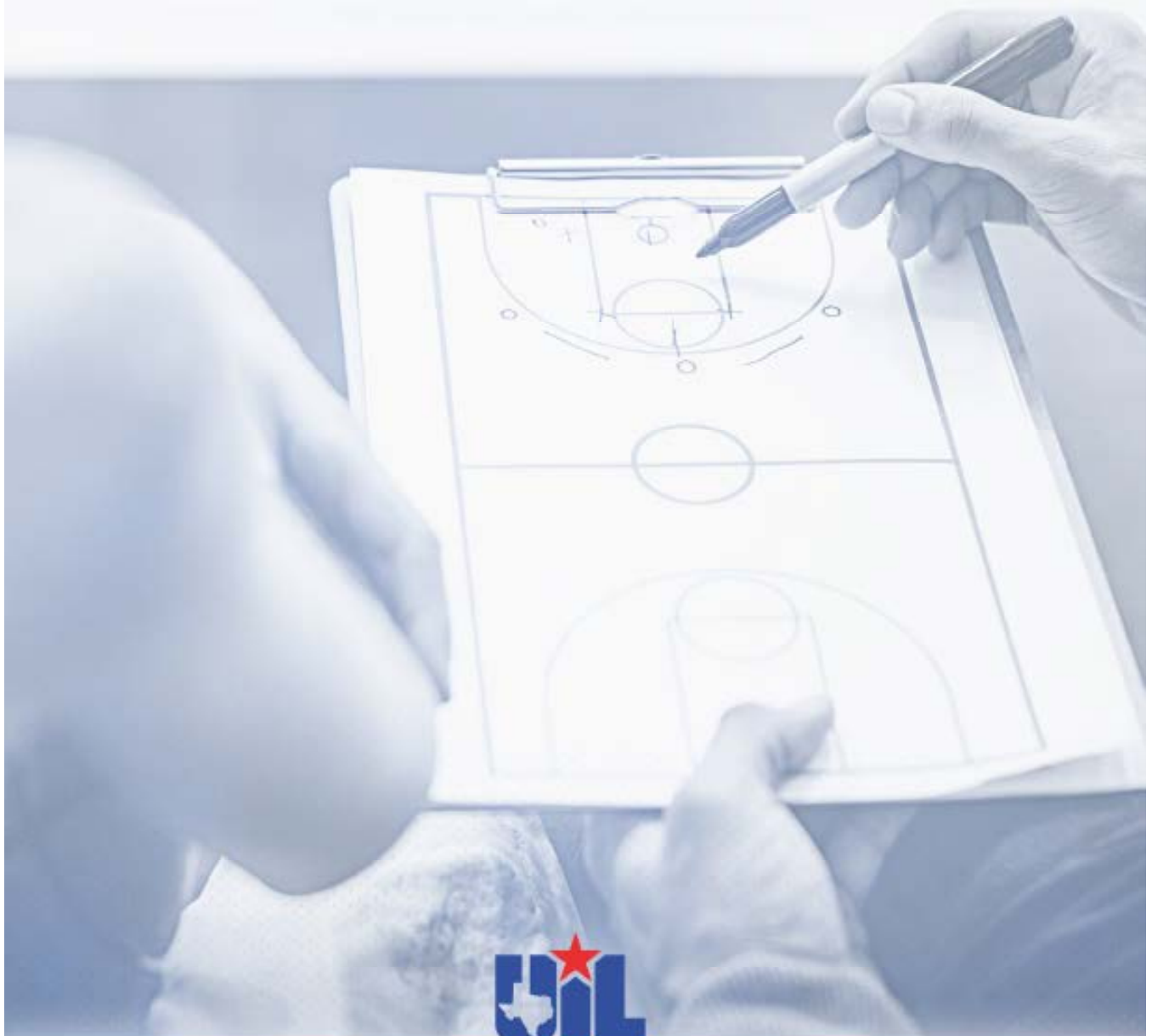


JUNIOR HIGH ATHLETICS COACHES **MANUAL**

2018  2019



U N I V E R S I T Y I N T E R S C H O L A S T I C L E A G U E

2018-2019

UNIVERSITY INTERSCHOLASTIC LEAGUE
JUNIOR HIGH SCHOOL ATHLETICS HANDBOOK

PURPOSE: To acquaint junior high coaches and administrators with the policies, rules, procedures, and forms necessary for proper enforcement of regulations for junior high school athletics, and to insure a better opportunity for coaches to have first-hand information.

