

2021 + 2022  
UILTEXAS.ORG



# VOLLEYBALL MANUAL



# ~2020-21 VOLLEYBALL STATE CHAMPIONS~



**Neches  
1A State Champions**



**Iola  
2A State Champions**



**Bushland  
3A State Champions**



**Decatur  
4A State Champions**



**Lucas Lovejoy  
5A State Champions**



**Katy Seven Lakes  
6A State Champions**

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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://wdcrobc01p01.ed.gov/CFAPPS/OCR/contactus.cfm>  
or call 1-800-421-3481  
or contact OCR in Dallas, Texas -  
Office for Civil Rights  
U.S. Department of Education  
1999 Bryan Street, Texas 75201-6810  
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**PURPOSE** | To acquaint volleyball coaches and administrators with the policies, rules, procedures, and forms necessary for proper enforcement of regulations for volleyball, 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 Volleyball Plan and eligibility requirements found in the UIL Constitution and Contest Rules should be directed to Brandy Belk at the UIL office.

# ~VOLLEYBALL CALENDAR & UIL RULE CHANGES~

## 2021-2022

<b>August 2</b>	First day to issue equipment and conduct workouts outside the school day, all conferences. (Grades 9-12 and separate ninth grade teams in junior high. Students in grade 8 and below may not work out before the first day of school.)
<b>August 6</b>	First day for scrimmages, all conferences.
<b>August 9</b>	First day <u>allowed</u> for matches, all conferences. After the first match, no more scrimmages are permitted. As per state law, only one match or dual match may be played during the school week if your school is in session.  <i>* Week of August 9<sup>th</sup> and 16<sup>th</sup> – 3 matches (or dual matches) are allowed plus a tournament the first two weeks matches are allowed. If school is in session, the 2<sup>nd</sup> and 3<sup>rd</sup> match must be played outside of the school week.</i>
<b>October 30</b>	<u>District Certification</u> - All Conferences
<b>November 1-2</b>	<u>Bi-District</u> - All Conferences
<b>November 4-6</b>	<u>Area</u> - All Conferences
<b>November 8-9</b>	<u>Regional Quarterfinals</u> - All Conferences
<b>November 12-13</b>	<u>Regional Tournaments</u> - All Conferences
<b>November 17-20</b>	<u>STATE TOURNAMENT</u>

## UIL Changes and Amendments

### GENERAL

- **Section 1204 – Officials Pay**- Effective the 2021-22 school year the portal- to-portal travel reimbursement for the UIL Officials Fee Schedule (1204) removes the last mileage range (91-120.9 miles) initiating travel reimbursement at 91 miles in place of the original 121 miles.
- **Section 1207 Rules, Violations and Penalties**– Changes to this section of the constitution more clearly reflects the authority of the District Executive Committee and the State Executive Committee to suspend a school or team when a member of that team commits an assault on a sports official. This amendment would also require schools to develop policies for suspending a spectator who commits an assault on a sports official from future events.
- **Assault of an Official -33.081 E-1 of the Texas Education Code** – As a result of the passage of HB 2721 a participant who assaults an official will be suspended from participation for a minimum of two years.
- **Spectator Policies** – Schools shall develop policies for preventing any spectator who commits assault of a sports participant, inclusive of officials, from attending future events in activities sanctioned by the UIL.
- **Home Schooled Student -Section 33.0832 of the Texas Education Code** – As a result of the passage of HB 547 homeschool students are allowed eligibility for UIL activities, if approved by the local school district.
  - Schools that allow homeschool participation must notify their DEC and UIL by August 1<sup>st</sup>. (This will occur in UIL portal, and direction will be sent at a later time.)
  - For non-enrolled (homeschool students), if the public independent school district where the parent/guardians of the students reside decide not to allow home schooled students to participate, the student could petition to participate at a charter school within the boundaries of the independent school district where the parent/guardian of the student reside, if allowed by charter school administration.
  - The parent or person standing in parental relation to a home schooled student participating in a UIL activity on behalf of a public school must, in accordance with the school's grading calendar, provide written verification to the school indicating that the student is receiving a passing grade in each course or subject being taught.

- Home schooled students may not participate unattached.
- Home schooled students may not participate in an athletic activity offered by the UIL in and in a non-school league under auspices of any other sanctioning organization.
- Home schooled students that have moved into an attendance zone within the past 12 months will require a full hearing of the DEC.
- A home-schooled student seeking participation for the first six weeks must demonstrate grade-level academic proficiency on any nationally recognized, norm referenced assessment instrument.
- A home-schooled student shall participate in no more than one athletic class period per school day, not to exceed 60 minutes per day.
- Home schooled students are not authorized to participate in a league activity during the remainder of any school year during which the student was previously enrolled in a public school.
- Home schooled students that reside outside of the attendance boundaries of a school or ISD are not eligible to for a parent residence waiver.

