2014-15

UNIVERSITY INTERSCHOLASTIC LEAGUE
JUNIOR HIGH SCHOOL ATHLETIC MANUAL

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

LIMITATIONS: This manual does not cover all rules. The Constitution and Contest Rules is the official UIL rule book and covers information in more detail than this manual. Coaches should confer with their principals and superintendents if there are questions concerning the rules. Information and opinions may be obtained from the League office, 8:00 AM - 5:00 pm, by calling (512) 471-5883 or by faxing (512) 471-6589.

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

The UIL encourages student athletes in all sports, and their parents, to discuss risks and risk minimization with coaches and school administrators.

NOTE: Questions concerning the UIL Junior High School Plan and eligibility requirements found in the UIL Constitution and Contest Rules should be directed to Darryl Beasley, Peter Contreras, Traci Neely, or Mark Cousins at the UIL office.
Section 1400: JUNIOR HIGH (SEVENTH AND EIGHTH GRADES)

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

(1) Student’s Eligibility. An individual may participate in League competition or contests as a representa-
tive of the participant school he/she attends if that student has been in attendance and has passed the
required number of courses required by state law and by rules of the State Board of Education, and is passing
the number of courses required by state law and by rules of the State Board of Education.

(2) Junior high students are not prohibited from competing at a grade level higher than the one in which
they are enrolled. Refer to Subchapter M for high school eligibility standards.

(3) To participate in athletic competition, a student who initially entered the seventh or eighth grade during
the current school year and has a special needs condition which delayed his or her education by at least
one year, and students who are overage due to limited English proficiency, and who have substantiation
from a language proficiency assessment committee, may petition the UIL to participate at grade level. The
following must be submitted to the UIL for eligibility determination (not required for non-athletic com-
petition).

(A) A special education student must provide documentation of a special education status and doc-
umination that a disability delayed his or her education by at least one year.

(B) A student with a history of a disability must provide documentation from a 504 committee or an
ARD committee proving the existence and length of time of the disability that caused the delay
of at least one year in his or her education.

(C) A student with limited English proficiency must provide documentation of the recommendation
of the LPAC.

(D) Students must provide documentation of date of birth and a copy of a current physical, includ-
ing height and weight.

(E) The district executive committee may appeal the decision of the UIL to the State Executive Com-
mittee.

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

(1) Has been in attendance and has passed the number of courses required by state law and by rules of
the State Board of Education and is passing the courses required by state law and by rules of the State
Board of Education.

(2) Is a sixth grade student who will be too old to participate the following year as a seventh grade and
who has a special needs condition which delayed his or her education by at least one year. (Applies
to athletic competition only – see Section 446).

(3) No Interscholastic Athletic Competition Below Seventh Grade. No interscholastic athletic competition
is allowed in any conference for teams in the sixth grade and below. This does not apply to annual
inter-school elementary field days, assuming there is no awarding of place ribbons or determination
of team champions. EXCEPTIONS: Certain athletic exceptions allow sixth grade students to partici-
pate. See (2) above and Section 1478.

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

(d) SCHEDULE.

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

(2) District Music Contests. Schools may use no more than one school day per school year to hold the
concert and sightreading contests. Students in seventh and eighth grade may participate in composite
groups prior to the end of the academic school year. Refer to Section 1102 for definition of composite
groups.

(3) Other Competitions. No other game, contest or tournament shall begin prior to the end of the academ-
ic school day.

(e) SUNDAY PARTICIPATION. No League participant school shall sponsor individuals or teams in any

Section 441, Amateur Athletic Status, does not apply to students until the first class day of their
ninth grade year.

(f) MEMBERSHIP.

(1) School District. Junior high/middle schools receive membership in the League through the paid
memberships of their parent high schools.

(2) K-8 Independent School Districts. For school systems with no high schools, refer to the membership
fee structure in Sections 10 through 15.

(3) Superintendents’ Responsibility. The superintendent shall have final responsibility for membership.
When a school board elects to pay membership fees to join the League, it agrees to accept and observe
the terms of participation in the contests as set forth in the Constitution and Contest Rules. This is
a voluntary organization. All conditions surrounding participation are freely accepted and both the
letter and spirit of the rules are to be observed. Thus, when disputes arise, they shall be settled by the
committees in the prescribed manner.

(g) DISTRICTS.

(1) No District Assignments. Junior high schools will not be assigned to junior high districts or conferences
by the League office. Schools may follow the high school Spring Meet district assignments or form their
own district. Students will represent their campus in the Junior high academic and athletic district meets.

(2) Required Assignments. The UIL office reserves the right to assign contests or teams to districts.

(3) Composite or Combined Teams. Students will represent their campus. Combined or composite teams
are not allowed in UIL district academic or athletic competitions.

(h) PROTESTS.

(1) Persons Responsible. In junior high schools that do not form a district, the district executive commit-
tee of the high school which the students will attend shall decide protests for the junior high school
that has been protested. In junior highs that do form districts, the junior high school administrators
from their schools shall consider all protests and eligibility of the students. In disputes between junior
high schools from different junior high districts, neutral representatives from the executive commit-
tees of both districts will settle the dispute.
Section 1478: SEVENTH AND EIGHTH GRADE ATHLETIC PLAN

(a) PURPOSES. The League is vitally interested in the welfare and development of every youngster. A properly administered athletic program can enhance their overall education. Junior high programs need to take into consideration the substantial range in individual differences among seventh and eighth grade students, i.e., age, body build, interests, ability, experience, health, and stages of physiological, emotional and social maturity. Exploring a wide range of activities rather than specializing in one area, and what is best for the greatest number of participants involved should be emphasized. Each local district has final responsibility for enforcement of all objectives, guidelines and codes in the junior high program of competition.

(b) To integrate the athletic program with all other activities essential to junior high school youth, avoidance of an excessive activity load for any student.

(c) To conduct the athletic program so that educational objectives are achieved, highest details of sportsmanship are upheld, and no single phase of the athletic program is promoted at the expense of any other program.

(d) To provide broad and varied athletic programs with an opportunity for equitable competition for all students. A desirable program involves participation in intramural competition at several ability levels and interschool competition for the more advanced students.

(e) To equalize competition and administer the programs so that mismatching of teams or individuals is not permitted. Individual schools shall have the final responsibility of enforcing this concept.

(f) To integrate the athletic program with all other activities essential to junior high school youth, avoiding an excessive activity load for any student.

(g) To require that participants are properly examined, approved, equipped, classified, instructed and supervised.

