidelines and codes in the junior high program of competition. The purposes of the junior high athletic program of the UIL include the following.
- (1) To conduct the athletic program so that educational objectives are achieved, highest details of sportsmanship are upheld, and no single phase of the athletic program is promoted at the expense of other programs.
- (2) To provide broad and varied athletic programs with an opportunity for equitable competition for all students. A desirable program involves participation in intramural competition at several ability levels and interschool competition for the more advanced students.
- (3) To equalize competition and administer the programs so that mismatching of teams or individuals is not permitted. Individual schools shall have the final responsibility of enforcing this concept.
- (4) To integrate the athletic program with all other activities essential to junior high school youth, avoiding an excessive activity load for any student.
- (5) To require that participants are properly examined, approved, equipped, classified, instructed and supervised.
- (6) To administer the program so that there will be a minimum loss of school time, proper but minimal publicity, competent officiating, limited awards, and the program kept in its proper perspective.
- (7) To provide qualified faculty leadership who understand this adolescent age group, the objective of this modified sports program, and the emphasis on safety and welfare of the student.

- (8) To foster proper respect for authority and avoidance of all evidences of undesirable athletic mannerisms.
- (9) To compete within the spirit of the rules, giving every opponent due credit and respect, and making every effort to be gracious in victory or loss.
- (b) ELIGIBILITY REQUIREMENTS FOR SEVENTH AND EIGHTH GRADE PARTICIPANTS. An individual may participate in UIL athletic competition or contests as a representative of a participant school if he/she:
- (1) has met the requirements of Section 1400 (a) regarding general eligibility;
 - (2) for seventh grade athletic competition, has not reached his/her 14th birthday on or before September 1, and has not enrolled in the ninth grade;
 - (3) for eighth grade athletic competition, has not reached his/her 15th birthday on or before September 1, and has not enrolled in the ninth grade; and
 - (4) a student who initially entered the seventh or eighth grade the current school year and is too old for seventh or eighth grade participation may participate according to age, that is, seventh graders on the eighth grade, ninth grade, high school junior varsity or high school varsity team, and eighth graders on the ninth grade, high school junior varsity or high school varsity team.
 - (A) Four Consecutive Years. A student has only four consecutive calendar years to complete high school varsity eligibility. Exception: Refer to Section 463.
 - (B) Athletic Class. Overage junior high school students who have reached their 15th birthday on or before September 1 of that school year may be assigned to high school athletic periods if they are participating with the high school sub-varsity or varsity. Otherwise seventh and eighth grade students remain in their junior high school athletic class throughout the school year.
 - (C) Full Participation Allowed. Only seventh and eighth grade students who are too old to represent the eighth grade team may participate on the high school's athletic team. Overage junior high school students who participate with a high school ninth grade, sub-varsity or varsity team, may participate fully under the rules for high school athletes in that sport, including, but not limited to, rules governing number of games, post-season games, etc.
 - (5) Is a full-time student in grade seven or eight at the school he/she represents. Exception: Seventh and eighth grade students from public K-8 ISDs that do not field a team, may participate on the seventh and eighth grade baseball, basketball, football, soccer, softball and/or volleyball teams at the junior high school in the attendance area where they reside or which is a part of the designated receiving school district. (Parochial, private, and home schooled students are not eligible.)
 - (6) Has been in attendance and has passed the number of courses required by state law and by rules of the State Board of Education, and is passing the number of courses required by state law and by rules of the State Board of Education.
 - (7) ~~Has not repeated the seventh or eighth grade for athletic purposes. A student who repeats the seventh or eighth grade for athletic purposes shall be eligible for only two consecutive years in seventh and eighth grade athletic competition after the first enrollment in the seventh grade. A student held back one year in the seventh or eighth grade for athletic purposes shall lose the fourth year of eligibility after entering the ninth grade. A student held back for two years for athletic purposes shall lose the third and fourth years of eligibility after entering the ninth grade.~~
 - (8) Has not changed schools for athletic purposes.
- Note for (7) and (8): Eligibility is lost for one to three years for seventh grade "A" team, eighth grade "A" team or combined seventh and eighth grade "A" team. An "A" team is the same as a high school varsity team.
- (c) SIXTH GRADE PARTICIPATION.
- (1) No Interscholastic Athletic Competition Below Seventh Grade. With only the exceptions noted below, no interscholastic athletic practice or competition is allowed in any conference for teams in the sixth grade and below. Sixth grade students may not practice with or against junior high students. This does not apply to annual inter-school elementary field days, assuming there is no awarding of place ribbons or determination of team champions.
 - (2) Student's Eligibility. A sixth grader may participate in UIL competition or contests as a representative of a participant school only if he/she:

- (A) is a student with a disability which delayed his or her education by at least a year and therefore will be too old to participate the following year as a seventh grader;
- (B) has met the requirements of Section 1400 (a) regarding general eligibility;
- (C) Is a full-time student in grade six at the school he/she represents;
- (D) has been in attendance and has passed the number of courses required by state law and by rules of the State Board of Education, and is passing the number of courses required by state law and by rules of the State Board of Education; and
- (E) has not changed schools for athletic purposes.

(3) Exceptions. A sixth grader may also participate in UIL competition or contests as a representative of a participant school under the following circumstances.

(A) In Conference 1A and 2A schools or in small junior high schools whose enrollment corresponds to Conference 1A and 2A enrollment, sixth graders may be used when their participation is vital to field one combined seventh and eighth grade baseball, basketball, football, soccer, softball or volleyball team on the first day of the season. Sixth graders may not be used on either team when a school has more than one team playing. **Exception: Pilot program for the 2023-24 school year: 1A and 2A schools are allowed to use sixth graders to field as many as two (2) teams under this rule. Also, once a school qualifies to use sixth graders under this rule, it would qualify to use sixth graders for any activities that follow on the calendar.** The first day of the season is defined as the first day of practice outside the school day or the day of the first competition, whichever occurs sooner. If fewer than the below listed number of seventh and eighth grade students report the first day of the season, then sixth graders shall be notified the next day that they may try out for the combined seventh and eighth grade team and may participate for the entire season. If the number of seventh and eighth graders reporting the first day of the season meets or exceeds the number listed below, then sixth graders shall not be used anytime during the entire season.

