UIL

TENNIS

MANUAL

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~UIL PERSONNEL~

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The following person has been designated to handle inquiries regarding the non-discrimination policies:
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For further information on notice of non-discrimination, visit
http://wdcrobcolp01.ed.gov/CFAPPS/OCR/contactus.cfm or call 1-800-421-3481
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~TABLE OF CONTENTS~

UIL Regulations **5-7**
Tennis Calendar & UIL Rule Changes 5
Tennis (Excerpt from UIL Constitution and Contest Rules) 6
Pre-Season Regulations **8-12**
High School Coaching and Training Requirements 8
Eligibility Rules for Athletic Contests 9
Student Participation Required Forms 10
Practice Regulations and Contest Schedule Rules 11
District Executive Committee 12
Regular Season Regulations **14-17**
Tennis Tournament Regulations 14
Videotaping/Filming 17
Post Season Regulations **18-21**
District Tournaments 18
Regional Tournaments 19
State Tournament 20
Off-Season Regulations **22-25**
Off-Season 22
Off-Season Open Facilities 23
Summer Strength and Conditioning Programs 23
Non-School Activities 24
Quick Links **26**

PURPOSE | To acquaint tennis coaches and administrators with the policies, rules, procedures, and forms necessary for proper enforcement of regulations for tennis, 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 rulebook and covers information more detailed than does this manual. Coaches should confer with their principals and superintendents if there are questions concerning the rules.

NOTE | Questions concerning the UIL Tennis Plan and eligibility requirements found in the UIL Constitution and Contest Rules should be directed to Darryl Beasley at the UIL office.

~TENNIS CALENDAR & UIL RULE CHANGES~

2017-2018

April 11	*District Certification Deadline*
April 18-21	*Regional Meets*
May 17-18	*STATE MEET*

UIL RULE CHANGES

GENERAL

- Extend the current exceptions for graduating seniors in baseball and softball to continue to participate after the end of the school year in additional activities.
- Allow schools to request an exception to the holiday restrictions on travel during the winter holiday period when safety concerns exist related to travel.
- Update the Reclassification and Realignment Policies for 2018-2020 alignments.
- Remove requirement for a parent to sign the PAPF in front of a school administrator or notary.
- Amend the PAPF Section III to only require a DEC hearing if question six is marked "Yes".
- Amend the PAPF Section III if any of questions 1-5 are marked "Yes", a full meeting of the DEC would be required only if requested by a member of the committee.
- Clarify participation opportunities for students attending non-disciplinary alternative schools. This now requires a form to complete and submit.
- Restore the allowable number of tournaments/meets for all sports with the exception of football.
- Include the fee schedule for pay of officials at the state championship contests in team sports in Section 1204 of the Constitution and Contest Rules.
- Require Sports Officials submit background checks every three years, as required by law.
- Requires all foreign exchange students to apply for a parent residence rule waiver before district certification.
- Remove the ability to request and receive a retroactive waiver for a foreign exchange student.
- Allow the Executive Director to settle disputes regarding assignment, scratches or pay of sports in the short term, when time is determined to be of the essence, after consulting with the Chair of the Sports Officials Committee.

Unless noted otherwise, effective August 1, 2017.

~TENNIS PLAN~

Excerpt from the UIL Constitution and Contest Rules

Section 1300: TENNIS PLAN (INDIVIDUALS AND DOUBLES)

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

(b) DIVISIONS.

(1) *Boys', Girls' Divisions*. There shall be the following divisions in the respective conferences:

(A) high school boys, singles and doubles;

(B) high school girls, singles and doubles; and

(C) mixed doubles.

(2) *Entries*. At the district meet each school may enter two boys' singles and two girls' singles, two boys' doubles and two girls' doubles, and two mixed doubles teams.

(3) *Girls', Boys' Team Restrictions*. No girls' team shall compete against boys' teams and vice versa.

(c) PARTICIPATION LIMITATIONS. In contests which count on UIL standing, an individual shall not be allowed to compete in both singles and doubles or mixed doubles, or in both doubles and mixed doubles.

(d) CHAMPIONSHIP STRUCTURE.

(1) *Closing District Entries*. No entries shall be allowed for district meets which are not submitted to the director on or before the fifth day before the first day of the meet unless other arrangements have been previously authorized by the District Executive Committee. Districts may authorize a meeting after the entry deadline to allow for substitutions.

(2) *Regional Contests*. The winners of first and second places in district contests, singles and doubles, boys and girls, and mixed doubles are eligible to enter the regional contests. The UIL staff will provide tournament seeding recommendations.

(3) *State Contests*. The first and second place contestants in the regional tournaments in all conferences qualify to enter the state tournament.

(4) *Number of Matches and Sets*.

(A) *Determining the Winners*. In all matches, the best two-out-of-three sets shall determine the winners.

(B) *Limit on Matches*. No contestant or team shall play more than three matches per day. Note: under the team tennis plan different restrictions exist. There shall be a minimum of one hour's rest for a team or player between the close of one match and the beginning of another. This rule shall apply only to district, regional and state competition.

(5) *Substitutions*.

(A) *District*. In district meets, the District Executive Committee shall set entry deadlines. The District Executive Committee may set guidelines on substitutions prior to the start of the tournament.

(B) *Regional and State*. In regional and state meets, no substitutions in singles will be allowed. A substitution for tennis doubles and mixed doubles will be permitted prior to the start of the tournament if a player is injured, ill or academically ineligible.

(C) *Limit on Substitution*. After a tournament has begun, no substitution will be allowed.

(e) INVITATIONAL TOURNAMENTS.