### **SPORT SPECIFIC UPDATES:** *updated 8/12/21*

- For the 2021 UIL volleyball season, UIL is granting an exception to NFHS Volleyball Rules which require teams to change benches **by mutual agreement between the two teams in the match only.** If **both schools in the match agree**, they may suspend the protocol of switching benches between sets.
  - A team may not be forced to play implementing this exception. This exception may not be adopted for a UIL district by vote of the District Executive Committee. The exception may only be implemented with consent from both schools in the match. *(ie. if one team wants to switch benches and one team doesn't, the NFHS rule must be followed and teams must switch benches for that match.)*
- **Broadcast of UIL Events** – Webcasts for football, streamed over the internet and in accordance with UIL Broadcast Guidelines will be allowed by mutual agreement. Other live telecasts including over-the-air television broadcasts will still be prohibited. *Live streaming for sports other than football did not change during the 2020-21 school year and still remains permissible with mutual consent of the two participating schools in the regular season.* Postseason requires submission and approval of an academic telecast request form to the UIL media department.
- **Practice Regulations**–Sessions for strength & conditioning instruction may be conducted by school coaches for students in grades 7-12 from that coach's attendance zone starting the first day of school. This is for off-season sports only. A strength and conditioning session shall be no more than one hour per day outside the school day, Monday through Friday, and a student shall attend no more than one session of supervised instruction per day.

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## ~2021-22 NFHS VOLLEYBALL RULE CHANGES~

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**4-1-6a, b (NEW):** Allows players to wear head coverings for religious reasons that fit securely and are made of non-abrasive or soft materials while still requiring head coverings worn for medical reasons to be approved by the state association.

**Rationale:** Eliminates the need for authorization from the state association for the wearing of religious headwear without data to support an increased risk while maintaining the requirement for approval of head coverings worn for medical reasons – allowing the state association to review for the purposes of risk minimization.

**5-3-1, 5-3-1 NOTES:** Allows state associations to approve of gray and/or bright blue (cyan) in addition to the white short or long-sleeved polo-style shirts while maintaining that officials must dress in like colors. Simplifies the accommodations for varying climate conditions within the competition facility.

**Rationale:** Provides state associations with additional officials' uniform options while aligning with trends in the game.

**7-1-4 PENALTIES, 9-9-1b (NEW):** Eliminates the loss of rally / point penalty for failure to submit the lineup no later than two minutes prior to the end of the timed pre-match warmup and one minute prior to the end of the timed interval between sets. The penalty was changed to an unnecessary delay (administrative yellow card) with the escalation of a second unnecessary delay (administrative red card) if not submitted by the end of the timed pre-match warmup or interval.

**Rationale:** Aligns the penalty with the late roster and lessens the severity of the penalty for a late lineup.

### 2021-22 VOLLEYBALL MAJOR EDITORIAL CHANGES

**State Association Adoption Chart (NEW):** Clarifies and organizes all rules that allow for state association adoption.

#### 2021-22 Volleyball Editorial Changes

5-4-3c(22), 5-5-3b(21), Unnecessary Delays Chart

#### 2020-21 Volleyball Points of Emphasis

1. Line Judge Expectations
2. Coach and Official Communication
3. State Association Adoptions – Location of Team Bench
4. Addressing Uniform Concerns



# ~REGULAR SEASON~

## Volleyball Regulations

### Number of Contests Allowed (2021-2022)

- 0 Tournaments and 29 Matches or
- 1 Tournament and 27 Matches or
- 2 Tournaments and 25 Matches or
- 3 Tournaments and 23 Matches

**Playing Rules.** The current National Federation Volleyball Rules shall govern League volleyball. Rulebooks may be ordered from the National Federation customer service office (800-776-3462) or [www.nfhs.org](http://www.nfhs.org). Schools may obtain scorebooks, court diagrams, lineup sheets, and libero tracking sheets from the National Federation.

**Single match.** A single match shall be defined as: NFHS Rule 1-2-1, 2, 3

- Art. 1...A match shall consist of the best three-out-of-five sets. The first team to win three sets shall be the winner of the match. The fourth and fifth sets shall not be played unless it is necessary to determine the winner of the match.
- Art. 2...A match shall include a let serve.
- Art. 3...A match shall entitle each team a maximum of two time-outs per set.
- NOTES:
  - By state high school association adoption, teams may play a best two-of-three set match in which a team is considered the winner of the match when it wins two sets. All sets shall be 25 points (no cap). The third set shall not be played unless it is necessary to determine the winner of the match. If a third set is necessary, a coin toss shall be conducted prior to that set.
  - By state high school association adoption, modification of format is permitted for series other than dual varsity matches.