Baseball - 18

Basketball - 10

Football: 6-man - 12

Football: 11-man - 22

Soccer - 22

Softball - 18

Volleyball - 12

If a coach intentionally prevents seventh or eighth graders from reporting at the beginning of the season (so as to permit sixth graders to participate) it will be considered a violation of the Athletic Codes and subject to penalty.

(B) Individual Sports. Sixth graders shall not represent a UIL seventh and eighth school in individual sports (cross country, golf, swimming, tennis, track and field and wrestling), except students with disabilities who meet the criteria of the provisions of Section 1478 (c) (2).

(C) Schools must provide evidence of compliance with the rule above to the DEC to utilize sixth graders.

(d) GENERAL REGULATIONS FOR ATHLETIC COMPETITION. Prior to all athletic games, meets, matches and practices the following shall be adhered to, if applicable.

- (1) Scheduling. No game, contest, scrimmage or tournament, including district competition, shall begin prior to the end of the academic school day for all participants. Refer to 1478 (b) (4) for junior high students who participate on a high school team and for scheduling athletic classes.
- (2) No Post-district Competition. There shall be no post-season playoffs or competition in any athletic event.
- (3) Non-Discrimination Policy In UIL Junior High School Contest Plans. Refer to Section 360 of the Constitution.
- (4) Pre-Participation Physical Examination. Upon entering the first year in junior high athletics a physical examination signed by a physician, a physician assistant licensed by a state board of physician assistant examiners, a registered nurse recognized as an advanced practice nurse by the board of nurse examiners or a doctor of chiropractic is required. Standardized pre-participation physical examination forms, available from the UIL office and authorized by the UIL Medical Advisory Committee are required.

- (5) Medical History Form. Each year prior to any practice or participation a UIL medical history form signed by both student and a parent or guardian is required. A medical history form shall accompany each physical examination and shall be signed by both student and a parent or guardian.
- (6) Concussion Acknowledgement Form. According to Section 38.155 of the Texas Education Code, "a student may not participate in an interscholastic athletic activity for a school year until both the student and the student 's parent or guardian or another person with legal authority to make medical decisions for the student have signed a form for that school year that acknowledges receiving and reading written information that explains concussion prevention, symptoms, treatment, and oversight and that includes guidelines for safely resuming participation in an athletic activity following a concussion" This section also applies to students participating in the cheerleading program at the school.
- (7) Sudden Cardiac Arrest Awareness Form. Each year prior to any practice or participation in athletics, a UIL Sudden Cardiac Arrest Awareness form signed by both student and a parent or guardian is required.
- (8) Sunday Participation. No UIL participant school shall sponsor individuals or teams in any contest or school competition on a Sunday in a UIL contest or a contest similar to one offered by the UIL. Schools shall not conduct practices or teach any plays, formations or skills on Sunday. Any showing of films to or meetings of athletes for the purpose of instruction or reviewing of plays, formations or skills in any sport will be construed as a violation. This does not prevent coaches from meeting on Sunday or from seeing films or planning an instructional program, provided that no student athletes are involved in the meeting.
- (9) Holiday Restriction. A school shall not conduct contests or practices, use school facilities, personnel or equipment during five consecutive days of December. Any organized or required practice will be a violation of this regulation. Schools may choose any five consecutive days which include December 24, 25 and 26, with the following exceptions.
 - (A) When December 26 falls on a Thursday, schools may participate in a tournament game on December 26.
 - (B) When December 26 falls on a Thursday, schools shall still follow a five consecutive day restriction, including December 24 and 25.
 - (C) No practice shall be permitted on any of the five consecutive days.
 - (D) Travel is permitted on the 26th if a tournament game is scheduled on December 27; however, no practice shall be permitted on the 26th.
 - (E) Travel will not be permitted on December 25.
 - (F) A team that has a game on December 23 could travel home on December 24 and still be in compliance with this section.
- (10) Officials.
 - (A) Responsible School. Home school is responsible for obtaining officials. Unless mutually decided otherwise UIL member schools shall use UIL registered officials for non-varsity games.
 - (B) Fee Schedule. The flat fee schedule and travel reimbursement, as approved by the Legislative Council, shall be posted on the UIL website.
www.uiltexas.org/athletics/officials
- (11) Tournament Regulations. Definition: at least three teams assembled on days other than Sunday for an elimination contest. Tournament games shall not begin prior to the end of the academic school day for all participants. Games do not have to be scheduled on consecutive days. Round robin tournaments limited to four teams and pool play tournaments limited to 16 teams shall be permitted. Refer to team sports plans for further regulations.
- (12) Recommended Standards. It is recommended that seventh and eighth grade activities be held on a Saturday or on a non-school night, or end competition to allow students to be back at home no later than 10 p.m. on a school night. It is highly recommended that no contest be scheduled on a night prior to a semester or a six-weeks exam.
- (13) Physical Education/Athletic Periods. No student shall be enrolled in more than one physical education or athletics class per school day. Schools may use a seventh, eighth or zero period concept for athletics, provided no student enrolled in the class is enrolled in any other physical education/athletics class. This period shall not exceed 60 minutes per day (or 300 minutes per week on a block schedule) and the allotted time includes time for dressing and re-dressing in

street clothes. Refer to Section 1206 (d).

