

# TRACK & FIELD MANUAL

2019  2020



UNIVERSITY INTERSCHOLASTIC LEAGUE | [UILTEXAS.ORG](http://UILTEXAS.ORG)

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# ~2019 TRACK & FIELD CHAMPIONS~

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## 2019 GIRLS STATE CHAMPIONS

Happy  
1A Girls State Champions

Sunray  
2A Girls State Champions

Atlanta  
3A Girls State Champions

Canyon  
4A Girls State Champions

Lancaster  
5A Girls State Champions

DeSoto  
6A Girls State Champions

## 2019 BOYS STATE CHAMPIONS

Paducah  
1A Boys State Champions

Milano  
2A Boys State Champions

Dallas Like Oak Cliff  
3A Boys State Champions

Waco La Vega  
4A Boys State Champions

Fort Bend Marshall  
5A Boys State Champions

Klein Forest  
6A Boys State Champions

*\*\* Due to inclement weather during the 2019 Track & Field State Championships, we were unable to get pictures of all championship teams with their trophies.*

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**~UIL PERSONNEL~**

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## ~Notice of Non-Discrimination~

The University Interscholastic League (UIL) does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs. See Section 360, Non-Discrimination Policy, *UIL Constitution and Contest Rules*. <https://www.uilTEXAS.org/policy/constitution/general/nondiscrimination>

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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**PURPOSE** | To acquaint track & field coaches and administrators with the policies, rules, procedures, and forms necessary for proper enforcement of regulations for track & field, 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.

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

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

# ~TRACK & FIELD CALENDAR & UIL RULE CHANGES~

## 2019-2020

April 11	District Certification Deadline
April 18	Area Certification Deadline
April 24-25	Regional Meets
May 8-9	State Meet

## UIL RULE CHANGES

### GENERAL

- Camps – Schools may conduct two(2) sport specific camps during the school year for 6<sup>th</sup> grade and below. Additionally, schools may now conduct two(2) sport specific camps per team sport during the summer for all students other than students who will be in their second, third, or fourth year of high school.
- Injury Reporting – 6A schools are required to report concussion incidents in the ConTex System, no other injury reporting is required for schools
- Schools may conduct “Voluntary” Character Development/Leadership Training outside the school day
- Emergency Action Plan – Member schools are required to have an EAP (on file in the district) for each venue that will host practice or contests in their district
- Catastrophic Reporting – Member schools are required to report catastrophic injuries that occur in practices or competitions on an online reporting form in the UIL Portal
- EKG Opt-In – State law requiring schools to notify parents that they may choose to have an EKG done in conjunction with their child’s physical. NOTE: It is the parent’s responsibility to schedule and pay for the EKG should they choose to do so.

### UIL SPORT SPECIFIC

- Track & Field – Revision made to Invitational T&F Meets held during the school week (High School)

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## ~ 2020 NFHS TRACK & FIELD RULE CHANGES ~

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**4-6-5g, 8-6-1e:** Clarifies that a competitor should not be penalized for helping another competitor who is distressed or injured when no advantage is gained by the competitor who is assisting.

**Rationale:** The committee believes when no advantage is gained by a competitor helping a distressed or injured competitor, the competitor assisting should not be penalized for exhibiting good sportsmanship.

**5-3-3 & 4, 5-10-6 thru 11:** Clarifies that in the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

**Rationale:** In the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

**6-2-6:** Clarifies that it is illegal to run backward or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway.

**Rationale:** This change promotes a more organized and efficient warm-up period.

**6-3-2-b-4-a:** This change provides metric measurements for tie-breaking jump-offs for vertical jumps.

**Rationale:** The committee established appropriate metric increments for tie-breaking jump-offs in the vertical jumps.

**6-9-5:** The length of long jump and triple jump pits constructed after 2019 shall be at least 23 feet (7 meters).

**Rationale:** Clarifies the language of the 2019 rule change for long jump and triple jump pits and ensures pit measurements are within industry standards for safety.

### 2020 Editorial Changes

5-11-1: A relay team shall pass their baton in accordance with the rules.