**Dual match.** A dual match consists of a team that plays two other teams or plays the same team twice at the same site (must be the same level of competition). A dual match counts as **one contest for the school week**, one of the two matches UIL permits students per calendar week and counts as two of the total matches for the student per season. The second match should be played as soon as it can be scheduled for one team after their first match. A dual match can be held any day of the week. All teams at one site do not have to play a dual match.

**Double Header.** A student may play in a varsity and a junior varsity match, a junior varsity match and a ninth-grade match, or a ninth grade and a varsity match the same night. This counts as the total two allowable matches UIL permits the student for the calendar week and counts as two of the total matches for the season.

**Scrimmage.** A scrimmage is a meeting of not more than four teams for practice purposes, which does not count as a game for any of the teams. Admission may be charged. Officials may be paid in accordance with the schedule in Section 1204 (m) and may, by prior agreement with the school, be reimbursed for mileage and meals. A school shall not play in a scrimmage after its first interschool game or match in that sport.

\*If more than four teams are invited to a scrimmage, *each team may only scrimmage three different teams.*

**Warm-up Games.** Teams that have advanced to the playoffs may schedule a warm-up game **after** the District Certification Date that is set by the UIL calendar and before their first playoff game if a team has not reached their allowable season limit. School week limitations still apply. **Note: Prior to district certification, games left in your allowable season limit may be scheduled like any other regular season game.**

- Exception – Warm-up games for teams who have exhausted their season limit are given a UIL exception under the following conditions:
  - Teams that are district champions and have a first round bye.
  - The one game exception can be played only at the end of your school day on Friday, last day of instruction (with no loss of school time) or anytime on Saturday.

**Tournaments.** A tournament consists of at least three teams assembled at one site for competition.

- Schools shall not schedule tournaments on Monday, Tuesday, or Wednesday, unless school is not in session. Schools may schedule tournaments on Thursday, Friday, and Saturday.
- Tournaments may be scheduled on non-consecutive days. A two-day tournament shall not be scheduled on Thursday and Friday. A one-day tournament must be held on a Saturday.
- Three matches per calendar day are allowed in a three-day tournament.
- Four matches per calendar day are allowed in a one-day tournament scheduled on a Saturday only or a two-day tournament scheduled for Thursday / Saturday or Friday / Saturday.
- A tournament may be played during the week in which there are two matched contests being played (ie. matches on Tuesday / Friday and a tournament on Thursday-Saturday).
- A double round robin elimination tournament shall not be used in any League contest except by unanimous consent of participating schools.
- A tournament must be held at the ISD of the host school, or at an adjoining ISD. Host schools may authorize additional sites other than same or adjoining ISD for preliminary round games.

**Pool Play.** A team may play in pool play during the first rounds of a tournament provided the pool games consist of two "mini games" using rally scoring 0-15 (cap at 20) OR regulation and modified regulation 2-out-of-3 matches using rally scoring 0-25 (cap at 30).

- Pool play utilizing "mini games" format will count the entire pool as one match for the three allowed matches per day. "Mini games" do not count on the overall win/loss record for the season.
- Pool play utilizing regulation and modified regulation 2-out-of-3 match formats will count as matches allowed per day (3 matches) and per tournament (4 matches).
- Participation in pool play is counted as a tournament. The win/loss record from pool play may be used to create a single elimination bracket.
- When two or more teams are tied in win/loss percentage, two steps should be taken to determine the winner.
  - The team that defeated the other in head-to-head competition will be the winner. If each team won one game in a two-game pool, the team that had fewer points scored against them in both games would be the winner.
  - If a tie still remains, a coin flip(s) would determine the winner(s).

## Rally Scoring Format

**Warm-Up Procedures.** It is recommended that schools use the 15-minute warm-up procedure that is used at the state tournament: Each team will have the court for six minutes. Both teams will share the court for the last three minutes for serves.

### Varsity

- 3 out of 5 to 25 (no cap)
- 5<sup>th</sup> set to 15 (no cap)
- The let serve shall be allowed.
- Each team shall be allowed two time-outs per set.
- Dual and tri-matches must be played using the 3 out of 5 format. No exceptions.

**EXCEPTION:** Varsity tournaments can choose to play 2 out of 3 matches for bracket play (up to the discretion of the tournament director). If the 2 out of 3 format is used, it will be 2 out of 3 to 25 (cap at 30), with the third game being played to 25 (cap at 30).

**Sub-Varsity/Junior High.** According to Rule 1 Section 2 Article 1, Note 2 of the NFHS Volleyball Rule Book:

"By state high school association adoption, modification of match format is permitted for series other than dual varsity matches."