- (e) **ADDITIONAL REGULATIONS FOR TEAM SPORTS: BASEBALL, BASKETBALL, FOOTBALL, SOCCER, SOFTBALL AND VOLLEYBALL.**
- (1) **Coaches Involvement with Non-school Teams.** For non-school competition seventh- and eighth-grade school coaches shall not schedule matched games for students in grades 7-12 from their attendance zone during the school year. Coaches may assist in organizing, selecting players and coaches, and supervising facilities for non-school UIL play. School coaches shall not coach or instruct students from their school district attendance zone, except their own adopted or birth children.
 - (2) **Rule Modification.** Any extension of a game in baseball, softball, basketball, football or soccer shall involve different players from those who participated in the earlier contest. Any extension means any additional time, i.e., another quarter played at the end of the regulation junior high contest. The additional play shall count as one of the allowable contests per school week, calendar week, and season for the individuals participating. Schools shall count the contest as one of the allowable B team contests in that sport. Schools are allowed to pay an additional partial game fee to officials.
 - (3) **Summer Camps.** Refer to Section 1209.
 - (4) **Summer Strength/Conditioning Programs and Sport Specific Skill Instruction** Refer to Section 1206 (h).
 - (5) **Prescheduled District Tournaments - Baseball, Basketball, Soccer, Softball and Volleyball.** Junior high prescheduled district baseball, basketball, soccer, softball and volleyball tournaments may be played in addition to invitational tournament(s) provided each game/match in the prescheduled tournament is counted as a game/match on the regular season record. Example: A junior high school could participate in nine regular season basketball games, two invitational tournaments and a three game district tournament. Schools need to save enough games/matches to cover all possible district tournament games.
- (f) **BASEBALL AND GIRLS' SOFTBALL.**
- (1) **Number of Games.** No team or individual shall compete in more than 12 games and 2 invitational or district tournaments. Two games may be substituted in place of a tournament. A scrimmage counts as one of the 12 contests.
 - (2) **Number of Games Per Week.** One game or scrimmage may be played per calendar week. A tournament may be played in the same calendar week of a game.
 - (3) **Number of Tournament Games Per Day.** Contestants or teams shall play no more than two tournament games per calendar day, except contestants or teams may play in three games in a one-day tournament scheduled on a Saturday.
 - (4) **Season for Workouts and Games.** Schools shall have 97 consecutive calendar days to practice outside the school day and to complete scrimmages and games. The season can be held anytime during the school year, provided it does not exceed the number of consecutive calendar days listed above.
- (g) **BASKETBALL.**
- (1) **Number of Games.** No team or student shall compete in more than 12 games and two invitational or district tournaments. Two games may be substituted in place of a tournament. If a team or student does not play in any invitational or district tournaments, four additional games may be played. A scrimmage counts as one of the 12 games.
 - (2) **Number of Games Per Week.** One game or scrimmage may be played per calendar week. A tournament may be played in the same calendar week of a game.
 - (3) **Number of Tournament Games Per Day.** Contestants or teams shall play no more than two tournament games per calendar day, except contestants or teams may play in three games in a one-day tournament scheduled on a Saturday.
 - (4) **Season for Workouts and Games.** Schools shall have 121 consecutive calendar days to practice outside the school day and to complete scrimmages and games. The season can be held anytime during the school year, provided it does not exceed the number of consecutive calendar days listed above.
 - (5) **Eight Minute Quarters.** Junior high schools may, by mutual consent, play eight minute quarters. Refer to Basketball Manual.
- (h) **FOOTBALL.**
- (1) **Number of Games.** No team or student shall compete in more than nine (but recommend eight) football games. A scrimmage counts as one of the allowable games.

- (2) Number of Games Per Week. One game or scrimmage may be played per calendar week. There shall be a minimum of five days between contests.
- (3) Season for Workouts and Games.
 - (A) Practice. Practice shall not begin prior to the first day of school. Football equipment may be checked out to the players on any one day during the week preceding the first day of school. The first five days of practice shall consist of the following acclimatization period. The first two days of practice shall be conducted without any contact equipment except helmets. On the third and fourth days of practice, helmets, shoulder pads and padded girdles (shells) may be worn, but no player to player contact is allowed. On day five of the acclimatization period, helmets, shoulder pads and padded girdles (shells) may be worn, and player to player contact is permitted. During the five-day acclimatization period, no full contact activities shall be permitted. All student athletes who arrive after the first day of practice are required to undergo a five-day acclimatization period. No interschool scrimmages or games shall be allowed until after a period of at least seven days of contact football.
 - (B) Schools shall have 80 consecutive calendar days to practice outside the school day and to complete scrimmages and games. Schools must start their 80 days no later than the date set forth by the UIL calendar for junior high football start deadline.
 - (C) For schools choosing not to start their 80 days on the first day of school, students may be in an athletic period, but cannot participate in any football activities outside the school day until the first day of the 80 consecutive calendar days.
 - (D) During the season, football players are not allowed to participate in more than ninety (90) minutes of full contact practice per week. Refer to the Junior High Coaches Manual for explanations of full contact.
- (4) Off-Season Workouts. Accelerated physical education activities, calisthenics, individual football skills, strength training or conditioning exercises may be conducted during the school term within the school day, (provided such activities do not exceed one regular class period not to exceed 60 minutes per day (or 300 minutes per week on a block schedule). Practice may include 11-on-11 drills without contact equipment or activities. Activities before or after school or during the lunch period are specifically prohibited. Allowed equipment is limited to a football, shoes with cleats, passing and punting machines and physical education attire. Air or padded blocking dummies or devices, and other similar devices are prohibited. Refer to Section 1206 (d).
- (5) Preseason or Summer Practice for Junior High or Elementary School Students.
 - (A) Eighth Grade and Below Pre-Season Practice Prohibited. Schools shall not hold any preseason football practice in junior high school (eighth grade and below) or elementary school, individual or team, prior to the opening day of school.
 - (B) Eighth Grade and Below Spring Training Prohibited. Schools shall not conduct any spring training either in elementary school or junior high school (eighth grade and below) the preceding spring.
 - (C) Exception for Ninth Graders Not on High School Campus. Students in the ninth grade may participate in spring training in Conference AAAAAA and AAAAA schools provided that such participation is on a site and at the same time as the high school squad practices and that said high school is the one which the ninth grade students will attend the following fall.
 - (D) Violations. Penalty for violations shall be assessed by the appropriate executive committee.
- (6) Tied Games. The NCAA tie breaker system shall not be used by junior high school teams.