(h) To administer the program so that there will be a minimum loss of school time, proper but minimal publicity, competent officiating, limited awards, and the program kept in its proper perspective.

(i) To provide qualified faculty leadership who understand this adolescent age group, the objective of this modified sports program, and the emphasis on safety and welfare of the student.

(j) To foster proper respect for authority and avoidance of all evidences of undesirable athletic manner-

(9) To compete within the spirit of the rules, giving every opponent due credit and respect, and making every effort to be gracious in victory or loss.

(b) ELIGIBILITY REQUIREMENTS FOR SEVENTH AND EIGHTH GRADE PARTICIPANTS. An individual may participate in League athletic competition or contests as a representative of a participant school if he/she:

(1) Has met the requirements of Section 1400(a) regarding general eligibility.

(2) For seventh grade athletic competition, has not reached his/her 14th birthday on or before September 1, and has not enrolled in the ninth grade.

(3) For eighth grade athletic competition, has not reached his/her 15th birthday on or before September 1, and has not enrolled in the ninth grade.

(4) A student who initially entered the seventh or eighth grade the current school year and is too old for seventh or eighth grade participation may participate according to age, that is, seventh graders on the eighth grade, ninth grade, high school junior varsity or high school varsity team, and eighth graders on the ninth grade, high school junior varsity or high school varsity team.

(A) Four Consecutive Years. A student has only four consecutive calendar years to complete high school varsity eligibility. Exception: See Section 463.

(B) Athletic Class. Overage junior high school students who have reached their 15th birthday on or before September 1 of that school year may be assigned to high school athletic periods if they are participating with the high school sub-varsity or varsity. Otherwise seventh and eighth grade students remain in their junior high school athletic class throughout the school year.

(C) Full Participation Allowed. Only seventh and eighth grade students who are too old to represent the full athletic team may participate on the high school's athletic team. Overage junior high school students who participate with a high school ninth grade, sub-varsity or varsity team, may participate fully under the rules for high school athletes in that sport, including, but not limited to, rules governing number of games, post-season games, etc.

(5) Is a full-time student in grade seven or eight at the school he/she represents. Exception: Seventh and eighth grade students from public K-8 ISDs that do not field a team, may participate on the seventh and eighth grade basketball, baseball, football, soccer, softball and/or volleyball teams at the junior high school in the attendance area where they reside or which is a part of the designated receiving school district. (Parochial, private, and home schooled students are not eligible.) See Official Interpretation #18, Note for (7) and (8).

(6) Has been in attendance and has passed the number of courses required by state law and by rules of the State Board of Education, and is passing the number of courses required by state law and by rules of the State Board of Education.

(7) Has not repeated the seventh or eighth grade for athletic purposes. A student who repeats the seventh or eighth grade for athletic purposes shall be eligible for only two consecutive years in seventh and eighth grade athletic competition after the first enrollment in the seventh grade. A student held back one year in the seventh or eighth grade for athletic purposes shall lose the fourth year of eligibility after entering the ninth grade. A student held back for two years for athletic purposes shall lose the third and fourth years of eligibility after entering the ninth grade.

(8) Has not changed schools for athletic purposes.

Note: For (7) and (8): Eligibility is lost for one to three years for seventh grade “A” team, eighth grade “A” team or combined seventh and eighth grade “A” team. An “A” team is the same as a high school varsity team.

(c) SIXTH GRADE PARTICIPATION.

(1) No Interscholastic Athletic Competition Below Seventh Grade. With the only exceptions noted below, no interscholastic athletic practice or competition is allowed in any conference for teams in the sixth grade and below. Sixth grade students may not practice with or against junior high students. This does not apply to annual inter-school elementary field days, assuming there is no awarding of place ribbons or determination of team champions.

(2) Student’s Eligibility. A sixth grader may participate in League competition or contests as a representative of a participant school only if he/she:
Non-Discrimination Policy In UIL Junior High School Contest Plans. Refer to Section 360 of the Constitution and Contest Rules as adopted and amended. The following shall be adhered to, if applicable.

(A) is a student with a disability which delayed his or her education by at least a year and therefore will be too old to participate the following year as a seventh grader; and

(B) has met the requirements of Section 1400 (a) regarding eligibility;

(C) is a full-time student in grade six at the school he/she attends;

(D) has been in attendance and has passed the number of courses required by state law and by rules of the State Board of Education, and is passing the number of courses required by state law and by rules of the State Board of Education; and

(E) has not changed schools for athletic purposes.

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

(A) in Football: 11-man, high schools whose enrollment corresponds to Conference 1A and 2A enrollment, sixth graders may be used when their participation is vital to field one combined seventh and eighth grade baseball, basketball, football, soccer, softball or volleyball team on the first day of the season. Sixth graders may not be used on either team when a school has more than one team playing. The first day of the season is defined as the first day of practice outside the school day or the day of the first competition, whichever occurs sooner. If fewer than the below listed number of seventh and eighth grade students report the first day of the season, then sixth graders shall be notified the next day that they may try out for the combined seventh and eighth grade team and may participate for the entire season. If the number of seventh and eighth graders reporting the first day of the season meets or exceeds the number listed below, then sixth graders shall not be used anytime during the entire season.

conference - 18

football: 11-man - 22

football: 6-man - 12

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

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

(1) Scheduling. No game, contest, scrimmage or tournament, including district competition, shall begin prior to the end of the academic school day for all participants. See 1478 (b) (4) for junior high students who participate on a high school team and for scheduling athletic classes.

(2) No-Post-season Competition. There shall be no post-season playoffs or competition in any athletic event.

(3) Non-Discrimination Policy In UIL Junior High School Contest Plans. Refer to Section 360 of the Constitution.

(4) Pre-Participation Physical Examination. Upon entering the first year in junior high athletics a physical examination signed by a physician, a physician assistant licensed by the state board of physician assistant examiners, a registered nurse recognized as an advanced practice nurse by the board of nurse examiners or a doctor of chiropractic is required. Standardized pre-participation physical examination forms, available from the League office and authorized by the UIL Medical Advisory Committee are required.

(5) Medical History Form. Each year prior to any practice or participation a UIL medical history form signed by both student and a parent or guardian is required. A medical history form shall accompany each physical examination and shall be signed by both student and a parent or guardian.

(6) Concussion Acknowledgement Form. According to section 58.155 of the Texas Education Code, ‘a student may not participate in an interscholastic athletic activity for a school year until both the student and the student’s parent or guardian or another person with legal authority to make medical decisions for the student have signed a form for that school year that acknowledges receiving and reading written information that explains concussion prevention, symptoms, treatment, and oversight and that includes guidelines for safely resuming participation in an athletic activity following a concussion .......’ This section also applies to students participating in the cheerleading program at the school.

