

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

A. Brief Explanation of Proposed Amendment

This proposal amends section 1250 Football Plan, and 1478 Seventh and Eighth Grade Athletic Plan of the UIL Constitution and Contest Rules.

B. Factual and Policy Justifications

This amendment would modify fall practice regulations and spring training for football as recommended and approved by the UIL Medical Advisory Committee.

C. Proposed Amendment

Sections 1250(b) and 1478(h) of the UIL *Constitution and Contest Rules* would be amended by adding language as follows effective August 1, 2018, pending approval by the Commissioner of Education.

Section 1250: FOOTBALL PLAN

(b) DATES AND OFF-SEASON REGULATIONS.

- (1) Spring Training. There shall be no school football practice or training for a contestant or team, and no football equipment issued after the close of the regular season schedule, except as incidental to the football championship playoffs and, in Conferences 5A and 6A only, 18 spring training practice days which may be conducted in a period of ~~30~~ 34 consecutive calendar days. Exception: Conference 5A and 6A schools may choose not to conduct the 18 days of spring training, replacing said training the next school year by following the workout days as specified for Conferences 4A, 3A, 2A and 1A.
 - (A) THE FIRST TWO DAYS OF SPRING TRAINING SHALL BE CONDUCTED WITHOUT ANY CONTACT EQUIPMENT EXCEPT HELMETS.
 - (B) DURING SPRING TRAINING A MAXIMUM OF 12 PRACTICES MAY CONTAIN FULL-CONTACT. SEE THE FOOTBALL MANUAL FOR EXPLANATIONS OF FULL CONTACT.
 - (C) DURING SPRING TRAINING, FOOTBALL PLAYERS ARE NOT ALLOWED TO PARTICIPATE IN MORE THAN NINETY (90) MINUTES OF FULL CONTACT PRACTICE PER WEEK. SEE THE FOOTBALL MANUAL FOR EXPLANATIONS OF FULL CONTACT.
 - (D) DURING SPRING TRAINING A MAXIMUM OF 3 PRACTICES PER CALENDAR WEEK MAY INCLUDE FULL-CONTACT.
- (5) Fall Practice, Beginning Dates.
 - (A) Practice Regulations Outside The School Year. Any football practice conducted by a school outside the school year shall be in accordance with the following regulations:
 - (i) Student-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted, WITH UP TO A 1 HOUR BREAK. THE 1 HOUR BREAK IS NOT INCLUDED AS A PART OF THE PRACTICE TIME LIMIT. TOTAL TIME SHALL NOT EXCEED 4 HOURS.

- (ii) A 1 HOUR WALKTHROUGH IS ALLOWED ON DAYS DURING WHICH 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 WALKTHROUGH.
 - (iii) Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.
 - (iv) The maximum length of any single practice session shall be three hours.
 - (v) 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.
 - (vi) Schools shall not schedule more than one practice on consecutive days and student-athletes shall not participate in multiple practices on consecutive days.
- (B) In Conferences 1A, 2A, 3A, 4A, AND ALL 9TH GRADERS IN 5A AND 6A, practice shall begin no earlier than the ~~first Monday in August~~ DATE SET FORTH BY THE UIL CALENDAR. In Conferences 5A and 6A, practice shall begin no earlier than the ~~second Monday in August~~ DATE SET FORTH BY THE UIL CALENDAR. Exception: If Conference 5A or 6A schools forego the 18 days of spring training, they may begin workout days ~~the following August~~ ON THE DATE SET FORTH BY THE UIL CALENDAR as delineated for Conferences 4A, 3A, 2A, 1A and ALL 5A AND 6A 9TH GRADERS. ~~No interschool scrimmages shall be allowed until after a period of at least six days of contact football.~~ INTERSCHOOL SCRIMMAGES SHALL BE ALLOWED ON THE DATE SET FORTH BY THE UIL CALENDAR.
- (C) ACCLIMATIZATION PERIOD. The first ~~four~~ TWO days of practice shall be conducted without any contact equipment except helmets. Other contact equipment may be fitted and placed in lockers ~~the first day workouts are permitted.~~ During the first ~~four~~ TWO days, however, only shoes, socks, T-shirts, shorts and helmets may be worn. ON THE 3RD AND 4TH DAYS OF PRACTICE, HELMETS, SHOULDER PADS, AND PADDED GIRDLES (SHELLS) MAY BE WORN, BUT NO PLAYER TO PLAYER CONTACT IS ALLOWED. ON DAY FIVE (5) OF THE ACCLIMATIZATION PERIOD, HELMETS, SHOULDER PADS, AND PADDED GIRDLES (SHELLS) MAY BE WORN, AND PLAYER TO PLAYER CONTACT IS PERMITTED. During the ~~four~~ FIVE-day acclimatization period, no FULL-contact activities shall be permitted. All student-athletes who arrive after the first day of practice are required to undergo a ~~four~~ FIVE-day acclimatization period. During the ~~four (4)~~ FIVE (5) day acclimatization period and subject to the rules as noted in (A) (i-~~iv~~ VI) above, if more than one practice is conducted on the same day, the second practice shall be a teaching period/walkthrough practice only with no conditioning or contact activities/equipment permitted. AT A MINIMUM, THERE MUST BE TWO HOURS OF REST/RECOVERY TIME BETWEEN THE END OF ONE PRACTICE AND THE BEGINNING OF THE WALKTHROUGH.
- (D) Football equipment is interpreted to mean football shoulder pads, hip pads, thigh pads, shoes, helmets, football pants or any other equipment used primarily in football. Football practice or training is interpreted to mean any organized instruction in football plays, formations or team skills.
- (E) Ninth grade football practice shall correspond with the high school dates whether the ninth grade is in high school, junior high or on a separate campus. EXCEPTION: 5A AND 6A NINTH GRADERS MAY START ON THE DATE SET FORTH BY THE UIL CALENDAR AS DELINEATED FOR CONFERENCES 4A, 3A, 2A, 1A.

