2014 • 2015
Football Manual
UIL
~ STATE FOOTBALL CHAMPIONS 2013-14 ~

Crowell High School
1A 6-Man Division I State Champion

Grandfalls-Royalty High School
1A 6-Man Division II State Champion

Stamford High School
1A 11-Man Division I State Champion
~ STATE FOOTBALL CHAMPIONS 2013-14 ~

Wellington High School
1A 11-Man Division II State Champion

Cameron Yoe High School
2A Division I State Champion

Cisco High School
2A Division II State Champion
~ STATE FOOTBALL CHAMPIONS 2013-14 ~

Carthage High School
3A Division I State Champion

Argyle High School
3A Division II State Champion

Denton Guyer High School
4A Division I State Champion
~ STATE FOOTBALL CHAMPIONS 2013-14 ~

Aledo High School
4A Division II State Champion

Allen High School
5A Division I State Champion

Cedar Hill High School
5A Division II State Champion
www.uiltexas.org
“I firmly believe that any man’s finest hour, the greatest fulfillment of all that holds dear, is the moment when he has worked his heart out in a good cause and lies exhausted on the field of battle, victorious.”

“Leadership rests not only upon ability, not only upon capacity; having the capacity to lead is not enough. The leader must be willing to use it. His leadership is then based on truth and character. There must be truth in the purpose and will power in the character.”

- Vince Lombardi
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 Football Plan and eligibility requirements found in the UIL Constitution and Contest Rules should be directed to Mark Cousins at the UIL office. Darryl Beasley, Peter Contreras, and Traci Neely are also available to answer questions.
Table of Contents

UIL Regulations/Rule Changes...........................................................................................................................................................10-38
UIL Football Calendar........................................................................................................................................................................10
UIL Rule Changes................................................................................................................................................................................11
Football Plan (Excerpt from UIL Constitution and Contest Rules)..................................................................................................12
NCAA Rule Changes and UIL Exceptions...........................................................................................................................................15
NCAA Tie Breaker System...................................................................................................................................................................29

Pre-Season Regulations....................................................................................................................................................................32-40
Pre-Season Practice Regulations, Activities Outside the School Year..........................................................................................32
District Executive Committee...............................................................................................................................................................32
High School Coaching Requirements..................................................................................................................................................33
Eligibility for Athletic Contests..........................................................................................................................................................35
School Practice and Game Restrictions...............................................................................................................................................36
Equipment...................................................................................................................................................................................................37

Regular Season Regulations.................................................................................................................................................................41-50
General Information................................................................................................................................................................................41
Officials......................................................................................................................................................................................................42
Games Administration and Regulations................................................................................................................................................46
Football Questions and Answers..........................................................................................................................................................49

Post Season Regulations......................................................................................................................................................................51-54
Playoff Procedures..............................................................................................................................................................................51
Football State Championship Games......................................................................................................................................................53

Off-Season Regulations....................................................................................................................................................................55-63
Off-Season..................................................................................................................................................................................................55
Spring Training..........................................................................................................................................................................................56
Off-Season Open Facilities......................................................................................................................................................................56
Summer Strength and Conditioning Programs........................................................................................................................................57
Questions and Answers............................................................................................................................................................................57
Non-School Activities............................................................................................................................................................................59
Questions and Answers............................................................................................................................................................................62

Appendix................................................................................................................................................................................................5-12
Sport Season Dates and Game/Tournament Limits.............................................................................................................................64
Behavior Expectations of the Coach.......................................................................................................................................................65
Behavior Expectations of the Student Athlete.........................................................................................................................................66
Sudden Cardiac Arrest Information.......................................................................................................................................................67
FAQs and Resources Document Regarding House Bill 2038...........................................................................................................69
UIL Concussion Implementation Guide................................................................................................................................................82
NFHS Suggested Guidelines for Management of Concussions in Sports..........................................................................................87
Heat-Related Illness..................................................................................................................................................................................93
Cold-Related Illness................................................................................................................................................................................98
Asthma.........................................................................................................................................................................................................102
Sickle Cell Trait......................................................................................................................................................................................105
Recommendations For Hydration............................................................................................................................................................108
Illegal Steroid Use and Random Anabolic Steroid Testing....................................................................................................................112
Lightning Safety......................................................................................................................................................................................113
Booster Club Regulations......................................................................................................................................................................115
Public Address and Radio Announcements.........................................................................................................................................118
Alignments, Brackets, Forms and Reports............................................................................................................................................119
UIL / NCAA Six-Man Football Rules Comparison..........................................................................................................................120
Goal Post Dimensions...........................................................................................................................................................................124
**UIL Regulations/Rule Changes**

---

**~ 2014 UIL FOOTBALL CALENDAR ~**

**5A and 6A Schools Without Spring Training, 4A, 3A, 2A, 1A (6-man)**

First day of conditioning (No contact activities permitted.)

No contact equipment except helmets may be worn.)

First day of contact ................................................................. August 4

First day of contact ................................................................. August 8

First scrimmage ........................................................................ August 15

Second scrimmage ...................................................................... August 20

Third scrimmage ........................................................................ August 25

(Schools opting for a third scrimmage shall not play on week one).

**5A and 6A Schools With Spring Training**

First day of conditioning ........................................................... August 11

First day of contact ................................................................. August 15

First scrimmage ......................................................................... August 22

Second scrimmage ...................................................................... August 27

(Schools opting for a second scrimmage shall not play on week one).

**Possible Playing Dates**

Week One .................................................................................... August 4, 5, 6

Week Two .................................................................................... September 4, 5, 6

Week Three .................................................................................. September 11, 12, 13

Week Four ................................................................................... September 18, 19, 20

Week Five .................................................................................... September 25, 26, 27

Week Six ...................................................................................... October 2, 3, 4

Week Seven ................................................................................... October 9, 10, 11

Week Eight .................................................................................... October 16, 17, 18

Week Nine .................................................................................... October 23, 24, 25

Week Ten ...................................................................................... October 30, 31, November 1

Week Eleven .................................................................................. November 6, 7, 8

District Certification....................................................................... November 8

Schools have 11 weeks to play a maximum of 10 games

**Playoff Dates**

Week 1 ......................................................................................... November 13, 14, 15

Week 2 ......................................................................................... November 20, 21, 22

Week 3 ......................................................................................... November 27, 28, 29

Week 4 ......................................................................................... December 4, 5, 6

Week 5 - 1A (6-Man) Finals ......................................................... December 13

Week 6 - 2A, 3A, 4A, 5A, 6A Division I & II Finals ....................... December 18, 19, 20

**Junior High Football** -- 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 four days of practice shall be conducted without any contact equipment except helmets. During the first four days, only shoes, socks, T-shirts, shorts and helmets may be worn. During the four-day acclimatization period, no contact activities shall be permitted. All student athletes who arrive after the first day of practice are required to undergo a four-day acclimatization period. No interschool scrimmages or games shall be allowed until after a period of at least seven days of contact football.

No junior high student or team shall participate in any scrimmage or contest until they have had four days of practice without any contact equipment except helmets, and seven additional days of contact practice.

From the first day of school, schools shall have 80 consecutive calendar days to practice outside the school day; 63 of the 80 consecutive calendar days may be used to complete scrimmages and games.
2014-15 UIL Rule Changes

GENERAL

- Updates to the existing UIL rules for broadcasting post-season events.
- Approved a 2 year Pilot study for 5A and 6A schools to conduct a 3 day tryout period beginning in the Spring of 2015 for sixth graders in preparation for 7th grade participation the following year.

FOOTBALL

- Implementation of the 40-second play clock in addition to the 25-second play clock.
- Allow sub-varsity teams in Conferences 5A and 6A to play on Wednesday of week one only if the varsity has a Thursday game that same week.

CROSS COUNTRY

- Increase the number of qualifiers to the top four teams and top ten individuals (who are not already on one of the advancing teams) from the regional meet to the state meet.

TRACK AND FIELD

- Alter the way District Executive Committee’s determine not to have an Area meet (effective immediately).

GOLF

- Allow coaches to coach their players from tee to green.

OFFICIALS

- Update to Section 1204, Officials, of the UIL Constitution and Contest Rules in order to comply with newly passed legislation.

Unless noted otherwise, effective August 1, 2014
Excerpt from the UIL Constitution and Contest Rules

Section 1250: FOOTBALL PLAN

(a) ATHLETIC PURPOSES, CODES, PLAN APPLICABLE. Rules in Sections 1200-1209 also apply to the Football Plan.

(b) DATES AND OFF-SEASON REGULATIONS.

(1) Spring Training. There shall be no school football practice or training for a contestant or team, and no football equipment issued after the close of the regular season schedule, except as incidental to the football championship playoffs and, in Conferences 5A and 6A only, 18 spring training practice days which may be conducted in a period of 30 consecutive calendar days. Exception: Conference 5A and 6A schools may choose not to conduct the 18 days of spring training, replacing said training the next school year by following the workout days as specified for Conferences 4A, 3A, 2A and 1A.

(2) 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 classroom period not to exceed 60 minutes per day (or 300 minutes per week on a block schedule). Practice may include eleven-on-eleven drills without contact activities or equipment. Activities before or after school or during the lunch period are specifically prohibited. Allowed equipment is limited to a football, cleated shoes, 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).

(3) Summer Practice. Any specific grouping of high school athletes during the summer months for the purpose of conditioning and/or organized athletic (football) instruction is prohibited and is a violation.

(4) Summer Camps. For rules and applicable penalties see Section 1209.

(5) Fall Practice, Beginning Dates.

(A) PRACTICE REGULATIONS OUTSIDE THE SCHOOL YEAR. Any football practice conducted by a school outside the school year shall be in accordance with the following regulations:

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

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

(iii) The maximum length of any single practice session shall be three hours.

(iv) On days when more than one practice is conducted, there shall be, at a minimum, two hours of rest/recovery time between the end of one practice and the beginning of the next practice.

(v) Schools shall not schedule more than one practice on consecutive days and student-athletes shall not participate in multiple practices on consecutive days.

(B) In Conferences 1A, 2A, 3A and 4A, practice shall begin no earlier than first Monday in August. In Conferences 5A and 6A, practice shall begin no earlier than the second Monday in August. Exception: If Conference 5A or 6A schools forego the 18 days of spring training, they may begin workout days the following August as delineated for Conferences 4A, 3A, 2A and 1A. No interschool scrimmages shall be allowed until after a period of at least six days of contact football.

(C) The first four days of practice shall be conducted without any contact equipment except helmets. Other contact equipment may be fitted and placed in lockers the first day workouts are permitted. During the first four days, however, only shoes, socks, T-shirts, shorts and helmets may be worn. During the four-day acclimatization period, no contact activities shall be permitted. All student-athletes who arrive after the first day of practice are required to undergo a four-day acclimatization period. During the four (4) day acclimatization period subject to the rules as noted in (A) (i-iv) above, if more than one practice is conducted on the same day, the second practice shall be a teaching period/walkthrough practice only with no conditioning or contact activities/equipment permitted.

(D) Football equipment is interpreted to mean football shoulder pads, hip pads, thigh pads, shoes, helmets, football pants or any other equipment used primarily in football. Football practice or training is interpreted to mean any organized instruction in football plays, formations or team skills.

(E) Ninth grade football practice shall correspond with the high school dates whether the ninth grade is in high school, junior high or on a separate campus.

(F) Interschool Games. With the exception of certain sub-varsity games as outlined in the Football Coaches Manual, no high school (9-12) interschool games shall be allowed until the last Thursday in August. However, schools that play prior to the first Thursday in September shall omit a scrimmage and have an open date during the season. For 7th and 8th grade regulations see Section 1478.
(G) During the regular season and post season, football players are not allowed to participate in more than ninety (90) minutes of full contact practice per week. See the Football Coaches Manual for explanations of full contact.

(6) Preseason or Summer Practice for Seventh and Eighth Grade or Elementary School Students Prohibited. Schools may not: (a) 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, or (b) conduct any spring training either in elementary school or seventh and eighth grade the preceding spring. This section does not prevent students from participating in summer camps, as allowed in Section 1209. Penalty for violations shall be assessed by the appropriate executive committee.

(7) Spring Training For Ninth Graders Restricted. Students in the ninth grade may participate in spring training in Conference 5A and 6A schools provided (a) that such participation is on a site and at the same time as the high school squad practices and (b) that said high school is the one which the ninth grade students will attend the following fall. Penalty for violations shall be assessed by the appropriate executive committee.

(c) 1A FOOTBALL. Schools may choose to participate in 1A football with an enrollment of 104.9 or below. If enrollment in grades 9-12 is greater than 104.9, and the school is currently playing 1A football, it may continue to participate if any one of these three conditions exist: Enrollment of 104.9 or below in grades 7, 8, 9, 10, or grades 8, 9, 10 and 11, or grades 9 and 10 doubled. The pertinent figures that total 104.9 or below shall be submitted with reclassification and realignment figures.

(d) PLAYOFF ELIMINATIONS ALL CONFERENCES. District representatives are bracketed for elimination play to the state championships on a weekly schedule beginning the first weekend after the specified date for determining district representatives. State elimination games may not be scheduled earlier than the first Thursday after the certification date for district representatives.

(e) NUMBER OF GAMES; TIME BETWEEN GAMES.

(1) Maximum Number of Regular Season Games. No team or student shall participate in more than 10 games during the 11-week regular season, prior to bi-district play. (See exception below for ten-team districts that zone.) Some districts do not play bi-district games and have 12 weeks to play 10 regular season games.

(2) Exception For Ten-Team Districts That Zone. A football district that contains 10 schools, by majority vote of the district executive committee, may subdivide into zones for contest purposes. Districts that choose this option are allowed to schedule and play one additional regular season game to determine an overall district champion. This additional game is only allowed for the first and second place team in each zone. Districts choosing this option are required to play their first game during the first week games are allowed. See Section 28 (j) for information on zones.

(3) Minimum Time Between Regular Season Games. Up to and including the final district game, no team or student in any conference shall be permitted to take part in more than one game within five calendar days. Example: A team playing Saturday night cannot play again until the following Thursday night. A team playing Monday night could play any time on Saturday.

(4) Minimum Time Between Playoff Games. No team or student in any conference shall be permitted to take part in more than one playoff game within six calendar days, unless mutually agreeable to play within five calendar days.

(f) PRACTICE SCRIMMAGE. A practice scrimmage is a meeting of up to four teams for practice purposes which does not count as a game for any of the teams. Admission may be charged. Officials may be paid in accordance with the schedule in Section 1204 and may, by prior agreement with the school, be reimbursed for mileage and meals. (See Section 1204 [n] and [o].) There shall be no kickoff.

(1) Scrimmages. No team or student shall participate in more than one interschool football scrimmage during any given period of five calendar days, prior to the playing of the first football game.

(A) Example: A team scrimmaging on Saturday cannot scrimmage again until the following Thursday.

(B) A team scrimmaging on Saturday may play a game or scrimmage the next Thursday. (Five calendar day rule applies.)

(C) No team or student may participate in more than three scrimmages.

(2) Scrimmage Limits. No interschool scrimmages shall be allowed after a school has played its first interschool game in football.

(g) EXPENSES. Expenses of visiting teams, officials, advertising, labor, services and printing incident to the contest shall be considered as expenses of the game. These expenses shall be itemized with supporting bills, properly receipted. Number of participants allowed upon expense account shall be agreed upon by the school administration of the teams involved. Unless mutually agreeable otherwise, the home team will furnish a playing field without cost to the visiting school.

(1) Seating. The visiting team has the right to demand one-half of the stadium seats in relation to the 50-yard line in all League football contests, whether district games, non-district games or playoff games, unless mutually
agreed otherwise by the two schools involved. A visiting team can demand one half of the reserved seats. A
visiting team has a right to split the stadium in relation to the fifty yard line, subject to the end zone situation
being equal, unless mutually agreeable otherwise.

(2) Season Tickets. Proceeds from the sale of season tickets are considered a part of the receipts of the game.

(3) Radio, Television Proceeds. Proceeds from radio and television are considered a part of the receipts of the
game.

(4) Gate Receipts. See Section 1208 (k).

(h) TIED GAMES.

(1) Non-district Varsity, District Varsity and Post-District Games. The NCAA overtime system shall be used in all
non-district varsity games, district varsity games and post-district games tied at the end of regulation play.
(See manual.)

(2) Other Games. The NCAA overtime system shall not be used in any sub-varsity games or junior high games.

(i) SITE AND DAY OF GAME.

(1) Non-District Games. Mutual agreement determines site and day of game.

(2) District Games. District schedules, unless unanimously agreeable otherwise, shall be made by a draw for a
two-year period. Home team may designate the day of the game. Exception: When a school district has more
than one home game per week and only one stadium, the day of the game shall be determined by a draw
unless mutually agreeable otherwise. Starting time shall be set by the district executive committee, unless
mutually agreeable otherwise.

(3) Playoff Games. Unless mutually agreeable otherwise, the place for playing a playoff game shall be determined
on a “home and home” basis for the past two football seasons. (Exception: state championship games.) The
team that was the visiting team the last time the two teams met on a home field in a post-district playoff game
may require the game be played at its home field. In case of disagreement between two teams who have not
played a post-district playoff game during the past two football seasons, the game site shall be decided by a
coin toss. A school cannot be required to flip for a playoff site that is not large enough to accommodate the
fans from both schools.

(4) Home Sites. When two schools flip for two separate sites other than their home field, the sites are considered
home sites unless both sites are near mid-point.

(5) Neutral Sites. A site mid-point or near mid-point or a site agreed on by both schools as neutral, is a neutral
site. Unless mutually agreeable, a site cannot be neutral if it is more than two-thirds the total distance between
the two schools.

(6) Playoff Contract. Post-season contracts should show either, home site, neutral site or mutually agreed-on site.

(7) Day of Game. The home team may designate the day of the game. Exception: If the visiting school has to
miss class time to travel to the game, the game shall be played on a non-school day unless mutually agreed
otherwise.

(j) FIFTEEN PERCENT POST-DISTRICT RECEIPTS. Fifteen percent of the gross receipts of post-district games shall
be paid to the League to maintain a fund for investigating eligibility questions and to supplement printing, salary,
office appropriations relating to football, and for the purchase of medals, trophies and awards in UIL state meets.
The radio broadcast receipts and the telecast receipts are considered a part of the game receipts in all post-district
games.

(k) REPORTS. Each team shall make a complete report in duplicate (forms furnished by the League) of every game
immediately after the game. One report shall be sent to the chair of the district committee. The other shall be filed
at the school. The district committee may disqualify a team for its failure to promptly report its games. This rule
gives the district committee authority to interpret the word “promptly.”

(l) NO INTERSCHOOL SPRING SCRIMMAGE OR POST SEASON FOOTBALL GAMES. No participant school shall
play any football game, practice or scrimmage with another high school after the close of its season. The penalty
for violation of this rule shall be assessed by the State Executive Committee.

(m) POSTSEASON GAMES. No school may engage in any postseason game, other than in regular interdistrict playoffs
scheduled by the League. A postseason football game in all conferences is one played between two schools after the
deadline for certifying district representatives. The penalty for violation of this rule shall be assessed by the State
Executive Committee.

(n) TRAINING RESTRICTED TO LOCAL ISD. The pre-season conditioning and fall training period shall be conducted
on the campus of the local school or on a site controlled by the school board and lying within the boundaries of the
school district. On-campus workout sessions which involve meals and/or overnight lodging are prohibited.

(o) See football manual for NCAA rules exceptions.

(p) GAME TAPES. Playoff teams are required to exchange two game tapes. The opposing school selects the two tapes
desired from all previous games of the current season.
RULES CHANGES

1. Rules 9-1-3 and 9-1-4, Targeting Fouls (FR-87)
   Removal of the yardage penalty upon overturn of the player disqualification
   The following is added to the penalty statements of Rules 9-1-3 and 9-1-4 (FR-87):

   “When the Instant Replay Official reverses the disqualification:
   If the targeting foul is not accompanied by another personal foul, the 15-yard penalty for targeting is not enforced. If another personal foul is committed in conjunction with the targeting foul, the 15-yard penalty for that personal foul is enforced according to rule.”

2. Rules 9-1-3 and 9-1-4, Targeting Fouls (FR-87)
   Games without Instant Replay: halftime video review
   Add to the Penalty statement of Rules 9-1-3 and 9-1-4 (FR-87):
   “If a player is disqualified in the first half, at the option of the conference or by pre-game mutual agreement of the teams in inter-conference games, during the intermission between halves the referee will be provided a video of the play in question for his review in the officials’ private secure location. The referee will review the video to determine whether the disqualification is reversed. The decision of the referee is final.
   Note: The video source and the location of the review will be determined prior to the game through mutual agreement of the teams and the referee.”

3. Rule 9-1-9, Roughing the Passer (FR-90)
   Low hits on passers
   Add new paragraph b. (The current article becomes paragraph a.)
   “When an offensive player is in a passing posture with one or both feet on the ground, no defensive player rushing unabated shall hit him forcibly at the knee area or below. The defensive player also may not initiate a roll or lunge and forcibly hit this opponent in the knee area or below. [Exceptions. (1) It is not a foul if the offensive player is a runner not in a passing posture, either inside or outside the tackle box. (2) It is not a foul if the defender grabs or wraps this opponent in an attempt to make a conventional tackle. (3) It is not a foul if the defender is not rushing unabated or is blocked or fouled into this opponent.]”
1. Numerals not in contrast with the jersey: Clarification of 2013 Interpretation
Add paragraph d to Rule 1-4-8 (FR-24)
d. Teams wearing jerseys that do not conform to Rules 1-4-4-c and 1-4-5 will be asked to change into legal jerseys before the game and before the start of each quarter until the jerseys are changed. Officials shall charge a team timeout at the start of each quarter the illegal jerseys are worn.

2. Classify receiver of a backward pass as a Defenseless Player
Amend Rule 2-27-14-b (FR-41) to read:
“b. A receiver attempting to catch a forward pass or in position to receive a backward pass...”
Adjust Note 2 of Rule 9-1-4 (FR-88) accordingly.

3. More than eleven players on defense—live-ball foul
Clarification of Rule 3-5-3-c (FR-56):
“If officials do not detect the excessive number of players until during the down or after the ball is dead, or if Team B players have entered the field just before the snap but have not been in the formation, the infraction is treated as a live-ball foul. (A.R. 3-5-3-V)”

4. Targeting Fouls
(a) Amend Rule 9-1-3 (FR-86) to read:
“No player shall target and initiate make forcible contact against an opponent with the crown (top) of his helmet.”

(b) Amend Rule 9-1-4 (FR-87) to read:
“No player shall target and initiate make forcible contact to the head or neck area...”

5. Personal Fouls by Team B on Pass Plays—Clarification of Enforcement
Addition to 9-1 Penalty statement (FR-86)
For Team B personal fouls during a legal forward pass play (Rule 7-3-12):
Enforcement is at the end of the last run when it ends beyond the neutral zone and there is no change of possession during the down.
Enforcement is at the previous spot for personal fouls during all other pass plays.

New Article 12 to Rule 7-3 (FR-79)
Team B Personal Fouls During Legal Forward Pass Play
Penalties for personal fouls by Team B during a completed legal forward pass play are enforced at the end of the last run when it ends beyond the neutral zone. If the pass is incomplete or intercepted, or if there is a change of possession during the down, the penalty is enforced at the previous spot. (Rule 9-1 Penalty)
6. **Allow Intentional Grounding to be reviewable in clearly obvious situations when the penalty results in a safety.**

Amend Rule 12-3-2 (FR-107) by adding a new paragraph *f*:

“*f. Location of the passer when he is obviously in the field of play and a ruling of intentional grounding would result in a safety by penalty.*”

7. **Include recovery of a loose ball as a reviewable play**

Amend Rule 12-3-3 (FR-107) by adding a new paragraph *j*:

“*j. Catch or recovery of a loose ball in the field of play or an end zone.*”
1. In all instances where “NCAA Sanctions” appears, UIL rules will govern.

2. 1-1-1-a. The game shall be played between two teams of not more than 11 players each, on a rectangular field and with an inflated ball having the shape of a prolate spheroid.

   **EXCEPTION: 1-1-1-a.** Change to read: “The game shall be played between two teams of not more than 11 players each in UIL Eleven Man Games – not more than six players each in UIL Six Man Games – on a rectangular field and with an inflated ball having the shape of a prolate spheroid. (Note – additional UIL EXCEPTIONS to NCAA Football Rules are addressed in the UIL (Texas) Six Man Football Rules Exceptions found in the UIL Football Handbook).

3. 1-1-7-a, b, c
   a. NCAA member institutions and affiliated officiating organizations shall conduct all contests under the official football-playing rules of the Association.
   b. NCAA-affiliated officiating organizations shall use the current Football Officials Manual published under the jurisdiction of the College Football Officiating, LLC (CFO).
   c. NCAA member institutions and affiliated officiating organizations not complying with NCAA football-playing rules are subject to sanctions (See appropriate divisional NCAA Manual).

   **EXCEPTION: 1-1-7-a, b, c.** Does not apply to UIL games.

4. 1-2-1-b. Twenty-four-inch short yard-line extensions, four inches inside the sidelines and at the inbounds lines, are mandatory; and all yard lines shall be four inches from the sidelines (Rule 2-12-6).

   **EXCEPTION: 1-2-1-b.** Change “mandatory” to “recommended.”

5. 1-2-1-c. A solid white area between the sideline and the coaching line is mandatory.

   **EXCEPTION: 1-2-1-c.** Change “mandatory” to “recommended.”

6. 1-2-3-a. Limit lines shall be marked with 12-inch lines and at 24-inch intervals 12 feet outside the sidelines and the end lines, except in stadiums where total field surface does not permit. In these stadiums, the limit lines shall not be less than six feet from the sidelines and end lines. Limit lines shall be 4 inches in width and may be yellow. Limit lines designating team areas shall be solid lines.

   **EXCEPTION: 1-2-3-a.** Change the first sentence to read: “It is recommended that limit lines be marked with 12 inch lines at 24 inch intervals 12 feet outside the side lines and the end lines, except in stadiums where total field surface does not permit.”

7. 1-2-4-b. The team area shall be limited to squad members in full uniform (see Appendix D) and a maximum of 60 other individuals directly involved in the game. All persons in the team area are subject to the rules and are governed by decisions of the officials (Rule 1-1-6). The 60 individuals not in full uniform shall wear special team area credentials numbered 1 through 60. No other credential is valid for the team area.

   **EXCEPTION: 1-2-4-b.** Limit of 60 individuals not in full uniform is waived.
8. 1-2-5-a. Each goal shall consist of two white or yellow uprights extending at least 30 feet above the ground with a connecting white or yellow horizontal crossbar, the top of which is 10 feet above the ground. The inside of the uprights and crossbar shall be in the same vertical plane as the inside edge of the end line. Each goal is out of bounds (see Appendix D).

   EXCEPTION: 1-2-5-a. Add: “In UIL games 30 foot uprights are recommended, 20 foot uprights are mandatory.”

9. 1-2-5-b. Above the crossbar, the uprights shall be white or yellow and 18 feet, six inches apart inside to inside.

   EXCEPTION: 1-2-5-b. Change to read: “Above the crossbar the uprights shall be white or yellow and 23 feet 4 inches apart inside to inside. (EXCEPTION: When UIL schools are playing on collegiate fields with 18 feet 6 inches goal posts, and 23 feet 4 inches goal posts are not available, the collegiate goal posts may be used by mutual agreement of the competing schools.)”

10. 1-2-6. Soft, flexible four-sided pylons 4 inches by 4 inches with an overall height of 18 inches, which may include a 2-inch space between the bottom of the pylon and the ground, are required. They shall be red or orange in color and may not contain advertisements or logos. They are placed at the inside corners of the eight intersections of the sidelines with the goal lines and end lines. The pylons marking the intersections of the end lines and hash marks extended shall be placed three feet off the end lines. One manufacturer’s logo or trademark is permitted on each pylon. Institutional logos, conference logos and the name/commercial logo of the sponsor of postseason games are also allowed. Any such marking may not extend more than 3 inches on any side.

   EXCEPTION: 1-2-6. Add: “The use of 12 pylons is recommended, but 8 pylons, placed at the inside corners of the four intersections of the sidelines with the goal lines and end lines of each end zone is mandatory.”

11. 1-2-7-a. The yardage chain shall join two rods not fewer than 5 feet high, the rods’ inside edges being exactly 10 yards apart when the chain is fully extended.

   EXCEPTION: 1-2-7-a. Add the following sentence: Any other line-to-gain indicator that accurately measures the line to gain is permitted when determined by the home school. Mutual agreement is not required.

12. 1-3-1-j & k
j. Professional football league logos are prohibited.

k. Advertising is prohibited on the ball [Exceptions: (1) Ball manufacturer’s name or logo, (2) institutional logo, (3) conference logo, and (4) AFCA logo].

   EXCEPTION: 1-3-1-j & k Do not apply to UIL games.

13. 1-3-2-a. The game officials shall test and be sole judge of not more than six balls offered for play by each team before and during the game. The game officials may approve additional balls if warranted by conditions. (A.R. 1-3-2-I).

   EXCEPTION: 1-3-2-a. Add to the end of the first sentence: NOTE: It is mandatory that at least one ball be offered for play. It is recommended that each team offer at least two balls for play.

14. 1-3-2-g. When the ball becomes dead in a side zone, is unfit for play, is subject to measurement in a side zone or is inaccessible, a replacement ball shall be obtained from a ball person (A.R. 1-3-2-I).

   EXCEPTION: 1-3-2-g. Add: “If balls are available and ball persons are being used.”
15. 1-4-2-d. When a player enters the game after changing his jersey number, he must report to the referee, who then informs the opposing head coach and announces the change. A player who enters the game after changing his number and does not report commits a foul for unsportsmanlike conduct.

**EXCEPTION:** 1-4-2-d. Add: “*(Note: For UIL games, the announcement of the change is dependent upon whether a Referee microphone is being utilized.)*”

16. 1-4-4-c-1. Jersey. 1. Design. The jersey must have sleeves that completely cover the shoulder pads. It must not be altered or designed to tear. It must conform with Rules 1-4-5 and paragraph 3 below. The jersey must be full-length and tucked into the pants. Vests and/or a second jersey worn concurrently during the game are prohibited.

**EXCEPTION:** 1-4-4-c-1. Add: (EXCEPTION: For UIL games, jerseys must come to the top of the waist with all equipment covered. All pads must be covered during play.)

17. 1-4-4-c-3 Jersey. 3. Numerals. The jersey must have clearly visible, permanent Arabic numerals measuring at least 8 and 10 inches in height front and back, respectively, of a color which itself is clearly in distinct contrast with the color of the jersey, irrespective of any border around the number. *(Note: This rule takes effect for FBS institutions in 2013 and for FCS, Division II and Division III institutions in 2014.)*

**EXCEPTION:** 1-4-4-c-3. Change Note to read: “*(Note: For UIL games, noncompliance with this rule should be noted in the UIL game report filed by the Referee after the contest.)*”

18. 1-4-4-d. Knee Pads. Knee pads must be at least 1/2-inch thick and must be covered by pants. It is strongly recommended that they cover the knees. No pads or protective equipment may be worn outside the pants.

**EXCEPTION:** 1-4-4-d. For UIL games, knee pads must cover the knee.

19. 1-4-4-h. Players of a team must wear socks or leg coverings that are identical in color and design *(Exceptions: Unaltered knee braces, tape or a bandage to protect or prevent an injury, and barefoot kickers).*

**EXCEPTION:** 1-4-4-h. Add: (EXCEPTION: White sweat socks.)

20. 1-4-5-a-1. The visiting team shall wear white jerseys; however, the home team may wear white jerseys if the teams have agreed in writing before the season.