(7) Sudden Cardiac Arrest Awareness Form. Each year prior to any practice or participation in athletics, a UIL Sudden Cardiac Arrest Awareness form signed by both student and a parent or guardian is required.

(8) Sunday Participation. No League participating school shall sponsor individuals or teams in any contest or school competition on a Sunday in a League contest or a contest similar to one offered by the League. Schools shall not conduct practices or teach any plays, formations or skills on a Sunday. Any showing of films or meetings of athletes for the purpose of instruction or reviewing of plays, formations or skills in any sport will be construed as a violation. This does not prevent coaches from meeting on Sunday or from seeing films or planning an instructional program, provided that no student athletes are involved in the meeting.

(9) Holiday Restriction. A school shall not conduct contests or practices, use school facilities, personnel or equipment during five consecutive days of December. Any organized or required practice will be a violation of this regulation. Schools may choose any five consecutive days which include December 24, 25 and 26, with the following exceptions.

(A) When December 26 falls on a Thursday, schools may participate in a tournament game on that day.

(B) When December 26 falls on a Thursday, schools shall still follow a five consecutive day restriction, including December 24 and 25.

(C) No practice shall be permitted on any of the five consecutive days.

(D) Travel is permitted on the 26th if a tournament game is scheduled on December 27; however, no practice shall be permitted on the 26th.

(E) Travel will not be permitted on December 25.

(F) A team that has a game on December 23 could travel home on December 24 and still be in compliance with this section.

(10) Officials.

(A) Responsible School. Home school is responsible for obtaining officials. Unless mutually decided otherwise UIL member schools shall use UIL registered officials for non-varsity games.

(B) Fee Schedule. The schedule of fees shall not exceed that of the fee schedule as listed in the high school athletic plan, Section 1204 (m).

(11) Tournament Regulations. Definition: at least three teams assembled on days other than Sunday for an elimination contest. Tournament games shall not begin prior to the end of the academic school day for all participants. Games do not have to be scheduled on consecutive days. No tournament shall exceed five consecutive days, with no more than four teams and pool play tournaments limited to 16 teams shall be permitted. Refer to tournament plans for further regulations.

(12) Recommended Standards. It is recommended that seventh and eighth grade activities be held on a Saturday or on a non-school night, or end competition to allow students to be back at home no later than 10 p.m. on a school night. It is highly recommended that no contest be scheduled on a night prior to a semester or a six-weeks exam.

(13) Physical Education/Athletic Periods. No student shall be enrolled in more than one physical education or athletics class per school day. Schools may use a seventh, eighth or zero period concept for athletics, provided no student enrolled in the class is enrolled in any other physical education/athletics class. This period shall not exceed 60 minutes per day (or 300 minutes per week on a block schedule) and the allotted time includes time for dressing and re-dressing in street clothes. See Section 1206 (d).

(e) ADDITIONAL REGULATIONS FOR TEAM SPORTS: BASEBALL, BASKETBALL, FOOTBALL, SOCCER, SOFTBALL AND VOLLEYBALL.

(1) Coaches Involvement with Non-School Teams. For non-school competition seventh- and eighth-grade school coaches shall not schedule matched games for students in grades 7-12 from their attendance zone during the school year. Coaches may assist in organizing, selecting players and coaches, and supervising practice facilities for non-school league play. Coaches shall not coach or instruct students from their school district attendance zone, except their own adopted or birth children.

(2) Rule Modification. Any extension of a game in baseball, softball, basketball, football or soccer shall
involves different players from those who participated in the earlier contest. Any extension means any additional time, i.e., another quarter played at the end of the regulation junior high contest. The additional play shall count as one of the allowable contests per school week, calendar week, and season for the individuals participating. Schools shall count the contest as one of the allowable B team contests in that sport. Schools are allowed to pay an additional game fee to officials.

(3) Number of Tournament Games Per Day. Contestants or teams shall play no more than two tournament games in a one-day tournament scheduled on a Saturday.

(4) Prescheduled District Tournaments - Baseball, Basketball, Soccer, Softball and Volleyball. Junior high prescheduled district baseball, basketball, soccer, softball and volleyball tournaments may be played in addition to invitational tournament(s) provided each game/match in the prescheduled tournament is counted as a game/match on the regular season record. Example: A junior high school could participate in nine regular season basketball games, two invitational tournaments and a three game district tournament. Schools need to save enough games/matches to cover all possible district tournament games.

(f) BASEBALL AND SOFTBALL.

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

(2) Number of Games Per Week. One game or scrimmage may be played per calendar week. A tournament may be played in the same calendar week of a game.

(3) Number of Tournament Games Per Day. Contestants or teams shall play no more than two tournament games per calendar day, except contestants or teams may play in three games in a one-day tournament scheduled on a Saturday.

(4) Season for Workouts and Games. Schools shall have 97 consecutive calendar days to practice outside the school day; 76 of the 97 consecutive calendar days may be used to complete scrimmages and games. The season can be held anytime during the school year, provided it does not exceed the number of consecutive calendar days listed above.

(g) BASKETBALL.

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

(2) Number of Games Per Week. One game or scrimmage may be played per calendar week. A tournament may be played in the same calendar week of a game.

(3) Number of Tournament Games Per Day. Contestants or teams shall play no more than two tournament games per calendar day, except contestants or teams may play in three games in a one-day tournament scheduled on a Saturday.

(4) Season for Workouts and Games. Schools shall have 121 consecutive calendar days to practice outside the school day; 93 of the 121 consecutive calendar days may be used to complete scrimmages and games. The season can be held anytime during the school year, provided it does not exceed the number of consecutive calendar days listed above.

(5) Eight Minute Quarters. Junior high schools may, by mutual consent, play eight minute quarters. See the Junior High Coaches Manual for explanations of full contact practice per week. See the Junior High Coaches Manual for explanations of full contact.

(6) Tied Games. The NCAA tie breaker system shall not be used by junior high school teams.

(i) SOCCER.

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

(2) Number of Games Per Week. One game or scrimmage may be played per calendar week. A tournament may be played in the same calendar week of a game.

(3) Number of Tournament Games Per Day. Contestants or teams shall play no more than two tournament games per calendar day, except contestants or teams may play in three games in a one-day tournament scheduled on a Saturday.

(4) Season for Workouts and Games. Schools shall have 86 consecutive calendar days to practice outside the school day; 76 of the 86 consecutive calendar days may be used to complete scrimmages and games. The season can be held anytime during the school year, provided it does not exceed the number of consecutive calendar days listed above.