LIMITATIONS: This manual does not cover all rules. The *Constitution and Contest Rules* is the official UIL rule book and covers information in more detail than this manual. Coaches should confer with their athletic directors, principals and superintendents if there are questions concerning the rules. Information and opinions may be obtained from the League office, 8:00 AM - 5:00 pm, by calling (512) 471-5883.

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 and risk minimization with coaches and school administrators.

NOTE: Questions concerning the UIL Junior High School Plan and eligibility requirements found in the UIL Constitution and Constest Rules should be directed to Dr. Susan Elza, Brian Polk, Brandy Belk, Joseph Garmon, or AJ Martinez at the UIL office.

University Interscholastic League
P.O. Box 8028
Austin, Texas 78713-8028
512-471-5883
Fax: 512-471-5908
Athletic Fax: 512-471-6589
Athletic Email: athletics@uiltexas.org
Website: www.uiltexas.org

TABLE OF CONTENTS

EXCERPTS FROM THE UIL CONSTITUTION AND CONTEST RULES -----	4-13
Eligibility Requirements-----	4
Athletic Plan - 7th and 8th Grade -----	6
PRE-SEASON REGULATIONS-----	14-19
UIL Coaches Certification Program (CCP)-----	14
State Association Adoptions to NFHS Rules -----	16
Pursuing Victory with Honor -----	17
Parent/Coach Relationships -----	18
Behavior Expectations of Spectators -----	19
REGULAR SEASON REGULATIONS -----	20-22
Sportsmanship-----	20
Public Address Announcements -----	20
Practice Time -----	21
Game Administrator -----	22
Tournament Definition and Limitations-----	22

Junior High Manual
published annually by the University Interscholastic League,
1701 Manor Road, Austin, Texas, 78722.

~ EXCERPTS FROM UIL CONSTITUTION AND CONTEST RULES ~

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 – see 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, assuming there is no awarding of place ribbons or determination of team champions. **EXCEPTIONS:** Certain athletic exceptions allow sixth grade students to participate. See (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. See 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 sightreading 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. (See 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.

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: See 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 partici-

pation 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. 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).
- (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. See 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 schedule of fees shall not exceed that of the fee schedule as listed in the high school athletic plan, Section 1204 (m).
- (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. See 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. See Section 1209.
 - (4) 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 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. See 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. See 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. See 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 pre-season 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) 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.
- (m) 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.
- (n) 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.

~ PRE-SEASON REGULATIONS ~

Seventh and eighth grade athletic contests (including tournament games and scrimmages) shall not be scheduled during the school day.

Contests which have to be canceled due to weather or other circumstances shall not be rescheduled unless there is an open week within the season.

UIL Coaches Certification Program (CCP)

The Legislative Council requires all coaches grades 7-12 to complete the Coaches Certification Program. The Coaches Certification Program can be found at uil.registermyathlete.com. The course sections include educational requirements according to state law, with each individual section providing a content portion, followed by a quiz over the presented material. Athletic directors and coordinators should verify coaches' completion of the program. The program does award Continuing Professional Education hours. Training requirements are as follows:

1. TEC Chapter 33.086 - Certification - CPR and First Aid Training

Districts arrange and determine who will provide the certified training per American Red Cross, American Heart Association or another organization that provides equivalent training and certification. This training may be a combined course with AED certification.

Athletic coaches, athletic trainers, cheerleading sponsors and other head directors of UIL extra-curricular activities must have a current certification filed with the district.

2. TEC Chapter 22.902 - Certification - AED Training

Districts must make this available to district employees and volunteers.

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.

3. TEC Chapter 33.202 - Annual Requirement – Safety Training

Training provided by UIL within the Coaches Certification Program (CCP).

Athletic coaches must complete prior to contact with students.

Athletic coaches are required to provide and document a rehearsal of safety communication with students per sport.

UIL safety information must be presented to the students and be made available to the parents/guardians with this information: <http://www.uil texas.org/files/athletics/safety-training.ppt>

4. 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.

Continuing Professional Education Providers (CPE) are approved and registered with the State Board for Educator Certification (SBEC) and Texas Education Agency (TEA).