**EXCEPTION:** 1-4-5-a-1. Add: “EXCEPTION: Light colored jerseys, instead of white, are acceptable if jersey colors of the teams are obviously contrasting colors with clearly visible numbers.” Home teams are required to make any changes necessary.

21. 1-4-6-a-1. Towels and Hand Warmers. 1. Solid white towels no smaller than 4” X 12” and no larger than 6” X 12” with no words, symbols, letters, or numbers. Towels may bear the team logo.

**EXCEPTION:** 1-4-6-a-1. Exception: For UIL games, towels may be of school color and may contain school name, school initials and/or mascot insignia. Towels may not contain numbers.

22. 1-4-8-a. No player wearing illegal equipment shall be permitted to play.

**EXCEPTION:** 1-4-8-a. Add: “Exception: Players are allowed to wear Elastic Ankle Coverings/Spats in UIL games.”

23. *(New NCAA editorial change for 2014 – paragraph “d” added to 1-4-8)*

1-4-8-d. Teams wearing jerseys that do not conform to Rules 1-4-4-c and 1-4-5 will be asked to change into legal jerseys before the game and before the start of each quarter until the jerseys are changed. Officials shall charge a team timeout at the start of each quarter the illegal jerseys are worn.
EXCEPTION: 1-4-8-d. Delete paragraph “d” and replace with this note: “(NOTE: For UIL games, noncompliance with Rules 1-4-4-c and 1-4-5, as amended by UIL Exceptions, should be noted in the UIL game report filed by the Referee after the contest.)”

24. 1-4-13. A microphone is mandatory for the referee to be used for all game announcements. It is strongly recommended that it be a lapel-type microphone. The microphone must be controlled by the referee. It may not be open at other times. Microphones on other officials are prohibited. Exception: A protected wireless communication system open only to the officiating crew and conference officiating observer is allowed.

EXCEPTION: 1-4-13. In the first sentence, change “mandatory” to “recommended”.
(Note: This exception only removes the mandatory requirement to provide a referee’s microphone – the other provisions of the rule remain as written in the NCAA Rule Book. If a referee’s microphone is provided, the announcement of a player’s number who has committed a foul is considered to be part of “game announcements” and is not prohibited by NCAA rule or by UIL exception.)

25. 2-16-4-a. A field goal place kick is a kick by a player of the team in possession while the ball is controlled on the ground by a teammate.

EXCEPTION: 2-16-4-a. Change to read: A field goal place kick is a kick by a player of the team in possession while the ball is controlled on the ground or a tee by a teammate. If a tee is used it shall not elevate the ball’s lowest point more than two inches above the ground.

26. 2-27-12-b. A disqualified player must leave the playing enclosure within a reasonable amount of time after his disqualification. He must remain out of view of the field of play under team supervision for the duration of the game.

EXCEPTION: 2-27-12-b. Does not apply to UIL games.

27. 2-29-1. The game clock is any device under the direction of the appropriate official used to time the 60 minutes of the game.

EXCEPTION: 2-29-1. Change ‘60’ to ‘48’.

28. 2-29-2. Each stadium shall have a visual play clock at each end of the playing enclosure. The play clock must be capable of counting down from both 40 seconds and 25 seconds. It should automatically default to 40 seconds and start immediately upon being reset by the play-clock operator when any official signals that the ball is dead after a play.

EXCEPTION: 2-29-2. At the beginning of the first sentence, add the following: “It is recommended that”……and delete the word ‘shall’. (Note: Visual play clocks are not mandatory, but if visual play clocks are available and operated, they must be capable of counting down from both 40 seconds and 25 seconds).

29. 3-1-1. Each half shall start with a kickoff. Three minutes before the scheduled starting time, the referee shall toss a coin at midfield in the presence of not more than four field captains from each team and another game official, first designating the field captain of the visiting team to call the coin toss. Before the second half, the referee will obtain the teams’ second-half options. During the coin toss, each team shall remain in the area between the nine yard marks and its sideline or in the team area. The coin toss begins when the field captains leave the nine-yard marks and ends when the captains return to the nine-yard marks.

EXCEPTION: 3-1-1 Change the second sentence to read: “It is recommended that the coin toss be conducted at midfield three minutes before the scheduled starting time. The referee shall toss
the coin in the presence of no more than four field captains of the opposing teams and another
game official, first designating the visiting field captain to call the fall of the coin.”

30. 3-1-3. The NCAA tiebreaker system will be used when a game is tied after four periods. NCAA football-playing
rules apply, with the following exceptions:

**EXCEPTION: 3-1-3 Change to read:** “UIL varsity games and playoff games that end in a tie will
be decided using the NCAA Tiebreaker Procedure”. “Exception – in district games in which the
referee has been informed before the game that the game will be played using the UIL “positive
points” tie breaking criteria, the scoring team may elect to play the try down after scoring a
touchdown during an extra period. If the team on defense refuses to play the try down, the Referee
may award the number of points the team could have scored had the defense played the try down
without the snap of the ball being required.

31. 3-1-3-b. The officials will escort the captains (Rule 3-1-1) to the center of the field for the coin toss.

**EXCEPTION: 3-1-3-b. Change to read:** “In overtime the officials will escort the coaches to the
center of the field for the coin toss.”

32. 3-2-1. The total playing time in a collegiate game shall be 60 minutes, divided into four periods of 15 minutes
each, with one-minute intermissions between the first and second periods (first half) and between the third and
fourth periods (second half) (Exception: A one-minute intermission between the first and second and the third
and fourth periods may be extended for radio and television timeouts).
   a. No period shall end until the ball is dead and the referee declares the period ended [S14].
   b. The intermission between halves shall be 20 minutes, unless altered before the game by mutual
   agreement of the administrations of both schools. Immediately after the second period ends, the referee
   should begin the intermission by signaling to start the game clock [S2].

**EXCEPTION: 3-2-1. Change to read as follows:**

The total playing time in UIL Varsity games shall be 48 minutes, divided into four periods
of 12 minutes each, with one-minute intermissions between the first and second periods
(first half) and between the third and fourth periods (second half) (Exception: In games
below the varsity level, periods may be shortened by mutual consent of the competing
schools).
   a. No period shall end until the ball is dead and the referee declares the period
   ended [S14].
   b. The intermission between halves, which begins when the field is clear of all
   players and coaches, shall be a maximum of 28 minutes [S2].

33. 3-2-2-h. Timing adjustments for games using Instant Replay are governed by Rule 12-3-5.

**EXCEPTION: 3-2-2-h. Does not apply to UIL games.**

34. 3-2-4. Timing Devices
   a. **Game Clock:**
      Playing time shall be kept with a game clock that may be either a stop watch operated by the line judge, back
      judge, field judge or side judge, or a game clock operated by an assistant under the direction of the appropriate
      judge. The type of game clock shall be determined by the game management.
   b. **40-Second Clock:**
      1. When an official signals that the ball is dead, the play clock shall begin a 40-second count.
      2. If the 40-second clock does not start or the count is interrupted for reasons beyond the control of the officials
         or the play-clock operator (e.g., clock malfunction), the referee shall stop the game clock and signal (both
         palms open in an over-the-head pumping motion) that the play clock should be reset at 40 seconds and started
         immediately.
3. In the event that the 40-second clock is running and the ball is not ready to be snapped after 20 seconds into the count, the referee shall declare a timeout and signal that the play clock be set at 25 seconds. When play is to be resumed, the referee will give the ready-for-play signal [S1] and the play clock shall begin the 25-second count. The game clock will start on the snap unless it had been running when the referee declared a timeout; in that case, it will start on the referee’s signal (Rule 3-3-2-f).

c. 25-Second Clock. If the officials signal the game clock to be stopped for any of the following reasons, the referee shall signal (one open palm in an over-the-head pumping motion) that the clock should be set at 25 seconds:

1. Penalty administration.
2. Charged team timeout.
3. Media timeout.
4. Injury timeout for a player of the offensive team only. The play clock is set to 40 seconds for an injury to a player of the defensive team.
5. Measurement.
6. Team B is awarded a first down.
7. After a kick down.
8. Score.
9. Start of each period.
10. Start of a team’s possession series in an extra period.
11. Instant replay review.
12. Other administrative stoppage.
13. An offensive team player’s helmet comes completely off through play.

The play clock is set to 40 seconds if the helmet comes completely off a player of the defensive team. [Exception: If there is an option for a 10-second subtraction in either half the play clock is set at 25 seconds for any player.] When play is to be resumed, the referee will give the ready-for-play signal [S1] and the play clock will begin the 25-second count.

d. Device Malfunction. If a visual 40/25-second timing device becomes inoperative, both coaches shall be notified by the referee immediately and both clocks shall be turned off.

**EXCEPTION: 3-2-4-c-13.** Delete the exception in item 13. (NOTE: There is no 10-second runoff option in UIL games, therefore if the game clock is stopped because a defensive player’s helmet comes off, the play clock is always set to 40 seconds and starts on the referee’s ready-for-play signal).

35. 3-3-2-d-2. **Starts on the Snap.** For each of the following, the game clock is stopped on an official’s signal. If the next play begins with a snap, the game clock will start on the snap:

2. With fewer than two minutes remaining in a half a Team A ball carrier, fumble or backward pass is ruled out of bounds. (**Exception:** After a Team A forward fumble, the clock starts on the referee’s signal.)

**EXCEPTION: 3-3-2-d-2.** Replace 3-3-2-d-2 with: “A Team A ball carrier, fumble or backward pass is ruled out of bounds. (**Exception:** After a Team A forward fumble, the clock starts on the referee’s signal.)”

36. 3-3-2-e-3. **Starts on the Referee’s Signal.** For each of the following reasons, the game clock is stopped on an official’s signal. If the next play begins with a snap, the game clock will start on the referee’s signal:

3. Other than with fewer than two minutes remaining in a half, a Team A ball carrier, fumble or backward pass is ruled out of bounds.

**EXCEPTION: 3-3-2-e-3.** Delete – does not apply to UIL games.

37. 3-3-5-e & f-1,2,3,4 &5. **Injury Timeout**

e. Following a timeout for an injured player of the defensive team, the play clock shall be set at 40 seconds.
f. 1. If the player injury is the only reason for stopping the clock (other than his or a teammate’s helmet coming off, Rule 3-3-9) with less than one minute in the half, the opponent has the option of a 10-second runoff.
2. The play clock will be set to 40 seconds for an injury to a player of the defensive team and to 25 seconds for injury to a player of the offensive team (Rule 3-2-4-c-4).
3. If there is a 10-second runoff the game clock will start on the referee’s signal. If there is no 10-second runoff the game clock will start on the snap.
4. The 10-second runoff may be avoided by a charged team timeout if available.
5. There is no option of a 10-second runoff if there are injuries to opposing players.

**EXCEPTION: 3-3-5- f-1, 2, 3, 4 & 5.** Delete the contents of paragraph “f -1,2,3,4 &5” in its entirety and replace with the following: “If the player injury is the only reason for stopping the clock (other than his or a teammate’s helmet coming off, Rule 3-3-9), the play clock will be set to 40 seconds for an injury to a player of the defensive team and to 25 seconds for injury to a player of the offensive team (Rule 3-2-4-c-4). The game clock will start on the referee’s signal.” *(NOTE: 10-second runoffs do not apply to UIL games.)*

38. 3-3-7-b. Length of Timeouts
   b. For live televised games only, a charged team timeout shall be 30 seconds plus the 25-second play clock interval.

   **EXCEPTION: 3-3-7-b.** Delete – does not apply to UIL games.

39. 3-3-9-b-1 & 2. When the helmet coming off is the only reason for stopping the clock, other than due to an injury to the player or his teammate (Rule 3-3-5), the following conditions apply:
   1. With one minute or more remaining in either half the play clock will be set at 25 seconds if the player is on offense and at 40 seconds if the player is on defense. The game clock will start on the referee’s signal.
   2. If there is less than one minute in the half the opponent has the option of a 10-second subtraction. The play clock will be set at 25 seconds. If there is a 10-second subtraction the game clock will start on the referee’s signal. If there is no 10-second subtraction the game clock will start on the snap. The 10-second subtraction may be avoided by the use of a team timeout, if available.

   **EXCEPTION: 3-3-9-b-1 & 2.** Delete 1 & 2 and change 3-3-9-b to read: “When the helmet coming off is the only reason for stopping the clock, other than due to an injury to the player or his teammate (Rule 3-3-5), the play clock will be set at 25 seconds if the player is on offense and at 40 seconds if the player is on defense, and the game clock will start on the referee’s signal.” *(NOTE: 10-second runoffs do not apply to UIL games.)*

40. 3-4-4. 10-Second Subtraction from Game Clock
   a. With the game clock running and less than one minute remaining in either half, if a player of either team commits a foul that causes the clock to stop, the officials may subtract 10 seconds from the game clock at the option of the offended team. The fouls that fall in this category include but are not limited to:
      1. Any foul that prevents the snap (e.g., false start, encroachment, defensive offside by contact in the neutral zone, etc.);
      2. Intentional grounding to stop the clock;
      3. Incomplete illegal forward pass;
      4. Backward pass thrown out of bounds to stop the clock;
      5. Any other foul committed with the intent of stopping the clock.

   The offended team may accept the yardage penalty and decline the 10-second subtraction. If the yardage penalty is declined the 10-second subtraction is declined by rule.

   b. The 10-second rule does not apply if the game clock is not running when the foul occurs or if the foul does not cause the game clock to stop (e.g., illegal formation).
c. After the penalty is administered, if there is a 10-second subtraction, the game clock starts on the referee’s signal. If there is no 10-second subtraction, the game clock starts on the snap.
d. If the fouling team has a timeout remaining they may avoid the 10-second subtraction by using a timeout. In this case the game clock starts on the snap after the timeout.

**EXCEPTION: 3-4-4. Delete Rule 3-4-4 in its entirety – does not apply to UIL games.**

41. 6-1-1 For any free kick formation, the kicking team’s restraining line shall be the yard line through the most forward point from which the ball shall be kicked, and the receiving team’s restraining line shall be the yard line 10 yards beyond that point. Unless relocated by a penalty, the kicking team’s restraining line on a kickoff shall be its 35-yard line, and for a free kick after a safety, its 20-yard line.

**EXCEPTION: 6-1-1 Change the last sentence to read: Unless relocated by a penalty, the kicking team’s restraining line on a kickoff shall be its 40-yard line, and for a free kick after a safety, its 20-yard line.**

42 8-3-2-a. The ball shall be put in play by the team that scored a six-point touchdown. If a touchdown is scored during a down in which time in the fourth period expires, the try shall not be attempted unless the point(s) would affect the outcome of the game.

**EXCEPTION: 8-3-2-a. Varsity district games using "positive points" tie breaking criteria will use the following exception:**

Coaches in the game should inform the referee before the game (pre-game conference) that the game will be played using the UIL "positive points" exception. Failure to notify the referee prior to the coin toss does not negate specific DEC rules relating to "positive points". If notification is given to the referee, the tie game will be played with the following exception to rule 8-3-2-a:

If a touchdown is scored during a down in which time in the fourth period expires, the scoring team may elect to play the try down. If the team on defense refuses to play the try down, the Referee may award the number of points the team could have scored had the defense played the try down without the snap of the ball being required.

43. 9-1-3 TARGETING AND INITIATING CONTACT WITH THE CROWN OF THE HELMET (Penalty Statement)

and

9-1-4 TARGETING AND INITIATING CONTACT TO HEAD OR NECK AREA OF DEFENSELESS PLAYER (Penalty Statement)

**PENALTY—15 yards. For dead-ball fouls, 15 yards from the succeeding spot. Automatic first down for fouls by Team B if not in conflict with other rules. For fouls in the first half: Disqualification for the remainder of the game. For fouls in the second half: Disqualification for the remainder of the game and the first half of the next game. If the foul occurs in the second half of the last game of the season, players with remaining eligibility shall serve the suspension during the first game of the following season. The disqualification is subject to review by Instant Replay (Rule 12-3-5-f).** *(NCAA Rule Change for 2014)*—When the Instant Replay Official reverses the disqualification: If the targeting foul is not accompanied by another personal foul, the 15-yard penalty for targeting is not enforced. If another personal foul is committed in conjunction with the targeting foul, the 15-yard penalty for that personal foul is enforced according to rule.

For games in which Instant Replay is not used: If a player is disqualified in the second half, the conference may consult the national coordinator of football officials who would then facilitate a video review. Based on the review, if the national coordinator concludes that the player should not have been disqualified, the conference may vacate the suspension. If the national coordinator supports the disqualification, the suspension for the next
If a player is disqualified in the first half, at the option of the conference or by pre-game mutual agreement of the teams in inter-conference games, during the intermission between halves the referee will be provided a video of the play in question for his review in the officials’ private secure location. The referee will review the video to determine whether the disqualification is reversed. The decision of the referee is final. Note: The video source and the location of the review will be determined prior to the game through mutual agreement of the teams and the referee.

**EXCEPTION: 9-1-3 and 9-1-4 PENALTY.** For UIL games, delete the penalty statements for 9-1-3 and 9-1-4 and replace each with the following penalty statement: “PENALTY—15 yards. For dead-ball fouls, 15 yards from the succeeding spot. Automatic first down for fouls by Team B if not in conflict with other rules. Disqualification is for remainder of the game only. Local school districts and/or UIL District Committees may apply additional disciplinary action.”

44. 9-2-1-b-2. No disqualified person shall be in view of the field of play (Rule 9-2-6).

**EXCEPTION: 9-2-1-b-2. Does not apply to UIL games.**

45. 9-2-2-d-PENALTY—Disqualification for the remainder of the game and the team’s next game [S27 and S47]. Administer as a dead ball foul; penalty enforced at the succeeding spot, and Team B fouls do not require a first down. Team timeout. VIOLATION—Rules 3-3-6 and 3-4-2-b [S23, S3 or S21]. If the disqualification occurs during the last game of a season, players with eligibility remaining will serve the next-game disqualification during the first game of the next season for which they are eligible.

**EXCEPTION: 9-2-2-d-PENALTY.** For UIL games, disqualification is for remainder of game only. Local school districts and/or UIL District Committees may apply additional disciplinary action.

46. 9-2-6-b. A disqualified player must leave the playing enclosure within a reasonable amount of time after his disqualification. He must remain out of view of the field of play under team supervision for the duration of the game.

**EXCEPTION: 9-2-6-b. Does not apply to UIL games.**

47. 9-5-1, 2, 3 ARTICLE 1.
   a. Before the game, squad members in uniform or coaches shall not participate in a fight (Rule 2-32-1). During the first half, players shall not participate in a fight.

   PENALTY—15 yards. For dead-ball fouls, 15 yards from the succeeding spot. Also, first down for Team B fouls if the first down is not in conflict with other rules. Disqualification for the remainder of the game [S7, S27 or S38, and S47].

   b. During the half-time intermission, squad members in uniform or coaches shall not participate in a fight. During the second half, players shall not participate in a fight.

   PENALTY—15 yards. For dead-ball fouls, 15 yards from the succeeding spot. Also, first down for Team B fouls if the first down is not in conflict with other rules. Disqualification for the remainder of the game and the first half of the next game [S7, S27 or S38, and S47]. For fights that occur in the last game of a season, squad members in uniform, coaches and players with eligibility remaining will serve fight-related suspensions during the first game of the next season for which they are eligible.

**ARTICLE 2.**
   a. If the squad member, coach or player is disqualified for fighting a second time during that season, he shall be disqualified for that game and suspended for the remainder of the season.
   b. If a second fighting suspension occurs in the final game of a season, he shall be suspended for the first game of
the next season for which he is eligible. This suspension is considered to be his first fight of that season.

**ARTICLE 3.** The referee will notify (in writing) his assigning agency of all disqualifications for fighting. The assigning agency becomes responsible for implementation of the penalty.

**EXCEPTION: 9-5-1, 2, 3 Replace Rule 9 Section 5 in the NCAA Football Rules and interpretations with the following:**

**Section 5. FIGHTING**

**ARTICLE 1**

a. Before, during any intermission, or during the game, squad members in uniform and coaches shall not participate in a fight. (Rule 2-32-1).

PENALTY -15 yards from the basic spot or the succeeding spot and disqualification for the remainder of the game.

b. During either half, any person authorized to be in the team area shall not leave their team area to participate in a fight. EXCEPTION: Coaches designated by their head coach prior to the game may enter and leave their team area to act as peacemakers. It is recommended that at least one coach remain in their team area to assist in preventing persons from leaving their team area to participate in a fight. PENALTY -15 yards from the basic spot or the succeeding spot and disqualification for the remainder of the game.

NOTE: Persons leaving the team area during a fight are to be penalized for fighting.

**ARTICLE 2.** Coaches who are disqualified for fighting may not be in the Playing Enclosure during the remainder of the game. (See 2-31-5 for the definition of the Playing Enclosure).

**ARTICLE 3.** It is strongly recommended that coaches who are designated as peacemakers contact only their players in their attempt to stop a fight.

48. **9-6 Flagrant Personal Fouls Player Ejection**

**ARTICLE 1.** When a player is disqualified from the game due to a flagrant personal foul, that team’s conference shall automatically initiate a video review for possible additional sanctions before the next scheduled game.

Foul Not Called **ARTICLE 2.** If subsequent review of a game by a conference reveals plays involving flagrant personal fouls that game officials did not call, the conference may impose sanctions prior to the next scheduled game.

**EXCEPTION: 9-6 Does not apply to UIL games.**

49. **11-1 The officials’ jurisdiction begins 60 minutes before the scheduled kickoff and ends when the referee declares the score final [S14].**

**EXCEPTION: 11-1 Change: The officials jurisdiction begins 30 minutes before the scheduled kickoff and ends when the referee declares the score final.**

50. **11-2-1. The game shall be played under the supervision of four, five, six or seven officials.**

**EXCEPTION: 11-2-1. Number of required officials may be waived.**

51. **11-2-2. Officiating responsibilities and mechanics are specified in the current edition of the Football Officials Manual, published annually under the jurisdiction of the Collegiate Commissioners Association. Officials are responsible for knowing and applying the material in the Manual.**
EXCEPTION: 11-2-2. The Officials Mechanics approved by the TASO or UIL Football Board of Directors shall be used.

52. Rule 12 -Replay

EXCEPTION: Rule 12 does not apply to UIL games.

April 10, 2014
~ NCAA TIEBREAKER SYSTEM ~

ARTICLE 3. The NCAA tie breaker system will be used when a high school varsity game is tied after four periods. NCAA football playing rules apply, with the following exceptions:

District games using "positive points" will use the following exceptions:

Coaches in the game should inform the referee before the game (pre game conference) that the game will be played using the UIL "positive point" exception. Failure to notify the referee prior to the coin toss does not negate specific DEC rules relating to "positive point". If notification is given to the referee, the tie game will be played with the following exception to rule 3-1-3-f. delete "if Team B scores during a period other than a try".

Delete example 2. If a touchdown is scored that determines the winning team in an extra period, the try is cancelled.

Substitute Example 2: If a touchdown is scored that determines the winning team in an extra period, the scoring team may elect to play the try down. If the team on defense refuses to play the try down, the Referee may award the number of points the team could have scored had the defense played the try down.

a. Immediately after the conclusion of the fourth quarter, officials will instruct both teams to retire to their respective team areas. The officials will assemble at the 50-yard line and review the tiebreaker procedures.

b. The officials will escort the coaches to the center of the field for the coin toss. The winner of the toss shall choose one of the following options:
   1. Offense or defense, with the offense at the opponent’s 25-yard line to start the first series.
   2. Which end of the field shall be used for both series of that overtime period.

Note: The winner of the toss may not defer his choice.

c. The loser of the toss shall exercise the remaining option for the first extra period and shall have the first choice of the two options for subsequent even-numbered extra periods.

d. Extra periods: An extra period shall consist of two series with each team putting the ball in play by a snap on or between the inbounds lines on the designated 25-yard line, which becomes the opponent’s 25-yard line. The snap shall be from midway between the inbounds lines on the 25-yard line, unless a different position on or between the inbounds lines is selected before the ready-for-play signal. After the ready-for-play signal, the ball may be relocated after a charged team timeout, unless preceded by a Team A foul or offsetting penalties.

e. Team series: Each team retains the ball during a series until it scores or fails to make a first down. The ball remains alive after a change of team possession until it is declared dead. However, Team A may not have a first and 10 if it again possesses the ball after a change of team possession.

Team A and B designations are the same as defined in Rule 2-27-1 in the NCAA Football Rule Book.

EXAMPLES:
1. After each team has put the ball in play by snap at the beginning of its series, the score is tied or there has been no score. RULING: Begin the second extra period with the loser of the toss at the beginning of the first extra period having the choice of the two options.

2. Other than on the try, Team B intercepts a pass or fumble for a touchdown or recovers a fumble or a backward pass and scores a touchdown. RULING: Period and game are ended, and Team B is the winner. *See substitute example on previous page regarding positive points exception.

3. During the first series of a period, Team B intercepts a pass or fumble or recovers a fumble or a backward pass
and does not score a touchdown. RULING: Team A series ended and Team B, which becomes Team A, starts its series of that period.

4. During the first series of a period, Team A attempts a field goal and the kick is blocked. Team A recovers the kick, which never was beyond the neutral zone, and runs for a touchdown. RULING: Six points for Team A, and Team B begins its series of the period after the try.

5. Team A attempts a field goal and the kick is blocked. Team A recovers the kick, which never was beyond the neutral zone, and runs for a first down. RULING: Team A’s ball, first and 10.

6. Team A attempts a field goal on first, second or third down, and the kick is blocked. Team A recovers the kick, which never crossed the neutral zone, and does not gain a first down. RULING: Team A’s ball, next down.

7. Team A attempts a field goal and the kick is blocked. Team B recovers the kick and runs it into Team A's end zone. RULING: Touchdown, game is ended. *See substitute example on previous page regarding positive points exception.

8. During the first series of a period, Team B—after gaining possession—loses possession to Team A, which scores a touchdown. RULING: The score counts, and Team B begins its series of the period after the try.

9. During the first series of a period, Team B—after gaining possession—loses possession to Team A, which fails to score a touchdown. RULING: Team A series is ended, and Team B begins its series of that period.

10. During the first series of a period, Team A fumbles into Team B’s end zone on a second down of a series. Team B recovers and downs the ball in its end zone. RULING: Team A series of that period is ended. Team B series of the period begins.

11. During the first series of a period, B10 intercepts a forward pass on his three-yard line and downs the ball in his end zone (no momentum involved). RULING: Score two points for Team A. Team A’s series is over. Team B will put the ball in play, first and 10 on the 25-yard line at the same end of the field.

12. Team A's field-goal attempt is untouched beyond the neutral zone until it is muffed by B17 at the five-yard line. A75 recovers at the three-yard line. RULING: First down for Team A at the three-yard line.

f. Scoring: The team scoring the greater number of points during the regulation and extra periods shall be declared the winner. There shall be an equal number of series, as defined in (e) above, in each extra period. Beginning with the third extra period, teams scoring a touchdown must attempt a two-point try. A one-point try by Team A (although not illegal) will not score a point.

EXAMPLES:
1. On the first possession of a period, Team A scores a touchdown. On the try, Team B intercepts a pass and returns it for a two-point touchdown. RULING: Team B is awarded the ball on the 25-yard line to start its series of the period with the overtime score 6-2.

2. If a touchdown is scored that determines the winning team in an extra period and proper notification has been provided, the scoring team may elect to play the try down. If the team on defense refuses to play the try down, the Referee shall award the number of points the team could have scored had the defense played the try down.

g. Fouls after Team B possession:
1. Distance penalties by either team are declined by rule in extra periods (Exceptions: Dead-ball fouls and live-ball fouls penalized as dead-ball fouls).
2. Scores by fouling teams are canceled.
3. If there are offsetting fouls, whether one or both occur after Team B possession, the down is not replayed.
EXAMPLES:

1. After the end of the first series of a period by Team A, Team B commits a dead-ball foul. RULING: Team B starts its series on the 40-yard line, first and 10.

2. During the first series of a period, Team A passes and a Team A back is illegally in motion during the down. The pass is intercepted, and Team B commits a foul before scoring a touchdown. RULING: Score not allowed. The series is ended, and Team B begins its series on the 25-yard line.

3. During the second series of a period, Team B intercepts a pass and runs for a touchdown. During the run, Team B clips at midfield. RULING: Nullify the score, and if the score is tied, the next period will start with first and 10 at the 25-yard line.

h. Timeouts: Each team shall be allowed one timeout for each extra period. Timeouts not used during the regulation periods may not be carried over into the extra period(s). Unused extra-period timeouts may not be carried over to other extra periods. Timeouts between periods shall be charged to the succeeding period.
~ PRE-SEASON REGULATIONS ~

~ PRESEASON PRACTICE REGULATIONS, ACTIVITIES OUTSIDE THE SCHOOL YEAR ~

Pre-season practice regulations for sports that begin practice prior to the school year are as follows.

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

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

The maximum length of any single practice session is three hours.

On days when more than one practice is conducted, there shall be, at a minimum, **TWO hours of rest/recovery time** between the end of one practice and the beginning of the next practice.

**Schools shall not schedule more than one practice on consecutive days, and student-athletes shall not participate in multiple practices on consecutive days. (Exception - Volleyball)**

When determining how to count times spent as “practice activities” please consult the following chart:

<table>
<thead>
<tr>
<th>What Counts</th>
<th>What Doesn't Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Actual on field/court practice</td>
<td>Meetings</td>
</tr>
<tr>
<td>Sport specific skill instruction</td>
<td>Weight training*</td>
</tr>
<tr>
<td>Mandatory conditioning</td>
<td>Film study</td>
</tr>
<tr>
<td></td>
<td>Water breaks</td>
</tr>
<tr>
<td></td>
<td>Rest breaks</td>
</tr>
<tr>
<td></td>
<td>Injury treatment</td>
</tr>
<tr>
<td></td>
<td>Voluntary conditioning*</td>
</tr>
</tbody>
</table>

*Does not count towards practice time, but cannot be done during the two hour rest/recovery time.

In reference to the minimum TWO hour rest/recovery time between the end of one practice and the beginning of the next practice (on days when more than one practice is scheduled), there can be no practice activities at all during this time. This time is exclusively for students to rest/recover for the following practice session, whether that session is an actual on field/court practice or a mandatory conditioning period.

**District Chairs.** District Chair lists can be found on the UIL website at http://www.uiltexas.org/athletics/district-chairs/football.

Districts should not schedule a game on the last playing date of the regular season or the last two playing dates if the district is in a zone situation — to allow for a game(s) to break a tie.

**District Executive Committee (DEC)**

**Jurisdiction.** The DEC shall rule on protests and reports of violations concerning eligibility and other violations of the Constitution and Contest Rules (C&CR) that occur within its district.

**Composition.** The DEC is composed of the superintendents of participant schools competing in the assigned UIL Playing District. The superintendent may designate administrators to represent participant schools in a multi-high school district.

**Responsibilities.**

- The DEC shall arrange a schedule to determine district representatives prior to the deadline specified in the official calendar.
- The DEC shall certify in writing, eligible district representatives in all athletic activities.
• The DEC shall determine in writing, prior to the season, the method to determine the district representatives in the event two or more schools are tied in win/loss percentages. (NOTE: If a tie-breaker procedure is not provided prior to the season, the UIL tie-breaker will be used.)

• The DEC shall enforce all rules contained in the C&CR.

• The DEC shall investigate the eligibility of contestants.

• The DEC shall settle within the district all disputes.

• The DEC does not have the authority to require a school to purchase equipment which is not required by rules stated in the C&CR.

• The DEC shall take such other action that is reasonable, necessary or desirable, and consistent with the UIL C&CR, the rules of the State Board of Education and the law.