(i) SOCCER.

- (1) Number of Games. No team or student shall compete in more than 10 games and two invitational or district tournaments. Two games may be substituted in place of a tournament. A scrimmage counts as one of the 10 games.
- (2) Number of Games Per Week. One game or scrimmage may be played per calendar week. A tournament may be played in the same calendar week of a game.

- (3) Number of Tournament Games Per Day. Contestants or teams shall play no more than two tournament games per calendar day, except contestants or teams may play in three games in a one-day tournament scheduled on a Saturday.
- (4) Season for Workouts and Games. Schools shall have 86 consecutive calendar days to practice outside the school day and to complete scrimmages and games. The season can be held anytime during the school year, provided it does not exceed the number of consecutive calendar days listed above.
- (j) GIRLS' VOLLEYBALL.
- (1) Number of Matches. No team or girl shall compete in more than 12 matches and two invitational or district tournaments. Two matches may be substituted in place of a tournament. If a team or student does not play in any invitational or district tournaments, four additional matches may be played. A scrimmage counts as one of the 12 matches.
- (2) Number of Matches Per Week. One match or dual match or scrimmage may be played per calendar week. A tournament may be played in the same calendar week of a match.
- (3) Number of Tournament Matches Per Day. Contestants or teams shall play no more than three tournament matches per calendar day, except contestants or teams may play in four matches per calendar day in a one day tournament scheduled on a Saturday.
- (4) Season for Workouts and Matches.
- (A) Traditional School Years. Practice shall not begin prior to the first day of school. Schools shall have 86 consecutive calendar days to practice outside the school day and to complete scrimmages and matches. Volleyball equipment may be checked out to the players on any one day during the week preceding the first day of school. The season can be held anytime during the school year, provided it does not exceed the number of consecutive calendar days listed above.
- (B) Non-traditional School Years. Schools should schedule their season to coincide with the schools in the UIL playing district they will compete against.
- (k) ADDITIONAL REGULATIONS FOR INDIVIDUAL SPORTS: CROSS COUNTRY, GOLF, SWIMMING, TENNIS, TRACK AND FIELD AND WRESTLING.
- (1) Number of Meets/Tournaments. No team or student shall compete in more than six meets or tournaments, including the district meet/tournament.
- (2) Exception to Six Meet/Tournament Limitation.
- (A) Cross Country, Golf, Swimming, Track and Field and Wrestling. Schools may also hold competitions with three or fewer schools provided there is no loss of school time.
- (B) Tennis. If four teams meet for the purpose of playing tennis dual matches, it shall not be counted as one of the six tournaments allowed the team or the individual if no school time is lost and if no tournament draw is set to determine a champion.
- (3) Number of Contests Per Week. Individual sport participants are limited to one contest, meet or tournament per calendar week.
- (4) Season for Meets/Tournaments and Workouts. Practice and/or competition shall not begin prior to the first day of school. There is no mandated season length however, there is the limitation of six meets/tournaments per school year.
- (l) TRACK AND FIELD EVENTS. The recommended track and field events and order of events, is as follows. The district executive committee may by majority vote, alter the distance of certain events or authorize additional events.
- (1) Boys' and Girls' Running Events.
- Girls' 2400-meter run,*
- Boys' 2400-meter run*
- Girls' 400-meter relay
- Boys' 400-meter relay
- Girls' 800-meter run
- Boys' 800-meter run
- Girls' 100-meter hurdles 30"

Boys' 110-meter hurdles 36"

Girls' 100-meter dash*

Boys' 100-meter dash*

Girls' 800-meter relay*

Boys' 800-meter relay*

Girls' 400-meter dash

Boys' 400-meter dash

Girls' 200-meter low hurdles

Boys' 200-meter low hurdles

Girls' 200-meter dash

Boys' 200-meter dash

Girls' 1600-meter run

Boys' 1600-meter run

Girls' 1600-meter relay

Boys' 1600-meter relay

*These events shall be run at the metric distance only. All other events may be run in yard equivalents.

(2) Boys' and Girls' Field Events.

Girls' Pole vault

Girls' 6-pound shot put

Girls' Discus

Girls' High jump

Girls' Long jump

Girls' Triple jump

Boys' Pole vault

Boys' High jump

Boys' 4-kilo shot put

Boys' Long jump

Boys' Discus

Boys' Triple jump

(3) Event Limitations.

(A) No contestant shall be allowed to compete in more than three running events, including the relays, or in more than five total events.

(B) No contestant shall be allowed to enter more than two of the following events: 400-meter dash, 800-meter run, 1600-meter run or 2400-meter run. This does not prevent a 400, 800, 1600 or 2400-meter contestant from running on the relays provided he/she is entered in no more than three total running events.

(C) Contestants may enter a maximum of five field events provided they are not entered in any running events.

(4) Day of Week and Starting Time. Students or teams representing a participant school are permitted to participate in a track and field meet only after the end of the academic day for all participants. **Exception: Two of the six allowable meets may start no earlier than 2:00 p.m.**

(m) WATER POLO – PILOT PROGRAM

- (1) Number of Games. No team or individual shall compete in more than 12 games and 2 invitational or district tournaments. Two games may be substituted in place of a tournament. A scrimmage counts as one of the 12 contests.
- (2) Number of games per week. One game or scrimmage may be played per calendar week. A tournament may be played in the same calendar week of a game.
- (3) Number of tournament games per day. Contestants or teams shall play no more than three tournament games per calendar day, except contestants or teams may play in four games per calendar day in a one-day tournament

scheduled on a Saturday.