**Rationale:** Clarifies that a team finishes the race with the same baton that it used at the start of the race.

### 2020 Editorial Changes

5-1-5, 6-8-10d

### 2020 Points of Emphasis

- Meet Administration
- Exchange Zone
- Assisting Injured Athletes

# ~TRACK & FIELD PLAN~

## Excerpt from the UIL Constitution & Contest Rules

### Section 1320: TRACK AND FIELD PLAN.

- (a) ATHLETIC PURPOSES, CODES, PLAN APPLICABLE. Rules in Sections 1200-1209 also apply to the Track and Field Plan.
- (b) DIVISIONS. There shall be a boys' division and a girls' division in the respective conferences. Girls' teams shall not compete against boys' teams, and vice versa.
- (c) REPRESENTATION. Each member school may enter one boys' team and one girls' team in the district meet, advancing to regional and state meets as provided in the *Track and Field Manual*.
  - (1) *Number in Each Event*. Each school shall be allowed a maximum of three contestants in each individual event. Only one relay team per school may be entered.
  - (2) *Individual Events*. In individual events a school may enter in the next higher meet only the same individuals and in the same events as they qualified for in the preceding meet.
  - (3) *Alternates*. If a qualified contestant cannot enter the next higher meet, then the next place winner in that event at the lower meet shall be qualified to participate.
  - (4) *Relays*. In the relay event, qualification is by school and not individual. Individuals qualifying only as a member on the relay team may not enter any individual event in the next higher meet.
- (d) POINTS. The point system in scoring high school track meets shall be the same in all meets which count on UIL standing.
  - (1) *Points for Individual Events and Relays*. Points shall be given in individual events as follows: First place 10 points, second place 8 points, third place 6 points, fourth place 4 points, fifth place 2 points, sixth place 1 point. Points for relays shall be as follows: first place 20 points, second place 16 points, third place 12 points, fourth place 8 points, fifth place 4 points, sixth place 2 points.
  - (2) *Points to All Finishers*. Points shall be awarded to all finishers (first through sixth).
  - (3) *Individual Honors*. In computing individual honors, a contestant's points on the relay team shall also be counted; i.e., each contestant on the winning relay team shall receive five points for individual honors.
- (e) EVENTS.
  - (1) *Order of Events*. The events and order in which they shall be held, are:
    - (A) *Running Events*.
      - (i) 3200-meter run: girls; boys
      - (ii) 400-meter relay: girls; boys
      - (iii) 800-meter run: girls; boys
      - (iv) Girls' 100-meter hurdles (33")
      - (v) Boys' 110-meter hurdles (39")
      - (vi) 100-meter dash: girls, boys
      - (vii) 800-meter relay: girls; boys
      - (viii) 400-meter dash: girls; boys
      - (ix) Girls' 300-meter hurdles (30")
      - (x) Boys' 300-meter hurdles (36")
      - (xi) 200-meter dash: girls; boys
      - (xii) 1600-meter run: girls; boys
      - (xiii) 1600-meter relay: girls; boys
    - (B) *Girls' Field Events*.
      - (i) 4-kilo shot put
      - (ii) Discus
      - (iii) High jump
      - (iv) Long jump
      - (v) Triple jump
      - (vi) Pole vault
    - (C) *Boys' Field Events*.