(1) *Number of Tournaments*. No student representing a member school shall participate in more than eight tournaments (total for tennis and team tennis combined) during the school year, excluding one district tennis tournament, the regional tournaments and the state tournament. (Note: The team tennis district tournament counts as one of the eight allowable tournaments if school time is lost.) Each tournament a school team enters counts as one tournament for each participating individual. Students are considered to be representing their school if they are wearing and/or using school equipment or being directed or transported by a school employee.

(2) *Exceptions*:

(A) Triangular matches which are limited to three or fewer schools, do not count as a tournament for participants, provided there is no loss of school time.

(B) If no more than four teams meet to play predetermined opponent(s), it shall not be counted as one of the eight tournaments allowed the individual if no school time is lost and if no tournament draw is set to determine a champion.

(3) *School Week Limitation*. No student representing a member school shall participate in more than one contest (tournament, dual or triangular match) per school week (the first instructional day of the week through the last school day). Schools shall not enter invitational tennis tournaments scheduled on more than one school day per any one tournament. **Exceptions:** the regional and state tournaments and district varsity tournaments postponed by weather or public disaster, may also be scheduled during the school week.

(4) *End of Season*. Students and teams shall not represent a member school in any tennis tournament after the date of the state tennis tournament.

(f) WEATHER CANCELLATION OR CONTINUATION. A tournament postponed or canceled by weather is considered a tournament when all semi-final matches have been completed. The remaining matches may be played at a later date (preferably Monday or Tuesday of the next week) without its counting as another tournament, provided there is no loss of school time. When all semi-final matches have not been completed, the tournament director has three options:

(1) The tournament may be canceled and not count as a tournament for the individuals or the school.

(2) The tournament may be continued, provided there is no additional loss of school time.

(3) The tournament may be continued with loss of school time and shall count as two tournaments.

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

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

~PRE-SEASON REGULATIONS~

High School Coaching Requirements

All high school coaches must be full-time employees of the school district. Coaches who knowingly and willfully violate rules may be penalized according to the Constitution and Contest Rules by the District Executive Committee (reprimand) or State Executive Committee (reprimand, public reprimand, suspension). EXCEPTION: A retired teacher/administrator who has 20 or more years of experience may serve as an assistant coach in all athletics and as a head coach for golf, tennis, team tennis, cross country, track and field, and swimming. (This rule shall not affect the status of a coach on a leave of absence attending college.) Also, student teachers, while they are assigned to a participant school to fulfill their student teaching requirements, may volunteer to serve as an assistant coach in all athletics. Schools shall not pay student teachers for assisting athletic coaches.

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

UIL Coach Education and Training Requirements

- *C&CR 1202(j),* ***UIL Professional Acknowledgment Form*** - completed and on file with district
- *C&CR Section 1208(i), Annual Requirement* - ***Rules Compliance Program (RCP)***
  - Training available through Register My Athlete on the UIL website- uil.registermyathlete.com
  - Athletic coaches must complete prior to contact with students.
- *C&CR 1209(k), One Time Requirement – National Federation of High Schools (NFHS):* ***Fundamentals of Coaching***
  - 6 hours course/$35 - all first year coaches and any coach (or JH volunteer) who is not a full-time employee of the school district.
  - Available through a link on the UIL website or visit www.nfhslearn.org (Print certificate to verify completion)
- *C&CR 1208(y), Cheerleading Program Coach/Sponsor–* ***Safety/Risk Minimization for Cheerleading Course***
  - Must have a current certification or annual training completed prior to contact with participants.
  - Districts shall determine the organization that will provide the certification or training. Resources are available but not limited to those on the link from UIL web site. http://www.uiltexas.org/files/health/Cheerleading_Safety_FAQs.pdf
- *C&CR 1208(j), Coach with Misconduct –* ***Minimum Educational Requirement***
  - Any coach ejected from a contest shall complete the NFHS Fundamentals of Coaching Course. The course is catalogued for a 6 hour course/$35. http://www.nfhslearn.com
  - Any coach ejected from a contest shall complete the NFHS Teaching and Modeling Behavior Course. The course is catalogued for a 1.5 hour course/$20. (http://www.nfhslearn.com).

Eligibility for Athletic Contests

Eligibility rules are found in Section 400 and 403 of the Constitution and Contest Rules. Any question regarding a student's eligibility, should be addressed to the school principal and/or superintendent. Residence requirements according to Sections 400 (d) 403, and 442 should be thoroughly investigated for any student new to school.

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

- are not 19 years of age or older on or before September 1 of the current scholastic year. (See 504 handicapped exception.)
- have not graduated from high school.
- are enrolled by the sixth class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest.
- are full-time day students in a participant high school.
- initially enrolled in the ninth grade not more than four calendar years ago.
- are meeting academic standards required by state law.
- live with their parents inside the school district attendance zone their first year of attendance. (Parent residence applies to varsity athletic eligibility only.) When the parents do not reside inside the district attendance zone the student could be eligible if: the student has been in continuous attendance for at least one calendar year and has not enrolled at another school; no inducement is given to the student to attend the school (for example: students or their parents must pay their room and board when they do not live with a relative; students driving back into the district should pay their own transportation costs); and it is not a violation of local school or TEA policies for the student to continue attending the school. Students placed by the Texas Youth Commission are covered under Custodial Residence (see Section 442 of the Constitution and Contest Rules).
- have observed all provisions of the Awards Rule.
- have not been recruited. (Does not apply to college recruiting as permitted by rule.)
- have not violated any provision of the summer camp rule, Section 1209.
- have observed all provisions of the Athletic Amateur Rule, Section 441.