• The DEC shall determine the place of games in the case there is a disagreement between two teams.

• The State Executive Committee shall have jurisdiction in all disputes arising between district winners that have been duly certified.

School Authority Responsible. The superintendent shall be responsible for the proper conduct of athletic contests in a school system.

Observe Rules. Each school shall abide by all rules contained in the Constitution. In case an ineligible contestant is used in any League game, knowingly or unknowingly, the minimum penalty shall be forfeiture of the game.

Student-athletes in grades 9-12 shall not:

1. Accept any valuable consideration as an award for winning or placing in an athletic contest. Valuable consideration is defined as anything wearable, usable or sellable, and includes such items as tee-shirts, hamburger coupons, free or reduced rate tennis racquets, etc.

2. Accept valuable consideration for teaching or coaching any UIL sport, except beginning swimming or lifesaving lessons.

3. Accept valuable consideration for allowing their name to be used for advertisement of a product, plan or service.

4. Accept any special service or benefit offered only to athletes or members of an athletic team.

The penalty for violation of the Amateur Rule is forfeiture of varsity eligibility in the involved sport for at least one year from the date of the violation. The Athletic Amateur Rule is sport specific, so that a violation in one sport would make the student ineligible only in that sport, not in all UIL athletic activities.

Rule Violations. Students who violate the rules shall be ineligible for at least one year from the date of the violation unless otherwise specified by rule. Regulations in the athletic plans of the Constitution and Contest Rules govern all varsity and sub-varsity teams. Specific rules within the junior high section of the Constitution govern eighth grade and below.

Penalties. (1) Fighting, i.e. unauthorized entrance on to the playing field/court area to engage in a fight with an opponent, teammate, fan, and/or an official and (2) Failure to complete an athletic contest, i.e. removing a team from a field/court in protest, will be included under the UIL penalty structure.

~ High School Coaching Requirements and Training ~

All high school coaches must be full-time employees of the school district. Coaches who knowingly and willfully violate rules may be penalized according to the Constitution and Contest Rules by the District Executive Committee (reprimand) or State Executive Committee (reprimand, public reprimand, suspension). 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 district 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.

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 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 Rules Compliance Program (RCP).

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.uiltexas.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): http://www.tea.state.tx.us/index2.aspx?id=2147486144&menu_id=2147483671&menu_id2=794.

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 - Rules Compliance Program (RCP)
   - Training available ONLY on the UIL website - www.uiltexas.org
   - Athletic coaches must complete prior to contact with students.

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

4. C&CR 1208(y), Cheerleading Program Coach/Sponsor– 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
Pre-Season Regulations

but not limited to those on the link from UIL web site. http://www.uiltexas.org/files/health/Cheerleading_Safety_FAQs.pdf

5. C&CR 1208(j), Coach with Misconduct – Minimum Educational Requirement

- Any coach ejected from a contest shall complete the NFHS Fundamentals of Coaching Course. The course is catalogued for a 6 hour course/$35. http://www.nfhslearn.com
- Any coach ejected from a contest shall complete the NFHS Teaching and Modeling Behavior Course. The course is catalogued for a 1.5 hour course/$20. (http://www.nfhslearn.com).

Eligibility for Athletic Contests

Eligibility rules are found in Section 400 and 440 of the Constitution and Contest Rules. Any question regarding a student’s eligibility, should be addressed to the school principal and/or superintendent. Residence requirements according to Sections 400 (d) 440, and 442 should be thoroughly investigated for any student new to school.

Students are eligible to represent their school in varsity interscholastic activities if they:

- are not 19 years of age or older on or before September 1 of the current scholastic year. (See 504 handicapped exception.)
- have not graduated from high school.
- are enrolled by the sixth class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest.
- are full-time day students in a participant high school.
- initially enrolled in the ninth grade not more than four calendar years ago.
- are meeting academic standards required by state law.
- live with their parents inside the school district attendance zone their first year of attendance. (Parent residence applies to varsity athletic eligibility only.) When the parents do not reside inside the district attendance zone the student could be eligible if: the student has been in continuous attendance for at least one calendar year and has not enrolled at another school; no inducement is given to the student to attend the school (for example: students or their parents must pay their room and board when they do not live with a relative; students driving back into the district should pay their own transportation costs); and it is not a violation of local school or TEA policies for the student to continue attending the school. Students placed by the Texas Youth Commission are covered under Custodial Residence (see Section 442 of the Constitution and Contest Rules).
- have observed all provisions of the Awards Rule.

Limitation on Awards. Schools may give one major award, not to exceed $70.00 in value, to a student during high school enrollment at the same school for participation in one of the UIL interschool competitions listed in Section 380. One additional symbolic award, not to exceed $10.00 in value, may be presented for participation in each additional UIL activity listed in Section 380. The $10.00 award may be given to a student for an activity during the same year that the major award is given for that activity.

- have not been recruited. (Does not apply to college recruiting as permitted by rule.)
- have not violated any provision of the summer camp rule, Section 1209.
- have observed all provisions of the Athletic Amateur Rule, Section 441.
- did not change schools for athletic purposes.

Student-athletes shall be in compliance with the Athletic Amateur Rule from the first day of attendance in the ninth grade through their last day of UIL athletic competition in grade twelve. This includes during school and during non-school time and applies to all UIL competition and to non-school participation in the same sports sponsored by the UIL. (For instance, a race of six miles or longer is not considered to be a cross country meet, so the Amateur Rule is not applicable to students participating in this type of race.)

Student-athletes in grades 9-12 shall not:

1. Accept any valuable consideration as an award for winning or placing in an athletic contest. Valuable consideration is defined as anything wearable, usable or sellable, and includes such items as tee-shirts,
hamburger coupons, free or reduced rate tennis racquets, etc.

2. Accept valuable consideration for teaching or coaching any UIL sport, except beginning swimming or lifesaving lessons.

3. Accept valuable consideration for allowing their name to be used for advertisement of a product, plan or service.

4. Accept any special service or benefit offered only to athletes or members of an athletic team.

The penalty for violation of the Amateur Rule is forfeiture of varsity eligibility in the involved sport for at least one year from the date of the violation. The Athletic Amateur Rule is sport specific, so that a violation in one sport would make the student ineligible only in that sport, not in all UIL athletic activities.

- did not change schools for athletic purposes.

~ School Practice and Game Restrictions ~

Participation

a. Sundays. A League participant 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 instructions or reviewing of plays, formations, or skills in any sport will be construed as a violation.

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

(3) Exceptions.

(A) Golf. If the regional and/or state golf tournaments are scheduled on a Monday, one 18-hole practice round is allowed at the regional and/or state tournament site and may be played on the Sunday afternoon preceding the meet (no earlier than 12:00 noon) if permitted by the regional or state meet director.

(B) Tennis. If the regional and/or state tennis tournaments are scheduled on a Monday, and if participants arrive at the site on the preceding Sunday because of travel distance, it will not be construed a violation of this rule if school district personnel accompany or transport participants to a tennis court for the purpose of practicing on their own, if permitted by the regional or state meet director.

(4) REGIONAL AND STATE TOURNAMENT COMPETITION ON SUNDAY. Regional or state tournament directors may reschedule postponed or weather delayed tournaments on Sunday afternoon or evening with prior approval of the tournament director and the participating schools and with prior permission from the UIL athletic director.

Practice Time

According to the State Board of Education, practice time outside the school day is limited to eight hours per school week per activity from Monday 12:01 a.m. through the end of the school day Friday. (This does not include travel time to games/matches scheduled during the school week. See definition of school week below.)

Contest During the School Week

According to State Board of Education mandates, students may only participate on one day per activity during the school week. Exception: District varsity contests postponed due to weather or public disaster may also be scheduled during the school week, but must be rescheduled and played on the next date following the postponement in order to be played as an exception. Post-season competition may also be scheduled as an exception to the one contest during the school week. School week means the week beginning at 12:01 am 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. Post-District play means competition in UIL play-off series or contests such as—Bi-District, Area, Regional, etc.
~ EQUIPMENT ~

Helmets

All high school varsity players are required to wear helmets which meet NOCSAE standards. Any team not wearing NOCSAE approved helmets will be in violation of NCAA rules. Warning labels shall be placed on the outside lower rear portion of the helmet.

FOOTBALL HELMET SAFETY REQUIREMENTS

According to section Sec. 33.094 of the Texas Education Code:

(a) A school district may not use a football helmet that is 16 years old or older in the district's football program.

(b) A school district shall ensure that each football helmet used in the district's football program that is 10 years old or older is reconditioned at least once every two years.

(c) A school district shall maintain and make available to parents of students enrolled in the district documentation indicating the age of each football helmet used in the district's football program and the dates on which each helmet is reconditioned.

(d) The University Interscholastic League may adopt rules necessary to implement this section, provided that the rules must be approved by the commissioner in accordance with Section 33.083(b).

Fitting the Football Helmet.

Although the helmet is not capable of eliminating head injuries completely, it does appear to lessen their severity. An improperly fitted and/or improperly worn helmet increases the chances for head injuries to occur. This outline depicts the procedural steps necessary to insure proper fitting and proper wearing of the helmet.

The comments below concern fitting the suspension helmet, padded, air, and fluid liner helmets.

General Preparation

• Fit helmet at normal hair length.
• Observe any noticeable head shape variation such as long, oval-shaped head, a slanting forehead, a heavy brow, or an extra-long occipital bone, etc.

Proper Method of Entering Helmet

• Put thumbs in ear; hold with fingers up along side of helmet.
• Put on directly over head, tilted to back, and rotate it to front while pulling it down into position.

Side-to-Side Check

• Make a quick visual examination to be sure that the fit is close to being correct.
• Have player hold his head straight forward and try to turn the helmet on his head. Helmet should turn only slightly if the fit is correct.

Jaw Pad Fit

• A correct-size jaw pad fits the jaw area snugly and prevents lateral rocking of the helmet.
• Jaw pads are available in different sizes.

Chin Strap Fit

• Adjust to a tight position with equal tension on both sides. A tight chin strap protects better.
• The four-point chin strap is required.

Football Helmet Warning Stickers: Helmet warning labels must be on each football helmet.

Regulation on Football Helmet for the First Four Days of Practice: Football helmets may be worn the first four days of practice. There shall be no contact activities during these four days.
Tooth And Mouth Protectors.

Mouthpieces are required for all players. It is mandatory that all players wear tooth and mouth protectors. It is a part of the equipment necessary to participate in a game. **This requirement will be enforced by the game officials.**

If the referee discovers that a player is not wearing a tooth and mouth protector as required, the offending player is not to be allowed to enter or continue in the game until there is compliance with the rule.

“Each player shall wear an intra-oral (within the mouth) mouth and tooth protector which includes an occlusal (protecting and separating the biting surfaces) and a labial (protecting the lips) portion. It is recommended that the protector be 1) constructed from a model made from an impression of the individual’s teeth or 2) constructed and fitted to the individual by impressing his teeth into the mouth and tooth protector itself.”

Occlusal, as used in the rule, means the protector must separate the biting surfaces of the teeth. Some authorities have stated that the teeth separation should be 1/16 of an inch. The occlusal portion of the guard generally will afford protection from blows from beneath the chin, which frequently result in chipped teeth. In addition, the occlusal portion tends to absorb shock from blows underneath the chin, thereby reducing the possibility of concussion.

The wording of the rule enables a free choice of protector selection on the part of the coach or player. While it is recommended that the protectors be of the “fitted” type, it is not mandatory that they be so.

**Colored mouthpieces:** Any other readily visible colored mouthpieces with FDA-approved base materials (FDCS) shall be mandatory. White or clear material is not permitted.

Reducing Head And Neck Injuries In Football

Frederick O. Mueller, Ph.D.

Head and neck injuries in football have been dramatically reduced since the late 1960’s. Several suggestions for continued reduction are as follow:

1. Preseason physical exams for all participants. Identify during the physical exam those athletes with a history of previous head or neck injuries. If the physician has any questions about the athlete’s readiness to participate, the athlete should not be allowed to play.

2. A physician should be present at all games. If it is not possible for a physician to be present at all games and practice sessions, emergency measures must be provided. The total staff should be organized in that each person will know what to do in case of head or neck injury in game or practice. Have a plan ready and hour your staff prepared to implement that plan. Prevention of further injury is the main objective.

3. Athletes must be given proper conditioning exercises which will strengthen their necks so that participants will be able to hold their head firmly erect when making contact. Strong neck muscles may help prevent neck injuries.

4. Coaches should drill the athletes in the proper execution of the fundamentals of football skills, particularly blocking and tackling. **Keep the head out of football.**

5. Coaches and officials should discourage the players from using their heads as battering rams. The rules prohibiting spearing should be enforced in practice and in games. The players should be taught to respect the helmet as a protective device and that the helmet should not be used as a weapon.

6. All coaches, physicians, and trainers should take special care to see that the player’s equipment is properly fitted, particularly the helmet.

7. Strict enforcement of the rules of the game by both coaches and officials will help reduce serious injuries.

8. When a player has experienced or shown signs of head trauma (loss of consciousness, visual disturbances, headache, inability to walk correctly, obvious disorientation, memory loss) he should receive immediate
medical attention and should not be allowed to return to practice or game without permission from the proper medical authorities.

Eye Shields

Only eye shields that are completely clear will be allowed. Waivers will no longer be granted for tinted eye shields, regardless of circumstance.

Coaches' Checklist

1. Keep the head up.
2. Discuss risk of injury.
3. Keep the head out of contact.
4. Explain how serious injuries can occur.
5. Involve parents in early season meeting.
6. Have a set plan for coaching safety.
7. Clearly explain and demonstrate safe techniques.
8. Provide best medical care possible.
9. Monitor blocking and tackling techniques every day.
10. Repeat drills which stress proper and safe techniques.
11. Admonish and/or discipline users of unsafe techniques.
12. Receive clearance by doctor for athlete to play following head trauma.
13. Stress safety every day.
14. Don't glorify head hunters.
15. Support officials who penalize for illegal helmet contact.
16. Don't praise or condone illegal helmet contact.
17. Provide conditioning to strengthen neck muscles.
18. Entire staff must be 'tuned in' to safety program.
19. Check helmet condition regularly.
20. Improper technique causes spinal cord injuries.
21. Helmet must fit properly.
22. Be prepared for a catastrophic injury.
23. The game doesn't need abusive contact.
24. Player safety is your responsibility.
25. It's a game -- not a job -- for the players.

Keep The Head Out Of Football

Rules changes that eliminated the head as the initial contact point in blocking and tackling have significantly reduced head and neck injuries in the sport.

Coaches can do their part to continue that trend by teaching correct techniques and emphasizing proper fundamentals at all times. That way, players can avoid catastrophic injury and coaches can avoid lawsuits.

Keep the head out of football.

NOCSAE Manual Helmet Information

Licensed reconditioners themselves test used helmets to the original standard applicable when the helmet was new.

The NOCSAE helmet standards are voluntary test standards that have been developed to reduce head injuries by established requirements of impact attenuation for football helmets/face masks, baseball/softball batting helmets, baseball and softballs, and lacrosse helmets/face masks. These standards are adopted by various regulatory bodies for sports, including the National Collegiate Athletic Association (NCAA) and the National Federation of State High School Associations (NFHS).

NOCSAE continually studies all types of helmets and test conditions, and the severity of the tests will be changed when credible evidence is presented that such changes will affect injury reduction.
The NOCSAE helmet standard is not a warranty, but simply a statement that a particular helmet met the requirements of performance tests when it was manufactured or reconditioned. For football helmets, NOCSAE does recommend that the consumer adhere to a program of periodically having used helmets recertified. Because of the difference in the amount and intensity of usage on each helmet, the consumer should use discretion regarding the frequency with which certain helmets are to be recertified.

Those helmets which meet the NOCSAE standard must bear the seal, “Meets NOCSAE standards” and the logo for that type of helmet. The seal and the logo are permanently branded on the outside rear portion of the helmet.

The NOCSAE standard does not require the use of specific brand name replacement parts when helmets are reconditioned. Neither the test nor the performance standard call for any specific materials or designs. The standard speaks only to the performance for the helmet when new, or after reconditioning and rectification.

A list of NOCSAE licensed reconditioners, contact information and other additional information is available from the National Athletic Equipment Reconditioners Association at www.naera.net.

**NOCSAE Statement on Third Party Helmet Add-On Products and Certification**

There are many new products on the market that are intended to be added to helmets, in particular football helmets, which products claim to reduce concussions and make helmets safer and more protective. Whether these are additional liners or padding on the inside, or bumpers, pads, coverings or electronic devices that attach to the outside of the helmet, these products were not included in the certification testing and quality control programs that are required for all helmets that are certified to the NOCSAE standards. To address this situation, and to protect the integrity of the NOCSAE standards, the NOCSAE board of directors has adopted the following position:

“NOCSAE helmet standards are specific to models which are identical in all aspects, except as to size. The testing required to support the certification is also specific to the model being certified. NOCSAE standards require that any change in configuration, padding, shell geometry, or protective system requires a new model designation with separate certification testing. The addition of after-market items by anyone that changes or alters the protective system by adding or deleting protective padding to the inside or outside of the helmet, or which changes or alters the geometry of the shell or adds mass to the helmet, whether temporary or permanent, voids the certification of compliance with the NOCSAE standard.”

**Effective September 1, 2011 - NAERA members will not recondition/recertify any football helmet 10 years of age or older.**

National Athletic Equipment Reconditioners Association, NAERA, announced today the new 10 year policy adopted in their winter meeting. This policy will become effective at the start of the reconditioning season September 1, 2011 for the 2012 football season. The 10 years shall be determined by the manufactures date as required by NOCSAE document 001.

For example at the end of this upcoming 2011 football season, any helmet dated 2002 or older will not be reconditioned/recertified.

NAERA is an association of 21 athletic equipment reconditioners and 4 helmet manufacturers whose mission is to increase awareness and acceptance of high quality athletic equipment reconditioning / recertification. Particular emphasis is directed towards reducing the risk of injury for athletic event participants. Members are licensed by NOCSAE to recertify football, lacrosse, softball/ baseball helmets, and face guards. NAERA members reconditioned/recertified over 1.7 million helmets last year.

For more information and a list of NAERA members please see our website at www.naera.net

Or contact Ed Fisher, Executive Director of NAERA
509 842-8516
~ REGULAR SEASON REGULATIONS ~

Football Practice Limits effective August 1, 2013

During the regular season and post season, no football player is allowed to participate in more than ninety (90) minutes of full contact practice per week.

For the purposes of the rule, “full contact” is defined as football drills or live game simulations where “live action” occurs. Live action, as defined by USA Football, is contact at game speed where players execute full tackles at a competitive pace taking players to the ground. A team may continue to dress in full pads for practice, but may only participate in live action drills and game time simulations no more than ninety minutes per athlete per week. It is assumed that when players are in shells (shorts, shoulder pads, and helmets) no live action drills or simulations will occur. This rule is intended to limit live action drills and simulations and not the number of practices a team may participate in full pads. A team may participate in “air,” “bags,” “wrap,” and “thud” drills and simulations at any point. These contact levels are defined below:

- **Air**- Players should run unopposed without bags or any opposition
- **Bags**- activity is executed against a bag, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.
- **Wrap**- Drills run at full speed until contact, which is above the waist with the players remaining on their feet.
- **Thud**- Same as wrap but tempo is competitive with no pre-determined winner and the players are not tackling to the ground.

UIL Texas Scoreboard

The UIL Texas Scoreboard will be a multimedia tool available only on uiltexas.org. Leader boards, regular season game results, stats, and team information will be available on the UIL Texas Scoreboard. The data presented via the UIL Texas Scoreboard will be dependent upon information submitted by coaches and schools to MaxPreps.

Registration

A school which does not participate in football after registering may be suspended in this activity for a period of one year, unless sufficient justification is shown for not entering a team.

**Required Forms for All Student Participation.** 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.** As a minimum requirement, a Physical Examination Form must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. Local district policy may require an annual physical exam. The form must be filled in and signed by either 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. Examination forms signed by any other health care practitioner, will not be accepted.

- **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 Acknowledgement 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.

**Required Forms for Varsity Participation.** It shall be the responsibility of each school to keep on file the following required forms. Forms to be filed can be downloaded from the UIL website (www.uiltexas.org/athletics/forms).

- **Eligibility Form.** Schools must submit comprehensive eligibility blanks for football, basketball, volleyball, softball, baseball, and soccer. For all other athletic activities general alphabetical listing of eligible athletes is required. One copy shall be sent to the district executive committee chair and one copy shall be filed in the school’s office. Completed eligibility forms are to be signed by the superintendent or a designated administrator and the coach. These forms are to be postmarked before a contestant is allowed to participate in a varsity contest. Failure to furnish correct and complete information may, upon request by the proper committee, constitute grounds for suspension.

- **Previous Athletic Participation Form.** New students in grades 9-12 who represented their former school in a varsity or sub-varsity athletic contest or practice in grades 8-12 in any previous school year must have a Previous Athletic Participation Form completed prior to participation in a varsity contest at the new school.

**Q:** If a PAPF is completed and signed by the DEC chair, does this make a student-athlete eligible for varsity competition?

**A:** No. A student-athlete must also meet all other eligibility rules.

**Q:** If a student-athlete is continuously enrolled for one calendar year at a school, are they eligible for varsity competition?

**A:** No. The student-athlete must also have a completed and signed PAPF from the DEC chair and be in compliance with all other eligibility rules.

- **Late Forms.** If an eligibility form or a Previous Athletic Participation Form was not filed prior to competition, and it was an inadvertent error and the student is actually eligible under Subchapter M of the Constitution, the district executive committee is not required to demand forfeiture or to rule the student ineligible. They may assess the minimum penalty of private reprimand to the school.

- **Foreign Exchange Students.** Subject to the other eligibility rules of the Constitution and Contest Rules, foreign exchange students in approved CSIET foreign exchange programs are allowed to apply for exceptions to the residence rule through the UIL waiver process. A waiver could be granted in certain activities if they have not received advanced training or have not had extensive experience in the activity of their choice. **Foreign exchange students are not eligible for varsity athletic participation unless they are granted a Foreign Exchange Student Waiver.**

- **Varsity Athletic Eligibility for Over-Age Student.** Subject to the other eligibility rules of the UIL Constitution and Contest Rules, an individual is eligible to participate in a League varsity athletic contest as a representative of a participant school if that individual is less than 19 years old on September 1 preceding the contest; or has been granted eligibility based on a handicapping condition which delayed his or her education by at least one year and the student is currently in special education and under the auspices of an ARD Committee or has been identified as a 504 student prior to the end of their second year in high school (effective for entering ninth graders in the current school year).

~ **Officials ~

Please refer to the UIL Constitution and Contest Rules, Section 1204 on the UIL website (http://www.uiltexas.org/policy/constitution/category/constitution-athletics), for the latest information regarding officials (fee schedule, tournament fees, travel reimbursement, other allowable expenses, etc).

**Assignment Of Officials Out Of The UIL Office**

1. Member schools shall use registered officials in all varsity contests.
2. Neutral Officials. In all contests, schools should always attempt to secure neutral officials who have no affiliation with either school.

3. The two schools have the right to “scratch” any chapters or officials they wish. However, the UIL office urges the use of discretion in scratching entire chapters or areas.

4. To request officials from the UIL office, go to www.uiltexas.org and click on “Sports Officials” in the upper right hand corner. Once on the UIL Arbiter site, click the Request for Officials (per sport) in the right hand column. This form will go directly to the UIL office, and all correspondence will be via email.

5. After the schools have indicated officials and/or chapters they do not want, the UIL office then contacts a chapter not scratched and requests officials. Schools are not permitted to talk with representatives of the chapter once they have agreed for the League to assign officials.

6. Once the officials have been assigned out of the UIL office, the schools may not request a change in the assignment and must pay the assigned officials if they are not used, unless:
   a. The UIL office makes a mistake by contacting a chapter which the schools have indicated they do not want.
   b. Communication problems between the school which contacted the UIL and the opponent results in officials being assigned from a chapter which one school had scratched.

7. The UIL recommends that officials or chapters not acceptable be written down at the meeting, reviewed by each school to see if the list is complete and accurate, and signed by school authorities from both schools. This should be a part of the contract procedure and a copy retained by each school.

8. Once a game has begun there shall be no protest based on the selection of game officials. Beginning a contest constitutes agreement.

9. Payment of officials (for all games other than tournament games) shall be according to Section 1204 in the UIL Constitution and Contest Rules.

---

**Pregame Activities and Regulations**

**Pregame Activities:** Schools select their pregame activities. Pre-game activities must be completed and the field cleared of all non-team personnel no later than 6 minutes prior to the scheduled starting time. This includes the national anthem, the school songs, etc. In addition, the team personnel need to be fully aware of the timing of pregame events, and have their captains and teams ready to go, without delay, at the appropriate times. This will permit the unhindered administration of the coin toss, and, thus, the prompt starting of the game.

**Coin Toss Time:** The coin toss should be executed at three minutes before game time in all UIL football contests.

**Game Balls and Ball Persons:** The home team should provide a minimum of three legal game balls, and the visiting team, if it desires to use its own game balls, should also provide a minimum of three legal game balls. The home team shall provide a minimum of two ball persons (preferably age 12 or older); one ball person should be positioned on the home sideline, and the other should be positioned on the visiting sideline. In this case, each ball person should assist the officials with the game balls for both teams. The visiting team shall have the option of providing two additional ball persons (preferably age 12 or older) to assist the officials with their own game balls, if desired. Note: If the visiting team chooses to use its own ball persons, they must provide two persons; one to be positioned on the visiting sideline, and one on the home sideline. In this case, the ball persons from each team would handle only the game balls for their respective teams.

**Ball Boys, Chain Crews and the Addition of the 40/25 Second Clock to UIL Football**

**Ball Boys.** With the addition of the 40/25 clock to UIL games, it will be extremely important to get the ball on the ground and ready for play as soon as possible. To that end, it will be highly recommended that game balls for both teams be on both sidelines. This means that both teams will either have to count on the opposing team’s ball boys to administer their game balls, or that each team will have to place ball boys on both sidelines. Additionally, it is recommended for each team to provide a ‘ball retriever’ to assist the ball boys. In the ideal situation there would be two ball boys (one for each team) and one ball retriever on each sideline. It is recommended that ball boys be at least seventh grade students or above (Freshman or JV players would be optimal). Ball retrievers (those who will ‘chase’ balls that are downfield or that end up on the opposite sideline) could be younger students working in conjunction with the ball boys.
Chain Crew. With the addition of the 40/25 clock to UIL games, it will be extremely important to get the chains set and ready for the next play. The chain crew, but most importantly, the down box.marker must hustle (and sometimes run!) to the succeeding spot. If the school is able, it would also be recommended that there be an ‘alternate’ down box on the opposite side of the field that can hold the previous spot in case it is necessary to return to that spot for some reason. In that scenario, the ‘alternate’ down box would remain at the previous line of scrimmage until the ball was marked ready for play’ at the succeeding spot and then move to that spot for the ensuing snap.

Video Replay Boards

In stadiums where video replay boards are utilized replays of game action may only be shown once. Slow motion replays may not be shown. Coaches may not utilize video monitors for coaching purposes in the press box coaches’ booths.

Half-Time Regulations

The NCAA Football Rules specify a penalty be assessed to the home team at the beginning of the second half if the half-time exceeds allowable limits. Texas high schools play by NCAA rules, therefore the half-time length regulations will be enforced by football officials.

1. Maximum half-time length for UIL varsity games is 28 minutes. Please note that half-time is not required to be this long. Many districts have adopted a shorter period of time, for example 24 minutes. Note: Junior high and sub-varsity half-time should not be longer than 20 minutes.

2. Timing for the half-time should begin when all players and personnel have cleared the field at the end of the first half of play.

3. Bands should be ready at that time to come onto the field for their half-time show. Undue delay by the visiting team band could result in a penalty being assessed to the home school. Many schools are placing a time limit on each band, insuring that the first part of the half-time intermission will not cause the entire half-time to exceed the allotted time limit.

4. Football teams should have at least 3-4 minutes to warm up after the half-time intermission prior to the second-half kickoff.

5. When homecoming activities and/or other half-time activities necessitate an extra long half-time, it may be advisable for the visiting band to give its show prior to the game.

6. Both schools should cooperate to ensure proper half-time procedures.

Videotaping/Filming

(1) All Athletic Contests.
(A) Videotaping/Filming/Recording by Schools.
(i) A non-competing school shall not film, videotape or otherwise make a visual recording of an athletic contest without the prior written consent of the schools competing in the contest.
(ii) A school does not have to obtain permission to film or tape, or otherwise make a visual recording of an athletic contest in which it is competing. However, the film or videotape or other visual recording may only be reviewed or otherwise utilized during the contest in accordance with applicable contest rules.
(iii) Films, videotapes and all other kinds of visual recording of all athletic contests in compliance with league rules are the property of the school that made them unless their ownership, use or distribution is governed by district rule or, if there is no agreement between the schools competing in the contest.
(B) Videotaping/Filming/Recording by Individuals and Organizations. Except for persons or organizations acting under subsections (1) (A) (i) and (ii) above, no person or organization shall film, videotape or otherwise make a visual recording of any athletic event or activity without prior written consent of the schools that are competing in the event. Any filming videotaping or other recording of an athletic contest
Regular Season Regulations

may not obstruct the view of other spectators of the contest.

(C) Commercial Uses. Use of films, videotapes or other visual recordings of regular season athletic contests for commercial purposes shall be approved in writing by all schools competing in the contest. Any agreements between the competing schools regarding the filming, videotaping or other visual recording of regular season athletic contests, including without limitation any commercial uses, shall be consistent with the League’s Constitution and Contest Rules and any contracts made thereunder.

Policy on Rain/Flood Games

Games scheduled for Friday night canceled by rain or inclement weather:

Options:

1. Find another site and play the game on Friday night as scheduled: a) Option to go to visiting school, if mutually agreeable; b) Option to find a neutral field.
2. Play Saturday at original site, visiting site, or neutral field: a) Mutual agreement or b) district executive committee action.
3. If conditions which do not permit any of the above persist: The district executive committee may reschedule district games for Monday night. Then the game scheduled for the following Friday must be rescheduled for Saturday, to meet the five-day interval requirement of the Football Plan of the Constitution and Contest Rules.
4. Note: It may be necessary to have the district executive committee reschedule a number of games.
5. For non-district games - agreement between two schools involved.

Live Regular Season Telecast

UIL member schools shall not permit the live telecast of a regular season football game on a Friday night. Live telecasts and other types of live broadcasts of UIL football post-regular season games shall be permitted if provided for in a UIL broadcast rights contract.
Games Administration and Regulation

Schedules.

Athletic schedules will not be considered official until approved by the superintendent of the member school district.

Adult Supervision.

A coach or adult supervisor must always accompany students. A student shall not 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 nonschool person 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.

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.

Games Administration and Protection of Players

School officials should exert every effort to reduce athletic injuries. Football is one of the most hazardous sports, and every care should be exercised for the protection and safety of the players. The following suggestions are offered for consideration:

1. Have a written permit from the parents to secure emergency medical services in case of injury.

2. See to it that players are properly equipped with adequate protection such as shoulder, hip, kidney and knee pads; helmets; etc.

3. Give immediate attention to all injuries, even seemingly unimportant scratches and bruises. Be prepared for hot weather practice.

4. Have all players covered by an athletic insurance policy, and arrange for a physician to be present at every game.

5. Secure officials who will enforce the rules designed to protect the players. Be courteous to officials, and see that they are given adequate protection.

6. See to it that the playing field is well sodded and in the best possible condition. The playing field should have a restraining fence around it to restrain the crowd and keep them from moving onto the field.