- (i) Pole vault
  - (ii) High jump
  - (iii) 12-pound shot put
  - (iv) Long jump
  - (v) Discus
  - (vi) Triple jump
- (2) *Metric Distance Only.* The 3200-meter run, the 100-meter dash and the 1600-meter run for both boys and girls shall be run at the metric distances only.
- (3) *Feet/Yard Equivalents.* In the 400, 800 and 1600 meter relays and the 200, 400 and 800 meter dashes and runs, the equivalent yard distances may be run.
- (f) **EVENT LIMITATIONS.**
- (1) *Event Limitations.* A contestant shall not be allowed to compete in more than three running events, including the relays, and in not over five events total.
- (2) *Field Events.* Contestants may enter five field events provided they are not entered in any running events.
- (g) **ENTRIES FOR THE DISTRICT MEET.**
- (1) 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.
- (2) Districts may authorize a scratch meeting after the entries are submitted to allow for substitutions.
- (3) Schools should be permitted to scratch and add according to approved District Executive Committee regulations. Those events that have been entered by the school on the fifth-day-prior entry form may be subject to some changes under the following suggested guidelines:
- (A) Students who are not eligible 5 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 assigned to events. They shall be eligible at the time they actually compete.
  - (B) Students entered, but who have lost their eligibility because of the academic regulations, should be permitted to be dropped or scratched.
  - (C) Other eligible participants should be permitted to be added to the vacated places. These substitutes should be on an eligibility form turned into the district chair prior to the contest.
  - (D) If a school which has not entered an event 5 days prior wishes to enter an event 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.
- (h) **QUALIFICATION.** The district director shall, subject to exceptions provided in (h)(1) below, certify the first four winners to area competition, and the first four winners at area will be certified to regional competition. The regional director shall certify first and second place winners for the state meet in accordance with the schedule provided in the *Track and Field Manual*.
- (1) *All Conferences* Except in cases where the options provided for in the *Track and Field Manual* concerning district and area meets are adopted, four contestants qualify from each district to area; four contestants qualify from each area to region, and two contestants qualify from each region to state meet. Refer to #5 below.
- (2) Qualifications are to be made in accordance with the National Federation Track and Field Rules.
- (3) If a tie still exists after the application of these rules, then it will be decided by a coin toss and points split.
- (4) Individual school entry forms and entry fees are not required for the state meet.
- (5) After the regional meet directors have certified state qualifiers, the UIL staff will select one additional qualifier for each event to compete in the state meet. This qualifier will be the individual and/or relay team with the best overall time, mark, or height from all regional meets per classification that did not finish first or second. Ties will be broken as noted above.
- (i) **AREA, REGIONAL AND STATE MEET ALTERNATES.**
- (1) *Alternates.* In the event a qualified contestant is unable to compete, area, regional and state meet directors may permit the next highest place finisher to compete. Relays qualify by schools. Relay team members may be changed according to rule.
- (2) *Restriction.* An alternate on a relay cannot participate in any other event except the relay unless the alternate qualified in another event. This rule is applicable in all area, regional meets and in the state meet.
- (3) *Preliminaries.* A contestant in an individual event shall compete in the preliminaries in order to compete in the finals.
- (j) **AREA, REGIONAL AND/OR STATE QUALIFIERS MEETS.** All area, regional and/or state qualifiers, including alternates in individual events and relays, shall be eligible to participate in any event at the applicable area, regional and/or state qualifiers meet(s).
- (k) **REPORTING TO EVENT.** The director of the meet shall see that the preliminaries and the finals start at the scheduled times.
- (1) *No Excuse.* No excuse shall be accepted for failure of a team or contestant to appear at the time announced for the event to start.
- (2) *Forfeiture.* Any contestant who fails for any reason to be on hand at the time of the preliminaries shall forfeit the right to compete

in the preliminaries and the finals, in that event.