Limitation on Awards. Schools may give one major award, not to exceed $70.00 in value, to a student during high school enrollment at the same school for participation in one of the UIL interschool competitions listed in Section 480. One additional symbolic award, not to exceed $10.00 in value, may be presented for participation in each additional UIL activity listed in Section 480. The $10.00 award may be given to a student for an activity during the same year that the major award is given for that activity. *A school may contribute to major awards in honor of winning a UIL State Championship.*

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

Student-athletes in grades 9-12 shall not:

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

Exception:

- Students may accept reasonable fees that do not exceed prevailing rates for teaching or coaching activities provided they confine the work to teaching or coaching skills.
- Students may accept reasonable fees that do not exceed prevailing rates for officiating athletic contests.

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

Student Participation Required Forms

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

- **Pre-Participation Physical Examination Form.** As a minimum requirement, a Physical Examination Form must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. Local district policy may require an annual physical exam. The form must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.
- **Medical History Form.** Each year prior to any practice or participation a UIL Medical History Form signed by both a student and a parent or guardian is required. A Medical History Form shall accompany each physical examination and shall be signed by both a student and a parent or guardian.
- **Parent or Guardian Permit.** Annual participation permit signed by the student's parent or guardian.
- **Rules Acknowledgment Form.** Annual UIL Rules Acknowledgment Form signed by the student and the student's parent or guardian.
- **Parent/Student Anabolic Steroid Use and Random Steroid Testing Form.** The parent/guardian of each high school athlete, along with each high school athlete, must annually sign the UIL Illegal Steroid Use and Random Steroid Testing Parent and Student Notification/Agreement Form.
- **Concussion Acknowledgement Form.** Annual UIL Concussion Acknowledgment Form signed by the student and the student's parent or guardian.
- **Sudden Cardiac Arrest Awareness Form.** Annual UIL Sudden Cardiac Arrest Awareness Form signed by the student and the student's parent or guardian.

Varsity Participation Required Forms

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

- **Eligibility Form**. Schools must submit comprehensive eligibility blanks for football, basketball, volleyball, softball, baseball, and soccer. For all other athletic activities general alphabetical listing of eligible athletes is required. One copy shall be sent to the district executive committee chair and one copy shall be filed in the school's office. Completed eligibility forms are to be signed by the superintendent or a designated administrator and the coach. These forms are to be postmarked before a contestant is allowed to participate in a varsity contest. Failure to furnish correct and complete information may, upon request by the proper committee, constitute grounds for suspension.
- **Previous Athletic Participation Form.** New students in grades 9-12 who represented their former school in a varsity or sub-varsity athletic contest or practice in grades 8-12 in any previous school year must have a Previous Athletic Participation Form completed prior to participation in a varsity contest at the new school.
- **Late Forms.** If an eligibility form or a Previous Athletic Participation Form was not filed prior to competition, and it was an inadvertent error and the student is actually eligible under Subchapter M of the Constitution, the district executive committee is not required to demand forfeiture or to rule the student ineligible. They may assess the minimum penalty of private reprimand to the school.
- **Foreign Exchange Students.** Subject to the other eligibility rules of the Constitution, foreign exchange students in approved CSIET foreign exchange programs are allowed to apply for exceptions to the residence rule through the UIL waiver process. A waiver could be granted in certain activities if they have not received advanced training or have not had extensive experience in the activity of their choice. Foreign exchange students are not eligible for varsity athletic participation unless they are granted a Foreign Exchange Student Waiver.
- **Varsity Athletic Eligibility for Over-Age Student.** Subject to the other eligibility rules of the UIL Constitution, an individual is eligible to participate in a League varsity athletic contest as a representative of a participant school if that individual is less than 19 years old on September 1 preceding the contest; or has been granted eligibility based on a handicapping condition which delayed his or her education by at least one year and the student is currently in special education and under the auspices of an ARD Committee or has been identified as a 504 student prior to the end of their second year in high school (effective for entering ninth graders in the current school year).

Pre-Season Practice Regulations (prior to the start of school)

- Pre-season practice regulations for sports that begin practice prior to the school year are as follows.
- Students-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
- Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.
- The maximum length of any single practice session is three hours.
- On days when more than one practice is conducted, there shall be, at a minimum, TWO hours of rest/recovery time between the end of one practice and the beginning of the next practice.
- **Schools shall not schedule more than one practice on consecutive days, and student-athletes shall not participate in multiple practices on consecutive days. (Exception - Volleyball)**

When determining how to count times spent as "practice activities" please consult the following pre-season chart:

What Counts	What Doesn't Count
Actual on field/court practice	Meetings
Sport specific skill instruction	Weight training*
Mandatory conditioning	Film study
Water breaks	Injury treatment
Rest breaks	Voluntary conditioning*

***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.

Regular Season Practice Regulations

- **Eight Hour Rule** – Practice outside the school day, from the beginning of the school week through the end of the school week (excluding holidays), is limited to a maximum of eight hours per week, per activity.
- The **In-School** athletic period does not count towards the allotted 8 hours.
- **Any time** used in connection with a practice that is not part of the athletic period counts as part of the 8 hours. (Dress, mandatory weights/video/meetings, etc.)

Contest Schedule Rules

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

Constitution and Contest Rules: Section 5: Definitions

- **Calendar week** means 12:01 a.m. on Sunday through midnight on Saturday.