(j) VOLLEYBALL.

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

(2) Number of Matches Per Week. One match or dual match or scrimmage may be played per calendar week. A tournament may be played in the same calendar week of a match.

(3) Season for Workouts and Matches. Schools shall have 86 consecutive calendar days to practice outside the school day; except contestants or teams may play in four matches per calendar day in a one day tournament scheduled on a Saturday.

(4) Season for Workouts and Matches.
(A) Traditional School Years. Practice shall not begin prior to the first day of school. Schools shall have 86 consecutive calendar days to practice outside the school day; 79 of the 86 consecutive calendar days may be used to complete scrimmages and matches. Volleyball equipment may be checked out to the players on any one day during the week preceding the first day of school. The season can be held anytime during the school year, provided it does not exceed the number of consecutive calendar days listed above.

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

(k) ADDITIONAL REGULATIONS FOR INDIVIDUAL SPORTS: CROSS COUNTRY, GOLF, SWIMMING, TENNIS, TRACK AND FIELD AND WRESTLING.

(1) Number of Meets/Tournaments. No team or student shall compete in more than six meets or tournaments, including the district meet/tournament.

(2) Exception to Six Meet/Tournament Limitation.

(A) Cross Country, Golf, Swimming, Track and Field and Wrestling. Schools may also hold competitions with three or fewer schools provided there is no loss of school time.

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

(3) Number of Contests Per Week. Individual sport participants are limited to one contest, meet or tournament per calendar week.

(4) Season for Meets/Tournaments and Workouts. Practice and/or competition shall not begin prior to the first day of school. There is no mandated season length however, there is the limitation of six meets/tournaments per school year.

(l) TRACK AND FIELD EVENTS. The recommended track and field events and order of events, is as follows. The district executive committee may by majority vote, alter the distance of certain events or authorize additional events.

(1) Boys’ and Girls’ Running Events.
   Girls’ 2400-meter run,*
   Boys’ 2400-meter run*
   Girls’ 400-meter relay
   Boys’ 400-meter relay
   Girls’ 800-meter run
   Boys’ 800-meter run
   Girls’ 100-meter hurdles 30”
   Boys’ 110-meter hurdles 36”
   Girls’ 100-meter dash*
   Boys’ 100-meter dash*
   Girls’ 800-meter relay*
   Boys’ 800-meter relay*
   Girls’ 400-meter dash
   Boys’ 400-meter dash
   Girls’ 200-meter low hurdles
   Boys’ 200-meter low hurdles
   Girls’ 200-meter dash
   Boys’ 200-meter dash
   Girls’ 1600-meter run
   Boys’ 1600-meter run
   Girls’ 1600-meter relay
   Boys’ 1600-meter relay

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

(2) Boys’ and Girls’ Field Events.
   Girls’ Pole vault
   Boys’ Pole vault
   Girls’ 6-pound shot put
   Boys’ 4-kilo shot put
   Boys’ Long jump
   Boys’ Triple jump
   Boys’ Discus
   Boys’ Triple jump

(m) CHEERLEADERS; SPIRIT GROUPS. All cheer and spirit performances at any UIL activity shall be in accordance with safety standards as prescribed by the National Federation High School Spirit Handbook. Cheerleading sponsors are required to complete a course regarding Safety Risk Minimization for Cheerleading and present proof of course completion to the school district.

(n) CONCUSSION MANAGEMENT PROTOCOL. At all UIL athletic activities (including practices and contests), including cheerleading, schools shall implement and follow a concussion management protocol as prescribed by Texas Education Code Section 38.155 Subchapter D. * This section also applies to students participating in the cheerleading program at the school.
UIR Rules Compliance Program (RCP)
The Legislative Council requires all coaches grades 7-12 to complete the Rules Compliance Program. The RCP course is available only from the UIU website. The course sections include the educational requirements of the Texas law and each individual section provides a content portion and it is followed by a quiz over the presented material. Athletic directors and coordinators should verify coaches’ completion of the program. The program does award Continuing Professional Education hours. The course includes the following required sections:

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.

2. TEC Chapter 22.902 - Certification - AED Training
   Districts must make this available to district employees and volunteers.

3. TEC Chapter 33.202 - Annual Requirement - Safety Training
   Training provided by UIL within the Rules Compliance Program (RCP).

4. TEC Chapter 38.158 - Annual Requirement - Concussion Training (2 hours every other year/1 hour annually)

5. 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 students.

6. 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.

MINIMUM PENALTY FOR MISCONDUCT
(1) Automatic Minimum Penalty. Any coach who is ejected from a contest for unsportsmanlike conduct, or any football coach who is given two or more 15-yard unsportsmanlike penalties during a contest may accept an automatic penalty for their ejection or appeal the ejection. A coach who appeals their ejection is required to appear before the State Executive Committee. If the coach accepts their automatic penalty or their ejection is not overturned on appeal, the coach will be subject to:
   (A) an automatic penalty of public reprimand (name will be published once in the Leaguer) and one year’s probation in the applicable sport; and
   (B) completing the National Federation of State High School Associations Fundamentals of Coaching Course; and
   (C) completing the National Federation of State High School Associations Teaching and Modeling Behavior Course.

(2) Automatic Greater Penalty. If a coach so penalized has no proof of having completed the UIL Rules Compliance Program prior to the sports season, that coach shall also be automatically suspended from the next game/contest.

(3) Subsequent Violations. Any further ejection or accumulation of two 15-yard unsportsmanlike penalties during a football game, while on probation, will require the coach to appear before the State Executive Committee for consideration of penalty.

(4) Notification. Schools shall notify the UIL within three school days if a coach has been ejected from a game or received two 15-yard unsportsmanlike penalties.

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

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

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

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

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

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

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

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

PRINCIPLES. The district executive committee shall uphold the principle that junior high school athletics, when properly controlled, are worthwhile and educational.

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

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

STATE ASSOCIATION ADOPTIONS TO NFHS RULES

1. Basketball
   a. Three Point Shot. If the basketball court is marked for a three point shot and one of the participating teams wants to use it, the three point shot will be in effect.
   b. Teams may by mutual consent agree to play regular 8-minute quarters. Overtime during regular 8-minute quarters shall not exceed 4 minutes.
   c. Time-Outs. Junior high teams are allowed three full and two twenty second time-outs per game. Unused time-outs may be carried over into overtime. (See National Federation rules.)