- (l) **NO EXTRA TRIALS FOR RECORD.** Winners in the field events at the state meet will not be allowed extra trials for a state record. Those who qualify for the finals will be allowed three additional trials, and the contestants will be credited with their best performance whether it was made in the preliminaries or in the finals.
- (m) **INVITATIONAL TRACK AND FIELD MEETS.**
  - (1) *Number of Meets.* No student representing a member school shall participate in more than eight meets during the school year, excluding one district meet, the area meet, the regional meet, a regional qualifiers meet and the state meet. Meets which are limited to three or fewer schools, do not count as a meet for participants, provided there is no loss of school time. Each meet a school enters counts as one meet 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) *Cancellation.* A track and field meet is considered a meet when one-half or more of the field events and one-half or more of the track events are completed. If less than one-half of the field events and less than one-half of the track events are completed, and the meet cannot be continued, the meet may be canceled and does not have to count as one of the allowable eight meets, unless there was loss of school time. A canceled meet shall be counted if there was loss of school time.
  - (3) *School Week Limitation.* No student representing a member school shall participate in more than one meet per school week (the first instructional day of the week through the last school day). **Exceptions:** The area meet, regional and state meets, and district varsity meets postponed by weather or public disaster, may also be scheduled during the school week.
  - (4) *Day of Week and Starting Time.* Students or teams representing a member school are permitted to participate in an invitational track and field meet only as listed below:
    - (A) After 2:30 on Friday or the last day of the school week, or as early as the end of the academic school day for all participating schools on a day preceding a holiday or break. **Exception:** A student representing a member school may participate in a maximum of three meets Thursday or Friday, or the last day of the school week with no restriction on start time.
    - (B) Or on Saturday or school holidays;
    - (C) Or on any school day other than the last day of the school week with the following conditions:
      - (i) Events shall not begin until after the end of the academic school day for all schools involved.
      - (ii) Schools utilizing this option are limited to a one-day meet.
      - (iii) A school or student participating in this type of meet shall not enter another track and field meet during the same school week, Monday through Friday.
      - (iv) No event shall start after 10:00 p.m.
  - (5) *End of District.* A member school shall not enter a student or students in an invitational track and field meet after the final date for district certification of track and field representatives except those students qualifying for further competition as a qualifier, relay alternate (maximum of two alternates on any one relay team) or alternate (fourth place finisher at district) in the UIL regional or state meets. One regional qualifiers meet would not count in the allowable total of eight meets per student per year. A state qualifiers meet would count in the allowable total of eight meets per student per year.
  - (6) *End of Season.* Students and teams shall not represent a member school in any track and field meet after the date of the State Track and Field Meet.



## ~PRE-SEASON REGULATIONS~

### UIL Coach Education and Training Requirements

All high school coaches must be full-time employees of the school district 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.

### Texas Education Code Requirements (State law)

- 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.

### Coaches Certification Program (CCP)

The CCP consists of both UIL and state law requirements and requires a coach to complete the prescribed components on a yearly basis, prior to their sport season. Completion of the CCP will recognize coaches as UIL certified coaches.

#### Required CCP Modules:

- 1) Constitution & Contest Rules
- 2) Ethics
- 3) UIL Steroid Education
- 4) Safety Training (state law)
- 5) Concussion Training (state law)
- 6) Sport Specific Training – each sport has a sport specific CCP module
- 7) **Football coaches only – Best Practices in Tackling** certification that will be required for all first-year football coaches and for all football coaches once every two years.
- 8) **First Year Coaches Only - Fundamentals of Coaching in Texas** – required for first year coaches (or JH volunteers) or coaches in their first year to coach in the state of Texas.
- 9) **Cheerleading Coach/Sponsor only - 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.

## Eligibility for Athletic Contests

Eligibility rules are found in Section 400, 403 and 442 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 \$20.00 in value, may be presented for participation in each additional UIL activity listed in Section 480. The \$20.00 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 tee-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.uil texas.org/athletics/forms/](http://www.uil texas.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.uil texas.org/athletics/forms/](http://www.uil texas.org/athletics/forms/)).

- **Eligibility Form.** Schools must submit comprehensive eligibility forms for football, basketball, volleyball, softball, baseball, and soccer. For all other athletic activities, a 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 the 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:

<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.

### **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 school 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) **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.

## ~REGULAR SEASON~

### Track & Field Regulations

There shall be one division for high school boys and one division for high school girls in each conference. Boys may not compete on girls' teams or against girls' teams and vice versa. If a school offers track and field for members of one gender, they must offer this activity for members of the other gender, if any student of that gender wishes to compete.

