

Section 1205: ATHLETIC ELIGIBILITY

- (a) **INDIVIDUAL REPORT 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.
 - (1) *Pre-participation Physical Examination.* Upon entering the first and third years of high school, a physical examination signed by 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 is required. Standardized pre-participation physical examination forms, available from the League office and authorized by the UIL Medical Advisory Committee, are required.
 - (2) *Medical History Form.* Each year prior to any practice or participation a UIL medical history form signed by both student and a parent or guardian is required. A medical history form shall accompany each physical examination and shall be signed by both student and a parent or guardian.
 - (3) *Parent or Guardian Permit.* Annual participation permit signed by the student's parent or guardian.
 - (4) *Rules Acknowledgment.* Annual UIL Rules Acknowledgment Form signed by the student and the student's parent or guardian.
 - (5) *Parent/Student Illegal Steroid Use Form.* The parent/guardian of each high school athlete, along with each high school athlete, shall annually sign the UIL Illegal Steroid Use and Random Steroid Testing Parent and Student Notification/Agreement Form.
 - (6) *Concussion Acknowledgement Form.* According to section 38.155 of the Texas Education Code, 'a student may not participate in an interscholastic athletic activity for a school year until both the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student have signed a form for that school year that acknowledges receiving and reading written information that explains concussion prevention, symptoms, treatment, and oversight and that includes guidelines for safely resuming participation in an athletic activity following a concussion'. * This section also applies to students participating in the cheerleading program at the school.
 - (7) *Sudden Cardiac Arrest Awareness Form.* Each year prior to any practice or participation in athletics, a UIL Sudden Cardiac Arrest Awareness form signed by both student and a parent or guardian is required.
- (b) **VARSITY ELIGIBILITY REQUIREMENTS.**
 - (1) *Subchapter M.* Only students satisfying all the requirements in Subchapter M are eligible for varsity competition.
 - (2) *Non-District Games.* In non-district interschool games or contests, only eligible students may participate. Each school shall complete a varsity eligibility list for each sport.
 - (3) *Eligibility Forms.* Schools shall submit comprehensive eligibility blanks 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.
 - (4) *Certification.* Completed eligibility forms are to be signed by the superintendent or a designated administrator and the coach. These forms are to be submitted before a contestant is allowed to participate in a varsity contest.
 - (5) *Suspension.* Failure to furnish correct and complete information may, upon request by the proper committee, constitute grounds for suspension.
- (c) **PREVIOUS ATHLETIC PARTICIPATION FORM.** The Previous Athletic Participation Form is required if a new student in grades 9-12 practiced or participated with his or her former school in grades eight through twelve during any previous school year in any athletic activity.
- (d) **MINIMUM PENALTY.** 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 reprimand to the school.
- (e) **SUB-VARSITY ELIGIBILITY REQUIREMENTS.** An individual is eligible to participate in League contests if that individual is a full-time student of the participant school the student represents, has been in attendance and has passed the number of courses required by state law and by rules of the State Board of Education, and is passing the number of courses required by state law and by rules of the State Board of Education.

Section 1206: SCHOOL PRACTICE AND GAME RESTRICTIONS

- (a) **NON-TRADITIONAL SCHOOL YEARS.**
 - (1) *Non-Traditional School Year.* See Section 5 for definitions of traditional school year, summer vacation, non-traditional school year and intersession.