7. Do not use unslaked lime. The use of unslaked lime for marking football fields is dangerous.

8. The home team should provide four deputized persons or officers to be placed in each corner of the football field for the purpose of stopping improper conduct of fans and to provide an escort for game officials.

Game Administrator Procedures

In all UIL varsity athletic team contests, a game administrator shall be appointed by the home school. That person must be a coach (other than the game coach), teacher, or 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. Meet with the officials prior to game time (preferably on the playing field or court); If officials are not notified by the
designee by ten minutes prior to beginning of a game, the referee shall ask the home head coach if there is a designee and if so, who that person is.

2. See that officials are directed to their dressing room;

3. If there is no designated administrator, the officials shall inform the UIL in writing the next working day.

4. Inform the officials where the game administrator will be seated.

5. Assist the officials if they need to discourage unsportsmanlike conduct of a fan, player, or coach (such as removal from stadium or gym).

6. Check with the officials after the game to see if there is any misconduct that needs to be reported.

7. Offer to provide an escort for the officials to their cars.

8. Report incidents to the appropriate school administrator (home team or visitor).

9. 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 three working days.

10. The home school is responsible for security. In playoff games/matches, both schools are responsible.

11. In playoff games/matches both schools shall have a game administrator.

Crowd Management and Game Security.

In our complex and open society there are numerous problems which hinders the public school administrator. Crowd management and game security are two problems which have haunted even the most conscientious administration. This area goes beyond the spectator who is intoxicated in the stands or those who insist on running onto the field at the end of the game. Schools in some states have been forced to abandon night games, while others in some states must seek a neutral site with little or no publicity surrounding the event to prevent added disturbances. Fortunately, this has not been a great problem for athletics in Texas. However, disturbances can occur at even the smallest of schools during a game which has no bearing on the district championship. Each school system should develop a master plan for management of crowds.

Administrative duties for controlling crowds involves a well thought out plan of action. Actions prescribed should be endorsed by the school board as policy for the district, prior to each school year. Plans may then be viewed for comparison with other school systems. Naturally, each system will include variations to fit their own unique situation.

The UIL views this as a positive way to defend against possible trouble at athletic events. School personnel are more apt to act with confidence, knowing where they stand when written policy is in place. Schools that have operated without a crowd management and/or game security policy may see this as an opportunity to add consistency while upgrading their procedures, not to mention serving as a guide for legal implications. It is better to operate somewhat anonymously and behind the scenes so that fans may enjoy their favorite events than to spend little time in planning and be faced with an unchecked security problem.

Administrative Responsibility. The school district superintendent and/or their designee is responsible for enacting and enforcing a crowd management policy for contests sponsored by his/her district. Likewise, all phases of interscholastic competition are under the careful supervision of the superintendent.

Guidelines. (These basic guidelines may be supplemented by local schools.)

1. A crowd control policy for season athletic contests shall be endorsed by the school board and should be kept on file with the district executive chairman and in possession of those in the individual school directly responsible.

2. No interscholastic contest may be arranged without the knowledge and sanction of the superintendent or their designee.
3. A game administrator or manager (usually the athletic director or principal) shall be in charge of the various administrative duties not associated with the contest at all home games. This person shall be on duty during the actual playing of the contest.

4. In all cases where students are competing against those of another school there must be an authorized faculty representative on the premises. In team sport contests such as basketball, football, soccer, softball, and volleyball, the superintendent and/or a designated game administrator shall be present at all home games and should be present at games away from home when large numbers of students and fans are attending the game.

5. Students, participants and staff members representing member schools in interscholastic competition are expected to conduct themselves in a sportsmanlike manner. Failure to do so may be in violation of the UIL Constitution and Contest Rules and subject the school, students and sponsors to penalty.

6. The member school superintendent is responsible for initiating appropriate disciplinary measures against those guilty of violations of the State Education Code.

7. It shall be the responsibility of the host administration to insure the safety of the officials.

_Safety_

Our baseline responsibility is to assure that every person who comes to school or to a school event is ensured the opportunity of returning home safely that day or night. The following suggestions are not complex, but hopefully will stand the test of time.

1. Principals and athletic directors should meet with the police and fire chiefs, emergency medical service head, and school superintendent. At this meeting establish roles of responsibility. For example, whose decision it is to evacuate a school or athletic site? Also discuss all of the other issues (e.g. lightning, power outage, bomb threats, weapons) that are concerns of the respective participants in this meeting. It would be well if written protocols resulted.

2. Form a School Safety Committee which should be representative of students, custodians (who may know your facility better than anyone else), staff, administration, parents, and the community. All of these constituents are stakeholders who should share in responsibility for safety.

3. Consider safety to be a “team” effort. Inform your students and other constituencies that you want them to keep their eyes open, and to report anything they see or hear that may be troubling. “Intelligence” is important and can be reasonably easy to acquire through such a network.

4. Every student should have an advocate member of the school staff. Too often children are without a good adult role model. A staff member, making it a point to check on each student once a week, may be enough to keep the student connected, or to detect a potentially significant personality change.

5. Recognize that you are surrounded by trained observers. Educators, like police, are accustomed to observing individuals, groups, and crowds. Anyone or anything that does not “look right”, probably isn’t. Station trained observers at the entrance to athletic events. Assign staff in fan sections, have the police detail deployed to observe fan behavior, and place administrators at vantage points where spectators and observers can be viewed.

6. Cell phones can be critical during an emergency when phone lines are cut; incoming phone traffic precludes making calls, etc.

7. Don’t believe “it can’t happen here.” The profiles of perpetrators of recent school tragedies are suburban, affluent young people who spend time on computers or who may have access through family to guns.

8. Continue to work to keep high school athletic programs within the perspective of their educational mission. Do not place athletes on a pedestal. Honor equally achievements of all your students (e.g. academics, community service, drama, National Honor Society).

9. A communication system (e.g. walkie-talkies) is important among school personnel, fire, police, EMS, etc.

10. Remain calm, and use the PA system to deliver pre-developed messages/instructions.
~ Football Questions and Answers ~

40/25-Second Clock
~ Is the 40/25-second clock required?
Answer: No! If a 40/25-second clock is in operation and the home team will use it, the visiting team will also use it. There is no mandate to install a 40/25-second clock any time in the near future because of the added cost to schools for installation and operation. If schools want to purchase a 40/25-second clock or a new scoreboard with a 40/25-second clock, they may do so. However, to repeat, Texas’ high schools are not required to use the clock in their football games.

Goalposts
~ May schools install the NCAA goalposts (18’ 6” width) on high school fields?
Answer: No! Texas high schools use the wider 23’ 4” goalposts unless they mutually agree to play a game at a college field which has the narrow goalposts. Goalposts must be padded.

~ Are schools required to have the single pedestal (sling shot) goalposts?
Answer: No! We do suggest if you install new goal posts to use this single pedestal type.

~ Are uprights required to extend upward 30’ above ground (or 20 feet above the crossbar)?
Answer: No! The UIL recommends the 30’ uprights. If new goal posts are installed, please install the 30’ uprights for better judgment on kicks.

Hashmarks
~ Are high schools required to remark the hashmarks to meet the NCAA requirement?
Answer: Yes. Texas schools will use the 60 foot (measured in from each sideline). Artificial surface fields also are required to mark the new hashmarks. The old 53’ 4” hashmarks do not have to be removed (even though they are no longer used) if doing so harms the integrity of the playing surface.

Beginning Practice Dates
~ When can non-contact practice begin in 1A (6-man), 2A, 3A, 4A, 5A and 6A with no spring training?
Answer: The first Monday in August (we recommend no earlier than 6:00 a.m.). Contact equipment other than the helmet and chin strap may not be used, but may be fitted and placed in lockers.

~ When can non-contact practice begin in 5A and 6A schools who have had spring training?
Answer: The second Monday in August (we recommend no earlier than 6:00 a.m.). Contact equipment other than the helmet and chin strap may not be used, but may be fitted and placed in lockers.

~ When can 1A, 2A, 3A, 4A, 5A and 6A with no spring training begin contact practice?
Answer: After four days of non-contact practice (we recommend no earlier than 6:00 a.m.).

~ When can 5A and 6A with spring training begin contact practice?
Answer: After four days of non-contact practice (we recommend no earlier than 6:00 a.m.).

~ The first four days of practice must be conducted without contact activities and with no contact equipment except the helmet.

~ There shall be no team or individual practices, conditioning, or individual or team meetings on Sunday.

~ When can I have an interschool scrimmage?
Answer: After six days of allowable contact activities.

~ How many days are we required to wait between scrimmages?
Answer: Five days.

~ May I have a third interschool scrimmage?
Answer: Teams opting for a third scrimmage shall not play a week one game.
~ When can I play my first high school game?
Answer: The last Thursday in August for all conferences, (if five days have elapsed since last scrimmage)
EXCEPTION - Sub-varsity football teams in Conferences 5A & 6A can play on Wednesday during Week 1 only if the varsity team plays on Thursday of that same week.

~ May I have an interschool scrimmage after I play my first game?
Answer: No!

~ When can I begin practice for 8th grade football and below?
Answer: The first day of school.

~ When can I scrimmage or play a game in eighth grade and below?
Answer: No junior high student or team shall participate in any scrimmage or contest until they have had four days of practice without any contact equipment except helmets, and seven additional days of contact practice.

~ When can I issue equipment in eighth grade and below?
Answer: Football equipment may be checked out to the players on any one day during the week preceding the first day of school.

~ When is the last day for junior high or middle school football?
Answer: From the first day of school, schools shall have 80 consecutive calendar days to practice outside the school day, 63 of the 80 days may be used to complete scrimmages and games.

Sunday
~ Even though I cannot practice, play, or have individual or team meetings on Sunday, is it permissible for athletes to be treated for injuries on Sunday?
Answer: Yes, provided the treatment is not extended to non-injured players, coaches do not require all athletes to come pick up materials or allow injured athletes to study scouting reports or view films.

Charging Admission for Scrimmages
~ Can schools charge admission for interschool scrimmages?
Answer: Yes.

~ Will gate receipts have to be divided among participating schools in the scrimmage?
Answer: There is no provision to share proceeds. Schools could do so by mutual agreement.

~ Are schools required to charge for scrimmages?
Answer: No. The decision to do so rests with the host school.

Football Camps (Local camps where local school coaches work with incoming 7th, 8th, and 9th grade players from their school district in single high school districts or from the attendance zone of a high school in a multi-school district.)

~ When can these camps be conducted?
Answer: After the last day of the school year and prior to the second Monday in August.

~ Can incoming 10th, 11th, and 12th grade athletes students help in these camps?
Answer: No. Incoming 10th, 11th, and 12th grade players cannot work in a camp conducted by a school coach for athletes in grades 7-9 from their school district in single high school districts or from the attendance zone of a high school in a multi-school district.
~ POST SEASON REGULATIONS ~

~ PLAYOFF PROCEDURES ~

District representatives are bracketed for playoffs to a state championship on a weekly schedule beginning the first weekend after the designated date for determining district champions.

Playoff game site will be determined according to Section 1250 (i) of the Constitution and Contest Rules. See the playoff brackets found at www.uiltexas.org/football/playoff-brackets to determine the elimination schedule for each conference.

Playoff games past the district level may not be scheduled earlier than the first Thursday after the certification date for district champions.

District representatives in all conferences must be determined and certified no later than November 8. The district chair must complete the district certification form found on the UIL website.

-Teams Advancing to the Playoffs-

Conference 1A (six-man) Division I and II: the top two teams from each district advance to the playoffs. One state champion is crowned in Conference 1A (six-man) Division I and one state champion is crowned in 1A (six-man) Division II.

Conference 2A Division I and II: the top three teams from each district advance to the playoffs. The district winner will receive a bye in the first round of the football playoffs. One state champion is crowned in 2A Division I and one state champion is crowned in 2A Division II.

Conference 3A & 4A Division I and II: the top four teams from each district advance to the playoffs. One state champion is crowned in 3A, 4A Division I and one state champion is crowned in 3A, 4A Division II.

Conference 5A & 6A: the top four teams from each district advance to the playoffs. The two schools with the largest enrollments automatically advance to the Division I bracket. The remaining two schools advance into the Division II bracket. There are two state champions per conference in Conference 5A & 6A.

Ranking 5A & 6A Schools: Enrollment figures used for the official reclassification and realignment procedure in October 2013 will be used to determine Division I and Division II representatives. (Exception: School enrollments affected by the opening of new high schools.)

UIL PLAYOFF REPORTING

District Representatives

The district chair must go to the UIL website at http://www.uiltexas.org/football/forms and fill out the District Certification Form before the district certification deadline.

Teams Advancing

Coaches are required to submit playoff results immediately following their contest. The winning school should submit playoff game results and next round information via MaxPreps through the assigned coach/admin account. The score reported by a coach on a team’s page will automatically fill in the bracket.

The completeness of the data presented on the UIL Texas Scoreboard will be dependent upon the participation of schools and coaches. For more information, please see http://www.uiltexas.org/athletics/UIL-maxpreps

Failure to submit this information could result in a range of penalties as described in Section 27 (b) of the UIL Constitution and Contest Rules which will be enforced.
Site of the Game

All potential neutral and home sites (town and stadium) should be designated prior to any coin toss.

Guidelines

Neutral Sites are sites that are approximately mid-distance from the two schools involved or a site or sites the two schools involved agree to designate as a neutral site or sites.

Home Sites are those sites near the home school selected by the two schools involved OR the actual home playing field.

A stadium selected as the home site, other than the actual home field, should not be an unreasonable distance from the visiting school’s home stadium.

Example
San Antonio and Dallas have not met in the playoffs for the past 2 years (2012 and 2013):

**Step 1:** Designate potential sites. San Antonio: Belton-neutral; Alamo Stadium-home. Dallas: Temple-neutral; Cotton Bowl-home.

**Step 2:** Flip for type of site (either neutral or home and home).
Heads for home and home.
Tails for neutral.
Comes up heads.

**Step 3:** Flip to see who wins home.
Dallas calls tails for home.
San Antonio calls heads for home.
Comes up tails.

Game is played at the Cotton Bowl as the Dallas home site.

Game Balls

NCAA rules prevail.
~ Football State Championship Games ~

Schools Eligible to Compete

Only the teams qualifying through the semifinal game are eligible to compete in the state championship game.

2014 UIL State Football Championship Games and Sites

AT&T Stadium, Arlington, TX

Saturday, December 13, 2014

Conference 1A (6-Man) Division II – 12:00 PM
Conference 1A (6-Man) Division I – 3:00 PM

AT&T Stadium, Arlington, TX

Thursday, December 18, 2014

Conference 2A Division II – 10:00 AM
Conference 2A Division I – 1:00 PM
Conference 3A Division II – 5:00 PM
Conference 3A Division I – 8:00 PM

Friday, December 19, 2014

Conference 4A Division II – 12:00 PM
Conference 4A Division I – 4:00 PM
Conference 5A Division II – 8:00 PM

Saturday, December 20, 2014

Conference 5A Division I – 12:00 PM
Conference 6A Division II – 4:00 PM
Conference 6A Division I – 8:00 PM

Home/Visitor

The UIL has assigned each team as Home or Visitor based on Regions. The top team on the bracket (Region 1 and 2 winner) shall be the HOME team for 2014.

Information Guide

All information concerning the Football State Championship games will be sent to each school that wins the quarterfinal games.

Officials

Schools must agree. If schools need officials assigned, please notify the UIL office by noon on Monday prior to your game.

Tickets

Each school will receive tickets for their game to be sold the week of the game. Upon request, a participating school can order additional tickets.
Supervision of Students and Cheerleaders
Each school is responsible for their students and behavior exhibited during all contests.

Programs and Merchandise
The UIL will provide a championship program for sale at the games. Schools and unauthorized individuals are prohibited from selling or distributing programs or rosters, t-shirts or any other merchandise inside the venue or surrounding the championship site. The UIL official merchandise vendor will have items for sale at championship games, including items specific to each team participating.

Preparation
Each team that advances to the semi-finals shall provide a Team Information Form (UIL website, football, district and postseason forms), positional depth chart and updated stats in order to pre-build championship game program pages and television graphics for the game the following week. Additionally, each team will be required to send a team photo, coach head shot, and mascot/logo to the UIL. All information and photos should be sent via email to pictures@uiltexas.org.
1A (6-man) program materials are due Wednesday, December 3.
2A-6A program materials are due Wednesday, December 10.

Pre-Game/Warm-Ups
There will be a pre-game warm-up for each game. If the first game goes into overtime, the second game will be adjusted to a later start if needed. It is understood that subsequent games will not start earlier than the scheduled time.

Awards and Post-Game Ceremony
Trophy and medal presentations to the coaches and teams will take place immediately following the completion of the game. The UIL will provide 25 medals for 1A (6-man), 40 medals for 2A, 45 medals for 3A, 50 medals for 4A, 60 medals for 5A and 70 medals for 6A to the first, second, and third place teams. Additional extra medals may be ordered after the championship game. An order form will be included in the coach’s state information packet. There will be a first place trophy, runner-up trophy and semifinal plaque awarded to the teams.

Housing and Transportation
Each team is responsible for making its own arrangements for housing and transportation.

Radio Broadcasting and Telecasting
The UIL retains the rights for telecasts of all final games. Broadcasting and televising include every nature of transmitting audio or video whether over the radio, television, internet, or other. Any requests for broadcasting and telecasting rights must be arranged with the UIL staff the week before the championship game.

Post Game Interviews
Interviews will be conducted in a designated area after each game.
~ OFF-SEASON REGULATIONS ~

(1) **Team Practice.** School teams shall be prohibited from practicing team skills before or after school except during the specified practice dates and during the one allowable period during the school day.

(2) **Off-Season Participation.** Varsity or non-varsity athletes shall not be required to participate in an off-season program on the day of an in-season competition.

(3) **Participation Requirement.** Students shall not be required to participate in one school sport as a prerequisite for participation in another school sport.

(4) **Policies.** Written school policies for use of facilities during the off-season, outside the school day, and during the summer months should be approved by the school administration and dispersed to all staff and students.

(5) **Off-Season Period Limits.** Off-season activities are limited to one regular classroom period (max. 60 minutes) per day within which all suiting out, related activity, and redressing must occur. (See Side by Side Manual for block schedules, etc.)

(6) **Power and/or Weight Lifting:** Off-season athletes whose schools have an athletic period during the school day may not participate on power lifting teams unless weight training is provided for off-season athletes during the in-school-day athletic period. It would also make it a violation for power lifting teams to be limited to athletes or to be required as part of an athlete’s off-season program.

A number of member schools have power lifting or weight lifting clubs. These clubs are involved in weight lifting tournaments or contests throughout the academic year. These guidelines are intended to control a problem that now exists as opposed to encouraging or requiring year-round workouts. It is the intent to insure that the use of summer weight rooms is a strictly voluntary activity on the part of any athlete.

a. Schools may open weight training facilities for general student body use. Schools may NOT open weight training facilities for members of athletic teams only.

b. Supervision of the facility by faculty members is permitted for safety and security purposes. Supervisors may NOT provide specific sport team skills instruction for members of school athletic teams.

c. A schedule of when the weight training facility will be open should be publicized. Schools may NOT set a schedule for members of athletic teams to appear at the facility at a particular time or have a sign-in sheet or check-in list for athletes.

d. It is permissible to have a supervisor of the facility provide instruction for proper lifting, spotting, care of and placement of weight apparatuses. The supervisor of a facility may NOT require athletes to lift specified amounts of weight or require that they complete prescribed sets.

e. Schools may hire a coach or another faculty member to supervise the facility as outlined in #2. This hiring or appointment must be approved by the superintendent or his/her designee. Schools may have more than one school employee in a supervisory capacity at any one time.

f. Schools may provide a general weight schedule for students, but may NOT provide athletes individual workout schedules which require activities to be at specified hours, specify a number of workouts, or designate specified groups of students to be involved at a certain time.

g. Weight training schedules provided to students may be sequential. Schedules may NOT be provided that include calendar designations requiring specific days for certain sequential activities such as July 1 upper body, July 2 lower body, etc.

h. Students may keep progress charts but shall NOT be required to turn them in to coaches.

i. If there is a report of a violation, the burden of proof to the contrary rests with the school or school employee.

j. If a large majority of a team is working out together, it could be considered strong evidence that it is a team workout and a possible violation.

k. All weight training facility use and policies must be approved by the superintendent or his/her designee.
~ Spring Training ~

The following procedure must be followed by 5A and 6A football schools as per the Constitution and Contest Rules, Section 1250, Football Plan (b) (1):

Spring Training. There shall be no school football practice or training for a contestant or team, and no football equipment issued after the close of the regular season schedule, except as incidental to the football championship playoffs and, in Conference 5A and 6A only, 18 spring training practice days which may be conducted in a period of 30 consecutive calendar days. Exception: Conference 5A and 6A schools may forego the 18 days of spring training, replacing said training the next school year by following the workout days as delineated for Conferences 1A (six-man), 2A, 3A and 4A.

School administrators shall inform the District Chairman in writing by May 15 of the previous school year, whether the school has had spring training in football in preparation for the current football season. District executive committee chairman will keep these records on file in case someone questions a school practice.

~ Off-Season Open Facilities ~

Schools may make available to the general student body any and all recreational facilities according to local school board policies. Coaches shall not require or coerce members of athletic teams to workout at these facilities at times other than specifically listed in their respective sport plans in the Constitution and Contest Rules. Below are clarifications of permissible activities. If a particular situation is not covered, please contact the UIL office.

a. Facilities if open, must be open to members of the general student body. Facilities may not be reserved at specific times for members of athletic teams outside the school day.

b. Equipment (excluding uniforms or wearing apparel) may be used by the general student body. This equipment may not be available exclusively to athletes or members of athletic teams.

c. Supervision of facilities for safety and security may be provided by a faculty member or non-faculty member approved by school administrator or school board. Supervisors shall not provide skill instruction to members of school athletic teams.

d. If the majority of a school team is using the facility at the same time, participating in any team skill activity, it indicates a violation has taken place even though a coach is not present. Students may train on their own, but a member of a team shall not be required to perform a prescribed set of skills on a weekly or daily basis. It is not necessary for a coach to be present in order for a workout to be judged as "organized."

e. The presence of a coach or coaches at a facility where members of their team(s) are participating in activities usually is an indication that an activity is an organized workout.

f. If there is a report of a possible violation, the burden of proof rests with the school or school employee.

g. The dates and times of operation shall be announced, posted, or publicized so that every student attending that school is aware of the opportunity.

h. Each activity is based on a first come, first served basis.

i. School coaches are responsible for notifying student athletes in their sport that their off season and summer participation is on their own, not required or checked, and is in no way a prerequisite for making the team or getting more playing time.

j. Coaches should not participate with their athletes in the athletes’ sport. Such actions place the responsibility on the coach and school to prove they are not violating Sunday and off-season regulations.

k. Varsity or non-varsity athletes may not be required to participate in an off-season program on the day of an in-season competition.

l. Students may not be required to participate in one school sport as a prerequisite for participation in another sport.

m. Required attendance in an off-season program is prohibited. Attendance sheets could be a strong indication that a violation has occurred.
n. School teams shall be prohibited from practicing team skills before or after school except during the specified practice dates and during the one allowable period during the school day. During this period, all suiting out, related activity and re-dressing must occur.

~ SUMMER STRENGTH AND CONDITIONING PROGRAMS ~

School coaches may conduct strength and conditioning programs for students in grades 7-12 from their attendance zone for a total of six weeks under the following conditions:

Limitations. Sessions may be conducted from the first day of summer vacation until the second Monday in August. A session shall be no more than two consecutive hours per day, Monday through Thursday only, and a student shall attend no more than one session of supervised instruction per day for a total of six weeks.

Activities Allowed. The sessions shall include only strength and conditioning instruction and exercises. No specific sports skills shall be taught and no specific sports equipment, such as balls, dummies, sleds, contact equipment, etc., shall be used. School shorts, shirts and shoes may be provided by the school (local school option).

Attendance. Attendance in a maximum of one session per day shall be voluntary and not required in order to try out for or participate in any UIL activity. Attendance records shall be kept, however, students shall not be required or allowed to make up missed days or workouts.

Fees. Fees, if any, shall be established by the superintendent and collected by the school. Any payment to coaches shall be from the school and from no other source.

Important points to remember for coaches, athletes and parents are as follows:

- Strength and conditioning sessions may be held after the last official day of school until the second Monday in August.
- School coaches may conduct sessions only on Monday through Thursday of each week.
- Sessions conducted by coaches shall be no more than two consecutive hours per day.
- A student shall not attend more than one two-hour session (conducted by a school coach) per day.
- Sessions conducted by school coaches shall only include students who are incoming seventh graders or above from their attendance zone.
- Sessions shall include only strength and conditioning instruction and exercises.
- Sport specific skill instruction is prohibited.
- Sports specific equipment (balls, dummies, sleds, contact equipment) is prohibited.
- The school (local school option) may provide school shirts, shorts and shoes.
- Attendance shall be voluntary. Coaches shall not require athletes to attend in order to try out for or participate in any UIL sport.
- Attendance records shall be kept, however students shall not be required or allowed to make up missed days. Students may work out on their own, without direction of the school coach.
- Fees, if any, shall be established and approved by the superintendent and collected by the school.
- Any payment for conducting strength and conditioning sessions to school coaches who instruct students from their attendance zone in grades 7-12 shall be from the school and no other source.
- Schools must take administrative care to prohibit an athlete from working with one school coach for two hours and a separate school coach for another two hours.

~ QUESTIONS AND ANSWERS ~

Q: May a school coach conduct a strength and conditioning program this summer?
A: Yes, beginning no earlier than the first day of summer vacation and ending no later than the second Monday in August for a total of six weeks.

Q: Does the six-week period have to be consecutive weeks?
A: No. For example, a school could decide to workout two weeks, take off the week of July 4th, and then resume workouts for a total of six weeks.
Q: May school coaches be paid for conducting these sessions?
A: Yes, if payment is provided by the school and no other source.

Q: In what activities are school coaches allowed to give instruction during these summer sessions?
A: Weight training, including a specific workout plan for each individual, agility, running programs, plyometrics, running bleachers and other conditioning exercises.

Q: May school coaches group athletes by sport or position?
A: No. Student athletes are allowed to receive instruction from school coaches however, specific groupings of athletes by sport or position is prohibited.

Q: Are spacer dummies allowed for agility purposes?
A: No.

Q: Are athletes allowed to attend an open gym or weight room before or after a supervised session?
A: Yes, provided the student is not receiving additional instruction from a school coach and the facilities are available to other students in the school as described in Section 1206 (h).

Q: May sessions be conducted for students in middle school or below?
A: Yes. Students in the seventh and eighth grade will be allowed to participate and receive instructions from a school coach. UIL staff also recommends that seventh and eighth grade students workout in separated groups from the students in grades 9-12.

Q: May students participate for six weeks with one coach and then two more weeks with another coach?
A: No. A student shall attend no more than one two-hour session of supervised instruction per day and no more than a total of six weeks.

Q: Can a student participate in strength and conditioning sessions with a school coach after a school’s sport season begins?
A: Yes, provided the student attends no more than one two-hour session of supervised instruction per day and no more than a total of six weeks.

Q: May a school allow outside groups to conduct strength and conditioning sessions?
A: Yes.

Q: May outside groups or individuals hire school coaches to conduct strength and conditioning programs for students from the coaches’ attendance zone?
A: Yes, provided they comply with the aforementioned guidelines regarding limits on time, equipment, fees, payment, etc.

Q: Are outside groups and individuals allowed to conduct strength and conditioning programs after the second Monday in August?
A: An outside organization that does not utilize school coaches in any manner, with the exception of facility supervision, could continue to provide their program past the second Monday in August. If at any point school coaches are involved in working the the students from their own attendance zone as part of this program, the program must end on the second Monday and follow the established guidelines of the Legislative Council.

Q: May school booster clubs pay coaches for conducting these programs?
A: No. However, school booster clubs may provide funds to the school to offset expenses associated with strength and conditioning programs.

Q: May school booster clubs pay fees for an individual athlete to participate in a school sponsored summer strength and conditioning program?
A: No. However, a school booster club could provide funds to the local school to help offset the cost of the program for the school. Funds are not to be specified for any particular athlete or group of athletes.

Q: May schools waive or reduce fees for strength and conditioning programs sponsored by the school?
A: Yes, The Texas Education Code requires school districts to adopt procedures for waiving fees charged for
participation if a student is unable to pay the fee, and the procedures must be made known to the public. Fees for all other students shall be paid by the students and/or their parents.

Q: Who determines what fees, if any, are to be charged to the student?
A: The school superintendent.

Q: Can the football coach conduct a session with an athlete for one hour and the basketball coach conduct a session for another hour?
A: Yes, provided these are conducted in consecutive hours and there is no specific grouping of athletes by sport or position and no sport specific instruction provided.

Q: Are schools allowed to provide transportation to students attending the summer strength and conditioning programs?
A: No.

Q: What penalty will be assessed to a coach for requiring a student to participate in a strength and conditioning program?
A: A range of penalties from private reprimand to suspension.

~ NON-SCHOOL ACTIVITIES ~

1. The Constitution and Contest Rules state:

Section 1209

(A) REQUIRED PARTICIPATION PROHIBITED. Students shall not be required to play on a non-school team in any sport as a prerequisite to playing on a school team.

(B) OFF-SEASON SCHOOL FACILITY USE. See Section 1206.

(C) BASEBALL, BASKETBALL, FOOTBALL, SOCCER, SOFTBALL AND VOLLEYBALL CAMPS WHERE SCHOOL PERSONNEL WORK WITH THEIR OWN STUDENTS. After the last day of the school year in May, June, July and prior to the second Monday in August, on non-school days, all students other than students who will be in their second, third or fourth year of high school may attend one camp in each team sport, held within the boundaries of their school district, in which instruction is given in that team sport, and in which a 7th-12th grade coach from their school district attendance zone works with them, under the following conditions:

   (1) Number of Days. Attendance at each type of sports camp is limited to no more than six consecutive days.

   (2) Prohibited Activities. Students shall not attend football camps where contact activities are permitted.

   (3) Fees. The superintendent or a designee shall approve the schedule of fees prior to the announcement or release of any information about the camp. The Texas Education Code requires school districts to adopt procedures for waiving fees charged for participation if a student is unable to pay the fee, and the procedures must be made known to the public. Fees for all other students shall be paid by the students and/or their parents.

   (4) School Equipment. Schools may furnish, in accordance with local school district policies, school-owned equipment, with the following restrictions:

      (a) Schools may not furnish any individual baseball, basketball, football, soccer, softball or volleyball player equipment, including uniforms, shoes, caps, gloves, etc., but may furnish balls and court equipment including nets, standards, goals, etc., for volleyball, basketball and soccer camps.

      (b) For football camps, schools may furnish hand dummies, stand-up dummies, passing and kicking machines and footballs. Use of any other football equipment, including contact equipment, is prohibited.

      (c) For baseball and softball camps, schools may furnish balls, bats, bases, pitching and batting machines, batting helmets and catcher protective equipment. Use of any other baseball and/or softball equipment is prohibited.

(D) BONA FIDE SUMMER CAMPS. The provisions of the summer camp rules do not apply to bona fide summer camps giving an overall activity program to the participants.

(E) CHANGE OF RESIDENCE FROM OUT OF STATE. The provisions of the summer camp rules do not apply in the case of a person who attends an athletic training camp which is allowed under the rules of the state in which the student then lives, and then makes a bona fide change of residence to Texas, provided that there has been no deliberate attempt to circumvent the rule.

(F) OFF-SEASON PARTICIPATION IN NON-SCHOOL TEAM SPORTS.
Off-Season Regulations

(1) School coaches shall not coach 7-12 grade students from their own attendance zone on a non-school team or in a non-school camp or clinic, with the exception of their own adopted or birth children.