**Rules.** National Federation Track and Field/Cross Country Rules Book shall be enforced at all UIL meets. NFHS rule books may be purchased from the NFHS Website. [www.nfhs.org](http://www.nfhs.org)

#### Meets.

- A student or team representing a member school shall participate in no more than one contest or meet per school week.
- No student representing a member school shall participate in more than eight invitational meets (more than three schools represented) during the school year, excluding district, one regional qualifier meet, regional and state meets. One regional qualifiers meet is allowed in addition to the allowable total of seven meets per student per year.
- 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.
- Students or teams representing a participant school are permitted to participate in an invitational track and field meet scheduled on a Saturday or school holiday. A meet may occur on the last day of the school week provided the first event starts after 2:30, or as early as the end of the academic school day for all participating schools on a day preceding a holiday or break.

**EXCEPTION:** A student representing a member school may participate in a maximum of three meets Thursday or Friday, or the last day of the school week with no restriction on start time.

- Students or teams representing a participant school are permitted to participate on any school day (other than the last day of the school week) with the following conditions:
  - Events shall not begin until after the end of the academic school day for all schools involved.
  - The meet must be limited to a one-day meet and no event shall start after 10pm.
  - The school or individual shall not enter another track and field meet until after the close of the instructional day for the school week.
- Meets with more than three schools, it shall count as one of his/her eight track meets allowed during the school year. Meets with three or fewer schools shall count as a contest for the school week, however it does not count against the invitational meet allowance.

**Event & Scoring.** A participant may be allowed to compete in a total of three running events (including relays) and no more than five events total. A participant could compete in five field events provided they are not in a running event.

- Events shall be held in the order provided in the UIL C&CR Track & Field Plan section 1320(c)(1).
- Scoring shall be 1<sup>st</sup>-6<sup>th</sup> place and points will be awarded 10-8-6-4-2-1. Relays will be 20-16-12-8-4-2.
- Fully automatic timing is recommended and all manual times must be converted by NFHS calculation requirements.
- State records can only be set at the State Meet.
- Dual, triangular and invitational meets may determine the number of competitors to be placed in each section.
  - When determining the number of competitors to be placed in each section, it is important to consider the size of the field, the quality of the performances of the competitors involved and the relationship to risk minimization.
  - A section should not be so large as to create an environment that increases the risk for injury due to the competitors being too crowded and not able to freely run.

**Equipment and Implements.** All track and field markings and equipment must comply with the National Federation Track and Field specifications. Implements and vaulting poles must meet competitive requirements and the meet host shall determine the procedures regarding verification.

**Uniforms.** Each competitor shall wear a school issued track top and bottom or one-piece uniform per the NFHS specifications.



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- Male participants must wear a loose-fitting track bottom, and they must wear shorts over the one-piece suit of compression style bottoms.
  - Closed leg briefs are acceptable for girls, however high-cut apparel shall not be worn.
  - Bare midriffs are not allowed for participants
  - Visible undergarments must the NFHS specifications including the relay members
  - Jewelry and wristwatches are allowed by NFHS rule.

## ~POST SEASON~

### UIL Championship Structure

District sites, meet directors, required fees, entry procedures, awards and meet schedules are to be determined by the District Executive Committee. Schools should contact the DEC Chair for district information.

The District Executive Committee will set the date and time scheduled for the district meet. The following applies:

- Entries shall be submitted to the director at least (5) days before the first day of the meet unless district rules stipulate otherwise.
- Each member school may enter one boys' team and one girls' team in the district meet.
- Each school may enter up to and no more than three contestants in each individual event for the district meet.
- Each school may enter only one relay team. In relay events, qualification is by school and not by the individual.
- Scratches are permitted due to illness or academic ineligibility. If a qualified contestant cannot enter the next higher meet, then the alternate (4th place or next eligible finisher) is eligible to participate. If this occurs, the district director notifies the next qualifier and then contacts the regional director.
- Only the individuals qualifying through the district, area, and /or regional meet are eligible to advance to the state meet.

#### District Meets

**Deadline.** April 11, 2020

#### Area Meets

Area sites will be facilitated by mutual agreement between the two designated districts. Schools should contact the DEC chair for district information.