- **School week** means the week beginning at 12:01 a.m. on the first instructional day of a calendar week and ends at the close of instruction on the last instructional day of the calendar week, excluding holidays.
  19 TAC 97.113 (K)(1)-
- **One contest per school week:** School districts shall adopt policies limiting extracurricular activities from the beginning of the school week through the end of the school week (excluding holidays) by scheduling no more than one contest or performance per activity per student. *Exception: Tournaments and post-season competition, as well as district varsity contests postponed by weather or public disaster, may also be scheduled during the school week.
- **Eight-hour practice rule**: School districts shall adopt policies limiting extracurricular activities from the beginning of the school week through the end of the school week (excluding holidays) by limiting practice outside the school day to a maximum of eight hours per school week per activity.

Participation.

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

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

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

(3) Exceptions.

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

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

(C) Cross Country. If the regional and/or state cross country meets are scheduled on a Monday, and if participants arrive at the site on the preceding Sunday because of travel distance, it will not be a violation of this rule if school district personnel accompany or transport participants to the course site for the purpose of practicing on their own, if permitted by the regional or state director.

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

District Executive Committee (DEC)

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

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

Responsibilities.

- The DEC shall arrange a schedule to determine district representatives prior to the deadline specified in the official calendar.
- The DEC shall certify in writing, eligible district representatives in all athletic activities.
- Pre-Season Regulations
- The DEC shall determine in writing, prior to the season, the method to determine the district representatives in the event two or more schools are tied in win/loss percentages. (NOTE: If a tie-breaker procedure is not provided prior to the season, the UIL tie-breaker will be used.)
- The DEC shall enforce all rules contained in the C&CR.
- The DEC shall investigate the eligibility of contestants.
- The DEC shall settle within the district all disputes.
- The DEC does not have the authority to require a school to purchase equipment which is not required by rules stated in the C&CR.

- The DEC shall take such other action that is reasonable, necessary or desirable, and consistent with the UIL C&CR, the rules of the State Board of Education and the law.
- The DEC shall determine the place of games in the case there is a disagreement between two teams.
- The State Executive Committee shall have jurisdiction in all disputes arising between district winners that have been duly certified.

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

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

~REGULAR SEASON~

Tennis Tournament Regulations

Number of Contests Allowed. (Team tennis plus individual tennis)

- A student representing a participant school shall not participate in more than eight tournaments (total for tennis and team tennis combined) during the school year, excluding one district tennis tournament, the regional tournaments and the state tournament. (Note: The team tennis district tournament counts as one of the eight allowable tournaments if school time is lost.) Students are considered to be representing their school if they are wearing and/or using school equipment or being directed or transported by a school employee.
- Exceptions.
  - Triangular matches, which are limited to three or fewer schools, do not count as a tournament for teams or participants, provided there is no loss of school time.
  - If no more than four teams meet to play predetermined opponent(s), it shall not be counted as one of the eight tournaments allowed the team or the individual if no school time is lost and if no tournament draw is set to determine a champion.
- Non-school Tournaments. If a student misses school to attend a non-school sponsored competition, it shall not count as one of the student's eight tournaments, unless they are representing the school.
- School Week Limitation. No student or team representing a participant school shall participate in more than one contest (tournament, dual, or triangular match) per school week (the first instructional day of the week through the last school day). Exceptions: The regional and state tournament, and district varsity tournaments postponed by weather or public disaster, may also be scheduled during the school week.
- Invitational Tournaments. Invitational tournaments can use only one school day per invitational tournament.
- End of Season. Students and teams shall not represent a participant school in any tennis tournament after the date of the state tennis tournament.

Conferences. Participating schools shall be divided into conferences according to UIL spring meet alignments.

Divisions. There shall be the following divisions:

- Boys' and girls' divisions. There shall be the following divisions in the respective conferences: 1) high school boys' singles and doubles; 2) high school girls' singles and doubles; 3) mixed doubles.
- Entries. At the district meet each school may enter two boys' singles and two girls' singles, two boys' doubles teams and two girls' doubles teams, and two mixed doubles teams.
- Girls' and boys' team restriction. No girls' team shall compete against boys' teams and vice versa.

Official Rules. The United States Tennis Association rules shall be used in all League matches with exceptions as noted in this section.

Weather Cancellation or Continuation. A tournament postponed or cancelled by weather is considered a tournament when all semi-final matches have been completed. The remaining matches may be played at a later date (preferably Monday or Tuesday of the next week) without it counting as another tournament, provided there is no loss of school time. When all semi-final matches have not been completed, the tournament director has three options:

- The tournament may be cancelled and not count as a tournament for the individual or the school.
- The tournament may be continued, provided there is no additional loss of school time.
- The tournament may be continued with loss of school time and shall count as two tournaments.

Awards. High school participants may receive a trophy, medal, patch or other symbolic award for participating in an invitational athletic contest, if it is given by the organization conducting the contest or competition.

Amateur Rule. It is a violation of the UIL Athletic Amateur Rule to accept anything of valuable consideration. This valuable consideration would include (but is not limited to) rackets, duffel bags, balls, socks, shoes, shorts/skirts, shirts, visors, watches, etc. Also, when individuals purchase equipment from a manufacturer, they are required to pay the fair market price, and keep a receipt.

Number of Matches and Sets. In all boys' and girls' matches in the district, regional and state contests, the best two out of three sets shall determine the winners. A contestant or team shall not play more than three matches per day and there shall be a minimum of one hour's rest for a team or player between the close of one match and the beginning of another. This rule shall apply only to contests which count on League standing for individual tennis or mixed doubles.

Participation Limitations. A boy or girl shall not be allowed to compete in both singles and doubles or mixed doubles, or in both doubles and mixed doubles for spring meet tennis. This rule shall apply only to contests which count on League standing.

Tennis Etiquette. Applauding a good play is always in order. Applauding an error is never in order. Any person who takes it upon himself to berate the officials or makes himself conspicuous by razzing the teams should be requested to leave the court area.