- (2) *Rules Applicable During Intersessions and School Year.*
 - (A) All rules found in the UIL *Constitution and Contest Rules* that apply to school district personnel, students, individuals, teams and/or schools during the traditional school year also apply to the non-traditional school year during the time school is in session and during intersessions.
 - (B) During intersessions schools shall schedule no more than one contest or performance per activity per student per school week, with the exception of tournaments, postseason competition and district varsity contests postponed by weather or public disaster.
 - (C) During intersessions schools shall limit practice for in-season athletic activities to a maximum of eight hours per school week per activity, in addition to a maximum of 60 minutes per day, (or 300 minutes per week on a block schedule), Monday through the end of the school day on Friday.
- (3) *Rules Applicable Specifically During Summer Vacation Months.* Activities that are allowed only during summer vacation are not allowed during intersessions unless the intersession falls within the summer months.
- (b) **SUNDAY PROHIBITION.** A League participant 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 construed as 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) **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.
- (d) **SCHOOL OFF-SEASON WORKOUTS, IN-SCHOOL DAY PERIOD.**
 - (1) Accelerated physical education activities, calisthenics, skills, strength training or conditioning exercises may be conducted during the school year within the school day provided such activities do not exceed one regular classroom period not to exceed 60 minutes when classes meet every day (300 minutes per week for block schedules).
 - (2) The 7th, 8th or zero period for athletics is considered part of the school day, provided all students enrolled in the class are receiving state or local credit toward graduation and are not enrolled in any other physical education class. The 7th, 8th or zero period may not be longer than other class periods. This period may not exceed one 60-minute period.
 - (3) Schools may use non-traditional systems for length of classes provided:
 - (A) the classes meet within the regular school day;
 - (B) classes are alternated throughout the semester and meet on Monday-Wednesday-Friday one week and Tuesday-Thursday the next week; and
 - (C) the schedule is mandated at the beginning of the semester and is not changed to allow for more time during an abbreviated school week.
 - (4) This period includes dressing, the actual off-season conditioning, redressing in street clothes, etc. Passing and punting machines, chalk talks and films are permitted. Full team drills are permitted in team sport practices.
- (e) **ATHLETIC/PHYSICAL EDUCATION CLASSES.** Student-athletes shall not be enrolled in more than one physical education and/or athletic class whether or not they are receiving credit. Exceptions (with local school approval): PE Class: adventure/outdoor education; PE substitutes; JROTC, cheerleading, drill team, marching band.
- (f) **OFF-SEASON SCHOOL TEAM PRACTICES PROHIBITED.** School teams shall not practice outside the specific allowable practice dates except during the one in-school day practice period. Off-season activities before or after the school day or during the lunch periods are specifically prohibited. This does not prevent students from using school issued shoes and/or clothing before or after school; however, participation before or after school shall be strictly voluntary and not required, and coaches shall not instruct students in any manner. For additional restrictions, see the Football Plan.
- (g) **SCHOOL SUMMER PRACTICE PROHIBITED.** Any specific grouping of high school baseball, softball, basketball, football, soccer or volleyball participants during the summer months for the purpose of conditioning and/or organized

athletic team instruction is prohibited except as specifically provided for within the plans for these activities and in (h) below.