- With approval of the majority of schools in that area (corresponding districts), the area meet can be cancelled. In this scenario, each district would hold their district meet and advance the top two finishers in each event to the regional meet.
- With approval of the majority of schools in that area (corresponding districts), district meets can be skipped and the corresponding districts could elect to go straight to the Area Meet (with no district meet). In this scenario, the top four finishers in each event would advance to the Regional Meet.

**Deadline.** April 18, 2020

#### Regional Meets

**Dates.** April 24-25, 2020

**Regional Sites and Directors.** Regional sites and directors may be found on the UIL website. <http://www.uiltexas.org/track-field/regional-sites>

**Fees and Schedules.** Regional directors shall post a notice of entry fees for all regional activities.

**Entries.** Qualifiers will be certified to the regional director by the district director. The regional director will certify state entries to UIL office.

- Each qualifying school should follow the entry guidelines set forth by each individual regional site.
- Relay names for the state entry will be required at the conclusion of the regional meet.

## **State Meet**

**Date.** May 8-9, 2020

**Site.** University of Texas at Austin, Mike A. Myers Stadium.

**Qualifiers.** Only those qualifying through the regional meets are eligible to compete in the state meet. After the regional meet directors have certified state qualifiers, the UIL staff will select one additional qualifier for each event to compete in the state meet.

- This qualifier will be the individual and/or relay team with the best overall time, mark, or height from all regional meets per classification that did not finish first or second.
- Ties will be broken as stated by the NFHS tiebreaker procedures for each event.
- It is the responsibility of each school to visit the UIL website ([www.uiltexas.org](http://www.uiltexas.org)) for school and coaches' instructions as well as a list of qualifiers to the UIL State Meet.

**Entries.** The regional director will certify state entries to the UIL office. Schools are not required to certify their entries from regional to state. If there are scratches or misspellings of names, please use the name change form found on the UIL website (<http://www.uiltexas.org/track-field/state/scratch-forms>).

- Schedules, school meet information, lodging options, and ticket information will be provided on the UIL website on the state meet page. <http://www.uiltexas.org/track-field/state>
- No school fees are collected for the State Meet.

## ~ WHEELCHAIR DIVISION ~

Pilot program wheelchair division events for students in wheelchairs, boys and girls, to be held at the State Track & Field Meet:

- 100M Dash
- 400M Dash
- Shot Put

### General Guidelines.

- The Wheelchair Division will include participants from any conference 1A-6A.
- The wheelchair racing and seated shot put events will be incorporated into the state meet schedule by UIL staff.
- The athletes in the Wheelchair Division will compete in separate races and field events from the traditional athletes.
- The top nine (9) performances that meet the UIL designated qualifying standards will advance to the State Championships.
- The events are considered a pilot program and will be non-scoring events, meaning these events will not count towards any team championships.
- The top three athletes in each event will receive medals. Athletes will be able to set state records at the state meet only.

### Eligibility for Participation in The Wheelchair Division.

- Only high school students eligible under the UIL Constitution and Contest Rules Subchapter M are eligible to compete.
- All applicable UIL rules and regulations will apply.
- Any high school student may be eligible to participate in the Wheelchair Division track and field events with a documented permanent, physical disability. Each athlete's physical disability must be verified by a licensed physician and maintained on permanent file at the school.
- Schools and athletes are responsible for all aspects of participation in the events.

**Wheelchair Division Qualification Standards.** Participants must meet the following standard for each event in order to submit an entry to the state meet.

EVENT	BOYS	GIRLS
100M	:40	:45
400M	2:40	3:00
SHOT PUT	7'0" - 4K	7'0" - 6lbs.

### Entry Requirements.

- Participants must submit a qualifying mark or performance to be considered for participation at the state event.
- If more than nine participants submit eligible entries in any event, the UIL staff will choose the top nine performances submitted for the state meet.
- A qualifying performance may be obtained from any local competition during the regular season, district, area, regional or Paralympic events from spring 2019. Entries must be verified by official meet results.