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

3. Volleyball
   a. Volleyball equipment may be checked out to the players on any one day during the week preceding the first day of school.
   b. Rally Scoring Format. Junior High
      • 2 out of 3 to 25 (cap at 30)
      • 3rd game to 25 (cap at 30)
      • The let serve shall be allowed
      • Each team shall be allowed two time-outs per game
      • By mutual consent, 7th and 8th grade teams may play the third game of a match even if the same team has won the first two games. Any student who has not played in the first two games must be allowed to participate in the entire third game.

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

Warm-Up Procedures
It is recommended that schools use the 15 minute warm-up procedure that is used at the state tournament. Each team will have the court for six minutes. Both teams will share the court for the last three minutes for serves.

- c. The Libero may be used at the junior high level. For detailed information on the libero position, consult the UIL website.

PURSUING VICTORY WITH HONOR - Basic Philosophy

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

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

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

There Is No True Victory Without Honor
Cheating and bad sportsmanship are not options. They rob victory of meaning and replace the high ideals of sport with the petty values of a dog-eat-dog marketplace. Victories attained in dishonorable ways are hollow and degrade the concept of sport.

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

Benefits of Sports Come From the Competition, Not the Outcome
Quality amateur sports programs are based on the belief that vital lessons and great value of sports are learned from the honorable pursuit of victory, from the competition itself rather than the outcome.

Reprinted with the permission of the Josephson Institute of Ethics.
**PARENT / COACH RELATIONSHIPS**

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

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

**Communication coaches expect from parents:**
1. Concerns regarding their son or daughter expressed directly to the coach at the appropriate time and place.
2. Specific concerns in regard to the coach’s philosophy and/or expectations.
3. Notification of any schedule conflicts well in advance.

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

**Appropriate concerns to discuss with a coach:**
1. The mental and physical treatment of your child.
2. What your child needs to do to improve.
3. Concerns about your child’s behavior.

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

**Issues NOT appropriate for discussion with your child’s coach:**
1. How much playing time each athlete is getting.
2. Team strategy.
3. Play calling.
4. Any situation that deals with other student-athletes.

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

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

**What should a parent do if the meeting with the coach didn’t provide satisfactory resolution?**
1. Call the athletic director to set up a meeting with the athletic director, coach, and parent present.
2. At this meeting, an appropriate next step can be determined, if necessary.

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

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

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

We ask coaches to:
- exemplify the highest moral character, behavior and leadership - adhering to strong ethical and integrity standards;
- respect the integrity and personality of the athlete;
- teach the rules of the game - both the letter and spirit of the rule;
- set a good example for players and spectators;
- respect the integrity and judgment of game officials;
- treat opponents with respect; remember the Golden Rule;
- learn the rules of the game;
- accept and understand the seriousness of responsibility and the privilege of representing the school and community;
- learn the rules of the game;
- treat opponents with respect; remember the Golden Rule;
- respect the integrity and judgment of game officials.

Keys to good sportsmanship are simple:
- Know the rules of the game;
- Recognize good plays - both teams.

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

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

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

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

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

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

A coach once wrote, “When we lose without excuses and when we acknowledge the better team, we place winning and losing in their proper perspective. That’s when we find out if we can be good sports.”

Sportsmanship is a goal to strive for at all times, in athletics and in our daily lives. Sportsmanship makes a world of difference. A message from the University Interscholastic League and YOUR SCHOOL NAME HERE.

PRACTICE TIME. State Board of Education regulations require that practice time outside the school day is limited to eight hours per school week per activity. School week means the week beginning at 12:01 a.m. on the first instructional day of a calendar week and ends at the close of instruction on the last instructional day of the calendar week, excluding holidays.

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

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

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

SIXTH GRADE AND BELOW. No interscholastic athletic competition is allowed in any conference for teams in the sixth grade and below. This does not apply to annual interschool elementary field days, assuming there is no awarding of place ribbons or determination of team champions. (See exception in Section 1470 (c) (3).
GAME ADMINISTRATOR. It is recommended that a game administrator be designated by the home school for all non-varsity athletic team contests. The responsibilities of the game administrator are as follows:

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

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

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

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

1. Tournament Regulations. Definition: at least three teams assembled on days other than Sunday for an elimination contest. Tournament games shall not begin prior to the end of the academic school day for all participants. Games do not have to be scheduled on consecutive days. Round robin tournaments limited to four teams and pool play tournaments limited to 16 teams shall be permitted. Refer to team sports plans for further regulations.

ALL-STAR GAMES.

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

OFF-SEASON Regulations

OFF-SEASON SCHOOL FACILITY USE. Athletics may attend open gyms, facilities and weight rooms. School personnel shall make every effort to see that students understand that participation is strictly voluntary and never required. Participation shall not be a prerequisite for trying out for a school team. Attendance records may not be kept. Coaches may be present to supervise the facilities and school equipment, if permitted. Coaches shall not provide specific instruction in sport skills. Weight lifting instruction is permitted and progress charts may be kept.

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 will indicate 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 suitting out, related activity and re-dressing must occur.

OFF-SEASON REGULATIONS ~
**Off-Season Regulations**

**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 sessions conducted by the school coaches from their attendance zone.
- A student shall attend no more than one session of supervised instruction per day for a total of six weeks.

**Questions and Answers**

**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. 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 separate groups from the students in grades 9-12.

**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 school allow outside groups to conduct strength and conditioning programs?

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 any school coaches are involved in working with 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:** No. 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:** 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.

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

**Q:** May schools waive or reduce fees for strength and conditioning programs sponsored by the school?
**A:** No. 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:** 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.

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**NON-SCHOOL ACTIVITIES/SCHOOL CAMPS**

### I. 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 those 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 kick-
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 sports that begin practice prior to the school year (including summer for individual 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>
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<tr>
<td></td>
<td>Water breaks</td>
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<td></td>
<td>Rest breaks</td>
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<td></td>
<td>Injury treatment</td>
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<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, not if school coaches in grades 7-12 from their attendance zone are providing instruction.

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 schools or school booster clubs sponsor non-school all-star contests?
A: No. Schools and school booster clubs are prohibited from sponsoring any non-school all-star contests.

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, merchandise, equipment or apparel 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 a private 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 fundraising on their own or with the assistance of their parents.
~ GENERAL QUESTIONS AND ANSWERS ~

Seasons:
Q: Do the individual sports have a set season?
A: No, individual sports are limited to a six meet/match limitation.

Q: Can individual sports compete in dual and triangular competitions?
A: Yes, provided there is no loss of school time and that competition is the only competition in that sport for the calendar week. They may have unlimited dual or triangular meets/matches.