(2) School equipment shall not be used for non-school teams/leagues.

(G) COACHING RESTRICTIONS. For non-school competition, school coaches shall not schedule matched games for students in grades 7-12 from their attendance zone. School coaches may assist in organizing, selecting players and coaches, and may supervise school facilities for non-school league play. School coaches shall not coach or instruct 7-12 grade students from their school district attendance zone in the team sports of baseball, basketball, football, soccer, softball or volleyball. School coaches shall not supervise facilities for non-school activities on school time. See Section 1201.

(H) COLLEGE AND UNIVERSITY TRYOUTS. UIL member school facilities shall not be used for college/university tryouts. Neither schools nor coaches shall provide equipment or defray expenses for students who are attending college tryouts. Neither schools nor coaches shall provide transportation for students with any remaining eligibility in the involved sport who are attending college tryouts. Any contest at which a higher admission fee is charged to college coaches than is charged to parents or other adults is considered to be a college tryout.

II. Team Sports

Football, Volleyball, Basketball, Soccer, Baseball, Softball

In accordance to Section 1201, 1206 and 1209 regarding non-school competition (leagues, camps, clinics, clubs, tournaments, 7 on 7, lineman challenges) coaches:

The C&CR prohibits the following:

1) Shall not instruct any student in 7th – 12th grade from his/her own attendance zone unless the student is his/her own biological or adopted child.

2) Shall not schedule matched games/scrimmages, practices, or contests.

3) Shall not transport students.

4) Shall not use school athletic equipment, school uniforms and school health/first aid supplies.

5) Shall not use school or booster funds for any expenses associated with the activity.

6) Shall not be the primary director.

7) Shall abstain from any practice which would bring financial gain to the coach by using a student’s participation in a camp, clinic, league, or other non-school athletic event, such as a rebate for each player sent to a particular camp or from each player using a particular product (Section 1201 [b, 9]).

8) Shall abstain from any practice that makes a student feel pressured to participate in non-school activities (Section 1201 [b, 10]).

9) Should not participate with their athletes in the athlete’s sport (Section 1206 [i]).

In accordance to Section 1209 regarding non-school competition (leagues, camps, clinics, clubs, tournaments, 7 on 7) coaches or a group of coaches:

The C&CR allows the following:

1) Can supervise facilities.

2) Can assist with organization to include, but not limited to: assignment of officials, helping to secure facilities, development of schedules, scheduling of facilities, assisting with registration process, helping to secure equipment.

3) Can assist the primary coordinator or point of contact with the selection of coaches, but cannot assign coaches to teams.

4) Can assist the primary coordinator or point of contact with the selection of players, but cannot determine who can play on what teams.

5) Can distribute information regarding the details of the non-school event for informational purposes. Distribution of such materials should be in accordance to the policies and procedures of the local school district regarding non-school activities.

6) Can collect registration fees for coordination purposes only. No checks may be made payable to the school or the coach and no funds shall be deposited in any school or coaches account.

III. Individual Sports:

Cross Country, Golf, Swimming, Tennis, Track and Field and Wrestling

(Guidelines are also applicable to team sports)

A. Preseason Practice Regulations-Activities Outside the School Year

Pre season practice regulations for sorts that begin practice prior to the school year (including summer for individual
Off-Season Regulations

Sports) are as follows:
1. Student-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
2. Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.
3. The maximum length of any single practice session is three hours.
4. On days when more than one practice is conducted, there shall be, at a minimum, two hours of rest/recovery time between the end of one practice and the beginning of the next practice.
5. When determining how to count times spent as ‘practice activities’ please consult the following chart:

<table>
<thead>
<tr>
<th>What Counts</th>
<th>What Doesn't Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Actual on field/court practice</td>
<td>Meetings</td>
</tr>
<tr>
<td>Sport specific skill instruction</td>
<td>Weight training*</td>
</tr>
<tr>
<td>Mandatory conditioning</td>
<td>Film study</td>
</tr>
<tr>
<td></td>
<td>Water breaks</td>
</tr>
<tr>
<td></td>
<td>Rest breaks</td>
</tr>
<tr>
<td></td>
<td>Injury treatment</td>
</tr>
<tr>
<td></td>
<td>Voluntary conditioning*</td>
</tr>
</tbody>
</table>

*Does not count towards practice time, but cannot be done during the two hour rest/recovery time.

In reference to the minimum two hour rest/recovery time between the end of one practice and the beginning of the next practice (on days when more than one practice is scheduled), there can be no practice activities at all during this time. This time is exclusively for students to rest/recover for the following practice session, whether that session is an actual on field/court practice or a mandatory conditioning period.

B. During the school year
1. Coaches of individual sports are allowed to work with student athletes from their attendance zone in non-school practice during the school year with limitations. Coaches should be aware that any time spent working with a student-athlete from their attendance zone in grades 7-12, whether in school or non-school practice, will count as part of the eight hours of practice allowed outside of the school day during the school week under state law.
2. Coaches should abstain from any practice which would bring financial gain to the coach by using a student’s participation in a camp, clinic, league, or other non-school athletic event, such as a rebate for each player sent to a particular camp or from each player using a particular product (Section 1201[b, 9]).
3. Coaches shall not charge a fee for private instruction to student-athletes during the school year. The restriction on charging fees for private instruction applies only to those students who are in grades 9-12, from the coach’s attendance zone and participating in the sport for which the coach is responsible (Section 1201[b, 9]).
4. Coaches should abstain from any practice that makes a student feel pressured to participate in non-school activities (Section 1201[b, 10]).

C. Outside of the school year
1. Outside of the school year, the restrictions are somewhat reduced. Coaches are allowed to coach student-athletes from their own attendance zone.
2. The use of school funds, school equipment, school uniforms or school transportation is prohibited. Exception: School administrators may authorize the use of facilities, including scoreboards, implements, cross bars, poles, discus, shot puts, nets, etc. for school programs which are open to all students.
3. School coaches can work with students from his/her own attendance zone in summer recreational programs (i.e. They coach in meets and tournaments with permission from superintendent or superintendent’s designee).
4. Coaches should abstain from any practice which would bring financial gain to the coach by using a student’s participation in a camp, clinic, league, or other non-school athletic event, such as a rebate for each player sent to a particular camp or from each player using a particular product (Section 1201[b, 9]).
5. Coaches should abstain from any practice that makes a student feel pressured to participate in non-school activities (Section 1201[b, 10]).
6. The superintendent or superintendent’s designee shall pre-approve all dates and times of summer workouts for high school individual sports conducted by any coach from the student’s school attendance zone (Section 21[j]).
7. Workout sessions, which involve meals and/or overnight lodgings, are prohibited.
8. School-sponsored practices for middle school students shall not begin prior to the first day of school.

~ Questions and Answers ~

Q: May a school coach determine on which non-school team students from their attendance zone may participate?
A: No. School coaches may recommend but not require or demand student-athletes to participate on any particular non-school team.

Q: Can a school coach serve as a facility supervisor for non-school activities?
A: Yes, provided they are there to monitor and open and close the facility.

Q: Can a school coach officiate for non-school activities?
A: Yes, however it is recommended they not officiate students in grades 7-12 from their own attendance zone.

Q: Can school sponsored camps be held for students sixth grade and below from a school’s own attendance zone during the school year?
A: No. According to Section 1209, school camps can only be held after the last day of the school year in May, June, July and prior to the second Monday in August.

Q: Can student-athletes in grades 9th-12th serve as camp coaches or instructors for school sponsored camps or leagues?
A: No. Students can’t receive direct instruction from their school coach.

Q: Can student-athletes in grades 9th-12th serve as volunteers for non-school sponsored camps or leagues?
A: Yes, as long as their school coaches are not involved. Students can’t receive direct instruction from their school coach.

Q: Can a school coach instruct a student-athlete in his/her sport in a non-school activity if that student has no remaining eligibility in that particular sport?
A: No. According to Section 1209 (g), school coaches shall not coach or instruct any 7-12 grade students from their school attendance zone in team sports of baseball, football, soccer, softball or volleyball.

Q: Are athletes permitted to play in non-school all-star contests?
A: Yes. Student athletes who are selected for all-star teams based on participation in non-school competition may be provided lodging, meals, transportation, game jerseys, shoes, etc. in conjunction with these events. Student-athletes are responsible for protecting their own amateur status. Student athletes in grades 9-12 are prohibited from accepting anything other than symbolic awards (medals, ribbons, trophies, plaques) for winning or placing in non-school activities.

Q: May students who have completed their high school eligibility in a particular sport compete in other all-star contests such as TABC, TGCA, and THSCA?
A: Yes. Students who are selected for all-star may have items such as lodging, meals, transportation, game jerseys, and shoes provided for all-star team participation. Students who have completed eligibility in the involved sport, with school superintendent approval, may also use school individual player protective equipment in any all-star game.

Q: Can an athlete receive a scholarship or collect donations for participation in a non-school activity?
A: Yes. Provided these funds are not from school funds or booster club funds.

Q: Can schools or school booster clubs contribute to any of the athlete’s expenses or equipment associated with a non-school activity?
A: Schools and school boosters are prohibited from providing transportation, equipment, or funds for any non-school activities.

Q: May schools or school booster clubs sponsor non-school all-star contests?
A: Schools and school booster clubs are prohibited from sponsoring any non-school all-star contests.

Q: Can a local business contribute to a student-athlete’s expense for a non-school activity?
A: Yes, a local business can provide money to cover expenses for a non-school activity.

Q: Can coaches or school employees contribute to a student’s non-school fundraiser?
A: Yes, provided the contributions are from their own personal funds and not from booster funds, activity accounts, school soft drink accounts or any other accounts associated with the school.

Q: Can an equipment company give athletic equipment or apparel to members of a school team?
A: No, but a school may accept donations of money or equipment, and the equipment may in turn be used by student-athletes. These items should be presented with the principal’s knowledge (or athletic director’s knowledge in multiple-high school districts). All equipment becomes school property to be used accordingly.

Q: Can student-athletes be provided with equipment by non-school organizations? (For example, equipment companies that provided tennis rackets or apparel to athletes who are ranked in a sport.)
A: Yes, if receipt of these items is based on rankings and not specifically on winning or placing in a competition. It would be a violation for an athlete to accept merchandise for winning or placing in a specific tournament or competition.

Q: What type of awards may a student in grades 9-12 receive for participation in school related activities?
A: Symbolic awards student athletes may accept include medals, trophies, plaques, certificates, etc. Student athletes may not accept T-shirts, gift certificates, equipment or other valuable consideration for participation in school sponsored athletic events. (Refer to Section 480)

Q: When may students take private instruction?
A: A student may take private a lesson anytime except during the school day, including the athletic period or during school practice sessions. Schools shall not pay for these private lessons.

Q: Can student-athletes raise funds for non-school activities?
A: Yes, provided the fundraising activities are not related to the school and the student-athletes do all of the fund-raising on their own or with the assistance of their parents.
### 2014-15 Sport Season Dates and Game/Tournament Limits

<table>
<thead>
<tr>
<th>Sport</th>
<th>Number of Contests Allowed</th>
<th>Conference</th>
<th>First Day of Practice</th>
<th>District Certification Deadline</th>
<th>Date(s) of State Championship</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball (Boys)</td>
<td>0 tournaments and 23 games or 1 tournament and 20 games or 2 tournaments and 17 games or 3 tournaments and 14 games</td>
<td>All conferences</td>
<td>1/30</td>
<td>5/5*</td>
<td>6/10-6/13/2015</td>
</tr>
<tr>
<td>Basketball (Girls)</td>
<td>0 tournaments and 25 games or 1 tournament and 23 games or 2 tournaments and 21 games or 3 tournaments and 19 games</td>
<td>All conferences</td>
<td>10/22</td>
<td>2/14*</td>
<td>3/5-3/7/2015</td>
</tr>
<tr>
<td>Basketball (Boys)</td>
<td>0 tournaments and 25 games or 1 tournament and 23 games or 2 tournaments and 21 games or 3 tournaments and 19 games</td>
<td>All conferences</td>
<td>10/29</td>
<td>2/21*</td>
<td>3/12-3/14/2015</td>
</tr>
<tr>
<td>Cross Country (Girls &amp; Boys)</td>
<td>7 meets</td>
<td>All conferences</td>
<td>Year round</td>
<td>10/25**</td>
<td>11/8/2014</td>
</tr>
<tr>
<td>Football (Boys)</td>
<td>1A-4A &amp; 5A, 6A w/no spring training 5A, 6A w/spring training</td>
<td>All Conferences Year round</td>
<td>12/1</td>
<td>3/24*</td>
<td></td>
</tr>
<tr>
<td>Golf (Girls &amp; Boys)</td>
<td>7 tournaments</td>
<td>All Conferences</td>
<td>Year round</td>
<td>4/8**</td>
<td>4/27-4/30/2015</td>
</tr>
<tr>
<td>Soccer (Girls &amp; Boys)</td>
<td>0 tournaments and 19 games or 1 tournament and 17 games or 2 tournaments and 15 games or 3 tournaments and 13 games</td>
<td>All Conferences</td>
<td>4A, 5A, 6A</td>
<td>12/1</td>
<td></td>
</tr>
<tr>
<td>Softball (Girls)</td>
<td>0 tournaments and 23 games or 1 tournament and 20 games or 2 tournaments and 17 games or 3 tournaments and 14 games</td>
<td>All conferences</td>
<td>1/23</td>
<td>4/28*</td>
<td>6/3-6/6/2015</td>
</tr>
<tr>
<td>Swimming &amp; Diving (Girls &amp; Boys)</td>
<td>7 meets</td>
<td>All conferences</td>
<td>Year round</td>
<td>1/31**</td>
<td>2/20-2/21/2015</td>
</tr>
<tr>
<td>Tennis-Individual (Girls &amp; Boys)</td>
<td>7 tournaments total (Team &amp; Individual combined)</td>
<td>All Conferences Year round</td>
<td>4A, 5A, 6A</td>
<td>10/21*</td>
<td>11/5-11/6/2014</td>
</tr>
<tr>
<td>Track &amp; Field (Girls &amp; Boys)</td>
<td>7 meets</td>
<td>All conferences</td>
<td>Year round</td>
<td>4/15**</td>
<td>5/12-5/13/2015</td>
</tr>
<tr>
<td>Volleyball (Girls)</td>
<td>0 tournaments and 27 matches or 1 tournament and 25 matches or 2 tournaments and 23 matches or 3 tournaments and 21 matches</td>
<td>All conferences</td>
<td>8/4</td>
<td>11/1*</td>
<td>11/20-11/22/2014</td>
</tr>
<tr>
<td>Wrestling (Girls &amp; Boys)</td>
<td>7 tournaments</td>
<td>All Conferences</td>
<td>Year round</td>
<td>2/7**</td>
<td>2/20-2/21/2015</td>
</tr>
</tbody>
</table>

* District chair is responsible for submitting the district certification form online (via UIL website).

** District chair is responsible for submitting the district results directly to the next level of competition (area or regional director); please do not send to the UIL office.
BEHAVIOR EXPECTATIONS OF THE COACH

• Exemplify the highest moral character, behavior and leadership, adhering to strong ethical and integrity standards. Practicing good citizenship is practicing good sportsmanship!
• Respect the integrity and personality of the individual athlete.
• Abide by and teach the rules of the game in letter and in spirit.
• Set a good example for players and spectators to follow.
• Please refrain from arguments in front of players and spectators; no gestures which indicate an official or opposing coach does not know what he or she is doing or talking about; no throwing of any object in disgust. Shake hands with the officials and opposing coaches before and after the contest in full view of the public.
• Respect the integrity and judgment of game officials. The officials are doing their best to help promote athletics and the student/athlete. Treating them with respect, even if you disagree with their judgment will only make a positive impression of you and your team in the eyes of all people at the event.
• Display modesty in victory and graciousness in defeat in public and in meeting/talking with the media. Please confine remarks to game statistics and to the performance of your team.
• Instruct participants and spectators in proper sportsmanship responsibilities and demand that they make sportsmanship the No. 1 priority.
• Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.
• Be no party to the use of profanity, obscene language or improper actions.

“Try not to become a man of success but rather try to become a man of value.”
— Albert Einstein

“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.”
— Vincent Lombardi

“Success is never final, failure is never fatal.”
— Joe Paterno

“A good coach will make his player see what they can be rather than what they are”
— Ara Paraseghian
BEHAVIOR EXPECTATIONS OF THE STUDENT ATHLETE

• Accept and understand the seriousness of your responsibility, and the privilege of representing your school and the community.

• Live up to the standards of sportsmanship established by the school administration and the coaching staff.

• Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students and elementary students. This will assist both them and you in the achievement of a better understanding and appreciation of the game.

• Treat opponents the way you would like to be treated, as a guest or friend. Who better than yourselves can understand all the hard work and team effort that is required of your sport?

• Wish opponents good luck before the game and congratulate them in a courteous manner following either victory or defeat.

• Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of the officials and all the people at the event.

“No student ever attained eminent success by simply doing what is required of him/her; it is the amount and excellence of what is over and above the required, that determines the greatness of ultimate distinction.”
—Charles Kendall Adams, American Historian

“When you win, say nothing. When you lose say less.”
—Paul Brown
SUDDEN CARDIAC ARREST

What is Sudden Cardiac Arrest?
- Occurs suddenly and often without warning.
- An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- The heart cannot pump blood to the brain, lungs and other organs of the body.
- The person loses consciousness (passes out) and has no pulse.
- Death occurs within minutes if not treated immediately.

What causes Sudden Cardiac Arrest?
- Conditions present at birth
  - Inherited (passed on from parents/relatives) conditions of the heart muscle:
    - Hypertrophic Cardiomyopathy – hypertrophy (thickening) of the left ventricle; the most common cause of sudden cardiac arrest in athletes in the U.S.
    - Arrhythmogenic Right Ventricular Cardiomyopathy – replacement of part of the right ventricle by fat and scar; the most common cause of sudden cardiac arrest in Italy.
    - Marfan Syndrome – a disorder of the structure of blood vessels that makes them prone to rupture; often associated with very long arms and unusually flexible joints.
  - Inherited conditions of the electrical system:
    - Long QT Syndrome – abnormality in the ion channels (electrical system) of the heart.
    - Catecholaminergic Polymorphic Ventricular Tachycardia and Brugada Syndrome – other types of electrical abnormalities that are rare but run in families.
  - NonInherited (not passed on from the family, but still present at birth) conditions:
    - Coronary Artery Abnormalities – abnormality of the blood vessels that supply blood to the heart muscle. The second most common cause of sudden cardiac arrest in athletes in the U.S.
    - Aortic valve abnormalities – failure of the aortic valve (the valve between the heart and the aorta) to develop properly; usually causes a loud heart murmur.
    - Non-compaction Cardiomyopathy – a condition where the heart muscle does not develop normally.
    - Wolff-Parkinson-White Syndrome – an extra conducting fiber is present in the heart’s electrical system and can increase the risk of arrhythmias.
Conditions not present at birth but acquired later in life:

♦ **Commotio Cordis** – concussion of the heart that can occur from being hit in the chest by a ball, puck, or fist.
♦ **Myocarditis** – infection/inflammation of the heart, usually caused by a virus.
♦ Recreational/Performance-Enhancing drug use.

**Idiopathic**: Sometimes the underlying cause of the Sudden Cardiac Arrest is unknown, even after autopsy.

**What are the symptoms/warning signs of Sudden Cardiac Arrest?**

- Fainting/blackouts (especially during exercise)
- Dizziness
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age < 50

ANY of these symptoms/warning signs that occur while exercising may necessitate further evaluation from your physician before returning to practice or a game.

**What is the treatment for Sudden Cardiac Arrest?**

- Time is critical and an immediate response is vital.
- CALL 911
- Begin CPR
- Use an Automated External Defibrillator (AED)

**What are ways to screen for Sudden Cardiac Arrest?**

- The American Heart Association recommends a pre-participation history and physical including 12 important cardiac elements.
- **The UIL Pre-Participation Physical Evaluation – Medical History** form includes ALL 12 of these important cardiac elements and is mandatory annually.
- Additional screening using an electrocardiogram and/or an echocardiogram is readily available to all athletes, but is not mandatory.

**Where can one find information on additional screening?**

- Check the Health & Safety page of the UIL website [http://www.uiltexas.org/health](http://www.uiltexas.org/health) or do an internet search for “Sudden Cardiac Arrest”.
Frequently Asked Questions And Resources Document

Regarding Implementation of
House Bill 2038 ~ Natasha's Law,
Texas Education Code, Chapter 38, Subchapter D

Prevention, Treatment, and Oversight of Concussions Affecting Student Athletes
Acknowledgement

State Representative Four Price, author of the H.B. 2038, and Senator Bob Deuell, the sponsor of H.B. 2038, express their gratitude to the following organizations for the tremendous collaborative spirit and amount of time collectively devoted to this document – crafting the Frequently Asked Questions through a number of stakeholder meetings and for providing the list of Resources: The University Interscholastic League, the Texas High School Coaches Association, the Texas Girls Coaches Association, the Texas Charter Schools Association, Texas Association of School Administrators, the Texas Association of School Boards, the Texas Medical Association, and the Texas State Athletic Trainers Association.
Frequently Asked Questions
And Resources Document
Regarding Implementation of H.B. 2038, Natasha's Law, Texas Education Code, Chapter 38, Subchapter D, Prevention, Treatment, and Oversight of Concussions Affecting Student Athletes

1. What schools are required to comply with the new law?

The new law applies to an interscholastic athletic activity, including practice and competition, sponsored or sanctioned by: (1) a school district, including a home-rule district, or a public school, including any school for which a charter has been granted under Chapter 12; or (2) the University Interscholastic League (hereinafter referenced as UIL).

2. Does the law require each school district and each charter school, mentioned above, to have a Concussion Oversight Team (COT)?

Yes. Each school district and each charter school must establish its own Concussion Oversight Team (COT).

Note: Neither the UIL's Medical Advisory Committee nor any association's committee involved with subject matter of concussions may fulfill the function of a school district's COT or charter school's COT.

3. When is the Concussion Oversight Team (COT) required to be in place?

The law became effective in May when it passed both houses of the Texas Legislature by at least two-thirds vote in the House (127 to 7) and in the Senate (31-0). Governor Perry signed the law on June 17, 2011.

The new law provides that it applies beginning with the 2011-2012 school year.

Note: Persons required under Education Code, Section 38.158(c), to take a training course in the subject of concussions must initially complete the training course not later than September 1, 2012.
4. **What is the role of the Texas Education Agency (TEA) regarding the new law?**

The Commissioner of Education may adopt rules as necessary to administer this new law. It is not known whether rules will be proposed regarding this new law. If you have any questions related to the rules at TEA, please contact the legal services division within the Texas Education Agency (TEA). Email: legalsrv@tea.state.tx.us Telephone: 512-463-9720.

5. **Who must serve on the Concussion Oversight Team (COT)?**

The COT must at least have one member, a Texas licensed physician. There can be multiple Texas licensed physicians on the same COT.

Additionally, to the greatest extent practicable, school districts and charter schools must also include one or more of the following on the COT: a Texas licensed athletic trainer, a Texas licensed advanced practice nurse, a Texas licensed neuropsychologist, or a Texas licensed physician assistant. The factors to be considered include: 1) the population of the metropolitan statistical area in which the school district or charter school is located, 2) the district or charter school student enrollment, and 3) the availability of and access to licensed health care professionals in the district or charter school area. “Licensed health care professional” means an advanced practice nurse, athletic trainer, neuropsychologist, or physician assistant, as those terms are defined under the new law (H.B. 2038).

**Note:** Irrespective of any of the above factors, if a school district or charter school employs one or more Texas licensed athletic trainers, then the school district's COT or the charter school's COT must include at least one of the athletic trainers as a member of the COT, in addition to the Texas licensed physician member(s) of the COT.

**Examples (not exhaustive as to every scenario that may be possible):**

**Example A:** ABC School District, irrespective of ABC School District's location, must have on its COT at least one member and that member must be a Texas licensed physician.

**Example B:** ABC School District employs one or more Texas licensed athletic trainers then at least one of the employed Texas licensed athletic trainers must also be on the COT in addition to the Texas licensed physician.

ABC School District may also name to its COT one or more licensed athletic trainers not employed by the district, one or more licensed advanced practice nurses, one or more licensed neuropsychologists, and/or one or more licensed physician assistants.
Example C: ABC School District does not employ a Texas licensed athletic trainer; however, ABC School District is located in an urban area with access to Texas licensed health care professionals (an athletic trainer, an advanced practice nurse, a neuropsychologist, or a physician assistant). ABC School District must include, to the greatest extent practicable, at least one of those licensed health professionals, in addition to the Texas licensed physician, on its COT.

6. Must the members of the COT reside and/or have their place of business or place of employment within the geographic boundaries of the school district or charter school?

No. School districts and charter schools are allowed, but not required, to utilize the licensed Texas physicians, licensed Texas athletic trainers, licensed Texas advanced practice nurses, licensed Texas neuropsychologists, and licensed Texas physician assistants within their communities. The members of a COT may be from any location or combination of locations provided they have Texas licensure.

Exception: A school district or charter school that employs a Texas licensed athletic trainer must appoint the athletic trainer to the COT.

Note: While neither the UIL's Medical Advisory Committee nor any association's committee involved with the subject matter of concussions may fulfill the function of a school district's COT or charter school's COT, individuals serving on such non-school committees may serve on a school district's COT or charter school's COT provided the individuals meet the statutory requirements of the new law. In that event, the individuals serve two separate roles.

7. How is a Concussion Oversight Team (COT) established/formed?

The governing body of each school district and open-enrollment charter school with students enrolled who participate in an interscholastic athletic activity shall appoint or approve a COT. Each member of the concussion oversight team must have had training in the evaluation, treatment, and oversight of concussions at the time of appointment or approval as a member of the team. The new law does not prohibit a member of a COT from serving on more than one COT.

Note: Neither the UIL's Medical Advisory Committee nor any association's committee involved with subject matter of concussions may fulfill the function of a school district's COT or charter school's COT.
Examples (not exhaustive as to every scenario that may be possible):

Example A: The Board of Trustees of ABC School District appoints members to the Concussion Oversight Team in an open meeting. The COT develops the written concussion protocol for the district. The COT may decide to share its concussion protocol with the ABC’s Board of Trustees in an open meeting. This provides trustees with an opportunity to learn more about the COT's protocol in an open meeting. (There are board minutes, and the meeting is a vehicle to raise awareness with parents and the community). At that time, the Board of Trustees could ask questions or provide non-medical input, including appointing additional Texas licensed health care professionals to the COT. The Board of Trustees is free to choose to formally adopt the COT's protocol as ABC School District's policy even though the law does not require it to adopt a policy. Keep in mind that the COT can change the overall protocol as medical science progresses.

Example B: ABC School District has a COT in place that meets all legal requirements. ABC School District’s COT has established a concussion protocol. 123 School District has also appointed a COT. 123 School District’s COT wishes to adopt all or part of ABC COT’s protocol. May it do so? Yes, 123 School District’s COT may use all or part of ABC COT’s protocol.

Note: A number of school district COTs and charter school COTs have adopted the concussion protocols established by another school district’s COT.

Example C: ABC School District has a COT in place that meets all legal requirements. 123 School District wishes to appoint to its COT all or some of the member’s of ABC School District’s COT. May it do so? Yes, 123 School District may do so, provided the membership of 123 School District meets all legal requirements, and provided the members of the ABC School District’s COT are able and willing to do so. 123 School District’s COT may adopt the same protocol or develop another protocol.

Exception: A school district or charter school that employs a Texas licensed athletic trainer must appoint the athletic trainer to the COT.

8. Who must take a required training course pursuant to Section 38.158?

Concussion Oversight Team Members: All licensed health care professionals who serve on a Concussion Oversight Team (COT), whether on a volunteer basis, or as an employee, representative, or agent of a school district or charter school, are required to satisfactorily complete the required training. Each member of the concussion oversight team must have had training in the evaluation, treatment, and oversight of concussions at the time of appointment or approval as a member of the team.
Coaches: The UIL shall approve for coaches of interscholastic activities training courses that provide for not less than two hours of training in the subject matter of concussions, including evaluation, prevention, symptoms, risks, and long-term effects. Coaches of an interscholastic activity must take such a training course from an authorized training provider at least once every two years. The UIL shall maintain an updated list of individuals and organizations authorized by the UIL to provide the training.

9. Can administrators, coaches, and other school officials serve as a member of the concussion oversight team?

No. Only Texas licensed physician(s) and the Texas licensed health care professionals as listed in the law can serve on the team.

10. Are student athletes suspected of suffering a concussion required to see the Concussion Oversight Team’s physician?

No. The law specifies the student athlete must be evaluated by a treating physician of the student athlete and parents/guardians choosing. The law does not prohibit a COT’s physician from serving as the treating physician. In that case the physician has two different roles.

11. Is the Concussion Oversight Team’s physician required to approve or certify the athlete’s return to play from a concussion?

No. The student athlete’s treating physician must provide a written statement that in his or her professional judgment it is safe for the student to return-to-play. The law does not prohibit a COT’s physician from serving as the treating physician. In that case the physician has two different roles.

12. Before a student athlete is allowed to participate in an interscholastic activity for a school year, will each student athlete and their parent/guardian be required to sign, for that school year, a form acknowledging that both the student athlete and parent/guardian have received and read 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?

Yes. The form mentioned above must be approved by the UIL.
13. **When is the student athlete removed from activity if a concussion is suspected?**

A student athlete shall be removed from a practice or competition immediately if a coach, a physician, a licensed health care professional, or the student’s parent or guardian or another person who has authority to make legal decision for the student believes the student athlete might have sustained a concussion. Coach means the coach of the student’s team.

Coaches are encouraged to use the utmost caution regarding a suspected concussion, including calling the student athlete over to the sideline so that the coach can form a belief that the student may have suffered a concussion. The act of calling a player over to the sideline does not by itself constitute a belief that the student athlete might have sustained a concussion. (See attached legislative intent letter from the author and the sponsor of the new law).

14. **When is the student athlete allowed to return to activity?**

A student athlete shall not return to practice or competition until the student athlete has been evaluated and cleared in writing by his or her treating physician and all other notice and consent requirements have been met. The student athlete must satisfactorily complete the protocol established by the school district’s COT or charter school's COT.

15. **How many times does the student athlete have to be evaluated by the treating physician?**

Treatment decisions are solely within the physician/patient relationship.

16. **May a licensed health care professional sign the treating physician’s written release?**

No, the law requires that written release must be signed by the treating physician. Treatment decisions are solely within the physician/patient relationship.

17. **When a student athlete has been removed from practice or competition because of a suspected concussion, what information must the student athlete and his parent/guardian provide prior to the student athlete being allowed to return to play?**

The student athlete and the parent/guardian must:

- Provide the student athlete’s treating physician written statement
indicating that in the treating physician’s professional judgment, it is safe for the student to return to play.

✓ Provide their written acknowledgement that the student athlete has completed the requirements of the return-to-play protocol.

✓ Sign a consent form in which the student athlete and parent/guardian indicate:
  - consent to return to play in accordance with the COT’s protocol;
  - understand the risks associated with returning to play;
  - consent to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996, of the treating physician’s written statement and, if any, the return-to-play recommendations of the treating physician;
  - understanding of the immunity provisions under Section 38.159 of the Education Code.

18. Is the school’s athletic trainer required to sign a return to play statement?

No.

19. Can a coach monitor a student athlete’s compliance with the return-to-play protocol if the school district does not employ an athletic trainer?

Yes.