Lateness. No excuse shall be accepted for failure of a team or contestant to appear at the time announced. The USTA Point Penalty System will be in effect for lateness.

Coaching (by school personnel only)

- According to USTA rules, a player is allowed 20 seconds between points. A player may provide feedback during 20-second time but cannot interrupt the continuous play rule. Coaching is NOT permitted in or on the confines of the tennis court. (Exception: during the 90 second changeover)
- A coach may coach his/her players during the 90 second changeover at the end of odd games, and during the 10 minute rest period for split set matches.
- Only the school tennis coach employed by that school may coach and only in a manner which does not interfere with the play on adjoining courts.

Continuous Play. Play shall be continuous from the first service until the match is concluded and in accordance with Rule 30 of the USTA Rule Book. Play shall never be suspended, delayed or interfered with for the purpose of enabling a player to recover his strength, breath, or physical condition. In case of accidental injury, the "umpire" may allow a one-time three-minute suspension for that injury.

Camps. Students and/or parents can pay for the student's participation in a tennis camp or private instruction. However, it is a violation for schools to furnish transportation, sponsor, or pay expenses for a student being given private instruction or attending a clinic.

Private Lessons. Lessons must be available to all students on a first come first serve basis. All students must pay the same fees. (Note the student or parents must pay all costs.) High school athletes may not be "paired with or against" college players during lessons for the purpose of demonstrating skills and abilities. Only bona fide lessons are legal. Any type of tryout session is a violation. A violation would cause the student to lose eligibility for one calendar year. School coaches may not receive money for lessons during the school year.

The coach's code includes abstaining 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. 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: (A) in grades 9-12; (B) from the coach's attendance zone; and (C) participating in the sport for which the coach is responsible.

Clinics. Individuals: Students may attend clinics as individuals paying their own cost with no school involvement. These individuals may actually receive direct instruction by a clinician. Teams: School teams may attend a clinic. (They should pay their own costs.) Teams may observe but cannot be directly instructed by anyone other than the school coach. The school coach could receive direct instructions from the clinician and then the coach could instruct his/her team. There is no limit on the number of players attending a clinic.

Sundays. League member schools shall not run any meet or conduct any practice on Sunday. Any meeting of athletes for the purpose of instructing or practicing skills will be construed a violation. Coaches may meet on Sunday provided there are no athletes involved in this meeting.

Exception: Regional or state tournament directors may reschedule postponed or weather delayed tournaments on Sunday afternoon or evening with approval of the tournament director and the participating schools and with permission from the UIL athletic staff. ***EXCEPTION*** Practice - If the regional and/or state tennis tournaments are scheduled on a Monday and the participants arrive at the site on the preceding Sunday because of travel distance, it will not be construed a violation of this rule if participants are accompanied to or transported to a tennis court by the school coach for the purpose of hitting or warm up without the coach giving instruction. The regional or state meet director general would have to approve the use of the facilities in this case.

Clothing. Individuals and teams representing their school shall wear school approved clothing. It is recommended that clothing be in school colors, similar in design, and/or have the school identifying logo or name. All clothing does not have to be identical, but the school official must approve whatever is worn.

Point Penalty System.

All players are **warned prior** to the start of the tournament.

1st Offense:	Point
2nd Offense:	Game
3rd Offense:	Default from match or tournament

Penalty points are cumulative throughout the tournament.

USTA Medical Rules.

- Medical Condition. Medical conditions include, but are not limited to, injuries, illnesses, heat-related conditions and cramping.
- Medical Time-Out. A medical time-out consists of evaluation time plus a maximum of three minutes treatment time as determined by the referee.
- Request for Medical time-out. During the match or warm-up if a player suffers from a medical condition or believes that medical diagnosis or treatment is required, the player may request a one-time three-minute medical time-out for that condition. A request for a medical time-out may be made by a player to the referee, chair umpire, or other official at any time during the match or warm-up. A player with a pre-existing condition, sustained prior to the match in progress, may request and receive one (1) medical time-out if the condition is aggravated during match play.
    - Qualified Medical Personnel Present. If qualified medical personnel or an athletic trainer is available, the three-minute time-out begins after the evaluation and diagnosis of the medical condition.
    - Qualified Medical Personnel Not Present. If qualified medical personnel or an athletic trainer is not available, the referee, chair umpire, or other official shall explain the medical time-out rule and allow the player to be treated. This official may provide supplies. The three-minute medical time-out begins when treatment begins.

  Whenever possible a tournament official shall be present during evaluation, diagnosis, and treatment.
- When Medical Time-Out May Be Taken.
    - During the Match. A player may receive a medical time-out:
        - immediately;
        - on the next change-over;
        - after a qualified medical person or athletic trainer arrives, evaluates, and is prepared to give treatment; or
        - after the referee or other official arrives and explains the medical time-out rule.
        - If play is suspended until qualified medical personnel, an athletic trainer, or an official arrives, then play (or re-warm-up, if any) shall resume immediately after completion of evaluation, diagnosis, and treatment.
    - During the Warm-Up. If a player suffers from a medical condition during the warm-up that prevents the player from starting the match as scheduled, the player may request and receive a medical time-out:
        - immediately; or
        - on end of the warm-up.
    - If a player is unable to compete after receiving a medical time-out, then the match shall not begin. Any medical condition incurred in the warm-up shall be deemed to be pre-existing once the match begins.
- Penalty. After the medical time-out, any delay shall be subject to the Point Penalty System. If more than 15 minutes elapse between the time an official is notified and resumption of play (or re-warm-up, if any), the player shall be subject to the Point Penalty System.
- Medical Treatment During Changeover. Within any ninety-second changeover, a player may receive on-court evaluation, treatment, and supplies from qualified medical personnel or an athletic trainer.