UIL Coach Education and Training Requirements

1. C&CR 1202(j), UIL Professional Acknowledgment Form - completed and on file with district
2. C&CR Section 1208(i), Annual Requirement - Coaches Certification Program (CCP)

- Athletic coaches must complete prior to contact with students. Training can be satisfied at TGCA Summer Clinic or THSCA Coaching School by attending sessions and having your membership number scanned in. Coaches who are unable to attend will be able to satisfy their CCP requirements online through the UIL Portal.
- 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.
 - 1) Junior High (JH Constitution & Contest Rules)
 - 2) Ethics & Sportsmanship
 - 3) UIL Steroid Education
 - 4) Safety Training (state law)
 - 5) Concussion Training (state law)
 - 6) Football coaches only – Best Practices in Tackling certification that will be required for all first-year football coaches and for all football coaches once every two years. Training can happen at 2018 (and subsequent years) THSCA coaching school or online beginning April 1, 2019. All football coaches are required to have this certification completed by August of 2019.
 - 7) 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.
 - 8) Cheerleading Coach/Sponsor only - Safety/Risk Minimization for Cheerleading Course

ROOM AND BOARD RESTRICTIONS. Workout sessions which involve meals and/or overnight lodgings are prohibited.

EIGHTH GRADE AND BELOW ATHLETIC PERIODS. Schools shall not permit students to be scheduled into high school athletic periods until the first day of their ninth grade year unless the student has reached his/her fifteenth birthday on or before September 1st of their eighth grade year.

SOURCE OF PAY. Schools shall not pay coaches out of gate receipts, or draw the contracts with coaches in such a way as to make it to the financial advantage of a coach to win games. Schools shall not pay to coaches, and coaches shall not accept, funds gathered by a high school booster club or other sources at the high school.

SALARY: NO BONUS. A coach's salary shall be fixed at the beginning of the year, and shall include no provisions for bonus. It shall be a violation for a contract to be based upon a percentage of the gate receipts.

REGULAR DISBURSEMENT. The salary of a coach shall be paid from funds under the complete control of the school board and disbursed to the coach in the regular way in which the other salaries are disbursed. A district may comply with the Fair Labor Standards Act by paying a non-exempt employee overtime, provided the rate of pay is set prior to the school year and remains at that same rate throughout the school year.

NO FINANCIAL INTEREST IN GAME. Any contract which makes it to the financial interest of a coach to win a game will be in violation of the spirit of the rule.

GIFTS. If a coach accepts money, products or services in recognition of his coaching, other than the items stipulated within his employment contract, those items come under Section 481, Gift or Awards Rule.

PREVIOUS SUSPENSION. The State Executive Committee shall forfeit any contest won by an individual or school if it finds a school district employee previously suspended under Section 27 participated on behalf of the individual or school in the contest plan while prohibited from doing so under order of the State Executive Committee.

PRINCIPLES. The district executive committee shall uphold the principle that junior high school athletics,

when properly controlled, are worthwhile and educational.

RECRUITING. The district executive committee shall investigate efforts on the part of any school official or local fan to recruit players. Recruiting is a violation and may subject the school at fault to disqualification. Disqualification may be made by the State Executive Committee after the school has been given an opportunity to be heard. A school in violation shall remain disqualified for the period of time specified.

PLAYING RULES. The National Federation playing rules govern UIL sports. Exceptions: NCAA rules shall govern football; USTA rules shall govern tennis; USGA rules shall govern golf. Any modification of a playing rule shall be noted in the coaches manual for that sport.

STATE ASSOCIATION ADOPTIONS TO NFHS RULES

1. Basketball

- a. Teams may by mutual consent agree to play regular 8-minute quarters. Overtime during regular 8-minute quarters shall not exceed 4 minutes.
- b. Time-Outs. Junior high teams are allowed three full and two twenty second time-outs per game. Unused time-outs may be carried over into overtime. (See National Federation rules.)

2. Football

- a. Overtime **shall not** be used in junior high games. Games tied at the end of regulation time shall remain tied.

3. Volleyball

- a. Volleyball equipment may be checked out to the players on any one day during the week preceding the first day of school.

- b. Rally Scoring Format.

Junior High

- 2 out of 3 to 25 (cap at 30)
- 3rd game to 25 (cap at 30)
- The let serve shall be allowed
- Each team shall be allowed two time-outs per game
- By mutual consent, 7th and 8th grade teams may play the third game of a match even if the same team has won the first two games. Any student who has not played in the first two games must be allowed to participate in the entire third game.