Q: Does the junior high season for team sports have to be held at the same time as the high school season?
A: No. The season shall be no longer than the days specified in the 7th and 8th grade plan in the UIL Constitution and Contest Rules, but can be at any time during the school year.

Practices:
Q: When may junior high teams work out?
A: Baseball, Basketball, Football, Soccer, Softball and Volleyball have a specified number of days for practice and competition as well as number of games/matches per week per season. Practice for individual sports may not begin until the first day of school. Length of practice is also governed by State Law and is limited to no more than eight hours outside the school day during the school week per activity.

Scheduling:
NOTE: It is important to remember that 7th and 8th grade schedules are not the same as at the high school level. Seventh and eighth graders may only participate in one sport per week during a calendar week (Monday through Saturday). Contests and practices may not be conducted on Sunday.

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

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

Q: If the district championship cannot be determined because of a tie, can the season be extended or additional contests be scheduled?
A: No, the tie can only be broken if an additional week and allowable games are left in the season. Otherwise, co-champions would need to be declared.

Q: May a junior high reschedule a game/match?
A: The game cannot be rescheduled unless there is no other game scheduled that calendar week. The season shall not be extended beyond the specified number of days. If a tournament is canceled (no games played), it may be rescheduled at a later date.

Q: If a junior high schedules a Friday-Saturday tournament and does not complete the tournament due to weather or a time restriction, could they reschedule the following week?
A: Yes, provided:
  1. Only one game is played during the week.
  2. The rescheduled game(s) must count against the allowed number of games or as one of the allowable tournaments.

Camps, Clinics, Workshops:
Q: May 7th and 8th grade students attend summer camps?
A: Yes. The school sponsored camp allows students who will be incoming 7th, 8th, and 9th graders to attend one football, one baseball, one basketball, one soccer, one softball, and one volleyball summer training camp in which a coach who is employed from their school district attendance zone is providing instruction for up to six consecutive days each summer. Provided the camp is held prior to the second Monday in August. If the camp is sponsored by the school district personnel, the camp fees must be approved by the local school administrator. Students shall not wear school apparel or shoes. The students may attend other camps without the above restrictions if a coach who coaches in grades 7-12 from their school district attendance zone does not sponsor the camp or instruct the student at the camp.

Try Outs for School Teams:
Q: How can 8th grade students try out for next year’s high school team?
A: Try outs may be scheduled within the student’s 8th grade athletic period or for their first day of practice during their 9th grade year. The high school coach could come to the 8th grade athletic period at its regularly scheduled location, but may not include the eighth grade students in a high school workout.

Q: How can 6th grade students try out for next year’s junior high school team?
A: Yes. Two Year Pilot Implementation of 3 day Evaluation Period for Sixth Graders in 5A and 6A Schools. Beginning in the Spring of 2015, school districts classified as either 5A or 6A will be allowed, with local discretion, to conduct a three day evaluation period for student athletes who will be transitioning from sixth to seventh grade the following school year. These evaluation periods are only allowed in school districts classified as either 5A or 6A for the 2014-16 alignment. The three day evaluation period may only occur beginning in May of 2015 and must be concluded prior to the end of the school year. The three days utilized for the evaluation period do not have to be consecutive days. All participants in any evaluation period allowed under this pilot program must be in compliance with section 1478 (d)(3)(4-7) prior to taking part in the evaluation. Participation in the evaluation period shall be voluntary and in no way a prerequisite for trying out for or participating in any athletic program for the following school year.

Q: Do English proficiency problems qualify as one of the overage exemptions?
A: UIL Legislative Council permits students at the junior high level to apply for an overage waiver.

Conference A - Sixth Graders on 7th and 8th Grade Teams:
Q: May a team in Conference A use sixth graders when there are insufficient numbers of seventh and eighth grade students to field one combined team?
A: Yes. Students in the sixth grade may be used on seventh and eighth grade athletic teams in Conference A or junior high schools with enrollment comparable to Conference A, if their participation is needed to field a team. This does not allow for the formulation of a JV or B team at the junior high level by inclusion of the sixth grade students. If the junior high team has twice the number of players that it takes to start a game the first day of practice, then the sixth grade shall not be used.

Example: Baseball - 18 players
  - Basketball - 10 players
  - 11-man Football - 22 players
  - 6-man Football - 12 players
  - Soccer - 22 players
  - Softball - 18 players
  - Volleyball - 12 players

Overage Students:
Q: May a student in the seventh grade who has reached his/her fourteenth birthday on or before September 1st play on an eighth grade team?
A: Yes. The student may play on the eighth grade team provided he or she is eligible under all State Laws and academic standards and has not reached his or her 15th birthday on or before September 1.

Awards:
Q: May a district championship trophy or award be given by the district executive committee?
A: Yes.
Q: May students miss school to travel?
A: With administrators approval students may travel on school time.

Q: Do 8th grade and below students come under the Amateur Rule?
A: No, but they must abide by the Awards Rule.

Q: May a student receive a letter jacket?
A: The school may not award a jacket unless the total cost is ten dollars or less. Each student’s parents could purchase their child a letter jacket, but the school should not act as a purchasing agent.

Q: Can the $10.00 award from the 7th grade year be combined with the $10.00 award during the 8th grade?
A: No. The limit is $10.00 per year.

Banquets, Parties, Etc.:
Q: Can a junior high athletic team attend an athletic banquet?
A: Yes. It is recommended that only one banquet or meal be given per activity (or one banquet to honor all sports) by the school or a non-profit organization sponsored by the school.

Participation for Retained Students:
Q: May students participate in more than two years at the seventh and eighth grade level?
A: Yes, provided they are not in violation of the Age Rule, were not retained for athletic purposes, and do not participate the first six weeks of a school year, if they were not promoted unconditionally from the previous grade to the next higher grade as required as outlined in the TEA-UIL Side by Side Manual.

Girls on Boys Teams (Non-Discriminatory Policy):
Q: If the junior high girls do not have enough players to have a junior high team, may these girls try out for and participate on the boys junior high team?
A: Yes, provided they are not in violation of the Age Rule, were not retained for athletic purposes, and do not participate the first six weeks of a school year, if they were not promoted unconditionally from the previous grade to the next higher grade as required as outlined in the TEA-UIL Side by Side Manual.