- Limitation on Medical Time-Outs for Cramping. Only one medical time-out shall be permitted for cramping and other heat-related conditions in any match, even if the cramping occurs in different parts of a player's body.
- Non-Treatable Medical Conditions. Players may not receive a medical time-out for treatment for the following conditions:
    - Any medical condition that cannot be treated appropriately during a match, i.e., degenerative conditions not helped or eased by on-court treatment
    - General player fatigue, i.e., without cramps, vomiting, dizziness, blisters, or other similar treatable conditions.
    - Any treatment requiring intravenous infusions or oxygen on court.

  The determination of whether a medical condition is non-treatable shall be made by qualified medical personnel or an athletic trainer, if available. Otherwise, the referee or other official shall made the determination.
- Leaving the Playing Area. A player requesting a medical time-out may not leave the playing area without the permission of the referee, his deputy, or other official in charge of the match.
- Toilet Visits. A player may request a suspension of play for a toilet visit or one or more times during a match. For each request, the referee, his deputy, or other official in charge of the match shall decide if it is a genuine toilet emergency, as opposed to general player fatigue. If the request is not granted, play continues.
- Coaching Not Permitted. No coaching shall be permitted during the suspension of play for either a medical condition or a toilet visit.

Videotaping/Filming

Non-Conference and District Contests

- Videotaping/Filming by Schools.
    - It is a violation to film or videotape a non-conference or district athletic contest in which your school or team is not competing unless prior consent of the two schools involved has been obtained.
    - A school does not have to obtain permission to film or tape a NON-CONFERENCE OR DISTRICT contest in which it is competing. However, the film or videotape shall not be utilized until after the contest has been completed.
- Films and videotapes become the property of the school doing the filming unless by district rule or by consent of the schools involved in the contest.
- Videotaping/Filming by Individuals. Any individual (other than the officially designated school camera) taping or filming must have prior permission from the schools involved in the contest and may not obstruct the view of other spectators of the contest.
- Commercial Uses. The use of the films or tapes for commercial purposes must be approved by all schools involved in the contest.

~POST SEASON~

District Tournaments

Representation. At the district meet each school may enter two boys' singles and two girls' singles, two boys' doubles and two girls' doubles teams, and two mixed doubles teams. The winners of first and second place in district contests, singles and doubles, boys and girls, and mixed doubles advance to the regional contests. The first and second place contestants in the regional tournaments in all conferences advance to the state tournament.

Dates. District certification deadline - **April 11, 2018.**

Entries. *Deadlines.* No entries shall be allowed for district meets, which are not submitted to the director on or before the fifth day before the first day of the meet. Districts may authorize a scratch meeting after the entries are submitted to allow for substitutions. Schools should be permitted to substitute according to approved district executive committee regulations. Changes in the entries that were made by the deadline should follow the suggested guidelines:

Students who are not eligible at five days prior to the meet, but may become eligible at the time of the scheduled district meet may be listed on the entry form and designated as a singles or doubles or mixed doubles player for competition. They must be eligible at the time they actually compete.

Students entered, but who have lost their eligibility because of the academic regulations, should be permitted a substitution. Students that are eligible participants from the same school should be permitted to occupy the vacated places. These substitutions should be on an eligibility form turned into the district chairman prior to the contest, postmarked no later than the day of the meet.

If a school, which has not entered the tournament five days prior, wishes to enter the tournament at the time of the scratch meeting, it would be up to the district executive committee's policy or authorized meet director to determine if that school could enter.

Reporting. No excuse shall be accepted for failure of a team or contestant to appear at the time announced. The USTA Point Penalty System will be in effect for lateness.

Disqualification. In the district or regional tournament, if there is a disqualification for unsportsmanlike conduct, the athlete may be prohibited from participating at the next level.

Counting District Tournaments. In district play, the final tournament of the district meet in tennis will be considered as the district tournament. If a series of district tournaments are held, those tournaments would have to be considered part of the eight invitational tournaments allowance.

Sites. Site of the tournaments shall be determined by the spring meet district executive committee.

Inclement Weather. If weather conditions prevent playing, the spring meet committee and director shall adjust the time schedule.

Substitutions.

- District. In district meets, the district executive committee shall set entry deadlines. The district executive committee may set guidelines on substitutions prior to the start of the tournament.
- Limit on Substitution. After a tournament has begun, no substitution will be allowed.

Tie breaker. The 7-point tie breaker scoring system will operate when the score reaches six games all in any set. (Procedure for playing the tie breaker are as follows.)

- **Procedure for Playing the Singles Tie-Breaker.**
  - A player who first wins seven points shall win the game and the set provided he/she leads by a margin of two points. If the score reached six points all, the game shall be extended until this margin has been achieved. Numerical scoring shall be used throughout the tie breaker.

- The player whose turn it is to serve shall be the server for the first point, which is delivered from the right court. His/her opponent shall be the server for the second and third point (delivered from the left court, then the right court), and thereafter each player shall serve alternately for two consecutive points (left court, then right court) until the winner of the game and set has been decided.
- Players shall change ends after every six points and at the conclusion of the tie breaker. Note that after any change of ends the server will be serving his second serving point.
- The player who served first in the set that ended in a tie breaker shall receive service in the first game of the following set.