*For purposes of the above note from the NFHS Volleyball Rule Book, as long as the modification does not increase playing time above what is allowed in NFHS rules, the participating schools shall mutually agree on the length and format of any sub varsity or junior high volleyball match.*

## **Tournament Play – All Levels**

- Pool play "mini games" must consist of two rally scored games to 15 (cap at 20)
- Pool play games start at 0-0
- During pool play, regulation matches can be utilized, provided no team exceeds their total number of allowed matches per day (three matches per day in a three-day tournament, or four matches per day during a two-day tournament or a one-day tournament scheduled on a Saturday).

## **Allowable Contests**

According to State Board of Education mandates, students may only participate on one day per activity during the school week. \* Exception: District varsity contests postponed due to weather or public disaster may also be scheduled during the school week but must be rescheduled and played on the next available date following the postponement in order to be played as an exception.

Post-season competition may also be scheduled as an exception to the one contest during the school week. **School week means the week beginning at 12:01 am on the first instructional day of a calendar week (defined as 12:01 am on Sunday through midnight on Saturday) and ends at the close of instruction on the last instructional day of the calendar week, excluding holidays.** Post-district play means competition in UIL playoff series or contests such as bi-district, area, regional, etc.

**Scrimmages and Games.** Volleyball teams may play unlimited scrimmages, with not more than four teams, prior to school starting. Once school begins teams are limited to one scrimmage during the school week. Schools may also participate in an additional scrimmage, with not more than four teams, at the end of the school week (Friday after school or Saturday). No scrimmages may be played after a team's first interschool game.

\*If more than four teams are invited to a scrimmage, **each team may only scrimmage three different teams.**

A team or individual may only play one match (or dual match) during the school week Monday (12:01 am) through Friday (after school). This means that if a team competes once Monday through Thursday, the second competition must be after school Friday or Saturday. **EXCEPTION:** Tournaments, post-district play, or district varsity play postponed due to weather or public disaster. Teams or individual(s) are limited to two matches (or dual, doubleheader matches) per calendar week (Monday through Saturday) plus a tournament. Three matches may be played during the first two calendar weeks allowed for matches (according to the official UIL calendar). If school is in session, the one contest per school week rule must be followed.

A team or individual may play up to, but not exceed, three matches per day. There is no required rest break between matches. **EXCEPTION:** Tournaments – teams may play four matches in a 1-day tournament.

Two matches may be substituted in place of a tournament. Pre-scheduled district tournaments must count as one of the invitational tournaments unless all matches played in the district tournament are counted in the season match limitation for all schools in the district.

**UIL/TEA Side-by-Side.** UIL limits participation in contests per calendar week in some sports. For UIL, participation is defined as a student actually entering a contest. Example: On Tuesday night, the student's name is on the scorebook, but the student remains on the bench and does not actually enter the game. This does not count as participation in a UIL contest according to UIL (but does count according to state law. The student cannot participate again until Friday after school). The Tuesday game does not count as one of the games UIL permits the student to participate in for that calendar week or for the season because the student did not enter the game.

Volleyball:

- (1) A single match.
- (2) A dual match (a team plays two other teams or plays the same team twice at the same site on the same day.) A dual match counts as one of the two matches UIL permits students per calendar week and counts as two of the total matches for the student per season.
- (3) A double header (a student may play in a varsity and a junior varsity match or a ninth grade and a varsity match at the same site the same night). A double header counts as the total two allowable matches UIL permits the student for the calendar week and counts as two of the total matches for the season.

Students could also play in a tournament the same week they participate in a single match, dual match, or double header.

## District Certification

- The DEC shall determine the place and/or time of matches in case of disagreement between two schools.
- If not previously scheduled, a district executive committee may authorize a single elimination match or tournament to resolve district ties. A one-match play-off could break a two-way tie. A tournament could resolve a tie between three or more schools.  
*NOTE:* These matches must be completed by the district certification deadline and will not count against the allowable matches if not previously scheduled. Tie-breaker matches must be held in compliance with calendar week and school week restrictions. Tie-breaker tournaments, if held on more than one day, must be held on consecutive days. If the district executive committee schedules any other matches or tournaments as part of their method for determining play-off representatives, the matches played must count in the match or tournament limitation.
- The district executive committee may permit district varsity volleyball matches postponed by weather or public disaster (not including illness), to be played as an exception to the two-matched-contests per-week rule, provided that they are rescheduled and played on the next available date, other than Sunday, on which another district match is not scheduled. Junior varsity, freshman and junior high teams may not play postponed matches as an exception.
- The State Executive Committee shall have jurisdiction in all disputes arising between districts.