- (h) **SUMMER STRENGTH/CONDITIONING PROGRAMS.** Summer strength and conditioning programs may be conducted by school coaches for students in grades 7-12 from that coach's attendance zone only under the following conditions.
- (1) Sessions may be conducted by school coaches only on Monday through Thursday for six weeks during summer vacation until the second Monday in August and shall be no more than two consecutive hours per day.
 - (2) A student shall attend no more than one two-hour session (conducted by a school coach) per day. Schools shall take administrative care to prohibit an athlete from working with one school coach for two hours and a separate school coach for another two hours.
 - (3) Sessions conducted by school coaches shall include only students who are incoming seventh graders or above.
 - (4) Sessions shall include only strength and conditioning instruction and exercises. Sport specific skill instruction is prohibited. Sports specific equipment (balls, dummies, spacer dummies, sleds, contact equipment) is prohibited. Specific groupings of athletes by sport or position is prohibited.
 - (5) School shirts, shorts and shoes may be provided by the school (at local school option).
 - (6) Attendance shall be voluntary. Coaches shall not require athletes to attend in order to try out for or participate in any UIL sport. Attendance records shall be kept, however students shall not be required or allowed to make up missed days. Students may work out on their own, without direction of the school coach.
 - (7) Fees, if any, shall be established and approved by the superintendent and collected by the school. The Texas Education Code requires school districts to adopt procedures for waiving fees charged for participation if a student is unable to pay the fee, and the procedures should be made known to the public. Fees for all other students shall be paid by the students and/or their parents.
 - (8) Any payment for conducting strength and conditioning sessions to school coaches who instruct students from their attendance zone shall be from the school and no other source.
- (i) **OFF-SEASON SCHOOL FACILITY USE.** Athletes may attend open gyms, facilities and weight rooms. School personnel shall make every effort to see that students understand that participation is strictly voluntary and never required. Participation shall not be a prerequisite for trying out for a school team. Attendance records may not be kept. Coaches may be present to supervise the facilities and school equipment, if permitted. Coaches shall not provide specific instruction in sport skills. Weight lifting instruction is permitted and progress charts may be kept. Facilities may be made available to athletes under the following conditions:
- (1) Recreational opportunities receive advance approval by the local school board and administration.
 - (2) The dates and times of operation shall be announced, posted or publicized so that every student attending that school is aware of the opportunity.
 - (3) Each activity is based on a first come, first served basis.
 - (4) School coaches are responsible for notifying student athletes in their sport that their participation is strictly voluntary, never required, and is in no way a prerequisite for making the team or getting more playing time.
 - (5) No instruction may be given on a Sunday or during the off-season of a team sport.
 - (6) Someone other than a coach should be appointed to supervise facilities.
 - (7) Coaches should not participate with their athletes in the athletes' sport. Such actions place the responsibility on the coach and school to prove they are not violating Sunday and off-season regulations.
 - (8) Use of facilities may be restricted to that school's student body. Note: If only members of an athletic team are participating in their sport in an open recreational facility, it could be deemed a violation of off-season regulations.
- See athletic manuals for further details.
- (j) **DAY OF GAME RESTRICTION.** Participation in an off-season program shall not be required for varsity athletes on the day of an in-season varsity competition, or for non-varsity athletes on the day of an in-season non-varsity competition.
- (k) **ROOM AND BOARD RESTRICTIONS.** Workout sessions which involve meals and/or overnight lodgings are prohibited.
- (l) **HOLIDAY RESTRICTION.** A school shall not conduct contests or practices, use school facilities, personnel or equipment during five consecutive days of December. Any organized or required practice will be a violation of this regulation. Schools may choose any five consecutive days which include December 24, 25 and 26, with the following exceptions.
- (1) When December 26 falls on a Thursday, schools may participate in a tournament game on December 26.
 - (2) When December 26 falls on a Thursday, schools shall still follow a five consecutive day restriction, including December 24 and 25.
 - (3) No practice shall be permitted on any of the five consecutive days.
 - (4) Travel is not permitted on December 25.

- (5) Travel is permitted on the 26th if a tournament game is scheduled on December 27; however, no practice shall be permitted on the 26th.
- (6) A team that has a game on December 23 could travel home on December 24 and still be in compliance with this section.
- (m) **POWER LIFTING TEAM RESTRICTIONS.**
 - (1) Power lifting teams shall be authorized by the superintendent or local board of trustees prior to their inception.
 - (2) If there is an in-school day athletic period, it is a violation for off-season athletes to participate in power lifting outside the school day unless weight training is also provided during the in-school day off-season period.
 - (3) Power lifting teams may not, in any way, be construed as part of a student's off-season conditioning responsibilities.
 - (4) Power lifting teams shall not be limited to athletes from a particular sport or to athletes specifically.
- (n) **SIXTH GRADE AND BELOW.** No interscholastic athletic competition is allowed in any conference for teams in the sixth grade and below. This does not apply to annual interschool elementary field days, assuming there is no awarding of place ribbons or determination of team champions.
- (o) **PRE-SEASON PRACTICE REGULATIONS FOR SPORTS WHICH BEGIN PRACTICE PRIOR TO THE SCHOOL YEAR.**
 - (1) Student-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
 - (2) Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.
 - (3) The maximum length of any single practice session shall be three hours.
 - (4) 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.
 - (5) 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.