### Entry Procedures.

- School personnel will be required to submit verified qualifying performances.
- School personnel will be required to submit an official meet results document to verify the performance.
- [Wheelchair Submission Form](#) due no later than midnight on **April 25, 2020**.
- All state qualifiers will be posted on the UIL website at the time they become available.

**100m, 400m Wheelchair Equipment and Racing Standards.** Athletes will be expected to compete in their school's team uniform. Reasonable accommodations will be made when necessary. Resources for track and field equipment information can be obtained from the following link: <http://www.texasregionalparalympicsport.org>

- Manual wheelchairs only for track events, which may be specialized racing chair or an all sport chair.
- The racing chair may have two large wheels (not to exceed 70cm in diameter) and one small wheel (not to exceed 50cm in diameter).

- The racing chair must be manually propelled by pushing on the wheels or the hand rims. The chair shall not be equipped with gears, levers or electronic steering.
- All participants must wear a racing helmet that is a hard-protective shell and should meet the safety standards of the American National Safety Institute (ANSI).
- Shoes are not required; however protective socks are recommended.
- All participants must start each event using racing gloves.
- Athletes' lower limb(s) must be secured to the track chair. Any touch of the ground by a lower limb results in disqualification from the event.
- Competitors are responsible for the proper functioning of the competition chair and equipment. Athletes that experience an equipment failure may finish the event; however, no event will be delayed or rescheduled if such an incident occurs.

**Shot Put Equipment and Seated Throwing Standards.** Athletes will be expected to compete in their school's team uniform. Reasonable accommodations will be made when necessary. Resources for track and field equipment information can be obtained from the following link: <http://www.texasregionalparalympicsport.org>

- Implements shall meet NFHS regulations. The 4K shot put will be used for boys and 6lbs. shot put for girls.
- All participants must put the shot from a "chair" (manual wheelchair, throwing chair, power wheelchair). Scooters and "standing chairs" will not be allowed. Chairs may be designed based on the needs of the athlete.
- The upper most part of the cushion/seat on any chair may not exceed 75cm (29.5 inches) measured from the ground. The seat of the chair has to be square or rectangular and flat or sloped backwards.
- The chair may not have any moving parts or articulated joints.
- No part of the throwing frame or wheelchair may be outside of the circumference of the circle.
- The chair will be considered an extension of the athlete's body. For example: Any part of the chair touching the top of the stop board is a foul.
- A coach (only) may assist the athlete in getting to the competition area.
- A coach (only) may assist the athlete in entering and exiting the circle.
- Tie-down straps for the chair are recommended and should be provided by the athlete; however, a coach (only) may hold the chair during the throwing attempt to prevent excessive movement if no straps are available.
- The athlete's body must remain in contact with the seat during the throw.

## ~QUICK LINKS~

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*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.

- <https://www.uiltexas.org/policy/constitution>

**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.

- <https://www.uiltexas.org/policy/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.

- <https://www.uiltexas.org/policy/guidelines-for-booster-clubs>

**Track& Field Plan** – Section 1320 of the C&CR

- <https://www.uiltexas.org/policy/constitution/athletics/track-field>

**Employment of Coaches** – Section 1202 of the C&CR

- <https://www.uiltexas.org/policy/constitution/athletics/overview>

**Athletic Eligibility** – Section 1205 the C&CR

- Section 1205 – 1206 <https://www.uiltexas.org/policy/eligibility>
- Eligibility Standards <https://www.uiltexas.org/policy/constitution/general/eligibility>

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

- Section 1206 <https://www.uiltexas.org/policy/constitution/athletics/eligibility>
- Summer Strength and Conditioning Program Regulations <https://www.uiltexas.org/athletics/summer-strength-conditioning>
- Non-School Participation Manual <https://www.uiltexas.org/files/athletics/Non-School.pdf>

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

- Sections 1207 <https://www.uiltexas.org/policy/constitution/athletics/eligibility>

**Athletic Regulations** – Section 1208 of the C&CR

- Section 1208 <https://www.uiltexas.org/policy/constitution/athletics/eligibility>





[www.uiltexas.org](http://www.uiltexas.org)

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