School Facilities:
Q: Can school facilities be made available for recreational purposes during the off season and on Sunday?
A: Facilities may be made available to athletes under the following conditions:
1. Recreational opportunities receive advance approval by the local school board and administration (should have board approval).
2. The dates and times of operation shall be announced, posted, or publicized so that every student attending that school is aware of the opportunity.
3. Each activity is based on a first come, first served basis.
4. School coaches are responsible for notifying student athletes in their sport that their participation is strictly voluntary, never required, and is in no way a prerequisite for making the team or getting more playing time.
5. No instruction may be given on a Sunday or during the off-season of a team sport.
6. Someone other than a coach should be appointed to supervise facilities.

8th Grade Students on 7th Grade Teams:
Q: May 8th grade students compete on a 7th grade team?
A: No. Students enrolled as 8th grade students must compete on the 8th grade team.

Coaching, Regulations:
Q: Can a coach who coaches in grades 7-12 assist with coaching or coach a 7th or 8th grade student in baseball, basketball, football, soccer, softball or volleyball after the school season outside the athletic period?
A: No. School personnel shall make every effort to see that students understand that the student’s participation in non-school activities is strictly voluntary and never required. Such participation shall not be a prerequisite for trying out for a team. School coaches may recommend but not require or demand student athletes to participate on any particular non-school team.

Q: Who may coach junior high school teams?
A: The school board decides who may coach junior high school teams. The coach is not required to be a full time employee. Any coach working with the school team must have administrative approval and adhere to all coaching restrictions.

NOTE: If only members of an athletic team are participating in their sport in an open recreational facility, it could be deemed a violation of off-season regulations.
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) 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 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 members 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

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/ContentDisplay.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
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
and long lasting. The appearance of any one of these symptoms should alert the responsible personnel to the possibility of concussion.

**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;
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:

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.
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, or
   - 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.
Frequently Asked Questions – Cheer

1) Who must comply with the cheerleading safety requirements pursuant to the revised UIL Constitution and Contest Rules section 1208 (y) and (z)?

The rule change applies to any person designated by the school as a cheer coach or sponsor.

2) When is the safety and concussion training required to be in place?

The rule has been effective since August 1, 2013 and the rule applies to all coaches and sponsors prior to contact with cheerleading participants following the effective date.

3) How does a cheer sponsor/coach meet the requirements for concussion education and cheer risk minimization training?

A cheer sponsor or coach must complete the described training and education and must provide written documentation to be filed with school district personnel annually. Additional information in this regard is provided below.

4) How often will cheer sponsors/coaches be required to complete the required risk minimization cheer specific safety training?

This will vary depending on the provider of the training. A risk minimization course will have requirements that vary from course to course for completion and certification. Documentation must be submitted and kept on file by the school administration.

The concussion education requirements include completion of two hours of concussion education every two years. Documentation must be submitted and kept on file by the school administration.

5) Do cheerleaders and a parent/guardian need to sign the UIL Concussion Acknowledgement Form?

Yes. All cheerleading program participants must complete the UIL Concussion Acknowledgement Form and file it with school district personnel for the current school year.

6) Will a cheerleader, who is believed to have a sustained concussion, be required to complete a return-to-play protocol?

Yes. Under the revised UIL rule, cheer participants will follow the same concussion rules as athletes. Any student participating in a cheerleading program, suspected of having a concussion, must be evaluated by his or her treating physician. The participant’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 participant may begin the school districts COT return-to-play.

7) What is the penalty for a school that does not comply with the UIL C & CR section 1208(y)(z) and/or the TEC Section 38.158?

The range of penalties as described under the UIL C & CR section 29 that the District Executive Committee can impose.

8) Where do staff members locate a qualified training course for concussion education or safety/risk minimization for cheerleading?

For purposes of compliance with the TEC section 38.158, the UIL authorizes all Continuing Professional Education (CPE) providers that are approved and registered by the State Board for Educator Certification (SBEC) and Texas Education Agency (TEA) as approved individuals and organization to provide education training.

A current list of providers are found on the TEA website and the TEA link can be found on the UIL website: Continuing Professional Education

Concussion training can also be located online through either: Texas High School Coaches Association - www.thsca.com Texas Girls Coaches Association - www.austintgca.com

Cheer safety and risk minimization courses are available through the National Federation of High Schools website and other various cheer specific organizations. NFHS has two specific online courses available to meet the UIL requirement prescribed for cheer safety:

The Cheer and Dance: Fundamentals of Coaching Cheer and Dance ($50) AACCA Spirit Safety Certification ($75) NFHS Coaching Cheer

Texas Girls Coaches Association may offer a conference or online training course at www.austintgca.com.

9) Are teacher or other school personnel comments that may be used as a part the selection process of cheerleaders and drill team members subject to disclosure if a parent requests to review the comments?

Yes. Under the Family Education Right to Privacy Act (FERPA), an educational agency or institution shall give full rights under the Act to review the educational records of a child to either parent unless circumstances exist that revoke these
rights (such as a court order related to divorce, separation, or custody issues). An educational record is defined under FERPA as "...those records that are directly related to a student; and maintained by an educational agency or institution or by a party acting for the agency or institution." Parents have the right to review records that only pertain to their child, not the children of other parents. Furthermore, as a general rule under state law, parents are "...entitled to full information regarding the school activities of a parent’s child...". See Sec. 26008 (a), Texas Education Code.

10) Are cheerleaders allowed to schedule school practice on a Sunday?

Yes. The local school district may allow a cheerleading practice session on a Sunday. State law limits schools to no more than eight hours of practice outside of the school day during the school week, per activity. School week is defined as Monday to the end of school on the last instructional day of the week (usually Friday).

11) Can an ineligible student who has failed a class try out for cheerleading squad?

If the actual participation does not occur until the next school year, it would not be considered violation if the district chooses to permit currently ineligible students to participate in the tryout performance. This response does not require schools to allow academically ineligible students to try out for cheerleaders, but it permits schools to do so.

12) How does the one contest per school week apply to cheerleaders?

It would not be a violation for cheerleaders to cheer at a double header (two contests at same site on one school night) or to participate in a pep rally prior to a contest and also lead cheers at the contest even though both occur during the school week. However, cheerleaders are not permitted to lead cheers for contests held on separate school nights during the school week unless an exception allowed under §76.1001 (cited above) applies to one or both of the contests.

13) How are cheerleaders selected for the school squads?

UIL does not set tryout procedures for cheerleading or any extracurricular activity. The local school district determines the parameters for selections of all squads and participation level.

14) May practice for drill team and cheerleading be conducted during tutorial time, study hall time, or during homeroom time?

No.

15) May a cheerleader enroll in an athletics class and a cheerleading during a school day?

