

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

A. Brief Explanation of Proposed Recommendation

This amendment to Section 1206, *School Practice and Game Restrictions*, would codify off-season and summer strength and conditioning changes implemented as a response to COVID-19.

B. Factual and Policy Justifications

In response to school closures at the end of the 2019-2020 school year, schools were given additional time to work with students. These additions included allowing an additional day of summer strength and conditioning as well as allowing limited sport-specific sessions during the summer. Schools have also been allowed to conduct strength and conditioning outside the school day for one hour during the school year off-season. Feedback from school leaders and coaches suggests these allowances are very helpful and should be implemented on an ongoing basis.

C. Proposed Recommendation

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

Section 1206: SCHOOL PRACTICE AND GAME RESTRICTIONS

- (f) OFF-SEASON SCHOOL TEAM PRACTICES AND STRENGTH AND CONDITIONING ~~PROHIBITED~~. School teams shall not practice outside the specific allowable practice dates except during the one in-school day practice period.
- (1) Off-season SKILL activities before or after the school day or during the lunch periods are specifically prohibited.
 - (2) OFF-SEASON STRENGTH AND CONDITIONING SESSIONS ARE ALLOWED. 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. ~~This does not prevent~~ Students MAY ~~from using~~ USE 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.~~
- (h) SUMMER STRENGTH/CONDITIONING PROGRAMS & SPORT SPECIFIC SKILL INSTRUCTION. Summer strength and conditioning programs and sport specific skill instruction may be conducted by school coaches for students in grades 7-12 from that coach's attendance zone only under the following conditions.
- (1) Sessions may be conducted by school coaches starting on Monday of the first week school is not in session and ending on a date set forth by the UIL calendar. Sessions may be conducted only on Monday through ~~Thursday~~ FRIDAY.
 - (a) A student may attend no more than one two-hour strength and conditioning session, conducted by a school coach or coaches, per day. Schools shall take administrative care to prohibit an athlete from working with one school coach for two hours and a separate school coach for another two hours.

- (b) a student may attend no more than ~~two hours per week of sport~~ 90 MINUTES PER DAY OF SPORT specific skill instruction WITH NO MORE THAN 60 MINUTES A DAY IN A GIVEN SPORT, ~~conducted by a school coach or coaches, with a one hour maximum in any one given day~~ MONDAY THROUGH FRIDAY.

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

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

E. Legislative Council Consideration; Effective Date

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