Tournament Play – All Levels

- Pool play must consist of two rally scored games to 15 (cap at 20)
- Pool play games start at 0-0
- During pool play, regulation matches can be utilized, provided no team exceeds their total number of allowed matches per day (three matches per day in a three-day tournament, or four matches per day during a two-day tournament or a one-day tournament scheduled on a Saturday).

- c. The Libero may be used at the junior high level. For detailed information on the libero position, consult the UIL website (<http://www.uiltexas.org/athletics/junior-high/junior-high-volleyball>).

PURSUING VICTORY WITH HONOR - Basic Philosophy

Winning Is Important

Winning is important and trying to win is essential. Without the passionate pursuit of victory much of the enjoyment, as well as the educational and spiritual value, of sports will be lost.

Honor Is More Important

Sports programs should not trivialize winning or the desire to win. To dismiss victory by saying, "It's only a game" can be disrespectful to athletes and coaches who devote their time to being the best they can be in the pursuit of individual victories, records, championships, and medals. But the greatest value of sports is its ability to enhance and uplift the character of participants and spectators.

Ethics Is Essential to True Winning

The best strategy to improve sports is not to de-emphasize winning but to more vigorously emphasize that adherence to ethical standards and sportsmanship in the honorable pursuit of victory is essential to winning in its true sense. It is one thing to be declared the winner; it is quite another to really win.

There Is No True Victory Without Honor

Cheating and bad sportsmanship are not options. They rob victory of meaning and replace the high ideals of sport with the petty values of a dog-eat-dog marketplace. Victories attained in dishonorable ways are hollow and degrade the concept of sport.

Ethics and Sportsmanship Are Ground Rules

Programs that adopt Pursuing Victory With Honor are expected to take whatever steps are necessary to assure that coaches and athletes are committed to principles of ethics and sportsmanship as ground rules governing the pursuit of victory. Their responsibilities to demonstrate and develop good character must never be subordinate to the desire to win. It is never proper to act unethically in order to win.

Benefits of Sports Come From the Competition, Not the Outcome

Quality amateur sports programs are based on the belief that vital lessons and great value of sports are learned from the honorable pursuit of victory, from the competition itself rather than the outcome.

Reprinted with the permission of the Josephson Institute of Ethics.

PARENT / COACH RELATIONSHIPS

Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents have the right to know and understand the expectations placed on them and their children. Coaches have the right to know that if parents have a concern, they will discuss it with the coach at the appropriate time and place.

Communication parents should expect from their child's coach:

- 1) Coach's philosophy.
- 2) Expectations the coach has for your son or daughter, as well as other players on the team.
- 3) Locations and times of practices and contests.
- 4) Team requirements, i.e., fees, special equipment needed, school & team rules, off-season expectations.
- 5) Procedures that will be followed if your child becomes injured during participation.

Communication coaches expect from parents:

- 1) Concerns regarding their son or daughter expressed directly to the coach at the appropriate time and place.
- 2) Specific concerns in regard to the coach's philosophy and/or expectations.
- 3) Notification of any schedule conflicts well in advance.

As your child becomes involved in interscholastic athletics, they will experience some of the most rewarding moments of their lives. It's important to understand there may be times when things do not go the way you or your child wishes. These are the times discussion with the coach is encouraged.

Appropriate concerns to discuss with a coach:

- 1) The mental and physical treatment of your child.
- 2) What your child needs to do to improve.
- 3) Concerns about your child's behavior.

It is very difficult to accept your child is not playing as much as you may hope. Coaches make decisions based on what they believe is in the best interests of all students participating. As you can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

Issues NOT appropriate for discussion with your child's coach:

- 1) How much playing time each athlete is getting.
- 2) Team strategy.
- 3) Play calling.
- 4) Any situation that deals with other student-athletes.

There are situations that may require a conference between the coach and parent. These are not discouraged, as it is important for each party to have a clear understanding of the others' position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.

If a parent has a concern to discuss with the coach, the following procedure should be followed:

- 1) Call the coach to set up an appointment.
- 2) If the coach cannot be reached, call the athletic director and ask him or her to set up a meeting with the coach for you.
- 3) Think about what you expect to accomplish as a result of the meeting.
- 4) Stick to discussing the facts, as you understand them.
- 5) Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.

What should a parent do if the meeting with the coach didn't provide satisfactory resolution?