The superintendent or his/her designee has supervisory responsibilities of the athletic trainer, coach (as outlined above), or other person responsible for the compliance with the return-to-play protocol. This provides a second person for checks and balances purposes. The superintendent or his/her designee is also responsible for distributing and collecting the required forms, including the physician’s written authorization for return to play.

Note: A superintendent is not able to appoint a coach as the supervisory designee because Education Code, Section 38.158(c) specifically, in part, states: "The person who has supervisory responsibilities of under this subsection may not be a coach of an interscholastic athletics team."

20. Can a coach authorize the return to play of the student athlete?

No, under no circumstance can a coach authorize a student athlete's return to play. Education Code, Section 38.158(b).
21. **May an athlete, who is believed to have sustained a concussion, start the return-to-play protocol without seeing a treating physician?**

No.

An athlete suspected of having a concussion must be evaluated by his or her treating physician. The student athlete’s treating physician must provide a written statement that in his or her professional judgment it is safe for the student to return-to-play before the student athlete may begin the school district’s COT return-to-play protocol.

22. **Will coaches be required to document completion of two hours concussion education every two years?**

Yes.

The UIL shall approve for coaches training courses that provide not less than two hours of training in the subject matter of concussions, including evaluation, prevention, symptoms, risks, and long-term effects. The UIL is required to maintain an updated list of individuals and organizations authorized by the UIL to provide the training.

Coaches will provide proof of attendance every two years to their respective superintendent or the superintendent’s designee.

23. **Will athletic trainers be required to document completion of two hours of concussion education every two years?**

Yes, if they: (1) serve as on a COT as either an employee of a school district or charter school or act as a representative or as an agent of the district or charter school, or (2) serve as a volunteer member on the COT and are not an employee.

Athletic trainers can fulfill the two hour requirement by either completing a course approved by the Department of State Health Services Advisory Board of Athletic Trainers or completing a course concerning the subject matter of concussions that has been approved for continuing education credit by the appropriate licensing authority for athletic trainers.

Athletic trainers will provide proof of attendance every two years to their respective superintendent or the superintendent’s designee.
24. **Will the neuropsychologists, advanced nurse practitioners and physician assistants be required to document completion of concussion continuing education?**

Yes, if they serve on a COT.

These licensed health care professionals, as that term is defined in Education Code Section 38.151(5), may take courses approved for coaches, athletic trainers, or their respective licensing authority’s approved continuing education course(s).

Texas licensed advanced practice nurses, Texas licensed neuropsychologists, and Texas licensed physician assistants who serve on COT’s must provide proof of attendance every two years to their respective school district’s superintendent or the superintendent’s designee.

25. **Will the concussion oversight team physician be required to acquire concussion management continuing education?**

No. Physicians are not required to take specific training or submit proof of completion; however, Education Code, Section 158(d), provides that a physician, who serves as a member of a COT shall, to the greatest extent practicable, periodically take an appropriate continuing education course in the subject matter of concussions.
Resources

Protocol Resources (not a complete listing of all potential resources):

American Academy of Neurology Position Statement
http://journals.lww.com/neurologynow/Fulltext/2011/07010/A_New_Game_Plan_for_Co
ncussion__As_new_research_on.11.aspx

American Academy of Pediatrics Clinical Report – Sport Related Concussions in
Children and Adolescents
http://aappolicy.aappublications.org/cgi/reprint/pediatrics;126/3/597.pdf

American College of Sports Medicine Team Physician Consensus Statement – Sport
Related Concussions
http://www.acsm.org/AM/Template.cfm?Section=Clinicians1&Template=/CM/ContentDis
play.cfm&ContentID=4362

Brainline.org
http://www.brainline.org/

Center for Disease Control
http://www.cdc.gov/concussion/sports/

Clinics in Sports Medicine – University of Pittsburg Concussion Statement

Current Sport Related Concussion Teaching and Clinical Practices in Sports Medicine
http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2707074/

National Athletic Trainer’s Association Position Statement on Sport Related Concussion
http://www.nata.org/sites/default/files/MgmtOfSportRelatedConcussion.pdf

Prague Conference Position Statement
http://www.athletictherapy.org/docs/PragueConcussionArticle.pdf

Zurich Conference Position Statement
Organizations (not a complete listing of all organizations):

Texas Education Agency [www.tea.state.tx.us](http://www.tea.state.tx.us)


Texas Pediatric Society [http://txpeds.org](http://txpeds.org)


Centers for Disease Control [http://www.cdc.gov/concussion/sports/](http://www.cdc.gov/concussion/sports/)


Texas Charter Schools Association [www.txcharterschools.org](http://www.txcharterschools.org)


University Interscholastic League [http://www.uiltexas.org/](http://www.uiltexas.org/)

Introduction
Concussions received by participants in sports activities are an ongoing concern at all levels. Recent interest and research in this area has prompted reevaluations of treatment and management recommendations from the high school to the professional level. Numerous state agencies throughout the U.S. responsible for developing guidelines addressing the management of concussion in high school student-athletes have developed or revised their guidelines for concussion management. The present document will provide information on compliance with Chapter 38. Sub Chapter D of the Texas Education Code (TEC).

Definition of Concussion
There are numerous definitions of concussion available in medical literature as well as in the previously noted “guidelines” developed by the various state organizations. The feature universally expressed across definitions is that concussion 1) is the result of a physical, traumatic force to the head and 2) that force is sufficient to produce altered brain function which may last for a variable duration of time. For the purpose of this program the definition presented in Chapter 38, Sub Chapter D of the Texas Education Code is considered appropriate:

"Concussion" means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may:

(A) include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and
(B) involve loss of consciousness.

Concussion Oversight Team (COT):
According to TEC Section 38.153:
‘The governing body of each school district and open-enrollment charter school with students enrolled who participate in an interscholastic athletic activity shall appoint or approve a concussion oversight team.

Each concussion oversight team shall establish a return-to-play protocol, based on peer-reviewed scientific evidence, for a student's return to interscholastic athletics practice or competition following the force or impact believed to have caused a concussion.’

According to TEC Section 38.154:
‘Sec. 38.154. CONCUSSION OVERSIGHT TEAM: MEMBERSHIP.
(a) Each concussion oversight team must include at least one physician and, to the greatest extent practicable, considering factors including the population of the
metropolitan statistical area in which the school district or open-enrollment charter school is located, district or charter school student enrollment, and the availability of and access to licensed health care professionals in the district or charter school area, must also include one or more of the following:

(1) an athletic trainer;
(2) an advanced practice nurse;
(3) a neuropsychologist; or
(4) a physician assistant.

(b) If a school district or open-enrollment charter school employs an athletic trainer, the athletic trainer must be a member of the district or charter school concussion oversight team.

(c) Each member of the concussion oversight team must have had training in the evaluation, treatment, and oversight of concussions at the time of appointment or approval as a member of the team.

**Responsible Individuals:**

At every activity under the jurisdiction of the UIL in which the activity involved carries a potential risk for concussion, there should be a designated individual who is responsible for identifying student-athletes with symptoms of concussion injuries. That individual should be a physician or an advanced practice nurse, athletic trainer, neuropsychologist, or physician assistant, as defined in TEC section 38.151, with appropriate training in the recognition and management of concussion in athletes. In the event that such an individual is not available, a supervising adult approved by the school district with appropriate training in the recognition of the signs and symptoms of a concussion in athletes could serve in that capacity. When a licensed athletic trainer is available such an individual would be the appropriate designated person to assume this role. The individual responsible for determining the presence of the symptoms of a concussion is also responsible for creating the appropriate documentation related to the injury event.

**Manifestation/Symptoms**

Concussion can produce a wide variety of symptoms that should be familiar to those having responsibility for the well being of student-athletes engaged in competitive sports in Texas. Symptoms reported by athletes may include: headache; nausea; balance problems or dizziness; double or fuzzy vision; sensitivity to light or noise; feeling sluggish; feeling foggy or groggy; concentration or memory problems; confusion.

Signs observed by parents, friends, teachers or coaches may include: appears dazed or stunned; is confused about what to do; forgets plays; is unsure of game, score or opponent; moves clumsily; answers questions slowly; loses consciousness; shows behavior or personality changes; can’t recall events prior to hit; can’t recall events after hit.

Any one or group of symptoms may appear immediately and be temporary, or delayed and long lasting. The appearance of any one of these symptoms should alert the responsible personnel to the possibility of concussion.
**Response to Suspected Concussion**

According to TEC section 38.156, a student ‘shall be removed from an interscholastic athletics practice or competition immediately if one of the following persons believes the student might have sustained a concussion during the practice or competition:

1. a coach;
2. a physician;
3. a licensed health care professional; or
4. the student's parent or guardian or another person with legal authority to make medical decisions for the student.’

**Return to Activity/Play Following concussion**

According to TEC section 38.157:

‘A student removed from an interscholastic athletics practice or competition under TEC Section 38.156 (believed that they might have sustained a concussion) may not be permitted to practice or compete again following the force or impact believed to have caused the concussion until:

1. the student has been evaluated; using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the student or the student's parent or guardian or another person with legal authority to make medical decisions for the student;
2. the student has successfully completed each requirement of the return-to-play protocol established under TEC Section 38.153 necessary for the student to return to play;
3. the treating physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to play; and
4. the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student:
   (A) have acknowledged that the student has completed the requirements of the return-to-play protocol necessary for the student to return to play;
   (B) have provided the treating physician's written statement under Subdivision (3) to the person responsible for compliance with the return-to-play protocol under Subsection (c) and the person who has supervisory responsibilities under Subsection (c); and
   (C) have signed a consent form indicating that the person signing:
      (i) has been informed concerning and consents to the student participating in returning to play in accordance with the return-to-play protocol;
      (ii) understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return-to-play protocol;
      (iii) consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L.
Appendix

no. 104-191), of the treating physician's written statement under subdivision (3) and, if any, the return-to-play recommendations of the treating physician; and (iv) understands the immunity provisions under TEC Section 38.159.'

Guidelines For Safely Resuming Participation Following a Concussion

TEC section 38.155 requires the UIL to provide guidelines for safely resuming participation in an athletic activity following a concussion. TEC 38.153 indicates that: ‘Each concussion oversight team shall establish a return-to-play protocol, based on peer-reviewed scientific evidence, for a student's return to interscholastic athletics practice or competition following the force or impact believed to have caused a concussion.’

A student athlete, if it is believed that they might have sustained a concussion, shall not return to practice or competition until the student athlete has been evaluated and cleared in writing by his or her treating physician and all other notice and consent requirements have been met. From that point, the student athlete must satisfactorily complete the protocol established by the school district’s or charter school’s Concussion Oversight Team.

The current ‘peer reviewed scientific evidence’ suggests that, after complying with the clearance, notice and consent requirements noted above, a ‘step-by-step’ return to play protocol that includes a progressive exercise component is indicated for high school participants.

Reducing/Preventing Head and Neck Injuries in Football

1. Complete preseason physical exams and medical histories for all participants in accordance with established rules. Identify during the physical exam those athletes with a history of previous head or neck injuries. If the physician has any questions about the athlete's readiness to participate, the athlete should not be allowed to play.
2. A physician should be present at all games. If it is not possible for a physician to be present at all games and practice sessions, emergency measures must be provided. The total staff should be organized in that each person will know what to do in case of head or neck injury in a game or practice. Have a plan ready and have your staff prepared to implement that plan. Prevention of further injury is the main objective.
3. Coaches should drill the athletes in the proper execution of the fundamentals of football skills, particularly blocking and tackling. Keep the head out of football.
4. Coaches and officials should discourage the players from using their heads as battering rams. The rules prohibiting spearing and helmet-to-helmet contact should be enforced in practice and in games. The players should be taught to...
respect the helmet as a protective device and that the helmet should not be used as a weapon.
5. All coaches, physicians, and trainers should take special care to see that each player's equipment is properly fitted, particularly the helmet.
6. Strict enforcement of the rules of the game by both coaches and officials may help reduce serious injuries.
7. When a player has experienced or shown signs of head trauma (loss of consciousness, visual disturbances, headache, inability to walk correctly, obvious disorientation, memory loss) they should receive immediate medical attention and should not be allowed to return to practice or game without permission from the proper medical authorities.

For additional information, consult the ‘Frequently Asked Questions And Resources Document Regarding Implementation of House Bill 2038’ that is available on Health and Safety Section of the UIL web site.
SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

Introduction
A concussion is a type of traumatic brain injury that interferes with normal function of the brain. It occurs when the brain is rocked back and forth or twisted inside the skull as a result of a blow to the head or body. What may appear to be only a mild jolt or blow to the head or body can result in a concussion.

The understanding of sports-related concussion by medical professionals continues to evolve. We now know that young athletes are particularly vulnerable to the effects of a concussion. Once considered little more than a “ding” on the head, it is now understood that a concussion has the potential to result in a variety of short- or long-term changes in brain function or, in rare cases, even death.

What is a concussion?
You’ve probably heard the terms “ding” and “bell-ringer.” These terms were previously used to refer to minor head injuries and thought to be a normal part of collision sports. Research has now shown us that there is no such thing as a minor brain injury. Any suspected concussion must be taken seriously. The athlete does not have to be hit directly in the head to injure the brain. Any force that is transmitted to the head in any matter may cause the brain to literally bounce around or twist within the skull, potentially resulting in a concussion.

It used to be believed that a player had to lose consciousness or be “knocked-out” to have a concussion. This is not true, as the vast majority of concussions do not involve a loss of consciousness. In fact, less than 5% of players actually lose consciousness with a concussion.

What exactly happens to the brain during a concussion is not entirely understood. It appears to be a very complex process affecting both the structure and function of the brain. The sudden movement of the brain causes stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain. Once this injury occurs,
the brain is vulnerable to further injury and very sensitive to any increased stress until it fully recovers.

Common sports injuries such as torn ligaments and broken bones are structural injuries that can be detected during an examination, or seen on x-rays or MRI. A concussion, however, is primarily an injury that interferes with how the brain works. While there is damage to brain cells, the damage is at a microscopic level and cannot be seen on MRI or CT scans. Therefore, the brain looks normal on these tests, even though it has been seriously injured.

Recognition and Management

If an athlete exhibits any signs, symptoms, or behaviors that make you suspicious that he or she may have had a concussion, that athlete must be removed from all physical activity, including sports and recreation. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death.

Parents and coaches are not expected to be able to “diagnose” a concussion. That is the role of an appropriate health-care professional. However, everyone involved in athletics must be aware of the signs, symptoms and behaviors associated with a concussion. If you suspect that an athlete may have a concussion, then he or she must be immediately removed from all physical activity.

**Signs Observed by Coaching Staff**

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

**Symptoms Reported by Athlete**

- Headaches or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
Does not “feel right” or is “feeling down”

**When in doubt, sit them out!**

When you suspect that a player has a concussion, follow the “Heads Up” 4-step Action Plan.

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by an appropriate health-care professional.
3. Inform the athlete’s parents or guardians about the possible concussion and give them information on concussion.
4. Keep the athlete out of play the day of the injury and until an appropriate health-care professional says he or she is symptom-free and gives the okay to return to activity.

The signs, symptoms, and behaviors associated with a concussion are not always apparent immediately after a bump, blow, or jolt to the head or body and may develop over a few hours or longer. An athlete should be closely watched following a suspected concussion and should never be left alone.

Athletes must know that they should never try to “tough out” a suspected concussion. Teammates, parents and coaches should never encourage an athlete to “play through” the symptoms of a concussion. In addition, there should never be an attribution of bravery to athletes who do play despite having concussion signs and/or symptoms. The risks of such behavior must be emphasized to all members of the team, as well as coaches and parents.

If an athlete returns to activity before being fully healed from an initial concussion, the athlete is at greater risk for a repeat concussion. A repeat concussion that occurs before the brain has a chance to recover from the first can slow recovery or increase the chance for long-term problems. In rare cases, a repeat concussion can result in severe swelling and bleeding in the brain that can be fatal.

**What to do in an Emergency**

Although rare, there are some situations where you will need to call 911 and activate the Emergency Medical System (EMS). The following circumstances are medical emergencies:

1. Any time an athlete has a loss of consciousness of any duration. While loss of consciousness is not required for a concussion to occur, it may indicate more serious brain injury.
2. If an athlete exhibits any of the following:
   - decreasing level of consciousness,
   - looks very drowsy or cannot be awakened,
   - if there is difficulty getting his or her attention,
   - irregularity in breathing,
   - severe or worsening headaches,
   - persistent vomiting,
any seizures.

Cognitive Rest
A concussion can interfere with school, work, sleep and social interactions. Many athletes who have a concussion will have difficulty in school with short- and long-term memory, concentration and organization. These problems typically last no longer than 2 -3 weeks, but for some these difficulties may last for months. It is best to lessen the student's class load early on after the injury. Most students with concussion recover fully. However, returning to sports and other regular activities too quickly can prolong the recovery.

The first step in recovering from a concussion is rest. Rest is essential to help the brain heal. Students with a concussion need rest from physical and mental activities that require concentration and attention as these activities may worsen symptoms and delay recovery. Exposure to loud noises, bright lights, computers, video games, television and phones (including texting) all may worsen the symptoms of concussion. As the symptoms lessen, increased use of computers, phone, video games, etc., may be allowed, as well as a gradual progression back to full academic work.

Return to Learn
Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short- and long-term memory, concentration, and organization. In many cases, it is best to lessen the student’s class load early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or longer, if necessary. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time.

Return to Play
After suffering a concussion, no athlete should return to play or practice on that same day. In the past, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

An athlete should never be allowed to resume physical activity following a concussion until he or she is symptom free and given the approval to resume physical activity by an appropriate health-care professional.

Once an athlete no longer has signs, symptoms, or behaviors of a concussion and is cleared to return to activity by an appropriate health-care professional, he or she should proceed in a step-wise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete will progress one step each day. The return to activity program schedule may proceed as below, following medical clearance:
Progressive Physical Activity Program (ideally under supervision)

**Step 1**: Light aerobic exercise - 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercises.

**Step 2**: Moderate aerobic exercise - 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.

**Step 3**: Non-contact training drills in full uniform. May begin weight lifting, resistance training and other exercises.

**Step 4**: Full contact practice or training.

**Step 5**: Full game play.

If symptoms of a concussion reoccur, or if concussion signs and/or behaviors are observed at any time during the return-to-activity program, the athlete must discontinue all activity and be re-evaluated by his or her health-care provider.

Suggested Concussion Management

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

References:


Additional Resources:

Brain 101 – The Concussion Playbook.  
http://brain101.orcasinc.com/5000/

Concussion in Sports- What you need to know.  

Heads Up: Concussion in High School Sports  
http://www.cdc.gov/concussion/headsup/high_school.html


REAP Concussion Management Program.  

Sport Concussion Library  

Revised and Approved October 2013  
January 2011  
April 2009  
October 2008  
October 2005

DISCLAIMER – NFHS Position Statements and Guidelines

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals, and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time.
Thermoregulation depends primarily on the evaporation of sweat to dissipate the heat produced by exercise.

Predisposing factors that increase an athlete’s risk for heat illness include: dehydration, heat acclimatization, clothing/equipment, fitness level, recent or current illness, medication use, obesity, age and prior heat illness.

Prevention of heat illness includes designing an environmental action plan, modifying activity time (including intensity and duration) and increasing frequency and length of rest periods, providing and monitoring adequate hydration, minimizing clothing and equipment, ensuring adequate heat acclimatization, early recognition of signs and symptoms and appropriate sports medicine care.

**SIGNIFICANCE**

Heat illness is the leading cause of preventable death in high school athletes. These heat stroke deaths mainly occur in the summer months, at the beginning of conditioning for fall sports. Heat production during intense exercise is 15 to 20 times greater than at rest and can raise body core temperature one to two degrees Fahrenheit every five minutes unless heat is dissipated.

**Figure 10. Heat Index Chart.**

* Reproduced from NWS, 2008
BACKGROUND

Thermoregulation

Athletes lose heat by evaporation, conduction, convection and radiation. Heat is lost from the skin by evaporation of sweat. Conduction is passive transfer of heat from warmer to cooler objects by direct contact. Heat transfer from the core to the peripheral muscles and skin and from skin to an ice bag is by conduction. Convection is the warming of air next to the body and the displacement of that warm air by cool air. Wind accelerates convection. Radiation is the loss of heat from the warmer body to the cooler environment by electromagnetic waves. At rest, 20 percent of body heat loss is by evaporation and 50 percent by radiation. With exercise, up to 90 percent of heat loss is by evaporation. Thus, thermoregulation during exercise relies primarily on evaporation. Radiation becomes a more important source of heat loss during exercise as the air temperature falls significantly below body temperature.

The body normally maintains core temperature within the range of 95 to 104 degrees Fahrenheit. Brain temperature is always slightly higher than body temperature. The removal of body heat is controlled centrally by the hypothalamus and spinal cord and peripherally by centers in the skin and organs. The body compensates for the increased heat produced during exercise by increasing blood flow to the skin and increasing sweat production so as to increase heat loss by evaporation. Importantly, evaporation is less effective at high humidity and when sweat production decreases due to dehydration. When heat production exceeds the ability to dissipate the heat, then core temperature, along with brain temperature, rises excessively. The result is further decompensation of normal thermoregulation, decreased heat dissipation, decreased cerebral blood flow and decreased muscular strength. This sets the stage for heat illness.

Acclimatization

An effective protection against heat illness is acclimatization. Proper acclimatization requires progressively increasing the duration and intensity of exercise during the first 10 to 14 days of heat exposure. However, full heat acclimatization may require up to 12 weeks of exposure. With repeated exposure to heat, there is an increase in skin blood flow rate, more rapid onset of sweating, an increase in plasma volume and a decrease in metabolic rate. Equipment and clothing should be minimized during acclimatization. Heat acclimatization can be lost over two weeks without ongoing heat exposure, but the loss may be slower in better-conditioned athletes.

Measuring Environmental Risk of Heat Illness

As humidity increases, perspiration evaporates less readily. Heat loss by sweating can be dramatically impaired when the humidity is greater than 60 percent. The Heat Index is a calculation of the danger of heat illness based on ambient temperature and humidity. The Heat Index can be determined by entering the zip code at your location at this Web site: http://www.osaa.org/heatindex/default.asp. As the Heat Index rises, so does the risk of heat illness (Figure 10).

Wet bulb globe temperature (WBGT) is the most effective method for determining environmental heat risk, because it takes into account not only ambient temperature and humidity, but also solar radiation. WBGT employs a dry bulb thermometer that measures ambient temperature, a wet bulb thermometer that measures humidity and a black globe thermometer that measures radiant heat.

As WBGT increases, the risk for heat illness increases (Table 11). WBGT less than 65 is low risk. WBGT 65 to 73 is moderate risk, WBGT 73 to 82 is high risk, and WBGT greater than 82 is extreme risk of heat illness. Experts recommend that distance races should be cancelled if WBGT is 80 or above. Only acclimatized, fit, low-risk athletes should undertake limited exercise at WBGT 86 to 90. Exercise should absolutely be cancelled for everyone when WBGT is 90 or more. The WBGT Risk Indices were developed for athletes wearing only a T-shirt and light pants. Therefore, safe values should be adjusted downwards in the presence of equipment and clothing that inhibit evaporation.
MANAGEMENT AND PREVENTION

Practices and Contests
The greater the risk of heat illness, the more steps should be taken to safeguard the athletes, and the greater consideration should be given to cancellation or postponement of a practice or contest. An Environmental Action Plan should be in effect, covering every athletic practice and competition, and it must delegate responsibility for decision-making (see Emergency Action Planning chapter).

1. Measure the WBGT when possible. If not, then determine the heat index. Re-measure several times throughout the event or practice. Infrared thermometers can be used to measure playing surface temperature. The greater the intensity and duration of an event, the greater the risk of heat illness. Long-distance endurance events place athletes at more risk than sports that have frequent breaks during play. Consideration should be given to reducing playing time, extending rest periods and creating regular stoppage of play for rest and hydration. Practices and contests should not be scheduled during the hottest part of the day (commonly 11 a.m. to 6 p.m.).

2. Minimize clothing and equipment (football or lacrosse practice without shoulder pads and helmets).

3. Provide unlimited opportunities for hydration (see Fluid Replacement and Dehydration chapter). Provide extra water for wetting clothes, hair and face. Hydration should never be withheld as a punishment!

4. In multi-session or multi-day events, monitor for cumulative dehydration by repeated measurement of body weight.

5. Allow a minimum of three, and preferably six, hours for recovery and rehydration between exercise sessions during “daily doubles.”

6. Assure acclimatization prior to high endurance/intensity exercise in heat.

7. Consider providing shade, air conditioning or fans on sidelines during contests and practices.

8. If at all possible, practices should be attended by an athletic trainer or team physician who is prepared to manage heat-related emergencies.

9. Identify athletes whose medical history places them at increased risk (see Risk Factors below).

### Table 11. Wet Bulb Globe Temperature and Risk of Heat Illness.

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;65°F</td>
<td>Low risk</td>
</tr>
<tr>
<td>65-73°F</td>
<td>Moderate risk</td>
</tr>
<tr>
<td>73-82°F</td>
<td>High risk</td>
</tr>
<tr>
<td>&gt;82°F</td>
<td>Very high risk</td>
</tr>
<tr>
<td>&gt;90°F</td>
<td>Cancel Activity</td>
</tr>
</tbody>
</table>
RISK FACTORS FOR HEAT ILLNESS

1. **Dehydration.** Fluid loss during exercise occurs primarily by perspiration and respiration. Dehydration during exercise occurs more rapidly in hot environments, when perspiration exceeds oral fluid replacement. Moderate dehydration (three to five percent body weight) reduces exercise performance and makes the athlete more susceptible to fatigue and muscle cramps. With severe dehydration, sweat production and cutaneous blood flow decrease and the athlete is less able to dissipate the heat produced by exercise. Water deficits of six to 10 percent can occur with exercise in hot environments, reducing exercise tolerance and heat dissipation by decreasing cardiac output, sweat production, and skin and muscle perfusion.

   In addition to losing fluid with sweating, electrolytes (salt or sodium and chloride) are also lost. The percentage of salt lost in sweat usually decreases with an improving level of heat acclimatization. Salt depletion can be a significant factor in muscle cramps. While cold water is a good fluid replacement during short duration exercise, a sports drink with six to eight percent carbohydrate is preferable during continuous activity lasting 45 minutes or more. Regular, scheduled fluid replacement is important because athletes typically do not become thirsty until they have already lost two percent of body weight in fluid. (See Fluid Replacement and Dehydration chapter).

   An athlete may begin an activity in a dehydrated state due to inadequate rehydration following previous exercise, attempts to lose weight rapidly, diuretic medication, febrile illness, or gastrointestinal illness with vomiting or diarrhea. Measurement of body weight before and after activity is a good estimate of hydration status changes. Rehydration should be with a fluid volume that meets the weight lost with activity, ideally not exceeding 48 ounces per hour. Urine volume and color are another means by which to estimate hydration with lower volume and darker color representing greater dehydration.

2. **Clothing and Equipment.** Clothing and equipment inhibit heat loss from the body and increase the risk for heat illness. Dry clothing and equipment absorb sweat and prevent evaporative heat loss. Dark clothing or equipment produces radiant heat gain. Clothing and equipment decrease convective heat loss by interfering with air contact with the body. During periods of high WBGT or Heat Index, the risk of heat illnesses increases when clothing and equipment are worn. Thus, risk may be minimized through removing equipment and participating in drills wearing shirts and shorts only. Given that a great deal of heat is radiated from the head, helmets should be removed early on in hot and humid conditions.

3. **Fitness.** Physical training and improved cardiovascular fitness reduce the risk of heat illness.

4. **Febrile Illness.** A fever increases core temperature and decreases the ability of the body to compensate. It is dangerous to exercise with a fever, especially when WBGT is high. Athletes with a fever, respiratory illness, vomiting or diarrhea should not exercise, especially in a hot environment.

5. **Medications.** Amphetamines (including ADHD medications), ephedrine, synephrine, ma huang and other stimulants increase heat production. Some medications have anti-cholinergic actions (amitriptyline, Atrovent) resulting in decreased sweat production. Diuretics can produce dehydration. Athletes taking medication for ADHD should be monitored closely for signs and symptoms of heat illness.

6. **Obesity.** Athletes with a high percentage of body fat are at increased risk for heat illness, as fat acts to insulate the body and decreases the body’s ability to dissipate heat.

7. **Sickle Cell Trait.** Athletes with sickle cell trait (SCT) are at increased risk for a sickling crisis with exercise during hot weather. Special precautions should be taken in hot and humid conditions for athletes with SCT (see Sickle Cell Trait chapter).

8. **A prior episode of heat illness** is a risk factor for a subsequent heat illness. After an episode of heat stroke, most athletes demonstrate normal thermoregulation within two months, but the rate of recovery is highly variable and may require up to a year or more. Decreased heat tolerance may affect 15 percent of athletes with a history of previous heat illness.
STAGES OF HEAT ILLNESS

1. **Exercise-associated Muscle Cramps (EAMC).** Painful muscle spasms following prolonged exercise, often, but not always, in a hot environment. These are sometimes called “heat cramps.”
   
   **Recognition:** The cramps can occur without warning, can be excruciatingly painful, and may last several minutes or longer. They may be replaced by the onset of a cramp in another location. Severe episodes can last up to six to eight hours. Commonly, heat cramps affect the calf, but the thighs, hamstrings, abdomen and arms may be involved. Core temperature may be normal or increased and signs and symptoms of dehydration such as thirst, sweating and tachycardia may occur.

   EAMC are usually associated with exercise-induced muscular fatigue, dehydration and a large loss of sodium through sweat. Sweat sodium losses that are incompletely replaced result in a total body sodium deficit. Low extracellular (outside of the cells in our body) sodium concentration is thought to alter nerve and muscle resting potential, resulting in EAMC. EAMC is more likely in athletes with high salt sweat content. Athletes with high salt sweat content or “salty sweaters” may be noticeable by salt staining on hats and clothing.

   **Management:** EAMC usually responds to rest, prolonged stretching of involved muscle groups, and sodium replacement in fluid or food (e.g., one quarter teaspoon of table salt or one to two salt tablets in 500 ml of water or sports drink, tomato juice or salty snacks). In the case of severe full body cramps, the athlete should be transported by EMS to a hospital to receive intravenous fluids. Protracted cramping in the absence of signs of dehydration suggests dilutional hyponatremia (low sodium) and serum sodium levels should be measured prior to administering intravenous fluids.

2. **Heat Exhaustion.** Heat exhaustion is the inability to continue to exercise and can occur at any temperature, and is not necessarily associated with collapse. Heat exhaustion associated with dehydration is more common in a hot, humid environment.

   During high intensity exercise, blood flow to organs and skin decreases as blood flow to exercising muscle increases. When exercise, dehydration and humidity combine to make evaporative heat loss ineffective, the core body temperature increases. As core temperature rises, central controls of blood flow distribution begin to fail and the body attempts to increase blood flow to the skin in an effort to increase radiant and convective heat loss. The result is a loss of the original decrease in blood flow to the internal organs and to the skin. Through a series of complex physiological events, the pooled blood in the skin and extremities is unable to transport heat from the core to the skin. Muscular fatigue, decreased urine output, decreased cerebral flow, increased core temperature and fainting (syncope) can result.

   **Recognition:** Signs and symptoms of heat exhaustion include tachycardia, fatigue, weakness, piloerection (goose bumps), muscle cramps, nausea, vomiting, dizziness, syncope, headache, poor coordination and confusion. Rectal temperature is elevated, but below 104 degrees Fahrenheit (40 C). The skin may still be cool and sweating, or may be hot and dry. Decreased cerebral perfusion may produce confusion or syncope. Heat exhaustion can be confused with other causes of depressed mental status in the athlete, including concussion, cardiac causes, infection, drug use, hypoglycemia and hyponatremia. Heat exhaustion is characterized by an elevated core body temperature. Any athlete with altered mental state of unknown etiology must be removed from activity and further evaluated.