- **Procedure for Playing the Doubles Tie-Breaker.**
  - In doubles the procedure for singles shall apply: The player whose turn it is to serve shall be the sever for the first point. Thereafter each player shall serve in rotation for two points, in the same order as previously in that set, until the winners of the game and set have been decided.
  - Players change ends after every six points and at the conclusion of the tie breaker.
  - The team that served first in the set that ended in a tie breaker shall receive service in the first game of the following set.
- **Procedure for Playing the Mixed Doubles Tie-Breaker.**
  - In mixed doubles, the procedure for singles shall apply: the player whose turn it is to serve shall be the server for the first point. Thereafter, each player shall serve in rotation for two points, in the same order as previously in that set, until the winners of the game and set have been decided.
  - Players change ends after every six points and at the conclusion of the tie breaker.
  - The team that served first in the set that ended in a tie breaker shall receive service in the first game of the following set.

Playoff for Second Place. In tennis district and regional tournaments, the loser in the finals will play the winner of the third place match (to determine second place) unless these two contestants (or doubles or mixed doubles teams) played each other in the semifinal round. The tournament director must start the finals and consolation matches at the same time.

Officials. The director in charge shall have authority to arrange for officials, subject to the approval of the appropriate executive committee.

Rules Committee. A rules committee appointed by the regional executive committee should be established to act on all violations.

Balls. Directors will notify schools concerning tennis balls to be supplied.

Fees. Directors will notify schools concerning entry fees to be paid.

Regional Tournaments

Dates. Regional tournaments will be held **April 18-21.**

Regional Sites and Directors. Regional sites and directors may be found on the UIL website at http://www.uiltexas.org/tennis/regional-sites.

Entries. The district director will certify entries to the regional tournament.

Substitution. Before the tournament has begun, a substitution may be made in a school tennis doubles or mixed doubles team but not in singles. A school may not substitute for a singles player, an entire doubles team or an entire mixed doubles team. The alternate single, doubles or mixed doubles must be used. If at all possible, call the regional director prior to Monday afternoon regarding changes in doubles or mixed doubles teams. Other doubles or mixed doubles substitutes may be permitted before beginning the tournament by notifying the site director. Reminder: Substitutions may be made for illness, injury, academic ineligibility or if a student is penalized by the school for misconduct or violation of the code of conduct.

Seeding. The regional tournament director has two options for making the draw: 1) draw by lot; 2) seeding. Regardless of the procedure used, the directors should place the first place winners and the second place winners from the same district in opposite brackets.

OPTIONS

1) Draw. The director will draw the names of the players and put them on the unoccupied lines of the bracket in the order in which they are drawn, starting at the top of the bracket and moving downward in sequence. As previously stated, the director should place the first and second place winners from the same districts in opposite brackets.

2) Seeding (in accordance with the USTA). The tournament director/committee is allowed to seed players at a maximum ratio of one seed for every four players (e.g. with eight players, seed two players; with 16 players, seed four players). The ratings must be justified by a reasonable amount of factual evidence. Once the seeds are established, every seeded position is determined by lot (i.e. Flip a coin to see if the number 1 seed goes on line 1 or line 16, number 2 goes on the other and flip to see if number 3 goes on number 5 or number 12; then number 4 goes on the remaining line.). After the seeded players (and byes if applicable) have been written in, fill in the rest of the draw by drawing names of the remaining players and putting them on the unoccupied lines in the order in which they are drawn, starting at the top and moving downward in sequence.

3) Playoff for Second Place**.** In tennis district and regional tournaments, the loser in the finals will play the winner of the third place match (to determine second place) unless these two contestants (or doubles or mixed doubles teams) played each other in the semifinal round. The tournament director must start the finals and consolation matches at the same time.

Receiver's Service Box. The receiver's partner shall not stand in the receiver's service box before or during the serve. If a player does so, he/she shall be warned that if he/she does so again he/she is subject to being penalized under the point penalty system.

State Tournament

Packets. School packets can be picked up on Wednesday, May 16 from 3-5pm.

Substitution. Before the tournament has begun, a substitute may be made by the qualifying school in tennis doubles or mixed doubles but not in singles. A school may not substitute for a singles player, an entire doubles team or an entire mixed doubles team. The alternate single, doubles or mixed doubles must be used. If at all possible, call the League office prior to Monday afternoon regarding changes in doubles teams or mixed doubles. Other doubles or mixed doubles substitutes may be permitted before beginning the tournament by notifying the site director. Reminder: Substitution may be made for illness, injury or academic ineligibility or if a student is penalized by the school for misconduct or violation of the code of conduct.

Schedule. The tennis state tournament schedule can be found on the UIL website at www.uiltexas.org/tennis/state.

Tournament Director. Darryl Beasley, UIL Assistant Athletic Director, shall serve as tournament director.

Pairings. The UIL staff will conduct a drawing to determine the pairings. A (#1) region winner will play a (#2) region runner-up in the first round. Seeding will not be used, therefore seeding information is not needed or required. The draw will be random and regional representatives placed in opposite halves of the bracket.

Workouts. Athletes will not be permitted to work out at any of their potential state tournament playing sites prior to the tournament.

Inclement Weather Schedule. If the original schedule is altered because of inclement weather, the site directors will notify participants of possible scenarios.

Balls. UIL will furnish balls for all matches at the state tournament.

Conduct. According to the Athletic Plan, unsportsmanlike conduct rules will be enforced during the State Tennis Championships. Be sure and inform your contestants that acts such as throwing rackets, use of profanity, addressing an official disrespectfully, displaying any action which brings discredit to the individual or their school *will be considered*

unsportsmanlike conduct! Any player displaying such conduct may be disqualified from further participation in the tournament. **In the event such acts occur following the match, the medal will go to the next place finisher in that match.**

State Meet Certificates. Certificates shall be given to each participant.