## Guarantees for Contests

- In district and non-district games/matches, unless there is mutual agreement or a district executive committee ruling, the home team is entitled to 100% of the gate receipts.
- In play-off games, the visiting team shall have a sufficient guarantee to cover expenses and also 50% of the net gate receipts unless mutually agreed upon by both schools.
- A demand of a flat guarantee, which is clearly in excess of expenses, shall upon action of the district or State Executive Committee, disqualify the offending team from further participation. A flat guarantee for a visiting team's expenses shall be in lieu of expenses and shall be calculated as expenses of the game, prior to division of the net gate receipts.
- Expenses of visiting team, officials, advertising, labor, services, and printing incidental to the contest, shall be considered as expenses of the game. The number of persons allowed upon expense accounts shall be agreed upon by school administrators of teams involved. Unless mutually agreeable otherwise, the home team shall furnish a playing field or court without cost to the visiting school.

## 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.

## **Pep Bands**

- The UIL does allow “pep” bands (up to 30 members) to play at volleyball games during pregame, time-outs, in between sets and post-game. Musical instruments may not be used as noisemakers during the contest. The “pep” band shall not be located behind or near the opposition’s bench.
- If a “pep” band does perform the following guidelines should be followed to ensure a full appreciation of the group’s performance. Band directors are reminded that as a courtesy to the teams and cheerleaders of both schools, performances by the band should be limited to appropriate times.
- Guidelines listed below indicate appropriate playing times for the band:
  - The band may play before the game begins. The director should coordinate the schedule so that the host school may introduce team members.
  - The band may play during time outs and in between sets of the contest.
  - The band may play at the end of the contest if desired.

## **Forms and Reporting**

**Eligibility Forms.** Eligibility forms will be completed in the UIL Portal. The eligibility forms should not be sent to the UIL office.

**UIL Playoff Reporting - Teams Advancing.** Coaches are required to submit playoff results immediately following their contest. The winning school should submit playoff game results and next round information via MaxPreps through the assigned coach/admin account. The score reported by a coach on a team’s page will automatically fill in the bracket.

The completeness of the data presented on the UIL Texas Scoreboard will be dependent upon the participation of schools and coaches. For more information, please see <http://www.uiltexas.org/athletics/uil-maxpreps>.

# ~ VOLLEYBALL TOURNAMENT REGULATIONS ~

## Traditional

## Pool Play

## Round Robin

<b>Number of Teams:</b>	No limit	No limit	Ten
<b>Site:</b>	Host ISD or adjoining ISD (If no more than 8 schools in tournament, prelim round matches may be played at home site of any school in tourney.)	Host ISD or adjoining ISD (If no more than 8 schools in tournament, prelim round matches may be played at home site of any school in tourney.)	Same or adjoining ISD unless additional sites are needed for prelims.
<b>Days:</b>	Thursday, Friday, Saturday (unless school is not in session) A two-day tournament shall not be scheduled on Thursday and Friday. One-day tournaments shall be scheduled on Saturday.	Thursday, Friday, Saturday (unless school is not in session) A two-day tournament shall not be scheduled on Thursday and Friday. One-day tournaments shall be scheduled on Saturday.	Thursday, Friday, Saturday (unless school is not in session) A two-day tournament shall not be scheduled on Thursday and Friday. One-day tournaments shall be scheduled on Saturday.
<b>Match Limit/Make-ups:</b>	If a semi-final match is played, count as a tournament. If not reaching the semifinals, early matches could count on 25-match and 2-tournament limit, and another tournament could be played.  If final tournament match is played later, it must be counted on 23-match and 3-tournament limit.	No Limit	Maximum: 6
<b>Contests per Day:</b>	Three matches (four matches in a one- or two-day tournament).	Three matches (four matches in a one- or two-day tournament). <b>If mini-games are played, count the entire pool as only one of the matches allowed per day.</b>	Three matches since all matches are regulation (four matches in a one or two- day tournament).
<b>Length of Matches:</b>	Regulation	Regulation after advancing from pool. (2 rally scored matches to 15 points in pool, starting score is 0-0, cap at 20.)	Regulation
<b>Count per UIL Season Limitation:</b>	One of the allowed tournaments.	One of the allowed tournaments.	One of the allowed tournaments.
<b>Place Standing in Tournament:</b>	N/A	Determined by win-loss record during which each team in pool plays each other. *	Win-loss record.
<b>Effects on Win-Loss Record:</b>	Count all regulation matches	Only count regulation matches in single elimination bracket. "Mini-games" <b>do not count on season record!</b>	Count all regulation matches
<b>Round Robin Ties:</b>	N/A	N/A	Ties will be broken by sudden death as determined by director.

