

**Proposed Amendment to the  
University Interscholastic League Constitution and Contest Rules**

***A. Brief Explanation of Proposed Recommendation***

This amendment to Section 1206, *School Practice and Game Restrictions*, would expand summer strength and conditioning. This amendment will also allow for sport specific skill instruction.

***B. Factual and Policy Justifications***

Currently, summer strength and conditioning programs conducted by school coaches are limited to six weeks with a maximum of two hours per day of instruction. Removing the six week restriction, and allowing for strength and conditioning to start on the first Monday of summer vacation, will allow for more flexibility with scheduling for schools. The UIL calendar will include dates where no activity can occur. Additionally, sport specific skill instruction will be allowed for two hours per week with a one hour maximum in any one given day.

***C. Proposed Recommendation***

Section 1206(h) of the UIL *Constitution and Contest Rules* would be amended as follows, pending approval by the Commissioner of Education:

Section 1206: SCHOOL PRACTICE AND GAME RESTRICTIONS

- (h) SUMMER STRENGTH/CONDITIONING PROGRAMS & SPORT SPECIFIC SKILL INSTRUCTION. Summer strength and conditioning programs AND SPORT SPECIFIC SKILL INSTRUCTION may be conducted by school coaches for students in grades 7-12 from that coach's attendance zone only under the following conditions.
- (1) Sessions may be conducted by school coaches STARTING ON MONDAY OF THE FIRST WEEK SCHOOL IS NOT IN SESSION AND ENDING ON A DATE SET FORTH BY THE UIL CALENDAR. SESSIONS MAY BE CONDUCTED only on Monday through Thursday, ~~for six weeks during summer vacation until the second Monday in August and shall be no more than two consecutive hours~~
  - (2)(a) A student ~~shall~~ MAY attend no more than one two-hour STRENGTH AND CONDITIONING session, conducted by a school coach or coaches, per day. Schools shall 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.
  - (b) A STUDENT MAY ATTEND NO MORE THAN TWO HOURS PER WEEK OF SPORT SPECIFIC SKILL INSTRUCTION, CONDUCTED BY A SCHOOL COACH OR COACHES, WITH A ONE HOUR MAXIMUM IN ANY ONE GIVEN DAY.
  - (3)(2) Sessions conducted by school coaches shall include only students who are incoming seventh graders or above.
  - (4)(3) Sessions shall include only strength and conditioning instruction, ~~and~~ exercises, AND SPORT SPECIFIC SKILL INSTRUCTION. ~~Sport specific skill instruction is prohibited. Sports specific equipment (balls, dummies, spacer dummies, sleds, contact equipment) is prohibited. FOOTBALL CONTACT/RESTRICTED EQUIPMENT IS PROHIBITED. Specific groupings of athletes by sport or position is prohibited~~
  - (5)(4) School shirts, shorts and shoes may be provided by the school.
  - (6)(5) 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.

- (7)(6) Fees, if any, shall be established and approved by the superintendent and collected by the school. 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.
- (8)(7) Any payment for conducting strength and conditioning sessions to school coaches who instruct students from their attendance zone shall be from the school and no other source.

***D. Potential Fiscal Impact of the Proposed Rule to Member Schools***

This proposed amendment should have minimal fiscal impact on member schools.

***E. Legislative Council Consideration; Effective Date***

If approved by the Legislative Council and the Commissioner of Education, this amendment shall be effective May 1, 2019.