Awards. Upon qualifying for the state tournament please submit the total number of players and coaches that will represent your team at the state meet. Awards shall be distributed at the tennis tournament at the conclusion of the match. Site directors will present the awards.

Programs. Each team will receive one free state tournament program. Others may be purchased during the tournament.

~OFF-SEASON REGULATIONS~

Off-Season Regulations

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

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

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

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

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

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

- A number of member schools have power lifting or weight lifting clubs. These clubs are involved in weight lifting tournaments or contests throughout the academic year. These guidelines are intended to control a problem that now exists as opposed to encouraging or requiring year-round workouts. It is the intent to ensure that the use of summer weight rooms is a strictly voluntary activity on the part of any athlete.
    - Schools may open weight-training facilities for general student body use. Schools may NOT open weight training facilities for members of athletic teams only.
    - Supervision of the facility by faculty members is permitted for safety and security purposes. Supervisors may NOT provide specific sport team skills instruction for members of school athletic teams.
    - A schedule of when the weight training facility will be open should be publicized. Schools may NOT set a schedule for members of athletic teams to appear at the facility at a particular time or have a sign-in sheet or check-in list for athletes.
    - It is permissible to have a supervisor of the facility provide instruction for proper lifting, spotting, care of and placement of weight apparatuses. The supervisor of a facility may NOT require athletes to lift specified amounts of weight or require that they complete prescribed sets.
    - Schools may hire a coach or another faculty member to supervise the facility as outlined in #2. This hiring or appointment must be approved by the superintendent or his/her designee. Schools may have more than one school employee in a supervisory capacity at any one time.
    - Schools may provide a general weight schedule for students, but may NOT provide athletes individual workout schedules which require activities to be at specified hours, specify a number of workouts, or designate specified groups of students to be involved at a certain time.
    - Weight training schedules provided to students may be sequential. Schedules may NOT be provided that include calendar designations requiring specific days for certain sequential activities such as July 1 upper body, July 2 lower body, etc.
    - Students may keep progress charts but shall NOT be required to turn them in to coaches.
    - If there is a report of a violation, the burden of proof to the contrary rests with the school or school employee.
    - If a large majority of a team is working out together, it could be considered strong evidence that it is a team workout and a possible violation.
    - All weight training facility use and policies must be approved by the superintendent or his/her designee.

Off-Season Open Facilities

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

- 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.
- 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.
- 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.
- If the majority of a school team is using the facility at the same time, participating in any team skill activity, it indicates a violation has taken place even though a coach is not present. Students may train on their own, but a member of a team shall not be required to perform a prescribed set of skills on a weekly or daily basis. It is not necessary for a coach to be present in order for a workout to be judged as "organized."
- 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.
- If there is a report of a possible violation, the burden of proof rests with the school or school employee.
- The dates and times of operation shall be announced, posted, or publicized so that every student attending that school is aware of the opportunity.
- Each activity is based on a first come, first served basis.
- 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.
- 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.
- Varsity or non-varsity athletes may not be required to participate in an off-season program on the day of an in-season competition.
- Students may not be required to participate in one school sport as a prerequisite for participation in another sport.
- Required attendance in an off-season program is prohibited. Attendance sheets could be a strong indication that a violation has occurred.
- School teams shall be prohibited from practicing team skills before or after school except during the specified practice dates and during the one allowable period during the school day. During this period, all suiting out, related activity and re-dressing must occur.

Summer Strength and Conditioning Programs

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

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

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

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

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

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

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

Non-School Activities

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 students who will be in their second, third or fourth year of high school may attend one camp in each team sport, held within the boundaries of their school district, in which instruction is given in that team sport, and in which a 7th-12th grade coach from their school district attendance zone works with them, under the following conditions:

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

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

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

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

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

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

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

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

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

(f) OFF-SEASON PARTICIPATION IN NON-SCHOOL TEAM SPORTS.

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

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

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

Individual Sports

Cross Country, Golf, Tennis, Track and Field, and Wrestling (Guidelines are also applicable to team sports)

During the school year.

- 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.
- 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 120l [b, 9]).
- 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 120l [b, 9]).
- Coaches should abstain from any practice that makes a student feel pressured to participate in non-school activities (Section 120l [b, 10]).

Outside of the school year.

- Outside of the school year, the restrictions are somewhat reduced. Coaches are allowed to coach student-athletes from their own attendance zone.
- 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.
- 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).
- 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 120l [b, 9]).
- Coaches should abstain from any practice that makes a student feel pressured to participate in non-

~QUICK LINKS~

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

Constitution and Contest Rules (C&CR). The UIL Constitution and Contest Rules are the official rules that govern all UIL-sponsored activities and also define the direction, function and purpose of the League.

- Constitution & Contest Rules

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

Download the 2017-18 TEA-UIL Side-by-Side

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

- Download the UIL Booster Club Guidelines

Tennis Plan – Section 1260 of the C&CR

- Tennis Plan

Employment of Coaches – Section 1202 of the C&CR

- Sections 1200 - 1203
- Required Training

Athletic Eligibility – Section 1205 the C&CR

- Sections 1205 - 1206
- Eligibility Standards for UIL Contests

School Practice and Game Restrictions – Section 1206 of the C&CR

- Sections 1205 - 1206
- Summer Strength and Conditioning Program Regulations
- Off Season and Non-School Participation Regulations
- Preseason Practice Regulations Activities Outside the School Year (updated)

Rules Violations and Penalties – Section 1207 of the C&CR

- Sections 1207 - 1210

Athletic Regulations – Section 1208 of the C&CR

- Sections 1207 - 1210

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