- (4) Season for workouts and games. Schools shall have 70 consecutive calendar days to practice outside the school day and to complete scrimmages and games. The season can be held anytime during the school year, provided it does not exceed the number of consecutive calendar day listed above.
- (n) CHEERLEADERS; SPIRIT GROUPS. All cheer and spirit performances at any UIL activity shall be in accordance with safety standards as prescribed by the National Federation High School Spirit Handbook. Cheerleading sponsors are required to complete a course regarding Safety Risk Minimization for Cheerleading and present proof of course completion to the school district.
- (o) CONCUSSION MANAGEMENT PROTOCOL. At all UIL athletic activities (including practices and contests), including cheerleading, schools shall implement and follow a concussion management protocol as prescribed by Texas Education Code Section 38.155 Subchapter D. * This section also applies to students participating in the cheerleading program at the school.
- (p) CATASTROPHIC INJURY REPORTING. UIL member schools shall file reports of catastrophic injuries, as defined by the National Center for Catastrophic Sports Injury Research (NCCSIR), that occur during UIL practices and/or competitions utilizing the online reporting form available on the UIL web site.
- (q) AUTOMATED EXTERNAL DEFIBRILLATOR (AED) USE REPORTING. UIL member schools shall file a report after an AED is used in conjunction with any UIL event, practice and competition, utilizing the online reporting form available on the UIL web site.
- (r) EMERGENCY ACTION PLANS. UIL member schools are required to develop and implement a venue specific emergency action plan (EAP) for each venue utilized for UIL athletic practices and/or competitions.

~PRE-SEASON REGULATIONS~

UIL Coach Education and Training Requirements

All high school coaches must be full-time employees of the school district EXCEPTION: A retired teacher/administrator who has 20 or more years of experience may serve as an assistant coach in all athletics and as a head coach for golf, tennis, team tennis, cross

country, track and field, and swimming. (This rule shall not affect the status of a coach on a leave of absence attending college.) Also, student teachers, while they are assigned to a participant school to fulfill their student teaching requirements, may volunteer to serve as an assistant coach in all athletics. Schools shall not pay student teachers for assisting athletic coaches.

Texas Education Code Requirements (State law)

- ***TEC Chapter 33.086 - Certification - CPR and First Aid Training***
 - Athletic coaches, athletic trainers, cheerleading sponsors and other head directors of UIL extra-curricular activities must have a current certification filed with the district.
- ***TEC Chapter 22.902 - Certification - AED Training***
 - Athletic coaches and sponsors, school nurses, PE teachers, marching band directors, and students that serve as an athletic trainer must have a current certification filed with the district.
- ***TEC Chapter 33.202 - Annual Requirement – Safety Training***
 - Training provided by UIL within the Rules Compliance Program (RCP).
 - Athletic coaches must complete prior to contact with students.
- ***TEC Chapter 38.158 - Annual Requirement - Concussion Training (2 hours every other year/1 hour annually)***
 - Athletic coaches, athletic trainers and potential members of the Concussion Oversight Team must complete the training annually.

Coaches Certification Program (CCP)

The CCP consists of both UIL and state law requirements and requires a coach to complete the prescribed components on a yearly basis, prior to their sport season. Completion of the CCP will recognize coaches as UIL certified coaches. All coaches shall annually complete the UIL Coaches Certification Program prescribed by the UIL prior to their sport season or prior to the first day of school if their sport is not in season. A coach who is hired less than one week prior to the start of the sport season or after the first day of school (whichever is earlier) must complete the CCP within thirty (30) days of being hired.

Required CCP Modules:

- 1) Constitution & Contest Rules
- 2) Ethics
- 3) UIL Steroid Education
- 4) Safety Training (state law)
- 5) Concussion Training (state law)
- 6) Sport Specific Training – each sport has a sport specific CCP module
- 7) **Football coaches only – Best Practices in Tackling (Atavus)** certification that will be required for all first-year football coaches and or coaches in their first year to coach in the state of Texas.
- 8) **First Year Coaches Only - Fundamentals of Coaching in Texas** – required for first year coaches (or JH volunteers) or coaches in their first year to coach in the state of Texas.
- 9) **Cheerleading Coach/Sponsor only - Safety/Risk Minimization for Cheerleading Course**
 - Must have a current certification or annual training completed prior to contact with participants.
 - Districts shall determine the organization that will provide the certification or training. Resources are available but not limited to those on the link from UIL web site.
http://www.uilTEXAS.org/files/health/Cheerleading_Safety_FAQs.pdf

Practice Regulations – When 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.
- **Sessions for strength & conditioning instruction** may be conducted for teams during their off-season by school coaches for students in grades 7-12 from that coaches attendance zone starting the first day of school. A strength and conditioning

session shall be no more than one hour per day outside the school day, Monday through Friday, and a student shall attend no more than one session of supervised instruction per day.

- The in-school athletic period and the one-hour strength & conditioning does not count towards the allotted 8 hours.
- Any time used in connection with a practice that is not part of the athletic period or the one-hour strength & conditioning counts as part of the 8 hours. (dress, video/meetings, etc).

Contest Schedule Rules

The following section combines State Law, State Board of Education regulations, and UIL rules. The Texas Education Agency defines participation as being involved with the activity, traveling with the team, or sitting on the bench. UIL defines participation of a student athlete as actually entering the contest as a player. Example: On a Tuesday night, the student's name is on the scorebook but she remains on the bench and does not actually enter the game. This counts as participation for TEA but not UIL. In other words, that student cannot participate again until Friday after school because of TEA regulations, however that game does not count as one of the allowable games as determined by UIL policy.

Constitution and Contest Rules: Section 5: Definitions

- **Calendar week** means 12:01 a.m. on Sunday through midnight on Saturday.
- **School week** means the week beginning at 12:01 a.m. on the first instructional day of a calendar week and ends at the close of instruction on the last instructional day of the calendar week, excluding holidays.

19 TAC 97.113 (K)(1)-

- **One contest per school week:** School districts shall adopt policies limiting extracurricular activities from the beginning of the school week through the end of the school week (excluding holidays) by scheduling no more than one contest or performance per activity per student. *Exception: Tournaments and post-season competition, as well as district varsity contests postponed by weather or public disaster, may also be scheduled during the school week.
- **Eight-hour practice rule:** School districts shall adopt policies limiting extracurricular activities from the beginning of the school week through the end of the school week (excluding holidays) by limiting practice outside the school day to a maximum of eight hours per school week per activity.