   **Management:** While heat exhaustion may present similarly to other conditions, heat exhaustion should be assumed if any of the signs and symptoms are present. Elevate the legs to increase venous return and cardiac preload, rehydrate to correct volume depletion, and transfer to a cool, shaded location. Aggressive decrease in core temperature is indicated to prevent progression to heat stroke. If a team physician or athletic trainer is unavailable to assess the athlete, EMS should be activated so the athlete can be transported to an emergency facility. There should be no same-day return to activity for athletes with syncope, altered mental status, neurologic symptoms or core temperature greater than 104 degrees Fahrenheit. Adequate time for full recovery is necessary prior to returning to play.
Cold-related Illness

By Cary S. Keller, M.D., FACSM

- Cold temperature, especially in combination with wet conditions or wind, poses the risk for cold injuries such as frostbite and hypothermia.
- Treat frostbite by getting the affected individual to a warm place and re-warm the extremities.
- Suspected hypothermia calls for EMS activation.

SIGNIFICANCE

Cold weather is typically not a barrier to outdoor practices and competitions. However, team and individual sports played in the late fall, winter and early spring place athletes at risk for cold injury. Environmental changes as simple as sunset, a rainstorm or an increase in wind speed can shift the body’s thermal balance suddenly. As part or all of the body cools, there can be diminished exercise performance, frostbite, hypothermia, and even death.

BACKGROUND

Athletes lose heat by evaporation, conduction, convection and radiation. Heat is lost from the skin by evaporation of sweat. Conduction is the passive transfer of heat from warmer to cooler objects by direct contact, such as through the loss of heat from the core to the peripheral muscles and skin and the gain of heat from a hand warmer to the fingers. Convection is the warming of the air next to the body and the displacement of that warm air by cool air. Insulating clothing decreases heat loss by convection, while wind accelerates heat loss by convection. Radiation is loss of heat from the warmer body to the cooler environment.

At rest, 20 percent of body heat loss is by evaporation and 50 percent by radiation. With exercise in a warm environment, up to 90 percent of heat loss is by evaporation. Thus, evaporation from wet clothing in a cold environment has great potential to upset thermoregulation during exercise. In the cold, radiation becomes a progressively more important source of heat loss during exercise as ambient temperature falls further below body temperature.

Cold exposure produces peripheral vasoconstriction, decreasing peripheral blood flow, and decreasing convective heat loss from the body’s core to its shell (skin, fat, muscle). The peripheral vasoconstriction, therefore, predisposes to cold injury, especially in the fingers and toes. In response to this cooling of the extremities, there is cold-induced vasodilation (CIVD), a transient increase in blood flow and warming which helps to protect against peripheral cold injury. As the core body temperature falls, CIVD is suppressed, and frostbite becomes more likely.

Cold exposure also elicits increased heat production through skeletal muscle activity. This occurs through involuntary shivering (which can increase heat production up to six times basal metabolic rate) and through voluntary increased activity. Athletes exposed to cold repeatedly can exhibit cold acclimatization. The most common acclimatization pattern is habituation, in which both cold-induced vasoconstriction and shivering are blunted, sometimes actually predisposing to hypothermia. Compared to heat acclimatization, cold acclimatization is less pronounced, slower to develop and less effective in maintaining normal body temperature and preventing cold illness.

RECOGNITION

Frostbite, the most common cold injury, occurs when tissue freezes. Frostbite can occur in exposed skin (nose, ears, cheeks), but also can affect the hands and feet, as peripheral vasoconstriction lowers peripheral tissue temperature significantly. Numbness or a “wooden” feeling is usually the first symptom of frostbite in the hands and feet. With frostbite to exposed facial skin, however, there can be a burning feeling. Both cooling and ischemia (decreased blood flow) result in numbing of the skin, so the freezing of the tissue is often relatively painless. Skin color is initially red and then becomes a waxy white. Re-warming is accompanied by sharp, aching pain and persistent loss of light touch sensation.

The risk of frostbite increases as temperature decreases. With appropriate precautions, the risk of frostbite can be less than five percent when ambient temperature is above 5 degrees F. But increased surveillance of athletes is appropriate when wind chill temperature (WCT) falls below minus 18 degrees F, as exposed facial skin then freezes in 30 minutes or less. At these temperatures, consideration should be given to postponing or cancelling athletic events.
close approximation of the WCT should be available from your local weather station.

**Hypothermia** is defined by a core body temperature below 95 degrees F (35 degrees C). In mild hypothermia, an athlete feels cold, shivers, is apathetic and withdrawn, and demonstrates impaired athletic and mental performance. Coaches and athletes must recognize and respond to these early symptoms to avoid more severe hypothermia. As core temperature continues to fall, there is confusion, sleepiness, slurred speech, and irrational thinking and behavior. In severe hypothermia, the heart rate may become irregular and there is a risk of cardiac arrest. Efforts at resuscitation must persist until re-warming has been achieved.

Exercising athletes produce heat by muscular activity, which helps maintain core temperature, and are at less risk for cold exposure injury. At the end of an event, or when exercise stops due to injury, heat is no longer being generated by exercise, but heat loss continues, and rapid cooling may result. Dehydration may further impair maintenance of core temperature.

**Figure 9. Wind Chill Index.**

**Prevention of Cold Injury**

1. **EVENT MANAGEMENT**
   a. **Assess environmental risk factors:** temperature, wind, rain, direct sunlight, altitude. Be alert to changes in these conditions so that athletes can be advised to modify clothing or seek shelter and event managers can consider shortening, moving or cancelling an event. The Wind Chill Index (WCI) integrates temperature and wind to estimate cooling power. The WCI predicts the risk of frostbite to exposed facial skin in a person moving at walking speed, but not the risk of frostbite in the extremities. The wind effect of the athlete moving at higher speed (run, ski, bike, skating) is not considered when calculating WCI.
   b. **Assess athletes’ risk factors:** exercise demands, fitness, fatigue, health, body fat, age, and nutritional status. (see Table 10).
c. Prepare appropriately: adequate training, clothing, water, food, scheduled clothing changes, provision of shelter and re-warming, planned monitoring of weather conditions and of athlete tolerance of the cold, and action plans to care for those who are having difficulty staying warm.

Table 10. Risk factors for Hypothermia and Frostbite.

1. Exercising in water, rain and wind significantly increases risk of hypothermia. Hypothermia can occur rapidly following unexpected immersion in cold water. The heat transfer coefficient of water is 70 times that of air.
2. Lean athletes have more difficulty maintaining core temperature and are at increased risk for cold injury. Athletes with a high body fat percentage and high muscle mass are better insulated and more protected against cold injury.
3. Individuals older than 60 years of age are at increased risk of hypothermia due to reduced vasoconstriction and sometimes decreased fitness.
4. Children and adolescents are at greater risk of hypothermia than adults due to greater surface-to-mass ratio and less subcutaneous fat.
5. Low blood sugar impairs muscular activity and shivering, decreases heat production, and predisposes to hypothermia. Fatigue, energy depletion, sleep deprivation and certain chronic medical conditions result in decreased heat production.
6. Some skin disorders, such as eczema, may increase heat loss.
7. Physical fitness and strength training do not improve thermoregulatory response to cold, but greater fitness allows longer exercise at high intensity and thereby longer muscular heat production and maintenance of core temperature. Poor fitness thereby predisposes to cold injury.

2. CLOTHING

Metabolic rate (exercise intensity) and ambient temperature determine clothing (insulation) requirements during exercise. Hats are useful, as up to 50 percent of heat loss at rest is from the head. Layering of clothing is highly recommended. The inner layer acts to wick perspiration, a middle insulating layer which allows moisture transfer, and an outer layer, worn when necessary, to repel wind and rain, but is capable of transfer of perspiration to the air. Layering allows adjustment in insulation to prevent overheating and sweating, while remaining dry in wet conditions. Glove liners can provide wicking and insulation for the hands. Mittens provide significantly more insulation than gloves. Clothing that constricts fingers or toes predisposes to cold injury in the hands and feet. Wet clothing should be removed quickly and replaced, including socks and gloves.

3. FOOD AND FLUID INTAKE

Exercise in cold environments can increase energy expenditure and fluid loss. Insufficient carbohydrate reserves to maintain core temperature risks cold injury. Dehydration affects neither shivering or vasoconstriction, but significant loss in volume decreases perfusion. In cold, as in all temperatures, carbohydrate availability and dehydration are limiting factors in performance. Athletes can sustain exercise in cold by ingesting six- to eight-percent carbohydrate beverages. Carbohydrate rich foods are appropriate for prolonged exercise in the cold.

Management of Cold Injury

1. FROSTBITE

Seek shelter and insulation. Maintain core temperature and attempt to reverse vasoconstriction by re-warming. Re-warming is best accomplished with body heat of the afflicted individual or someone else’s (e.g., placing the cold hand under the arm pit). Warm water at 104 to 109 degrees Fahrenheit (40 to 43 degrees C) can also be used for re-warming. Do not use warmer water as it produces greater injury, swelling and tissue death. Once re-warming begins, avoid additional freezing. It is better to tolerate some additional time with frozen tissue while awaiting transport to a medical facility than to re-warm and then suffer refreezing during extrication from the cold environment. Rubbing the injured body part adds mechanical damage to thermal damage, and is to be avoided.
2. HYPOTHERMIA

a. Conscious athlete. Hypothermic athletes should have wet clothing removed and should be insulated with whatever warming material is available. If possible, evacuate to a warm building/bus/car/shower. Encourage the drinking of large volumes of warm, sweet liquids to improve circulating volume and available energy. Encourage exercise to promote heat production by muscular activity. Such athletes usually respond to peripheral re-warming, but transport to medical care is a precaution against further deterioration.

b. Unconscious athlete. Hypothermic athletes should be insulated and transported by the emergency medical system (EMS). Field re-warming and field CPR are usually ineffective and should not delay transport to a medical facility for central re-warming. Warm intravenous fluids and positive pressure, warm, humidified oxygen can be useful but will, alone, be inadequate. The medical facility can provide rapid core re-warming, prevention of arrhythmia, respiratory support, and fluid and electrolyte management.

COLD-INDUCED ASTHMA SYMPTOMS

Exercise-induced asthma (EIA) is a transient narrowing of the airways which is provoked by exercise (see Asthma chapter). Cold-weather athletes have an increased prevalence of EIA. High intensity exercise, high ventilation rate and exercise in indoor rinks predisposes athletes to EIA. EIA with cold exposure is believed to be due to a combination of breathing dry air and reflex response to facial cooling. Impaired air quality in indoor skating rinks is implicated as an additional factor (see Air Quality chapter).

COLD ENVIRONMENT MODIFIES EMERGENCY ACTION PLANS

The assessment and management of the injured athlete in a cold environment follows basic First Aid and CPR/AED protocols. (See Emergency Action Plan chapter). This begins with the assessment of the safety of the scene of injury. In a cold environment, the scene is not safe by virtue of the cold itself. Depending on the severity of the cold, the risk it represents to the injured athlete and to the rescuers, and the availability of warm shelter, the protocol may be modified. The major difference in cold weather is that initial attempts at resuscitation can be delayed in order to get the athlete to a warmer place.

References


Asthma

By Gayathri Chelvakumar, M.D. and Paula Cody, M.D.

- Asthma is a chronic lung disease that affects many high school athletes.
- Exercise commonly triggers asthma symptoms.
- Coughing, wheezing and difficulty breathing can all be symptoms of asthma.
- Early recognition and treatment of asthma symptoms is essential.

SIGNIFICANCE

Nearly 20 percent of high school students in the U.S. have been diagnosed with asthma. Asthma that is well-controlled should not prevent anyone from participating in organized sports or exercising, but early symptom recognition and treatment is essential. Uncontrolled asthma can be deadly. It is the responsibility of coaches, athletic trainers, parents and athletes to be knowledgeable about the different medications prescribed to treat and manage asthma and how those medications are to be used.

BACKGROUND

Asthma is a chronic disease that affects the lungs. It is characterized by inflammation, airway reactivity/sensitivity and increased mucous production. Common symptoms include coughing, wheezing, chest tightness and shortness of breath (Table 27). Asthma can be triggered by respiratory infections (see Common Illnesses chapter), exercise, pollutants (see Air Quality chapter) and allergens (dust mites, animal dander, mold and pollen). Early recognition of the signs and symptoms of asthma can prevent serious complications and even death.

Asthma symptoms often worsen with exercise. Some athletes have symptoms only with exercise (exercise-induced asthma, EIA). Exercise-induced symptoms occur commonly and are often more intense in cold weather. Symptoms typically develop 10 to 15 minutes after a brief period of exercise or about 15 minutes into prolonged exercise. Symptoms usually resolve with rest for 30 to 60 minutes.

Table 27. Signs and symptoms of asthma.

- High-pitched wheezing sounds when breathing out
- Recurrent chest tightness, wheezing or difficulty breathing
- Spasmodic or persistent coughing during or after exercise
- Cough that is worse at night
- Symptoms occur or get worse when the athlete exercises, or when exposed to various triggers that might include dust, mold, animals with fur, smoke, pollen, airborne pollutants, strong odors or changes in the weather

More subtle symptoms associated with exercise-induced asthma may include:

- Perceived lack of endurance
- Undue fatigue or perception of being “out of shape” or poorly conditioned
- Symptoms triggered by some sports (i.e., running) but not by others (i.e., swimming)

RECOGNITION

Athletes with well-controlled asthma, by definition, will have no symptoms at rest or with activity. They should have no cough, wheeze, chest tightness or shortness of breath during the day or night and be able to do daily activities and exercise without problems.

When asthma symptoms worsen (“asthma attack”), the athlete may experience coughing, wheezing, chest tightness or shortness of breath (Table 28). He or she may also complain of coughing that is worse at night. Athletic performance and endurance is likely to be greatly affected. Asthma attacks that require medical attention occur when the person is very short of breath and unable to do usual activities, “rescue inhalers” are not helping, or symptoms last longer than 24 hours.
Table 28. Recognition of an acute “asthma attack.”

- Wheezing or spasmodic/persistent coughing
- Chest tightness or discomfort
- Rapid and shallow respiration
- Rapid pulse
- Use of accessory muscles in shoulders and neck to aid breathing
- Assuming tripod position (e.g., forward-leaning posture with hands on knees) to improve airflow
- Cyanosis (blue lips and finger nails) if severe
- Difficulty breathing out of proportion to activity intensity and aerobic fitness level

MANAGEMENT

It is important that all athletes with asthma are known to the medical staff, coaches and athletic administration. Athletes who have been diagnosed with asthma or who have asthma symptoms should be identified during the pre-participation exam (see Preparticipation Physical Evaluation chapter). The athletes must work with their primary care provider or asthma specialist, sports medicine staff and coaches to understand their asthma treatment plan. It is also essential for schools to have an Emergency Action Plan addressing asthma and other chronic medical conditions (see Emergency Action Planning chapter) as symptoms can worsen at anytime.

There are several medications available to treat asthma. Most medications are inhaled into the lungs, but a few are taken as pills. Asthma medicines come in two types: quick-relief (rescue medications) and medications that provide long-term control. Everyone with asthma needs regular medical follow-up to maintain symptom control and reassess their management plan.

Certain people with asthma require long-term control medications to treat inflammation in the lungs and prevent symptoms and attacks. These anti-inflammatory medicines, typically inhaled corticosteroids, are most effective when taken daily, even if the person is not experiencing any symptoms. These medicines are not effective at treating acute asthma attacks. Asthma symptoms can usually be controlled and attacks prevented if the medications are taken exactly as prescribed.

The use of an albuterol inhaler 15 minutes prior to exercise will usually control the symptoms of EIA. There is also evidence that EIA can be controlled in some athletes without using medication. Many individuals have a “refractory period” during which constriction of the lungs appears to relax and breathing is easier for a period of time. This is similar to a “second wind.” If an athlete recognizes this, warm-ups can be designed to begin the intense exercise in advance of competition so that the refractory period coincides with the contest period. Monitoring air quality is also important (see Air Quality chapter).

For an asthma attack, a quick-relief rescue medicine is used, most commonly the quick-acting medicine albuterol. Proper use of the inhaler is essential to relieving asthma symptoms (Table 29). This medicine rapidly relaxes tightened muscles around the airways to improve airflow. A rescue medicine should be taken at the first sign of asthma symptoms. If symptoms quickly resolve, the athlete may return to activity. If symptoms do not resolve, or flare-up again during the same practice or contest, the athlete should be removed from activity and be told to contact his or her primary care provider, or asthma specialist. If the person has difficulty walking or talking due to shortness of breath or his or her lips are blue, this is indicative of a medical emergency and EMS must be activated (Table 28).
Table 29. Proper use of a metered dose inhaler (from NIH Guidelines, 1997).

1. Remove cap and hold inhaler upright.
2. Shake the inhaler.
3. Tilt head back slightly and breathe out slowly through the mouth.
4. Position the inhaler one to two inches away from the mouth or use a holding chamber or spacer.
5. Press down once on the inhaler to release medication as the athlete begins to breathe in slowly.
6. Continue to breathe in slowly and evenly for three to five seconds during and after pressing down on the inhaler.
7. Hold breath for 10 seconds to allow the medication to reach deep into the lungs.
8. Repeat puff as directed. It is recommended to wait one minute before second puff to allow for optimal penetration into the lungs.
9. When possible, athletes should use a spacer when delivering medication to ensure optimal delivery. These chambers are hollow tubes or other reservoirs with the inhaler on one end and the athlete’s mouth on the other end. Many times failure to improve with treatment can be reversed simply by the use of spacers and better technique. Recent studies have shown that “spacers” increase the amount of medication that reaches the lungs and decrease the amount of medication deposited in the mouth or throat.

References

You Can Control Your Asthma – A Guide to Understanding Asthma and its Triggers published by the Centers for Disease Control and Prevention.

Meeting the Challenge: Don’t Let Asthma Keep You Out of the Game published by the Centers for Disease Control and Prevention.


Patient information: Exercise-induced asthma. Up to Date, Last Updated June 13 2008.

Sickle Cell Trait

By Dan Martin, Ed.D., ATC

- It is estimated that eight percent of the U.S. African-American population has sickle cell trait (SCT).
- SCT does not necessarily preclude an individual from sport participation.
- Signs and symptoms of a sickling crisis must be recognized early to prevent complications, including the risk of death.
- Basic precautions will greatly decrease the risk of a sickling crisis.

SIGNIFICANCE

Sickle cell trait (SCT) is not a disease, but a description of a type of hemoglobin gene. Hemoglobin carries oxygen in the bloodstream. SCT differs from sickle cell anemia in that the trait is present when one gene for sickle hemoglobin is inherited from one parent while a normal hemoglobin gene is inherited from the other. If a sickle cell gene is inherited from each parent, the child will then have sickle cell anemia.

Sickle cell anemia is a serious disorder which typically causes severe medical problems early in childhood which continue into adulthood. People with SCT rarely have any symptoms of the condition. However, they may develop problems under extreme physical stress or with low oxygen levels (high-altitude).

People with ancestors from Africa, Mediterranean countries, India, South or Central America, and Saudi Arabia are at increased risk for having SCT. SCT occurs in about eight percent of the African-American population in the U.S.

SCT exercise-related deaths do occur in both athletics and in the military. Individuals with SCT participating in intense exercise are particularly vulnerable to the effects of heat and dehydration. The potential for a sickling collapse can be decreased if the athlete takes preventative measures. Early recognition of the signs and symptoms by the athlete, coaches and medical staff, with stopping all activity and initiating appropriate treatment will greatly reduce the potential for long-term consequences or death.

BACKGROUND

The U.S. military first linked SCT to an increased risk of sudden death during extreme physical exertion decades ago. SCT has also been linked to several deaths which have occurred during off-season conditioning in collegiate football players over the past decade. Currently, SCT does not appear to be a prominent issue in high school athletes. This is likely due to the fact that the intensity and duration of physical activity in high school athletes does not reach that seen in collegiate conditioning drills.

SCT generally does not present problems with daily activities. The vast majority of athletes with the trait compete at the high school, college, and professional levels without complications. However, there is always the possibility that a sickling collapse can occur with intense exertion, potentially resulting in death.

PHYSIOLOGY

During intense exertion, red blood cells can change from the typical donut-shaped appearance to a “sickle” or a “quarter-moon” shape. In this shape, these cells no longer carry oxygen efficiently and become rather stiff and sticky. These “sickle cells” can then stick together and block normal blood flow to any tissue or organ. This can produce pain, weakness, swelling of the arms or legs, muscle cramping and shortness of breath. Kidney and other vital organ function can also be affected.

Even what appears to be a mild exertional distress can turn lethal in an individual with SCT. The kidneys and spleen may be damaged and exercise-related rhabdomyolysis (skeletal muscle breakdown) may also occur. Asthma (see Asthma chapter), acute illness, dehydration (see Fluid Replacement and Dehydration chapter), heat stress (see Heat-related Illness chapter) and high altitude can predispose an individual with SCT to a sickling crisis during intense physical exertion.
IDENTIFYING THE ATHLETE WITH SICKLE CELL TRAIT

The preparticipation evaluation form (see Preparticipation Evaluation chapter) should have a question about the athlete’s sickle cell status. If the athlete or parents are unaware of the athlete’s status, they may very likely be able to find the information from their primary care provider or state newborn screening records. The NCAA currently recommends that the SCT status of all athletes be determined. Most states in the U.S. have been conducting newborn SCT screening for more than 20 years, thus many athletes may already know, or be able to find out, their status. There is currently no medical organization calling for the universal screening of SCT in high school athletes. Parents who are interested in having their child screened for SCT should discuss it with their primary care provider.

When an athlete with SCT is identified, it is important that the athlete and his or her parents are educated about SCT. It is important to not discourage the athlete from sports participation. However, the athlete must be educated on preventive measures and the potential dangers. It is vital that coaches and the sports medicine staff be aware of the athlete’s SCT status, but it is also important to protect the student’s privacy as much as possible.

RECOGNITION

If an athlete exhibits any signs or has symptoms of a sickling collapse, he or she must be removed from activity. Continuing to exercise will lead to worsening symptoms, additional serious internal organ damage, or even death. However, if the proper steps are taken, these symptoms are generally easy to manage and will normally subside within a few minutes. The athlete’s symptoms typically resolve when he or she is hydrated and rests. During hot weather, the athlete should also be taken into a cool, controlled environment to prevent overheating. If at any time the athlete collapses, (sickling collapse) the episode must be treated as a medical emergency and Emergency Medical System activated (see Emergency Action Planning chapter).

Signs and Symptoms of a pending sickling crisis

- Appears dazed or confused
- Appears weak
- Not keeping up with other team members (undue fatigue)
- Having difficulty breathing
- Muscle pain, weakness and/or cramping
MANAGEMENT

Athletes with SCT can generally perform at the same physical level as their teammates, but may not be able to do it for an extended amount of time. For example, athletes with SCT should not run timed, sustained 100-yard sprints, or timed, sustained “suicides” or shuttle runs. The athlete with SCT can still run sprints and suicides, but must be given rest breaks between sprints. Coaches and the athlete with SCT must be aware of his or her physical limits. If the athlete is feeling exhausted, or is showing symptoms of physical distress, he or she must immediately stop, hydrate and rest.

If an athlete is known to have SCT, the following precautions are suggested during physical activity:

- Set own pace
- Engage in slow and gradual preseason conditioning regimen
- Use adequate rest and recovery between intense drills
- Stop activity immediately upon struggling or experiencing muscle pain, abnormal weakness, undue fatigue, or shortness of breath
- Stay well hydrated
- Seek prompt medical care when experiencing unusual distress

Though caution must be taken, the athlete with SCT should always be allowed to compete in all sports and should be treated the same as the other athletes. It needs to be emphasized that athletes with SCT normally do not have problems, except if put under extreme physical duress. The precautions and training modifications discussed in this chapter are intended to allow the athlete with SCT to participate in athletics as safely as possible.

References

Centers for Disease Control and Prevention. www.CDC.gov/ncbddd/sicklecell

Resources

Sickle Cell Disease Association of America: https://www.sicklecelldisease.org/about_scd/index.phtml
Sickle Cell information center: www.scinfo.org
POSITION STATEMENT AND RECOMMENDATIONS
FOR HYDRATION TO MINIMIZE THE RISK FOR
DEHYDRATION AND HEAT ILLNESS

National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

DEHYDRATION, ITS EFFECTS ON PERFORMANCE, AND ITS RELATIONSHIP TO HEAT ILLNESS:

• Appropriate hydration before, during, and after physical activity is an important ingredient to healthy and successful sports participation.

• Weight loss during exercise and other physical activity represents primarily a loss of body water. A loss of just 1 to 2% of body weight (1.5 to 3 pounds for a 150-pound athlete) can negatively impact performance. A loss of 3% or more of body weight can significantly increase the risk for exertional heat-related illness. If an athlete is already dehydrated prior to beginning activity, these effects will occur even sooner.

• Athletes should be weighed (in shorts and T-shirt) before and after warm or hot weather practice sessions and contests to assess their hydration status.

• Athletes with high body fat percentages can become significantly dehydrated and over-heat faster than athletes with lower body fat percentages while working out under the same environmental conditions.

• Athletes have different sweating rates and some lose much more salt through their sweat than others. “Salty sweaters” will often have noticeable salt stains on clothing after workouts, and often have a higher risk of developing exertional muscle cramps.

• Poor heat acclimatization/fitness levels can greatly contribute to an athlete's heat intolerance and heat illness risk.

• Certain medications, or fever, can negatively affect an athlete's hydration status and temperature regulation, increasing the risk for heat illness.

• Environmental temperature and humidity each independently contribute to dehydration and heat illness risk.

• Clothing that is dark or bulky, as well as protective equipment (such as helmets, shoulder pads, and other padding and coverings), can increase body temperature, sweat loss and subsequent dehydration and heat illness risk.
Even naturally dry climates can have high humidity on the field if irrigation systems are scheduled to run prior to early morning practices start. This temporary increase in humidity will continue until the water completely soaks into the ground or evaporates.

A heat index chart should be followed to help determine if practices/contests should be modified or canceled. The NOAA National Weather Service’s heat index chart can be found at: [http://www.weather.gov/om/heat/index.shtml](http://www.weather.gov/om/heat/index.shtml)

- On-site wet-bulb temperature should be measured 10-15 minutes before practices or contests. The results should be used with a heat index to determine if practices or contests should be started, modified, or stopped.

- If wet-bulb temperature measurement is not available, the heat index for your approximate location can be determined by entering your postal zip code: [http://www.osaa.org/heatindex/](http://www.osaa.org/heatindex/)

**Example of the effects of relative humidity on the risk for dehydration and heat illness:**

- A relative humidity of 40 percent and a temperature of 95 degrees Fahrenheit are associated with a *likely risk* of incurring heat illness if strenuous physical activity is conducted. However, even with a *lower air temperature* of only 85 degrees Fahrenheit, the risk for exertional heat illness could be the *same or greater* with a higher relative humidity of 70 percent.

**WHAT TO DRINK DURING EXERCISE AND OTHER PHYSICAL ACTIVITY:**

- For most exercising athletes, water is appropriate and sufficient for pre-hydration and rehydration. Water is quickly absorbed, well-tolerated, an excellent thirst quencher and cost-effective.

- Traditional sports drinks with an appropriate carbohydrate and sodium formulation may provide additional benefit in the following general situations:
  - Prolonged continuous or intermittent activity of greater than 45 minutes
  - Intense, continuous or repeated exertion
  - Warm-to-hot and humid conditions

- Traditional sports drinks with an appropriate carbohydrate and sodium formulation may provide additional benefit for the following individual conditions:
  - Poor hydration prior to participation
  - A high sweat rate or “salty sweater”
  - Poor caloric intake prior to participation
  - Poor acclimatization to heat and humidity

- A 6 to 8% carbohydrate formulation is the maximum that should be utilized in a sports drink. Any greater concentration will slow stomach emptying and potentially cause the athlete to feel bloated. An appropriate sodium concentration (0.4–1.2 grams per liter) will help with fluid retention and distribution and decrease the risk of exertional muscle cramping.

**WHAT NOT TO DRINK DURING EXERCISE:**

- Fruit juices with greater than 8 percent carbohydrate content and carbonated soda can both result in a bloated feeling and abdominal cramping.
Athletes should be aware that nutritional supplements are not limited to pills and powders as many of the new “energy” drinks contain stimulants such as caffeine and/or ephedrine.

- These stimulants may increase the risk of heat illness and/or heart problems with exercise. They can also cause anxiety, jitteriness, nausea, and upset stomach or diarrhea.

- Many of these drinks are being produced by traditional water, soft drink and sports drink companies which can cause confusion in the sports community. As is true with other forms of supplements, these "power drinks", “energy drinks”, or “fluid supplements" are not regulated by the FDA. Thus, the purity and accuracy of contents on the label is not guaranteed.

- Many of these beverages which claim to increase power, energy, and endurance, among other claims, may have additional ingredients that are not listed. Such ingredients may be harmful and may be banned by governing bodies like the NCAA, USOC, or individual state athletic associations.

- See the NFHS Position Statement and Recommendations for the use of Energy Drinks by Young Athletes for further information.

**HYDRATION TIPS AND FLUID GUIDELINES:**

- Many athletes do not voluntarily drink enough water to prevent significant dehydration during physical activity.

- Drink regularly throughout all physical activities. An athlete cannot always rely on his or her sense of thirst to sufficiently maintain proper hydration.

- Drink before, during, and after practices and games. For example:
  - Drink 16 ounces of fluid 2 hours before physical activity.
  - Drink another 8 to 16 ounces 15 minutes before physical activity.
  - During physical activity, drink 4 to 8 ounces of fluid every 15 to 20 minutes (some athletes who sweat considerably can safely tolerate up to 48 ounces per hour).
  - After physical activity, drink 16 to 20 ounces of fluid for every pound lost during physical activity to achieve normal hydration status before the next practice or competition.

- The volume and color of your urine is an excellent way of determining if you’re well hydrated. Small amounts of dark urine means that you need to drink more, while a “regular” amount of light-colored or nearly clear urine generally means you are well-hydrated. A Urine Color Chart can be accessed at: [http://at.uwa.edu/admin/UM/urinecolorchart.doc](http://at.uwa.edu/admin/UM/urinecolorchart.doc)

- Hyponatremia is a rare, but potentially deadly disorder resulting from the over consumption of water. It is most commonly seen during endurance events, such as marathons, when participants consume large amounts of water over several hours, far exceeding fluid lost through sweating. The opposite of dehydration, hyponatremia is a condition where the sodium content of the blood is diluted to dangerous levels. Affected
individuals may exhibit disorientation, altered mental status, headache, lethargy, and seizures. The diagnosis can only be made by testing blood sodium levels. Suspected hyponatremia is a medical emergency and EMS (Emergency Medical Services) must be activated. It is treated by administering intravenous fluids containing high levels of sodium.

References:


Revised and Approved October 2011
Chemical Abuse Programs

Schools are strongly encouraged to develop alcohol and drug prevention education programs. The UIL staff will provide assistance to coaches, sponsors and administrators in developing educational programs and referral procedures.

Illegal Steroid Use and Random Anabolic Steroid Testing

- Texas state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Texas state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Texas state law requires that only a medical doctor may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

As a prerequisite to participation in UIL athletic activities, student-athletes must agree that they will not use anabolic steroids as defined in the UIL Anabolic Steroid Testing Program Protocol and that they understand that they may be asked to submit to testing for the presence of anabolic steroids in their body. Additionally, as a prerequisite to participation in UIL athletic activities, student-athletes must agree to submit to such testing and analysis by a certified laboratory if selected.

