



University Interscholastic League

Off-Season and Non-School Participation Regulations

(Revised July 2015)

University Interscholastic League

NON-SCHOOL PARTICIPATION

What it means to coaches...

I. The Constitution and Contest Rules state:

Section 1209:

Section 1209: NON-SCHOOL PARTICIPATION

- (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 should 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.

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

II. Team Sports

Football, Volleyball, Basketball, Soccer, Baseball, Softball

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

The C&CR prohibits the following:

- 1) Shall not instruct any student in 7th – 12th grade from his/her own attendance zone unless the student is his/her own biological or adopted child.
- 2) Shall not schedule matched games/scrimmages, practices, or contests.
- 3) Shall not transport students.
- 4) Shall not use school athletic equipment, school uniforms and school health/first aid supplies.
- 5) Shall not use school or booster funds for any expenses associated with the activity.
- 6) Shall not be the primary director.
- 7) Shall abstain from any practice which would bring financial gain to the coach by using a student's participation in a camp, clinic, league, or other non-school athletic event, such as a rebate for each player sent to a particular camp or from each player using a particular product (Section 120I [b, 9]).
- 8) Shall abstain from any practice that makes a student feel pressured to participate in non-school activities (Section 120I [b, 10]).
- 9) Should not participate with their athletes in the athlete's sport (Section 1206 [i]).

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

The C&CR allows the following:

- 1) Can supervise facilities.
- 2) Can assist with organization to include, but not limited to: assignment of officials, helping to secure facilities, development of schedules, scheduling of facilities, assisting with registration process, helping to secure equipment.
- 3) Can assist the primary coordinator or point of contact with the selection of coaches, but cannot assign coaches to teams.
- 4) Can assist the primary coordinator or point of contact with the selection of players, but cannot determine who can play on what teams.
- 5) Can distribute information regarding the details of the non-school event for informational purposes. Distribution of such materials should be in accordance to the policies and procedures of the local school district regarding non-school activities.
- 6) Can collect registration fees for coordination purposes only. No checks may be made payable to the school or the coach and no funds shall be deposited in any school or coaches account.

III. Individual Sports:

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

A. Preseason Practice Regulations-Activities Outside the School Year

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

1. Students-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. **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)**
4. The maximum length of any single practice session is three hours.
5. 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.

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

<u>What Counts</u>	<u>What Doesn't Count</u>
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.

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 120I [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 120I [b, 9]).

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

5. Coaches should abstain from any practice that makes a student feel pressured to participate in non-

• Frequently Asked Questions •

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 where their school coach is instructing as well?

A: No. Students can't receive direct instruction from their school coach.

Q: Can student-athletes in grades 9th-12th serve as volunteers for non-school sponsored camps or leagues?

A: Yes, as long as their school coaches are not involved. Students can't receive direct instruction from their school coach.

Q: Can a school coach instruct a student-athlete in his/her sport in a non-school activity if that student has no remaining eligibility in that particular sport?

A: No. According to Section 1209 (g), school coaches shall not coach or instruct any 7-12 grade students from their school attendance zone in team sports of baseball, football, soccer, softball or volleyball.

Q: Are athletes permitted to play in non-school all-star contests?

A: Yes. Student athletes who are selected for all-star teams based on non-school competition may have

things such as lodging, meals, transportation, game jerseys, and shoes, etc. provided by the non-school league for all-star team participation. All non-school groups should be structured to protect the amateur status of student athletes in grades 9-12. Student athletes in grades 9-12 may only accept symbolic awards (medal, trophies, plaques) for winning, placing, or finishes based on performance. UIL member schools may not participate in sponsoring these all-star contests nor provide transportation for such events.

Q: May students who have completed their high school eligibility in a particular sport compete in other all-star contests such as TABC, TGCA, and THSCA?

A: Yes. Students who are selected for all-star may have things such as lodging, meals, transportation, game jerseys, shoes, etc provided for all-star team participation. Students who have completed eligibility in the involved sport, with school superintendent approval, may also use school individual player protective equipment in any all-star game.

Q: Can an athlete receive a scholarship or collect donations for participation in a non-school activity?

A: Yes, provided these funds are not from school funds or booster club funds.

Q: Can schools or school booster clubs contribute to any of the athlete's expenses or equipment associated with a non-school activity?

A: No. Schools and booster clubs are limited to providing assistance for school activities and items for use in school competitions.

Q: Can a local business contribute to a student-athlete's expense for a non-school activity?

A: Yes, a local business can provide money to cover expenses for a non-school activity.

Q: Can coaches or school employees contribute to a student's non-school fundraiser?

A: Yes, provided the contributions are from their own personal funds and not from booster funds, activity accounts, school soft drink accounts or any other accounts associated with the school.

Q: Can an equipment company give athletic equipment or apparel to members of a school team?

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

Q: Can student-athletes be provided with equipment by non-school organizations? (For example, equipment companies that provided tennis rackets or apparel to athletes who are ranked in a sport.)

A: Yes, if receipt of these items is based on rankings and not specifically on winning or placing in a competition. It would be a violation for an athlete to accept merchandise for winning or placing in a specific tournament or competition.

Q: What type of awards may a student in grades 9-12 receive for participation in school related activities?

A: Symbolic awards student athletes may accept include medals, trophies, plaques, certificates, etc. Student athletes may not accept T-shirts, gift certificates, equipment or other valuable consideration for participation in school sponsored athletic events. (Refer to Section 480)

Q: When may students take private instruction?

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

Q: Can student-athletes raise funds for non-school activities?

A: Yes, provided the fundraising activities are not related to the school and the student-athletes do all of the fundraising on their own or with the assistance of their parents.