## ~POST SEASON~

### Playoff Information

**Certification of District Representatives.** The last dates for certifying the district champions to the League office is October 30, 2021. It is mandatory that the District Chair certifies the district representatives on the UIL website at <https://www.uiltexas.org/machform/view.php?id=37> as soon as they are determined.

#### **UIL Playoff Reporting –Teams Advancing.**

- Coaches are required to submit playoff results immediately following their contest. The winning school should submit playoff game results and next round information via MaxPreps through the assigned coach/admin account. The score reported by a coach on a team's page will automatically fill in the bracket.
- The completeness of the data presented on the UIL Texas Scoreboard will be dependent upon the participation of schools and coaches. For more information, please see [www.uiltexas.org/athletics/uil-maxpreps](http://www.uiltexas.org/athletics/uil-maxpreps).

**Team Information & Pictures.** Teams winning the regional quarterfinal game must submit the following materials to the UIL no later than **Wednesday, November 10, 2021.**

- Team Information Form (list of players, coaches, etc.; and list of all games played) – fill out online on the UIL website at <https://www.uiltexas.org/forms/team-info-volleyball>.
- Team Picture – 1MB, color, email to [pictures@uiltexas.org](mailto:pictures@uiltexas.org).
- Picture of Head Coach (head and shoulder shot) – 1 MB, email to [pictures@uiltexas.org](mailto:pictures@uiltexas.org)
- School's Mascot (camera ready art work if possible, if not a copy of the mascot from your letterhead, etc.) – 1MB email to [pictures@uiltexas.org](mailto:pictures@uiltexas.org)

Failure to submit this information could result in your team not appearing in the State Tournament program.

**Contracts.** All playoff arrangements between two schools should be made in writing and signed to protect both parties.

**Sites.** Sites for all rounds of playoffs prior to the regional tournament are to be selected by the teams involved. See Section 1208 (o)(p) of the UIL Constitution and Contest Rules. If schools cannot agree, they must flip a coin.

- ***Neutral Sites:*** A site mid-point or near mid-point, or a site agreed on by both schools as neutral, is a neutral site. Unless mutually agreeable, a site cannot be neutral if its distance from either school is more than two-thirds the total distance between the schools.
- ***Home Sites:*** When two schools flip for two separate sites other than their home field or court, the sites are considered home sites unless both sites are near mid-point.
- ***Mid-Point Sites:*** Unless mutually agreed otherwise, post-district contests in the team sports of baseball, basketball, soccer, softball, team tennis, and volleyball shall be a mid-point site for schools located more than 100 miles apart.

**Warm-up Games.** Teams that have advanced to the playoffs may schedule a warm-up game after the District Certification Date that is set by the UIL calendar and before their first playoff game if a team has not reached their allowable season limit. School week limitations still apply. ***Note: Prior to district certification, games left in your allowable season limit may be scheduled like any other regular season game.***

Exception – Warm-up games for teams who have exhausted their season limit are given a UIL exception under the following conditions:

- Teams that are district champions **AND** have a first round bye
- The one game exception can be played only at the end of your school day on Friday, last day of instruction (with no loss of school time) or anytime on Saturday

**Regional Tournament: Friday and Saturday, November 17-20, 2021.** Sites for all conferences can be found on the UIL website at <http://www.uiltexas.org/volleyball/regional-sites>.

**Certification of Regional Champion.** The last dates for certifying the regional champions to the UIL office is **November 13, 2021.** A representative from each winning team should contact (text) Brandy Belk at (512) 635-6634.

**Police protection.** Adequate police protection should be provided for all playoff games, whether the game is played at a neutral site or on the home court of one of the teams.

**Officials.** In all conferences at all playoff levels, except regional tournaments and state tournaments, officials are to be obtained by the two schools involved. If neutral officials are requested through UIL, the **home team** must make the request. Schools must go to the UIL website to request officials online at <https://www.uiltexas.org/form/officials-request/volleyball.php>.

## State Tournament

**Schools Eligible to Compete.** Only the teams qualifying through the regional tournament are eligible to compete in the state tournament.

**Site and Dates.** Curtis Culwell Center, 4999 Naaman Forest Blvd. Garland, TX 75040; November 17-20, 2021.

**Certification.** Contact (text) Brandy Belk at (512) 635-6634 on Saturday, November 13 after the regional tournament to let us know that your team has qualified to the state tournament. Please leave your team name, the score of your regional final matches, and an updated season record through the regional finals.

**Pairings for the Tournament.** *The UIL staff will be calling or emailing coaches on Sunday morning with pairings and tournament information. Be sure and fill out the team information form on the UIL website. The coach's home and/or cell number from the team information form will be used to contact the coach. Pairings will not be released until 9:00 a.m. on Sunday. This information will be posted on the UIL website via a press release as well. Teams will be placed in the bracket according to their win/loss record. The two best records will be placed in opposite halves, and the third best record will be placed up or down as determined by a coin flip.*

**Coaches' Meeting.** All information concerning the state tournament will be sent to winning coaches via email Sunday morning. Medal and awards forms should be given to UIL staff prior to the first match. There will not be a coaches' meeting at the state tournament.