- 1) Call the athletic director to set up a meeting with the athletic director, coach, and parent present.
- 2) At this meeting, an appropriate next step can be determined, if necessary.

Students' involvement in co-curricular activities has been proven to increase their chances of success later in life. We hope the information contained in this handout helps make that experience more enjoyable for everyone involved.

Information provided by the Iowa Athletic Council.

BEHAVIOR EXPECTATIONS OF SPECTATORS

Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition-not to intimidate or ridicule the other team or its fans.

Remember that school athletics are a learning experience for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.

A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.

Learn the rules of the game, so that you may understand and appreciate why certain situations take place.

Show respect for the opposing players, coaches, spectators and support groups.

Respect the integrity and judgement of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.

Recognize and show appreciation for an outstanding play by either team.

Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game on or near the site of the event (i.e. tailgating).

Use only cheers that support and uplift the teams involved.

Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

Parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.

Game officials can ask that school administrators have unruly fans removed from a contest facility.

There is no such thing as a "right" to attend interscholastic athletics. Interscholastic athletics are considered a "privilege" and the spectator who avails themselves of it is expected to conduct himself or herself accordingly.

Keep in mind that you are a guest of the school, and that while winning is certainly an admirable goal, it is hollow if it comes at the expense of morals, ethics, and just plain common sense.

The school is responsible for the behavior of their spectators. The school district can be and will be punished for actions of patrons in violation of UIL standards and rules.

~ REGULAR SEASON REGULATIONS ~**SPORTSMANSHIP**

The purpose of a junior high athletic program is to enhance the educational experience of a student with healthy competition. This competition should prepare student-athletes for citizenship by teaching good sportsmanship. Responsible behavior where student-athletes play hard, play safe and accept the results of interscholastic competition is evidence of good sportsmanship.

Given the adverse influence that higher levels of athletic competition have on our communities as well as our student-athletes, it is important that we establish an acceptable standard for sportsmanlike behavior and admonish behavior that is unacceptable.

We ask coaches to:

- exemplify the highest moral character, behavior and leadership - adhering to strong ethical and integrity standards;
- respect the integrity and personality of the athlete;
- teach the rules of the game - both the letter and spirit of the rule;
- set a good example for players and spectators;
- respect the integrity and judgment of game officials;
- teach and reward sportsmanship.

Meet with the booster club

- explain game rules;
- set standards of acceptable behavior;
- let parents know that their actions can and will effect the team;
- admission to any athletic event is a privilege and with that privilege comes the responsibility to conduct oneself in an appropriate manner.

We ask that student-athletes:

- accept and understand the seriousness of responsibility and the privilege of representing the school and community;
- learn the rules of the game;
- treat opponents with respect; remember the Golden Rule;
- respect the integrity and judgment of game officials.

Keys to good sportsmanship are simple:

- Know the rules of the game.
- Recognize good plays - both teams.
- Respect opponents and spectators.

SPORTSMANSHIP ANNOUNCEMENTS. The UIL asks that a sportsmanship statement be read prior to the beginning of games. Schools may develop a statement or may use the following statements as provided.

PUBLIC ADDRESS ANNOUNCEMENTS. Athletic officials are seldom given the appreciation deserved. They are the persons delegated the responsibility and authority to enforce the rules of the game. By doing so, they provide for fairness and safety among players. Officials for school athletic contests are agreed upon by the schools involved prior to the start of each contest.

The score of any athletic event is generally forgotten over time, but the actions of the players, coaches and spectators are remembered. The next time you attend a high school game, think of how history will remember you. Good sports show you how to play the game. A message from the University Interscholastic League and YOUR SCHOOL NAME HERE.

Ethics, integrity and respect are values important in our daily lives. On the playing field, they are translated into the word Sportsmanship. Sportsmanship is one of the strongest educational lessons and lifetime values taught by interscholastic athletics. Remember, sportsmanship makes a world of difference. A message from the University Interscholastic League and YOUR SCHOOL NAME HERE.

An educational environment is critical to the success of high school activities. An important part of that environment is planning for good sportsmanship. Without good sportsmanship in activities, the lessons learned lose their value. Remember the next time you attend an interscholastic event that you are really inside a classroom where good sports receive the highest grades. A message from the University Interscholastic League and YOUR SCHOOL NAME HERE.