- (F) Interschool Games. With the exception of certain sub-varsity games as outlined in the Football Manual, no high school (9-12) interschool games shall be allowed until the ~~last Thursday in August~~ DAY SET FORTH BY THE UIL CALENDAR. However, schools that play prior to the first Thursday in September shall omit a scrimmage and have an open date during the season. For 7th and 8th grade regulations see Section 1478.
- (G) During the PRE-SEASON, regular season and post season, football players are not allowed to participate in more than ninety (90) minutes of full contact practice per week. See the Football Manual for explanations of full contact.
- (7) Spring Training For Ninth Graders Restricted. Students in the ninth grade may participate in spring training in Conference 5A and 6A schools provided:
- (A) that such participation is ~~on a site and~~ at the same time as the high school squad practices; and
- (B) that said high school is the one which the ninth grade students will attend the following fall. Penalty for violations shall be assessed by the appropriate executive committee.

~~(k) REPORTS:~~

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

Section 1478: SEVENTH AND EIGHTH GRADE ATHLETIC PLAN

(h) FOOTBALL

- (3) Season for Workouts and Games.
- (A) ~~Traditional School Years.~~ PRACTICE ~~Traditional School Years.~~ Practice shall not begin prior to the first day of school. Football equipment may be checked out to the players on any one day during the week preceding the first day of school. ~~The first four days of practice shall be conducted without any contact equipment except helmets. During the first four days, only shoes, socks, T-shirts, shorts and helmets may be worn. During the four-day acclimatization period, no contact activities shall be permitted.~~ THE FIRST 5 DAYS OF PRACTICE SHALL CONSIST OF THE FOLLOWING ACCLIMATIZATION PERIOD. THE FIRST TWO DAYS OF PRACTICE SHALL BE CONDUCTED WITHOUT ANY CONTACT EQUIPMENT EXCEPT HELMETS. ON THE 3RD AND 4TH DAYS OF PRACTICE, HELMETS, SHOULDER PADS, AND PADDED GIRDLES (SHELLS) MAY BE WORN, BUT NO PLAYER TO PLAYER CONTACT IS ALLOWED. ON DAY FIVE (5) OF THE ACCLIMATIZATION PERIOD, HELMETS, SHOULDER PADS, AND PADDED GIRDLES (SHELLS) MAY BE WORN, AND PLAYER TO PLAYER CONTACT IS PERMITTED. DURING THE FIVE-DAY ACCLIMATIZATION PERIOD, NO FULL-CONTACT ACTIVITIES SHALL BE PERMITTED. All student athletes who arrive after the first day of practice are required to undergo a FIVE ~~four~~-day acclimatization period. No interschool scrimmages or games shall be allowed until after a period of at least seven days of contact football.
- (B) ~~From the first day of school,~~ Schools shall have 80 consecutive calendar days to practice outside the school day AND TO COMPLETE SCRIMMAGES AND GAMES. SCHOOLS MUST START THEIR 80 DAYS NO LATER THAN THE DATE SET FORTH BY THE UIL CALENDAR FOR JUNIOR HIGH FOOTBALL START DEADLINE.; ~~63 of the 80 consecutive calendar days may be used to complete scrimmages and games.~~

(C) FOR SCHOOLS CHOOSING NOT TO START THEIR 80 DAYS ON THE FIRST DAY OF SCHOOL, STUDENTS MAY BE IN AN ATHLETIC PERIOD, BUT CANNOT PARTICIPATE IN ANY FOOTBALL ACTIVITIES OUTSIDE THE SCHOOL DAY UNTIL THE FIRST DAY OF THE 80 CONSECUTIVE CALENDAR DAYS. ~~Non-traditional School Years. The beginning date for practice outside the school day shall coincide with the day other schools in the UH playing district begin their traditional school year.~~

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

This proposal has no fiscal impact to schools.

E. Legislative Council Consideration; Effective Date

If approved by the Legislative Council and the Commissioner of Education, this amendment shall be effective August 1, 2018.