**State Equipment.** The official game ball for the State Volleyball Tournament will be the **Spalding VB5**.

**Lodging Instructions.** The UIL will block fifteen (15) rooms per school. A UIL Staff member will contact you with additional details and hotel assignments on Sunday prior to the tournament. Schools should contact the UIL assigned hotel by 10 am on Monday prior to the tournament to avoid loss of rooms.

The League cannot guarantee rooms for cheerleaders, administrators, fans, etc. Please bring your tax-exempt number to avoid paying tax. Please settle your lodging before checking out. Coaches are responsible for the proper conduct of their players at the hotels.

**Rebates.** Each school is responsible for paying its own tournament expenses. Teams will receive a check for 1/20 of the total gate minus expenses.

**Gymnasium Regulations.** Band instruments, horns, mechanical noise makers, confetti and live animals will not be allowed in the gymnasium. No signs, large flags, banners, or flash cameras will be permitted.

**Benches.** Benches will be reserved at each end of the scoring table for the teams participating in the tournament. The teams listed in the top of each bracket will be the home team. The teams in the lower half will be the visiting team. Teams will change benches after each game.

- Nonplaying team members shall remain seated on the team bench during a game except to: (a) spontaneously react to an outstanding play by members of their own team; (b) go to a non-playable area to warm-up without balls prior to entry into the game as a substitute.

**Radio Broadcasting and Telecasting.** The UIL media department will be in charge of broadcasting and telecasting rights for the state tournament games and may be contacted at 512-471-5883.



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**2021 UIL Volleyball State Tournament Schedule (Tentative):**
**Wednesday, November 17**

1:00 pm	Conference 1A	Semifinal
3:00 pm	Conference 1A	Semifinal
5:00 pm	Conference 2A	Semifinal
7:00 pm	Conference 2A	Semifinal

**Thursday, November 18**

11:00 am	Conference 3A	Semifinal
1:00 pm	Conference 3A	Semifinal
3:00 pm	Conference 1A	Final
	<b>1A and 2A Honor Teams</b>	
5:30 pm	Conference 2A	Final
7:30 pm	Conference 4A	Semifinal

**Friday, November 19**

11:00 am	Conference 4A	Semifinal
1:00 pm	Conference 5A	Semifinal
3:00 pm	Conference 5A	Semifinal
5:00 pm	Conference 6A	Semifinal
7:00 pm	Conference 6A	Semifinal

**Saturday, November 20**

11:00 am	Conference 3A	Final
	<b>3A and 4A Honor Teams</b>	
1:30 pm	Conference 4A	Final
4:00 pm	Conference 5A	Final
	<b>5A Honor Teams</b>	
6:30 pm	Conference 6A	Final