Participation.

(b) (b) SUNDAY PROHIBITION. A UIL member school shall not participate in any athletic contest or conduct any practice or teach any plays, formations or skills on Sunday.

(1) Violation. Any showing of films to or meetings of athletes for the purpose of instruction or reviewing of plays, formations or skills in any sport will be construed as a violation.

Coaches Sunday Meetings. This does not prevent coaches from meeting on Sunday or from seeing films or planning an instructional program, provided no athletes are involved in this meeting

Student Participation Required Forms

It shall be the responsibility of each school to keep on file the following required annual forms for each student who participates in any practice, scrimmage, or game. Forms to be filed can be downloaded from the UIL website (www.uiltexas.org/athletics/forms/).

- **Pre-Participation Physical Examination Form.** Upon entering the first and third years of high school, a physical examination signed by a physician, a physician assistant licensed by a State Board of Physician Assistant Examiners, a registered nurse recognized as an advanced practice nurse by the Board of Nurse Examiners or a doctor of chiropractic is required. Standardized Pre-Participation Physical Examination Forms, available from the UIL office and authorized by the UIL Medical Advisory Committee, are required. For the 2020-21 school year only, any participant in athletics or marching band, in any grade level, who has not previously completed a preparticipation physical examination (PPE), and been cleared for participation, will be required to complete the medical history form as noted below, as well as a PPE

prior to participation in any UIL practices, games, performances, or matches.

- **Medical History Form.** Each year prior to any practice or participation a UIL Medical History Form signed by both a student and a parent or guardian is required. A Medical History Form shall accompany each physical examination and shall be signed by both a student and a parent or guardian.
- **Parent or Guardian Permit.** Annual participation permit signed by the student's parent or guardian.
- **Rules Acknowledgment Form.** Annual UIL Rules Acknowledgment Form signed by the student and the student's parent or guardian.
- **Parent/Student Anabolic Steroid Use and Random Steroid Testing Form.** The parent/guardian of each high school athlete, along with each high school athlete, must annually sign the UIL Illegal Steroid Use and Random Steroid Testing Parent and Student Notification/Agreement Form.
- **Concussion Acknowledgement Form.** Annual UIL Concussion Acknowledgment Form signed by the student and the student's parent or guardian.
- **Sudden Cardiac Arrest Awareness Form.** Annual UIL Sudden Cardiac Arrest Awareness Form signed by the student and the student's parent or guardian.

2023-24 Junior High Sport Season Dates and Game/Tournament Limits

Sport	Number of Contest Allowed	Number of Games/Matches Per Day	First Day of Season	Number of Days to Complete Season	Games Per Week
Baseball	12 Games and two invitational or district tournaments	Contestants or teams shall plan no more than two tournament games per calendar day, except contestants or teams may play in three games in a one-day tournament scheduled on Saturday.	Anytime during school year	97 consecutive calendar days to complete season	1 game per calendar week. A tournament may be played in the same calendar week of a game.
Basketball	12 Games and two invitational or district tournaments	Contestants or teams shall plan no more than two tournament games per calendar day, except contestants or teams may play in three games in a one-day tournament scheduled on Saturday.	Anytime during school year	121 consecutive calendar days to complete season	1 game per calendar week. A tournament may be played in the same calendar week of a game.
Cross Country	6 Meets		Anytime during school year	No mandated season length	1 contest , meet or tournament per calendar week
Football	9 Games with scrimmages counting as one of the games		No later than the date set forth by the UIL calendar for junior high football start deadline	80 consecutive calendar days to complete season	1 game or scrimmage per calendar week
Golf	6 Tournaments		Anytime during school year	No mandated season length	1 contest , meet or tournament per calendar week
Soccer	10 games and two invitational or district tournaments	Contestants or teams shall plan no more than two tournament games per calendar day, except contestants or teams may play in three games in a one-day tournament scheduled on Saturday.	Anytime during school year	86 consecutive calendar days to complete season	1 game per calendar week. A tournament may be played in the same calendar week of a game.
Softball	12 Games and two invitational or district tournaments	Contestants or teams shall plan no more than two tournament games per calendar day, except contestants or teams may play in three games in a one-day tournament scheduled on Saturday.	Anytime during school year	97 consecutive calendar days to complete season	1 game per calendar week. A tournament may be played in the same calendar week of a game.
Swimming & Diving	6 meets		Anytime during school year	No mandated season length	1 contest , meet or tournament per calendar week
Tennis	6 Tournaments		Anytime during school year	No mandated season length	1 contest , meet or tournament per calendar week
Track & Field	6 Meets		Anytime during school year	No mandated season length	1 contest , meet or tournament per calendar week
Volleyball (Girls)	12 Matches and two invitational or district tournaments	Contestants or teams shall play no more than three tournament matches per calendar day, except contestants or teams may play in four matches per calendar day in a one day tournament scheduled on Saturday.	Anytime during school year	86 consecutive calendar days to complete season	1 match per calendar week. A tournament may be played in the same calendar week of a match.
Wrestling	6 Tournaments		Anytime during school year	No mandated season length	1 contest , meet or tournament per calendar week
Water Polo	12 Games and two invitational or district tournaments	Contestants or teams shall play no more than three tournament matches per calendar day, except contestants or teams may play in four matches per calendar day in a one day tournament scheduled on Saturday.	Anytime during school year	70 consecutive calendar days to complete season	1 game per calendar week. A tournament may be played in the same calendar week of a game.

Baseball Junior High Information

Number of Games

No team or individual shall compete in more than 12 games and 2 invitational or district tournaments. Two games may be substituted in place of a tournament. A scrimmage counts as one of the 12 contests.

Number of Games Per Week

One game or scrimmage may be played per calendar week. A tournament may be played in the same calendar week of a game.

Number of Tournament Games Per Day

Contestants or teams shall play no more than two tournament games per calendar day, except contestants or teams may play in three games in a one-day tournament scheduled on a Saturday.