Yes. The Texas Administrative Code does not prohibit a student from enrolling in any number of state approved courses. However, UIL rules specifically prohibit students from being enrolled in more than one physical education and/or athletic class that is considered an activity class. The cheerleading activity period is an exception and may occur with local school approval.

See Section 1206 (e), UIL Constitution & Contest Rules:

ATHLETIC/PHYSICAL EDUCATION CLASSES. Student-athletes shall not be enrolled in more than one physical education and/or athletic class whether or not they are receiving credit. Exceptions (with local school approval): PE Class: adventure/outdoor education; PE substitutes; JROTC, cheerleading, drill team, marching band.

16) May ineligible students attend pep rallies?

All students may attend. Only eligible students may be in uniform and actually take part in pep rally performances to include leading cheers, participating in dance routines, playing in the band, giving speeches or other types of participation.

17) May ineligible drill team members and cheerleaders travel with their group to a competitive activity?

No.

18) May ineligible drill team members and cheerleaders travel on educational field trips?

Yes, but they may not participate or assist with a public performance.

19) When will the cheerleading programs be able to compete in a UIL state championship?

The UIL Legislative Council has currently approved a one-time pilot program to host a Championship Game Day Cheer Competition for the 2015-16 school year. The program continues to be developed and additional information will be presented as it becomes available.
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.

- 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.

By Cary S. Keller, M.D., FACSM

**Heat-related Illness**

The list of additional cheerleading information resources is not exhaustive and it is provided below:

**TEA-UIL Side-by-Side Manual** (p. 17-18)  

The America Association of Cheerleading Coaches and Administrators  
www.aacca.org

Universal Cheerleaders Association  
www.uca.varsity.com

National Cheerleaders Association  
www.nca.varsity.com

United States Cheer  
www.usascheer.net

United Spirit Association  
www.varsity.com

United States Centers for Disease Control and Prevention  
www.cdc.gov

National Cheer Safety Foundation  
www.nationalcheersafety.com

Texas Girls Coaches Association  
www.austintgca.com
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. 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.

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>

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 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.

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.
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.

2. Clothing and Equipment. Clothing and equipment inhibit heat loss from the body and increase the risk of 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 convection, especially when clothing and equipment are warm. Thus, risk may be minimized by 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. Fever. A fever increases core temperature and decreases the ability of the body to compensate. It is dangerous to exercise with a fever, especially when WBTG 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 anticholinergic 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 personal history 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 call, 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. Sweats 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. Prolonged 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 blood flow, increased core temperature and fainting (syncope) can result.

- Recognition: Signs and symptoms of heat exhaustion include tachycardia, fatigue, weakness, pale skin, 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 hypoxemia. 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 vasodilation 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.

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 vasodilation 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, warm 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. Exercise in cold environments can increase energy expenditure and fluid loss. Insufficient carbohydrate reserves to exercise to promote heat production by muscular activity. Such athletes usually respond to peripheral re-warming, and thereby more effectively to cold injury. Preventing hypothermia in this way is preferable.
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 mucus 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. Air quality, seasonal allergens and irritants can contribute to asthma symptoms. Symptoms can 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:

- 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 27. Signs and symptoms of asthma.

<table>
<thead>
<tr>
<th>Symptom</th>
</tr>
</thead>
<tbody>
<tr>
<td>High-pitched wheezing sounds when breathing out</td>
</tr>
<tr>
<td>Recurrent chest tightness, wheezing or difficulty breathing</td>
</tr>
<tr>
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</tr>
<tr>
<td>Cough that is worse at night</td>
</tr>
<tr>
<td>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</td>
</tr>
<tr>
<td>More subtle symptoms associated with exercise-induced asthma may include:</td>
</tr>
<tr>
<td>Perceived lack of endurance</td>
</tr>
<tr>
<td>Undue fatigue or perception of being “out of shape” or poorly conditioned</td>
</tr>
<tr>
<td>Symptoms triggered by some sports (i.e., running) but not by others (i.e., swimming)</td>
</tr>
</tbody>
</table>

Table 28. Recognition of an acute “asthma attack.”

<table>
<thead>
<tr>
<th>Symptom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wheezing or spasmodic/persistent coughing</td>
</tr>
<tr>
<td>Chest tightness or discomfort</td>
</tr>
<tr>
<td>Rapid and shallow respiration</td>
</tr>
<tr>
<td>Rapid pulse</td>
</tr>
<tr>
<td>Use of accessory muscles in shoulders and neck to aid breathing</td>
</tr>
<tr>
<td>Assuming tripod position (e.g., forward-leaning posture with hands on knees) to improve airflow</td>
</tr>
<tr>
<td>Cyanosis (blue lips and finger nails) if severe</td>
</tr>
<tr>
<td>Difficulty breathing out of proportion to activity intensity and aerobic fitness level</td>
</tr>
</tbody>
</table>

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 relieves 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).
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.

Table 29. Proper use of a metered dose inhaler (from NIH Guidelines, 1997).

<table>
<thead>
<tr>
<th>Step</th>
<th>Instruction</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Remove cap and hold inhaler upright.</td>
</tr>
<tr>
<td>2</td>
<td>Shake the inhaler.</td>
</tr>
<tr>
<td>3</td>
<td>Tilt head back slightly and breathe out slowly through the mouth.</td>
</tr>
<tr>
<td>4</td>
<td>Position the inhaler one to two inches away from the mouth or use a holding chamber or spacer.</td>
</tr>
<tr>
<td>5</td>
<td>Press down once on the inhaler to release medication as the athlete begins to breathe in slowly.</td>
</tr>
<tr>
<td>6</td>
<td>Continue to breathe in slowly and evenly for three to five seconds during and after pressing down on the inhaler.</td>
</tr>
<tr>
<td>7</td>
<td>Hold breath for 10 seconds to allow the medication to reach deep into the lungs.</td>
</tr>
<tr>
<td>8</td>
<td>Repeat puff as directed. It is recommended to wait one minute before second puff to allow for optimal penetration into the lungs.</td>
</tr>
<tr>
<td>9</td>
<td>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.</td>
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</tbody>
</table>

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.

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](http://www.CDC.gov/ncbddd/sicklecell)

Resources

Sickle Cell Disease Association of America: [https://www.sicklecelldisease.org/about_scd/index.phtml](https://www.sicklecelldisease.org/about_scd/index.phtml)
Sickle Cell information center: [www.scinfo.org](http://www.scinfo.org)
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.

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:

• 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
  - 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/

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 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.

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 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 pain 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 another 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.

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.

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. 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.
6. 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.
7. 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 “cracking” noises. Do not lie flat on the ground.
8. 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.

9. 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