Winning – the #1 syndrome – is one of the major problems in interscholastic athletics. High school athletics are truly educational in nature, and among the values learned are those associated with good sportsmanship. Being #1 in sportsmanship is educationally more important than simply being #1. Remember, sportsmanship makes a world of difference. A message from the University Interscholastic League and YOUR SCHOOL NAME HERE.

Your ticket to an interscholastic activity is a privilege, a privilege to watch youngsters compete and learn on the field. One of the lessons taught to players is one spectators can follow as well – that of good sportsmanship. Unruly behavior is unacceptable in the classroom, and athletics are an extension of the classroom. Remember, sportsmanship makes a world of difference. A message from the University Interscholastic League and YOUR SCHOOL NAME HERE.

A coach once wrote, “When we lose without excuses and when we acknowledge the better team, we place winning and losing in their proper perspective. That’s when we find out if we can be good sports.” Sportsmanship is a goal to strive for at all times, in athletics and in our daily lives. Sportsmanship makes a world of difference. A message from the University Interscholastic League and YOUR SCHOOL NAME HERE.

PRACTICE TIME. State Board of Education regulations require that practice time outside the school day is limited to eight hours per school week per activity. 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.

RECOMMENDED STANDARDS. Activities held on a school night should be scheduled to end in time to allow students to be back at home no later than 10:00 p.m. or be scheduled on a non-school night, at non-school times (Saturdays). Note: It is highly recommended that no contest be scheduled on a night prior to a semester or a six-weeks exam.

SCHOOL AUTHORITY RESPONSIBLE. Responsibility for the proper administration, contracts, arrangements, control and scheduling of athletic contests in all school systems shall be under the supervision of the superintendent or a designated administrator.

COACH OR ADULT SUPERVISOR. No student shall represent his or her school at any time in connection with interscholastic competition unless accompanied by a coach or another appointed member of the school faculty. Exception: A non-school employee may serve as the adult supervisor of students when appointed by the administrator in areas where no coaching/directing takes place. These individuals may provide the transportation to and from the activity and be responsible for the supervision of participants.

SIXTH GRADE AND BELOW. No interscholastic athletic competition is allowed in any conference for teams in the sixth grade and below. This does not apply to annual interschool elementary field days, assuming there is no awarding of place ribbons or determination of team champions. (See exception in Section 1478 (c) (3).

GAME ADMINISTRATOR. It is recommended that a game administrator be designated by the home school for all non-varsity athletic team contests. The responsibilities of the game administrator are as follows:

- (1) see that officials are directed to their dressing room;
- (2) meet with the officials prior to game time (preferably on the playing field or court);
- (3) inform the officials where the game administrator will be seated;
- (4) assist the officials if they need to discourage unsportsmanlike conduct of a fan, player, or coach (such as removal from the gym);
- (5) check with the officials after the game to see if there is any misconduct that needs to be reported;
- (6) offer to provide an escort for the officials to their cars;
- (7) report incidents to the appropriate school administrator (home team or visitor);
- (8) report severe verbal abuse or physical contact of the official and any ejections of coaches and fans to the UIL office in writing within the next two working days.

NO PROTESTS. A protest based on a game or contest official's decision will not be considered.

BALLOONS, MASCOTS, FIREARMS, PYROTECHNIC DEVICES. Live animal mascots, cannons, firearms, fireworks, etc. are prohibited at League athletic contests. Except in their normal course of business, emergency vehicles shall not flash lights or sound sirens during the course of a game. Noisemakers are prohibited at League athletic events held in field houses and/or gymnasiums. *Releasing balloons is prohibited at League athletic events held outdoors.*

TOURNAMENT DEFINITION AND LIMITATIONS FOR BASEBALL, BASKETBALL, SOCCER, SOFTBALL, AND VOLLEYBALL.

- (1) *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.

ALL-STAR GAMES.

- (1) *School Equipment.* Students who have completed eligibility in the involved sport, with school superintendent approval, may use school individual player protective equipment in any all-star game.
- (2) *School Personnel.* No athletic director, coach, teacher, school administrator, or school district shall at any time assist directly or indirectly with the coaching, management, direction, selection of players, promotion, or officiating in any all-star game in which one or more of the competing teams is composed of one or more players who have eligibility remaining in that sport.
- (3) *School Facilities.* School facilities may be used for all-star games only by prior written consent of the superintendent.
- (4) *Penalties.* Any member high school violating the provisions of this all-star contest rule shall be subject to penalty.



www.uiltexas.org

   @uiltexas

#UILState