Season for Workouts and Games

Schools shall have 97 consecutive calendar days to practice outside the school day and to complete scrimmages and games. The season can be held anytime during the school year, provided it does not exceed the number of consecutive calendar days listed above.

Basketball Junior High Information

Number of Games

No team or student shall compete in more than 12 games and two invitational or district tournaments. Two games may be substituted in place of a tournament. If a team or student does not play in any invitational or district tournaments, four additional games may be played. A scrimmage counts as one of the 12 games.

Number of Games Per Week

One game or scrimmage may be played per calendar week. A tournament may be played in the same calendar week of a game.

Number of Tournament Games Per Day

Contestants or teams shall play no more than two tournament games per calendar day, except contestants or teams may play in three games in a one-day tournament scheduled on a Saturday.

Season for Workouts and Games

Schools shall have 121 consecutive calendar days to practice outside the school day and to complete scrimmages and games. The season can be held anytime during the school year, provided it does not exceed the number of consecutive calendar days listed above.

Eight Minute Quarters

Junior high schools may, by mutual consent, play eight-minute quarters. See Basketball Manual.

Cross Country Junior High Information

Number of Meets/Tournaments

No team or student shall compete in more than six meets or tournaments, including the district meet/tournament.

Exception to Six Meet/Tournament Limitations for Cross Country

Schools may also hold competitions with three or fewer schools provided there is no loss of school time.

Number of Contests Per Week

Individual sport participants are limited to one contest, meet or tournament per calendar week.

Season for Meets/Tournaments and Workouts

Practice shall not begin prior to the first day of school. There is no mandated season length however, there is the limitation of six meets/tournaments per school year.

Football Junior High Information

Number of Games

No team or student shall compete in more than nine (but recommend eight) football games. A scrimmage counts as one of the allowable games.

Number of Games Per Week

One game or scrimmage may be played per calendar week. There shall be a minimum of five days between contests.

Season for Workouts and Games

Schools shall have 80 consecutive calendar days to practice outside the school day and to complete scrimmages and games. Schools must start their 80 days no later than the date set forth by the UIL calendar for junior high football start deadline. For schools choosing not to start their 80 days on the first day of school, students may be in an athletic period, but cannot participate in any football activities outside the school day until the first day of the 80 consecutive calendar days.

Practice shall not begin prior to the first day of school. Football equipment may be checked out to the players on any one day during the week preceding the first day of school. The first five days of practice shall consist of the following acclimatization period:

- Day 1 & 2 - shall be conducted without any contact equipment except helmets.
- Day 3 & 4 - helmets, shoulder pads and padded girdles (shells) may be worn, but no player to player contact is allowed.
- Day 5 - helmets, shoulder pads and padded girdles (shells) may be worn, and player to player contact is permitted.

During the five-day acclimatization period, no full contact activities shall be permitted. All student athletes who arrive after the first day of practice are required to undergo a five-day acclimatization period. No interschool scrimmages or games shall be allowed until after a period of at least seven days of contact football.

During the season, football players are not allowed to participate in more than ninety (90) minutes of full contact practice per week. See the Junior High Coaches Manual for explanations of full contact.

Off-Season Workouts

Accelerated physical education activities, calisthenics, individual football skills, strength training or conditioning exercises may be conducted during the school term within the school day, (provided such activities do not exceed one regular class period not to exceed 60 minutes per day (or 300 minutes per week on a block schedule). Practice may include 11-on-11 drills without contact equipment or activities. Activities before or after school or during the lunch period are specifically prohibited. Allowed equipment is limited to a football, shoes with cleats, passing and punting machines and physical education attire. Air or padded blocking dummies or devices, and other similar devices are prohibited. See Section 1206 (d).

Preseason or Summer Practice for Junior High or Elementary School Students

Eighth Grade and Below Pre-Season Practice Prohibited. Schools shall not hold any preseason football practice in junior high school (eighth grade and below) or elementary school, individual or team, prior to the opening day of school.

Eighth Grade and Below Spring Training Prohibited. Schools shall not conduct any spring training either in elementary school or junior high school (eighth grade and below) the preceding spring.

Exception for Ninth Graders Not on High School Campus. Students in the ninth grade may participate in spring training in Conference 6-A and 5-A schools provided that such participation is on a site and at the same time as the high school squad practices and that said high school is the one which the ninth-grade students will attend the following fall.

Violations

Penalty for violations shall be assessed by the appropriate executive committee.

Tied Games

The NCAA tiebreaker system shall not be used by junior high school teams.

Golf Junior High Information

Number of Meets/Tournaments

No team or student shall compete in more than six meets or tournaments, including the district meet/tournament.

Exception to Six Meet/Tournament Limitations for Golf

Schools may also hold competitions with three or fewer schools provided there is no loss of school time.

Number of Contests Per Week

Individual sport participants are limited to one contest, meet or tournament per calendar week.

Season for Meets/Tournaments and Workouts

Practice shall not begin prior to the first day of school. There is no mandated season length however, there is the limitation of six meets/tournaments per school year.

Soccer Junior High Information

Number of Games

No team or student shall compete in more than 10 games and two invitational or district tournaments. Two games may be substituted in place of a tournament. A scrimmage counts as one of the 10 games.

Number of Games Per Week

One game or scrimmage may be played per calendar week. A tournament may be played in the same calendar week of a game.

Number of Tournament Games Per Day

Contestants or teams shall play no more than two tournament games per calendar day, except contestants or teams may play in three games in a one-day tournament scheduled on a Saturday.

Season for Workouts and Games

Schools shall have 86 consecutive calendar days to practice outside the school day and to complete scrimmages and games. The season can be held anytime during the school year, provided it does not exceed the number of consecutive calendar days listed above.

Softball Junior High Information

Number of Games

No team of individual shall compete in more than 12 games and 2 invitational or district tournaments. Two games may be substituted in place of a tournament. A scrimmage counts as one of the 12 contests.