Also, as a prerequisite to participation by a student in UIL athletic activities, their parent or guardian must certify that they understand that their student must refrain from anabolic steroid use and that the student may be asked to submit to testing for the presence of anabolic steroids in his/her body. The parent or guardian also must agree to submit their child to such testing and analysis by a certified laboratory if selected.

The results of the steroid testing will only be provided to certain individuals in the student’s high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at http://www.uiltexas.org/health/steroid. Additionally, results of steroid testing will be held confidential to the extent required by law.

Health Consequences Associated with Anabolic Steroid Abuse (source: National Institute on Drug Abuse)

- In boys and men, reduced sperm production, shrinking of the testicles, impotence, difficulty or pain in urinating, baldness, and irreversible breast enlargement (gynecomastia).
- In girls and women, development of more masculine characteristics, such as decreased body fat and breast size, deepening of the voice, excessive growth of body hair, and loss of scalp hair.
- In adolescents of both sexes, premature termination of the adolescent growth spurt, so that for the rest of their lives, abusers remain shorter than they would have been without the drugs.
- In males and females of all ages, potentially fatal liver cysts and liver cancer; blood clotting, cholesterol changes, and hypertension, each of which can promote heart attack and stroke; and acne. Although not all scientists agree, some interpret available evidence to show that anabolic steroid abuse-particularly in high doses-promotes aggression that can manifest itself as fighting, physical and sexual abuse, armed robbery, and property crimes such as burglary and vandalism. Upon stopping anabolic steroids, some abusers experience symptoms of depressed mood, fatigue, restlessness, loss of appetite, insomnia, reduced sex drive, headache, muscle and joint pain, and the desire to take more anabolic steroids.
- In injectors, infections resulting from the use of shared needles or nonsterile equipment, including HIV/AIDS, hepatitis B and C, and infective endocarditis, a potentially fatal inflammation of the inner lining of the heart. Bacterial infections can develop at the injection site, causing paid and abscess.

Emergency Medical Procedures

Schools should have written procedures for medical emergencies at athletic contests. All schools cannot have physicians present. This makes it mandatory that emergency procedures be understood by administrators and coaches. Such procedures include:

1. Immediate, on-the-spot first aid by an adequately trained individual.
2. A telephone or other communication device to contact a doctor, ambulance, or emergency clinic.
3. A designated emergency vehicle. If an ambulance is not available, another suitable vehicle should be ready for quick utilization.
4. Notification of parents of injured player.
5. Proper arrangements at hospital or clinic to insure complete care of injured student.

Any plan of action should be carefully covered in advance with responsibilities of each party specified. Trainers, coaches, vehicle drivers, school administrators, and local law officers should function as an informed, effective team. Communication is the key to an effective athletic emergency care plan. Everyone - school personnel, medical professionals, transportation staff - must know exactly what is to be done in an emergency and who is responsible for each task.

If a definite procedure is adopted and followed, everyone will know that the health, safety and welfare of participants is a top priority.

Lightning Safety

Lightning may be the most frequently encountered severe storm hazard endangering physically active people each year. Millions of lightning flashes strike the ground annually in the United States, causing nearly 100 deaths and 400 injuries. Three quarters of all lightning casualties occur between May and September, and nearly four fifths occur between 10:00 am and 7:00 pm, which coincides with the hours for most athletic events.

RECOMMENDATIONS FOR LIGHTNING SAFETY

1. Establish a chain of command that identifies who is to make the call to remove individuals from the field.
2. Name a designated weather watcher (A person who actively looks for the signs of threatening weather and notifies the chain of command if severe weather becomes dangerous).
3. Have a means of monitoring local weather forecasts and warnings.
4. Designate a safe shelter for each venue. See examples below.
5. Use the Flash-to-Bang count to determine when to go to safety. By the time the flash-to-bang count approaches thirty seconds all individuals should be already inside a safe structure. See method of determining Flash-to-Bang count below.
6. Once activities have been suspended, wait at least thirty minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.
7. Avoid being the highest point in an open field, in contact with, or proximity to the highest point, as well as being on the open water. Do not take shelter under or near trees, flagpoles, or light poles.
8. Assume that lightning safe position (crouched on the ground weight on the balls of the feet, feet together, head lowered, and ears covered) for individuals who feel their hair stand on end, skin tingle, or hear “crackling” noises. Do not lie flat on the ground.
9. Observe the following basic first aid procedures in managing victims of a lightning strike:
   • Activate local EMS
   • Lightning victims do not “carry a charge” and are safe to touch.
   • If necessary, move the victim with care to a safer location.
   • Evaluate airway, breathing, and circulation, and begin CPR if necessary.
   • Evaluate and treat for hypothermia, shock, fractures, and/or burns.
10. All individuals have the right to leave an athletic site in order to seek a safe structure if the person feels in danger of impending lightning activity, without fear of repercussions or penalty from anyone.
DEFINITIONS
Safe Shelter:
1. A safe location is any substantial, frequently inhabited building. The building should have four solid walls (not a dug out), electrical and telephone wiring, as well as plumbing, all of which aid in grounding a structure.

2. The secondary choice for a safer location from the lightning hazard is a fully enclosed vehicle with a metal roof and the windows completely closed. It is important to not touch any part of the metal framework of the vehicle while inside it during ongoing thunderstorms.

3. It is not safe to shower, bathe, or talk on landline phones while inside of a safe shelter during thunderstorms (cell phones are ok).

Flash-to-Bang:
To use the flash-to-bang method, begin counting when sighting a lightning flash. Counting is stopped when the associated bang (thunder) is heard. Divide this count by five to determine the distance to the lightning flash (in miles). For example, a flash-to-bang count of thirty seconds equates to a distance of six miles. Lightning has struck from as far away as 10 miles from the storm center.

Postpone or suspend activity if a thunderstorm appears imminent before or during an activity or contest (irrespective of whether lightning is seen or thunder heard) until the hazard has passed. Signs of imminent thunderstorm activity are darkening clouds, high winds, and thunder or lightning activity.
~ Booster Club Regulations ~

The Role of Competition
Participation teaches that it is a privilege and an honor to represent one’s school. Students learn to win without boasting and to lose without bitterness.

Self-motivation and intellectual curiosity are essential to the best academic participants. Artistic commitment and a desire to excel are traits found in music participants. Physical training and good health habits are essential to the best athletes. Interscholastic competition is a fine way to encourage youngsters to enrich their education and expand their horizons.

Leadership and citizenship experiences through interschool activities help prepare students for a useful and wholesome life. Plus, competition is fun!

Superintendent Responsible for UIL Activities
UIL rules are made by the member schools and include penalties to schools, school district personnel, and student participants. The superintendent is solely responsible for the entire UIL program. All school activities, organizations, events, and personnel are under the jurisdiction of the superintendent. It is imperative that booster clubs recognize this authority and work within a framework prescribed by the school administration.

Role of Booster Clubs
Booster clubs are formed by school patrons to help enrich the school’s participation in extracurricular activities. It is a violation of the UIL athletic amateur rule for booster club funds to be used for non-school purposes. The fund-raising role of booster clubs is particularly crucial in today’s economic climate. The majority of activities supported by booster clubs are related to UIL activities. Since UIL rules regulate what UIL participants, sponsors, and coaches may and may not accept, it is important that booster clubs are aware of these rules.

Relationship with the School
- The superintendent or a designee has approval authority over booster clubs and should be invited to all meetings.
- Booster clubs do not have authority to direct the duties of a school district employee. The schedule of contests, rules for participation, method of earning letters, and all other criteria dealing with interschool programs are under the jurisdiction of the local school administration.
- All meetings should be open to the public.
- Minutes should be taken at each meeting and kept on file at the school.
- School administration should keep booster clubs informed concerning all school activities.

Expenditure of Funds
- Booster club funds shall not be used to support athletic camps, clinics, private instruction, or any activity outside of the school.
- Booster groups or individuals may donate money or merchandise to the school with prior approval of the administration. These kinds of donations are often made to cover the cost of commercial transportation and to cover costs for out of town meals. It would be a violation for booster groups or individuals to pay for such costs directly.
- To avoid violation of the UIL athletic amateur rule, money given to a school cannot be earmarked for any particular expense. Booster clubs may make recommendations, but cash or other valuable consideration must be given to the school to use at its discretion.
- Coaches and directors of UIL academics, athletics and fine arts may not accept a petty cash fund or a miscellaneous discretionary fund. All funds must be given to the school administrator and spent at the discretion of the school, with the approval of the school board.
- Coaches and directors of UIL academics, athletics and fine arts may not accept more than $500 in money, product, or service from any source in recognition of or appreciation for coaching, directing or sponsoring UIL activities. The $500 limit is cumulative for a calendar year and is not specific to any one particular gift. The district may pay a stipend (fixed at the beginning of the year) as part of the annual employment contract.
- Booster clubs cannot give anything to students, including awards. Check with school administrators before giving anything to a student, school sponsor or coach. Schools must give prior approval for any banquet or get-together given for students.
- Individuals should be informed of the seriousness of violating the athletic amateur rule. The penalty to a student athlete is forfeiture of varsity athletic eligibility in the sport in which the violation occurred for one calendar year.
from the date of the violation. Student athletes are prohibited from accepting valuable consideration for participation in school athletics (anything that is not given or offered to the entire student body on the same basis that it is given or offered to an athlete). Valuable consideration is defined as tangible or intangible property or service, including anything that is useable, wearable, salable or consumable. Saleable food items or trinkets given to athletes by students, cheerleaders, drill team members, little/big sisters, school boosters, parents of other students, teachers, or others violate this rule.

- Homemade “spirit signs” made from paper and normal supplies a student purchases for school use may be placed on students’ lockers or in their yards. Trinkets and food items cannot be attached. Yard signs made of commercial quality wood, plastic, etc., must be purchased or made by the individual player’s parents or returned after the season.
- For purposes of competing in an athletic contest the school may continue to provide meals in association with contests held away from the home school. If the school does not pay for meals, then individual parents need to purchase their own child’s food. Parents may purchase anything they wish for their own child, but may not provide food or other items of valuable consideration for their child’s teammates without school approval.
- Parties for athletes are governed by the following State Executive Committee interpretation of Section 441:

Interpretation of the UIL Athletic Amateur Rule, section 441 of the UIL Constitution and Contest Rules:

(a) VALUABLE CONSIDERATION SCHOOL TEAMS AND ATHLETES MAY ACCEPT:
1. Pre-Season. School athletic teams may be given pre-season meals, if approved by the school.
2. Post-Season. School athletic teams may be given post-season meals if approved by the school. Banquet favors or gifts are considered valuable consideration and are subject to the Awards and Amateur Rules if they are given to a student athlete at any time.
3. Other. If approved by the school, school athletic teams and athletes may be invited to and may attend functions where free admission is offered, or where refreshments and/or meals are served. Athletes or athletic teams may be recognized at these functions, but may not accept anything, other than food items, that is not given to all other students.

(b) Additional VALUABLE CONSIDERATION THAT SCHOOL TEAMS AND ATHLETES MAY ACCEPT

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

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

Local school district superintendents continue to have the discretion to allow student athletes to accept small "goodie bags" that contain candy, cookies or other items that have no intrinsic value and are not considered valuable consideration.

Fund Raising

- Funds are to be used to support school activities. To provide such funding for non-school activities would violate UIL rules and the public trust through which funds are earned.
- Fund raising projects are subject to state law. Non-profit status may be obtained from the IRS.
- Community-wide sales campaigns should be coordinated through the school administration to minimize simultaneous sales campaigns.
- Sales campaigns should be planned carefully to insure that the projects provide dollar value for items sold, and that most of the money raised stays at home; otherwise donations are often more rewarding than letting the major part of the money go to outside promoters.
- The UIL reserves the right to sell game and tournament programs and merchandise at all UIL state championship events. Booster Clubs are not allowed to sell programs or merchandise at these events.

Fund raising activities should support the educational goals of the school and should not exploit students. Activities and projects should be investigated carefully before committing the school’s support.

Written Policies

Booster clubs should develop and annually review policies to cover the following areas:

- How to plan and publicize meetings.
Appendix

• Methods of financing the club; compliance with tax laws; administering funds; method of bookkeeping.
• Election of officers.
• Taking, distributing and filing minutes.
• Effective communication — press releases, etc.
• Proper interaction with fine arts directors and academic and athletic coaches through the lines of authority as established by the school board.
• Sportsmanship code governing behavior of booster club members and fans at contests, treatment of officials, guests, judges, etc.
• Plans to support the school regardless of success in competition, keeping the educational goals of competition at the forefront of all policies.

What Parents and Fans Can Do

Help the school conduct fair and equitable competition: adhere to rules, uphold the law, and respect authority.
Remember that officials are human and make mistakes, and respect their decisions.
Delegate authority to the school, then back up the decisions made by the school.
Set standards by which you expect children to conduct themselves, and live by those standards yourself.
Be aware of capabilities and limitations of young people; don’t have unrealistic expectations.
Let your children live their own lives — not relive your life.
Be involved in areas in which your own child is not involved, thus contributing to school unity and spirit.
Show respect to the opponents of your children.
Praise — don’t criticize — all youngsters.
Be attentive to the needs of students.
Help your children and their friends develop integrity through the intensity of competitive activity.
Remember — The classroom comes first!
Public Address Announcements

It is recommended that the following public address announcements be made prior to the game:

“These are high school athletes performing tonight. They are friendly rivals, not enemies.”

“Friendly competition is the theme of interschool sports. The visiting team and fans are our guests. Please show courtesy and good sportsmanship.”

“Officials are assigned by mutual agreement of both schools. Sportsmanship should be shown by all spectators, no matter which team they are backing.”

“Good Evening. Welcome to this game between the _______________ and the ______________. A special welcome is extended to our neighbors from _______________ for this exciting contest between two fine schools. Tonight’s event provides a showcase for the talents and skills of the students from each school through friendly competition, which is the theme of all interscholastic events.

The performances you will see are the result of many hours of preparation. The teams, the bands, the drill teams and the cheerleaders have worked hard for your entertainment and appreciation. Please encourage them by your cheers, your applause, and your good sportsmanship. These students, along with their directors and coaches, represent their school with pride and honor.

The game will be conducted according to the rules of the University Interscholastic League. The officials were selected with the consent of both schools, and their rulings should be respected by all. The use of alcoholic beverages or illegal drugs is prohibited on all school property, as well as the possession of illegal weapons and public gambling. The use of all tobacco products is forbidden except in designated areas.

You are reminded that spectators are not allowed on the field until players and officials have had an opportunity to leave after the game.

Thank you for your attendance. Get ready to enjoy the special performances of the talented students from these two fine schools.”

Radio Announcements

The following requirements should be put in a written contract with any radio or television station carrying a high school athletic activity. This is important because some announcers criticize game officials. Each station should agree not to criticize the officiating, the school, or the League. It is recommended that the following be included in any agreement to broadcast a high school athletic activity:

1. There shall be no political announcements or advertising of tobacco, liquor, wine or beer during the broadcast;
2. The Station is to be responsible for any expenses incidental to setting up the broadcasting arrangements;
3. The Station shall not feed the broadcast of this game to any other radio station without the signed approval of a school official;
4. The ______________________ School District shall not be liable for any expenses incurred by Station ______________________ in putting on the broadcast;
5. There shall be no criticisms of officials’ decisions;
6. No mention shall be made of injuries, unpreventable accidents, or other incidents which may cause any anxiety on the part of listeners; and
7. There shall be no discussion of school or League policies which are of a derogatory nature.
~ ALIGNMENTS, BRACKETS, FORMS AND REPORTS ~

~ ALIGNMENTS ~

*Alignments.* The football alignments can be found on the UIL website at www.uiltexas.org/football/alignments.

*District Chair Lists.* District chair lists can be found on the UIL website, www.uiltexas.org/athletics/district-chairs/football.

~ BRACKETS ~

*Brackets.* The football brackets can be found on the football homepage at www.uiltexas.org/football/playoff-brackets.

~ FORMS AND REPORTS ~

*Eligibility Form.* Schools must submit a comprehensive eligibility form. One copy shall be sent to the district executive committee chair and one copy shall be filed in the school’s office. *The eligibility forms should not be sent to the UIL office.*

*Weekly Game Report Form.* Two copies are to be made, one copy to the district chairman each week, and one copy remains on file at the home school. *Do not mail the game report to the UIL office. These forms are to be used by the district chairman and the local school.*

Who to report? All students who represented your school in high school games in that particular week.

How to list names? As closely as possible enter the names as you have them listed on your original eligibility list. (Example: John Doe rather than J. Doe.)

**UIL Playoff Reporting - Teams Advancing**

Coaches are required to submit playoff results immediately following their contest. The winning school should submit playoff game results and next round information via MaxPreps through the assigned coach/admin account. The score reported by a coach on a team’s page will automatically fill in the bracket.

The completeness of the data presented on the UIL Texas Scoreboard will be dependent upon the participation of schools and coaches. For more information, please see http://www.uiltexas.org/athletics/UIL-maxpreps

*Injury Report Form.* District chair schools are required to go online and report injuries for their school only. The only other reports required are for any school that has a fatality or catastrophic injury.

*What is an injury?* Usually if the athlete misses a game or workout it is deemed an injury. (An exception would be some type of non-football related illness.) Certainly, if an athlete requires medical treatment from a physician, an injury report should be filed. A good rule-of-thumb: When in doubt as to whether it is an injury - report it!

**Miscellaneous Forms.** The forms listed below can be downloaded on the UIL website at www.uiltexas.org/athletics/forms or www.uiltexas.org/football/forms. If you have any problems, please call us at 512-471-5883.

Acknowledgment of Rules Form
Concussion Acknowledgement Form
District Meet Entry Forms (Cross Country, Golf, Team Tennis, Tennis, Track and Field, Wrestling)
District Results Form (Cross Country, Golf, Tennis, Track and Field)
Anabolic Steroid Use and Random Steroid Testing Parent and Student Notification / Agreement Form
Individual Sport Regional Medal Order Form
Individual Varsity Sport Eligibility Form
National Federation Order Blank for Rule Books, etc.
National Federation Record Application for All Sports
Notice of School Host Form
Overage Junior High Waiver Form
Overage Varsity (High School) Waiver Form
Parent or Guardian Permit
Parent/Student Anabolic Steroid Use and Random Steroid Testing Form
Pre-Participation Physical Evaluation - Medical History and Physical Examination Form
Previous Athletic Participation Form
Professional Acknowledgment Form
Radio Broadcasting Agreement Form
Sudden Cardiac Arrest Awareness Form
Team Varsity Sport Eligibility Form
Waiver of Athletic Eligibility Rules for Foreign Exchange Student Form
Waiver of Athletic Eligibility Rules for Parent Resident Rule/Four Year Rule Form
~ UIL/NCAA SIX-MAN FOOTBALL RULES COMPARISON ~

General: Texas Six-Man Football Rules are the same as NCAA Football Rules Except for the following variations. (Note: NCAA Rule References to the 2014-2015 Rule Book are indicated in parenthesis).

NCAA RULE SIX-MAN RULE VARIATION

(1-1 & 2) 1. Each team has six players. Number of players changed to NO MORE THAN SIX players each in UIL Six Man Games. In UIL Six Man Games, a team needs at least six players to start the game and can play with five or four, but less than four available players should result in suspension of the contest. Unless necessary to use the eleven-man field, the six-man field is 80 yards by 40 yards, with the 40 yard line being the center of the field. The two inbound lines (hash marks) are 40 feet from the sidelines. There will also be marks that are measured 13 feet from the sidelines. Goal posts are 25 feet apart and the crossbar is 9 feet above the ground. NOTE: UIL (Texas) Six Man Football Rules EXCEPTIONs are listed in the NCAA Officials Manuals for a Crew of Five, a Crew of Four and a Crew of 2/3 Officials.

(1-1-3) 2. When one team is 45 or more points ahead at the end of the first half or if a team achieves a 45 point lead during the second half, the game is ended immediately.

(3-2) 3. Length of quarters is 10 minutes; between quarters, 2 minutes. Between halves, 15 minutes.

(3-5-3) 4. Team A may not break the huddle with more than 6 players nor keep more than 6 players in the huddle or in a formation for more than three seconds. Officials shall stop the action whether or not the ball has been snapped. PENALTY: Dead ball foul. 5 yards from previous spot (S22).
Team B is allowed to briefly retain more than 6 players on the field to anticipate the offensive formation, but it may not have more than 6 players in its formation if the snap is imminent. Whether the snap is imminent or has just occurred, the officials shall stop the action. PENALTY: Dead ball foul. 5 yards from previous spot (S22).

(4-1-3) 5. During a try after touchdown the ball becomes dead when Team B gains possession or it is obvious that a kick is unsuccessful.

(5-2) 6. Offense must advance 15 yards instead of 10 yards in four downs.

(6-1/6-1-7) 7. Unless relocated by penalty, the kicking team’s restraining line on a kickoff is the 30 yard line on a six-man field and the 20 yard line for a free kick after safety. The receiving team’s free kick restraining line is 15 yards from the point of kickoff. There is no requirement to have a minimum number of players on either side of the kicker. If the result of a Free Kick is a touchback for Team B, and the placement of the ball is not relocated by penalty, the ball will next be put into play from Team B’s 20 yard line.

(6-1) 8. The ball must travel 15 yards on a kickoff (or place kick/punt after a safety) or be touched by the receiving team before members of the kicking team are eligible to touch it.

(6-2-1) 9. A free kick out of bound between the goal lines untouched inbounds by a player of Team B is a foul (A.R. 3-IV). PENALTY—Live-ball foul. Five yards from the previous spot; or five yards from the spot where the subsequent dead ball belongs to Team B; or the receiving team may put the ball in play 20 yards beyond Team A’s restraining line at the inbounds spot (S19).

(7-1-4) 10. Unless the ball is kicked or forward passed, it may not be advanced beyond the neutral zone until AFTER AN EXCHANGE has been made between the receiver of the snap and another player. EXCEPTION: Any player of Team A may advance a loose football after it has been touched by a Team B player. PENALTY: 5 yards plus loss of down (illegal procedure) from previous spot (S19 & S9). An exchange is completed when possession of the football is gained by a receiver of the snap, given up voluntarily or involuntarily by the receiver of the snap, and possession is regained by another player of Team A.

(7-1-4) 11. If the snap is muffed and a Team A player catches or recovers the ball beyond the neutral zone, he may not advance it. PENALTY: Loss of down (illegal procedure) from previous spot (S19 & S9), 5 yards from the previous spot is also assessed if the Team A player advances the ball. If a Team A player catches or recovers the
muffled snap behind the neutral zone, he may legally advance it only after a legal exchange.

(7-1-4) 12. No more than 3 Team A players shall be in the backfield at the snap.

(7-1-6) 13. The ball may be handed in any direction to any player during a scrimmage down behind the neutral zone. A linesman may receive a forward hand-off at any time and is not required to be 2 yards behind his line of scrimmage and does not have to face his goal prior to receiving the hand-off. EXCEPTION: The ball may not be handed forward to the snapper through his legs. PENALTY: 5 yards from previous spot and loss of down (S19 & S9).

(7-3) 14. The ball is dead when a passer catches his own pass (untouched by B), and it is ruled as an incomplete forward pass.

(7-3) 15. All players are eligible to catch a forward pass, except that a pass is ruled incomplete when caught by the passer (see preceding rule). If a forward pass is thrown to the snapper, it must travel at least one yard in flight.

(7-3-2-h) 16. The last sentence of the exception does not apply to UIL 6 Man Football Games.

(8-1) 17. Field goals count 4 points; successful try, 2 points if successful through place or drop kick and 1 point if successful by pass or run. The defense may not score on a try.

(9-1-14) 18. When a team is in an offensive or scrimmage kick formation, and no player is in position to take a hand to hand snap, a defensive player may not initiate contact with the snapper until one second has elapsed after the snap.

~ APPROVED RULINGS ~

Section 1: Exchanges:

I. First down and 15 from A’s 35. A10 pitches to A28 who muffs the ball. A10 picks it up and runs to B’s 35. RULING: Illegal advance by A. Penalize 5 yards plus loss of down.

II. First down and 15 from A’s 25. A10 pitches the ball backward. It strikes B72 and is loose on the ground. A10 picks up the ball and runs to the 40 (midfield). RULING: A’s ball first down and 15 on the 40. NOTE: by definition, when the ball strikes B72, it has been touched by Team B player.

III. A15 hands the ball to A40. While still behind the line A40 hands the ball forward to A15 who advances beyond the line for a ten yard gain. RULING: Legal advance by A15.

IV. A12 receives the snap and possesses the ball. He hands the ball forward to A60, the snapper by handing it back between his legs. A60 advances 5 yards. RULING: Illegal Advance by Team A. PENALTY: 5 yards and loss of down.

V. A15 receives the snap and hands off to A38. A38 fumbles the ball and it is picked up by A45 (1) behind the line of scrimmage; (2) beyond the line of scrimmage. A45 advances for 10 yard gain. RULING: A legal exchange has been made. A45 may advance the football in (1) & (2) as long as it is not fourth down.

VI. A12 receives the snap and pitches the ball to A45 who muffs the pitch and is attempting to catch the ball (bobbling it) as he crosses the neutral zone. A45 then catches the ball and advances for a five yard gain. RULING: Illegal advance by A. PENALTY: 5 yards and loss of down.

VII. A’s ball first down and 15 at A’s 20 yard line. A8 muffs the snap. It is picked up by A25 behind the neutral zone and advanced to A’s 30. RULING: Illegal advance by A. Penalize 5 yards plus loss of down from the line of scrimmage. No legal exchange has been made since A25 was the first to possess the ball after the snap and then advanced the ball beyond the neutral zone without an exchange.

VIII. A’s ball second and 5 at A’s 24. A13 receives the snap and fumbles the hand-off to A30. A30 recovers the fumble and hands the ball back to A13 who advances it to A’s 32. RULING: A’s ball first down and 15 at the 32 yard line.
IX. A10 muffs the snap from A50. The ball rolls a few yards beyond the neutral zone where A6 (1) picks up the ball and advances; or (2) falls on the ball for the recovery. RULING: (1) Illegal, 5 yards previous spot plus loss of down. Penalty marker is dropped, play continues. (2) Legal recovery, no foul, the ball is returned to the line of scrimmage, loss of down. A legal exchange has not been made prior to advancement of the ball beyond the line of scrimmage.

X. A25 receives the snap and immediately throws a backward pass to A40 who muffs the pitch. A40 scoops up the ball from the ground and advances beyond the neutral zone. RULING: Legal, a backward pass has been thrown and a legal exchange has been completed.

XI. A’s ball first and 15 from B’s 22. A10 receives the snap and hands the ball to A20. The ball is fumbled by A20 and A70 recovers at B’s 19. RULING: Legal advance by A, unless it is 4th down.

XII. A’s ball 4th and 1 at B’s 30. A10 receives the snap and fumbles the hand-off to A22. A22 picks up the football and advances to B’s 25. RULING: Ball is dead when A22 picks up the football. No advance is allowed. NCAA Rule 4-1-3-j applies and prohibits advance. A10 may pick up the loose ball and complete an exchange for a legal advance.

Section 2: Passing

I. A15 attempts a forward pass which is batted in the air by B73. A15 catches the ball and advances it 10 yards. RULING: Legal. Ball was touched by B.

II. First and 15 yards to go for A at their 15 yard line. A9 hands the ball forward to A30. A30 runs to the left and passes the ball to A60 while still behind the line of scrimmage. RULING: Legal pass by A30.

III. A15 receives the snap and retreats 10 yards to his own 20 yard line. Due to a heavy pass rush he immediately passes the ball to A50, his snapper, who is standing on the 21 yard line. RULING: Legal pass since the ball traveled at least one yard when passed to the snapper.

IV. A8 attempts a pass at the line of scrimmage. B75 tips the ball and it is caught by A55, the snapper, at the line of scrimmage. The ball has only traveled 1/2 yard in the air. RULING: The tipping by B makes A55’s reception a legal catch and A55 may advance the ball.

V. A’s ball 4th and 4 at B’s 22. A10 throws a pass which strikes A73 and bounces into the air. A10 catches the ball and advances 5 yards where A10 fumbles the ball. RULING: Incomplete forward pass. B’s ball first and 15 at their 22. (Six-Man Rule variation No’s 12 & 13)

Section 3: Other Plays

I. Team A lines up at the line of scrimmage with three men on the scrimmage line next to each other in a three point stance. A80 located on the right side of the snapper raises up and shifts out 7 yards. RULING: Since A80 is at the end of the line this is a legal shift.

II. Team A lines up with four men on the line of scrimmage next to each other in a three point stance. A62 who is covered up by A80 (1) raises up from his 3 point stance before the snap; or (2) receives a forward hand-off and advances 4 yards; or (3) catches a forward pass 10 yards beyond the line of scrimmage. RULING: (1) False start. (2) & (3) Legal.

III. Team A lines up with 4 men on the scrimmage line next to each other. A88, on the end line, leaves his position and goes in motion before the snap. At the snap, he is (1) moving toward his opponent’s goal line; (2) moving away from his opponent’s goal line and 2 yards behind the line of scrimmage. RULING: (1) Illegal motion since A88 cannot be moving toward his opponent’s goal. (2) Illegal motion by A88. He must set for one second after leaving line. A lineman may not be in motion at the snap.

IV. Team A’s kickoff from their 30 yard line rolls out of bounds untouched by Team B at B’s 38. RULING: B may snap the ball at their own 38, 30, Team A’s 37, or accept the penalty against A for illegal procedure and have Team A re-
Appendix

kick.

VI. B is leading 60-19. They return the second half kickoff 65 yards for a touchdown. RULING: Game ends.

VI. B is leading 50-10 in the second half. B intercepts A’s pass and returns it 16 yards for a touchdown. B44 clips on the runback. RULING: If A declines the penalty the game ends and there will be no try for point.

VII. A’s ball 4th down and 5 from their 20 yard line. A14 punts the ball which is blocked and goes straight up in the air. A45 catches the punt behind the line of scrimmage and advances to A’s 40 yard line. RULING: Legal advance by A, first down and 15 yards to go.

VIII. Team A attempts a try from any legal point and:
(1) Team B recovers a legal fumble, picks it up and advances the ball into Team A’s end zone; or
(2) Team B intercepts a fumble or forward pass and advances the ball into Team A’s end zone; or
(3) Team B blocks the try, gains legal possession and advances the ball into Team A’s end zone; or
(4) Team B blocks the try and A12 picks up the ball and advances into Team B’s end zone.
RULING: No score, ball is dead when it is obvious that the kick is unsuccessful.
SIX-MAN FOOTBALL
GOALPOST DIMENSIONS

25'
6' 12'6"

40 YDS -- 120 FEET

10' 10'
13' 40'
9 YARDS MARKS ARE 13 FEET FROM SIDELINE -- TOP OF NUMBERS

HASH MARKS ARE 40 FEET FROM SIDELINE

G 120'
13'
25'
40'

G
10
20
30
40
30
20
10
G
20
10
10
G

240'

Appendix
OFFICIAL BALL OF THE UNIVERSITY INTERSCHOLASTIC LEAGUE

The Baden QBI™ Football

SMALLEST BALL FOR QUARTERBACK PREFERENCE

“TRIGGER” EDGE TO ACHIEVE FASTER ROTATING SPIRALS

LONGER LACE FOOTPRINT FOR OPTIMUM PLACEMENT OF HAND

FOUR-PLY LINER TO MAINTAIN SIZE AND SHAPE

SUPERIOR DURABILITY WITH HIGHER VISIBILITY UNDER STADIUM LIGHTS

SURE GRIP GRAPHICS ELIMINATE SLICK AREAS MAINTAINING GRIP

badensports.com