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## ~VOLLEYBALL PLAN~

### Excerpt from the UIL Constitution & Contest Rules

#### **Section 1330: GIRLS' VOLLEYBALL PLAN.**

- (a) **ATHLETIC PURPOSES, CODES, PLAN APPLICABLE.** Rules in Sections 1200-1209 also apply to the Girls' Volleyball Plan.
- (b) **DATES FOR PRACTICES, MATCHES AND CERTIFICATIONS.**
- (1) *Practice Dates.*
    - (A) There shall be no high school volleyball practice for a contestant or a team until the first week in August as determined by the UIL calendar. See Section 1478 for seventh and eighth grade restrictions.
  - (2) *School Practice Regulations Outside the School Year.* Any volleyball practice conducted by a school outside the school year shall be in accordance with the following regulations:
    - (A) Student-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
    - (B) Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.
    - (C) The maximum length of any single practice session shall be three hours.
    - (D) 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.
  - (3) *Scrimmage Dates.* Schools shall not scrimmage until the first date allowed on the UIL calendar. Teams and schools may participate in an unlimited number of scrimmages prior to the first day of school. After the first match, scrimmages are not permitted.
  - (4) *Matches.* Schools shall not participate in a match until the first date allowed on the UIL calendar or after the last date for certifying district representatives, except for teams who have not been eliminated in playoffs.
  - (5) *First Two Weeks of Season.* During each of the first two calendar weeks allowed for matches on the UIL Official Calendar, teams or students shall participate in no more than three matches (or dual matches) plus one tournament. The second and third match of the calendar week shall be after the last instructional day of the school week if school is in session.
  - (6) *Remainder of Season.* After the first two calendar weeks allowed for matches, teams or students are limited to no more than two matches (or dual matches) during each calendar week, plus one tournament. The second match of the calendar week shall be after the last instructional day of the school week.
  - (7) *Beginning First Day of School.* On and after the first day of school, teams are limited to no more than one scrimmage, match or dual match during the school week. School week means the week beginning at 12:01 a.m. on the first instructional day of a calendar week and ending at the close of instruction on the last instructional day of the calendar week, excluding holidays.
- (c) **NUMBER OF SCRIMMAGES, MATCHES, TOURNAMENTS.**
- (1) *Violations/Penalties.* The District Executive Committee shall determine the penalty for violations of the following regulations.
  - (2) *Game-Matches Defined.* A game shall be defined as when a team has scored 25 points and is at least two points ahead. A match shall be defined as when a team has won three games out of five.
  - (3) *Total Number of Games, Matches, Tournaments.* No team or student shall compete in more than three invitational tournaments plus 23 matches in a season, including all matches prior to the first playoff match. This shall include non-district and district matches. If the district champions have a bye for the first round of the play-offs, those schools may schedule a warm-up match in addition to the match limits. This additional match shall be played on a non-school night with no loss of school time. Two matches may be substituted in place of a tournament.
  - (4) *Substituting Dual Matches for Regular Matches.* Dual matches consisting of two or more teams may be played. A team may play two other teams or play the same team twice at the same site. The second match shall be played as soon following the first match as possibly can be scheduled. A dual match will count as one of the two contests allowed per calendar week (in addition to a tournament), and will count as two of the 23 total matches allowed per season.
  - (5) *Exception to Resolve District Ties.*
    - (A) *Two Schools Tied.* To resolve a two-way tie, the District Executive Committee may authorize a single elimination match, provided only one other match is played that calendar week. The tie-breaking match may be in addition to the 23 allowed matches. It may not be played as an exception to the school week limitation.
    - (B) *Three or More Schools Tied.* If three or more schools are tied, the District Executive Committee may authorize a tournament provided only two matches have been played that week, using the procedure in Section 1203. These tournament matches may be played in addition to the total number of matches and tournaments allowed for the season.

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- (6) *Exception for Rescheduled Matches.* District varsity volleyball matches postponed by weather or public disaster (not including illness) shall be rescheduled on the next date, other than Sunday, on which another district match is not scheduled. In the event weather or public disaster forces the makeup match to be rescheduled, it shall be rescheduled on the next date as described earlier. These makeup matches may be played as exceptions to the school week and calendar week limitations. District varsity games that are postponed by weather or public disaster, and not played on the next available date, shall be rescheduled and played on a date determined by the District Executive Committee.
  - (7) *Invitational Tournament Restriction.* No team shall participate in an invitational volleyball tournament held on a Monday, Tuesday or Wednesday, except on school holidays. However, matches or games in tournaments may be played after school on the last day of the school week prior to holidays.
  - (8) *Invitational Tournament Exception.* Volleyball tournaments may be scheduled on non-consecutive days. A two-day tournament shall not be scheduled on Thursday and Friday. A one-day tournament shall be scheduled on Saturday.
  - (9) *Number of Matches Per Day in Tournaments.* No team or student shall compete in more than three matches per day in tournament play. **Exception:** Contestants or teams may play in four matches per calendar day in a one-day tournament scheduled on a Saturday, and contestants or teams may play in four matches per day during a two-day tournament.
  - (d) **SITE OF MATCH.** The District Executive Committee in arranging a schedule within the district shall determine the site of matches in case of disagreement between two teams.
  - (e) **BOYS Prohibited.** Boys shall not compete on girls' teams.
  - (f) **OFF SEASON PARTICIPATION.** See Section 1209.
  - (g) **Gate Receipts from State Tournament.** The UIL office retains an annually determined percentage of gate receipts from the state volleyball tournament.
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## ~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 & Sportsmanship
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**
  - a. Must have a current certification or annual training completed prior to contact with participants.
  - b. Districts shall determine the organization that will provide the certification or training. Resources are available but not limited to those on the UIL web site.

## Eligibility for Athletic Contests

Eligibility rules are found in Section 400 and 440 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) 440, 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 380. One additional symbolic award, not to exceed \$20.00 in value, may be presented for participation in each additional UIL activity listed in Section 380. 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 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.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, 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 CSJET 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).

### **Practice Regulations – Outside Of The School Year**

Practice regulations for sports that practice outside of 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.

### **Practice Regulations – When School Is In-Session**

- 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) (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.



## ~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.

- [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 2021-22 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](#)

**Volleyball Plan** – Section 1330 of the C&CR

- [Section 1330](#)

**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](#)
- [Non-School Participation Manual](#)

**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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