Number of Games Per Week

One game or scrimmage may be played per calendar week. A tournament may be played in the same calendar week of a game.

Number of Tournament Games Per Day

Contestants or teams shall play no more than two tournament games per calendar day, except contestants or teams may play in three games in a one-day tournament scheduled on a Saturday.

Season for Workouts and Games

Schools shall have 97 consecutive calendar days to practice outside the school day and to complete scrimmages and games. The season can be held anytime during the school year, provided it does not exceed the number of consecutive calendar days listed above.

Swimming & Diving Junior High Information

Number of Meets/Tournaments

No team or student shall compete in more than six meets or tournaments, including the district meet/tournament.

Exception to Six Meet/Tournament Limitations for Swimming

Schools may also hold competitions with three or fewer schools provided there is no loss of school time.

Number of Contests Per Week

Individual sport participants are limited to one contest, meet or tournament per calendar week.

Season for Meets/Tournaments and Workouts

Practice shall not begin prior to the first day of school. There is no mandated season length however, there is the limitation of six meets/tournaments per school year.

Tennis Junior High Information

Number of Meets/Tournaments

No team or student shall compete in more than six meets or tournaments, including the district meet/tournament.

Exception to Six Meet/Tournament Limitations for Tennis

If four teams meet for the purpose of playing tennis dual matches, it shall not be counted as one of the six tournaments allowed the team or the individual if no school time is lost and if no tournament draw is set to determine a champion.

Number of Contests Per Week

Individual sport participants are limited to one contest, meet or tournament per calendar week.

Season for Meets/Tournaments and Workouts

Practice shall not begin prior to the first day of school. There is no mandated season length however, there is the limitation of six meets/tournaments per school year.

Track & Field Junior High Information

Number of Meets/Tournaments

No team or student shall compete in more than six meets or tournaments, including the district meet/tournament.

Exception to Six Meet/Tournament Limitations for Track & Field

Schools may also hold competitions with three or fewer schools provided there is no loss of school time.

Number of Contests Per Week

Individual sport participants are limited to one contest, meet or tournament per calendar week.

Season for Meets/Tournaments and Workouts

Practice shall not begin prior to the first day of school. There is no mandated season length however, there is the limitation of six meets/tournaments per school year.

Volleyball Junior High Information

Number of Matches

No team or girl shall compete in more than 12 matches and two invitational or district tournaments. Two matches may be substituted in place of a tournament. If a team or student does not play in any invitational or district tournaments, four additional matches may be played. A scrimmage counts as one of the 12 matches.

Number of Matches Per Week

One match or dual match or scrimmage may be played per calendar week. A tournament may be played in the same calendar week of a match.

Number of Tournament Matches Per Day

Contestants or teams shall play no more than three tournament matches per calendar day, except contestants or teams may play in four matches per calendar day in a one-day tournament scheduled on a Saturday.

Season for Workouts and Matches

Traditional School Years. Practice shall not begin prior to the first day of school. Schools shall have 86 consecutive calendar days to practice outside the school day and to complete scrimmages and matches. Volleyball equipment may be checked out to the players on any one day during the week preceding the first day of school. The season can be held anytime during the school year, provided it does not exceed the number of consecutive calendar days listed above.

Non-traditional School Years. Schools should schedule their season to coincide with the schools in the UIL playing district they will compete against.

Water Polo Junior High Information

Number of Games

No team shall compete in more than 12 games and two invitational or district tournaments. Two games may be substituted in place of a tournament. If a team or student does not play in any invitational or district tournaments, four additional matches may be played. A scrimmage counts as one of the 12 matches.

Number of Games Per Week

One game or scrimmage may be played per calendar week. A tournament may be played in the same calendar week of a match.

Number of Tournament Games Per Day

Contestants or teams shall play no more than two tournament games per calendar day, except contestants or teams may play in three games per calendar day in a one-day tournament scheduled on a Saturday.

Season for Workouts and Matches

Traditional School Years. Practice shall not begin prior to the first day of school. Schools shall have 70 consecutive calendar days to practice outside the school day and to complete scrimmages and games. Water Polo equipment may be checked out to the players on any one day during the week preceding the first day of school. The season can be held anytime during the school year, provided it does not exceed the number of consecutive calendar days listed above.

Non-traditional School Years. Schools should schedule their season to coincide with the schools in the UIL playing district they will compete against

Wrestling Junior High Information

Number of Meets/Tournaments

No team or student shall compete in more than six meets or tournaments, including the district meet/tournament.

Exception to Six Meet/Tournament Limitations for Wrestling

Schools may also hold competitions with three or fewer schools provided there is no loss of school time.

Number of Contests Per Week

Individual sport participants are limited to one contest, meet or tournament per calendar week.

Season for Meets/Tournaments and Workouts

Practice shall not begin prior to the first day of school. There is no mandated season length however, there is the limitation of six meets/tournaments per school year.

Below are links to help you find information pertaining to UIL Rules and Regulations.

Constitution and Contest Rules (C&CR). 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 League.

<https://www.uiltexas.org/policy/constitution>

TEA-UIL Side-by-Side. The UIL publishes this document to provide member schools notice of the Texas Education Agency, which relate to UIL and all other extracurricular activities sponsored or sanctioned by the school district.

<https://www.uiltexas.org/policy/tea-uil-side-by-side>

Booster Club Guidelines. This document provides guidelines, which govern all booster club activities related to UIL-sponsored competition. Since the UIL regulates and governs what participants, sponsors, and coaches may and may not accept, it is very important booster club members and parents are aware of these guidelines.

<https://www.uiltexas.org/policy/guidelines-for-booster-clubs>

Employment of Coaches – Section 1202 of the C&CR

<https://www.uiltexas.org/policy/constitution/athletics/overview>

Junior High Plan – Section 1478 of the C&CR

<https://www.uiltexas.org/policy/constitution/elementary-junior-high/7-8-athletics>

Summer/Non-school Regulations

- [Summer Strength and Conditioning Program Regulations](#)
- [Non-School Participation Manual](#)



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