AGENDA

- UIL Information
- Spirit Specific Information
- Coaching Reminders
- Rules & Regulations
- Miscellaneous Information
Director of Athletics
Dr. Susan Elza

Associate AD
Brian Polk

Assistant AD
Joseph Garmon

Assistant AD
AJ Martinez

Assistant AD
Brandy Belk
LEAGUE GOVERNANCE

✓ **Legislative Council** – Rule making body, 32 superintendents, all regions, all conferences represented.
CONSTITUTION CHANGES
2020-2021

• **Coaches Certification Program (CCP)** – Coaches now required to have all CCP courses done by the start of their first practice or the start of school, whichever comes first.
CONSTITUTION CHANGES
2020-2021

- **Eligibility (first six-weeks)** —
  - (A) Grades Nine and Below. Students must have been promoted from the previous grade.
  - (B) Second Year of High School. **Two and one-half** accumulated credits
  - (C) Third Year of High School. Ten accumulated credits or at least **two and one-half** credits within the last twelve months
  - (D) Fourth Year of High School. Fifteen accumulated credits or at least **two and one-half** credits within the last twelve months.
SPIRIT
SPECIFIC INFORMATION
All extracurricular activities (including CHEER) must follow the COVID-19 risk mitigation guidelines on the UIL website:


Face Coverings – must be worn at all times by cheer squads unless they are in the act of stunting and/or actively cheering. Coaches, managers or any other team personnel should have a face covering on at all times.

**All other cheer guidelines and questions regarding what cheer squads can and can’t do during this pandemic would be district admin discretion.**


**UIL CHEERLEADING**

**CHEER FALLS UNDER THE SPIRIT TAB FOR UIL – WHAT DOES THAT MEAN?**

- It means that cheer/spirit squads have a set of guidelines which are unique to just them.
- It also means that a few things that apply to students on a team that falls under the athletic umbrella, don’t apply to cheer/spirit:
  - Parent Residence Rule – cheerleaders have to be a full time student at the school and be academically eligible, where they live does not matter for cheer.
  - PAPF – new students who come in and make the cheer team do not need to complete a Previous Participation Form.
CONSTITUTION & CONTEST RULES SECTION 1500—1503

Section 1500 – Introduction to Spirit Contest and Events
Section 1501 – Spirit Contest Ethics Code
Section 1502 – General Regulations
Section 1503 – Health and Safety
UIL ELIGIBILITY
CHEERLEADING

A student is eligible if the student...

• Is a Full-Time Student at the school they will participate with

• Meets all other requirements of Section 400 of the C&CR

• Meets the academic eligibility standards of state law and UIL rules
1) **Concussion Acknowledgement Form**

2) **Sudden Cardiac Arrest Awareness Form**

*Check with your local school district policies regarding additional required documentation for students.*
UIL SPIRIT STATE CHAMPIONSHIPS
TENTATIVE DATES
2021

TBA: Registration Begins
TBA: Registration Deadline
TBA: 2021 State Championships
Fort Worth Convention Center
Registering for 5A-D2 or 5A-D1 and 6A-D2 or 6A-D1?

• It won’t necessarily be the same division your football team plays in.

• Those numbers will be posted on the spirit page in the fall.

• Make sure you look at the split and the enrollment number your school turned in and register accordingly.
NFHS Spirit Rule Changes
2020-21

Rule 1
Deleted the definition of a basket toss. Revised definition of
dismount, foldover, prep and switch up.

3-2-1c
Restricts bases holding objects when supporting an extended
stunt.

3-3-5
Allows the top person to make a ¼ turn around the bracer.

3-3-5a
Clarifies the connection between a single bracer and a top
person during flip inversions.

3-3-5g
Allows the top person to perform no more than one complete
twist during a braced flip.
NFHS Rule Changes
2020

3-3-6a  Restricts the release of inverted skills to the original bases.
3-3-6a3  Allows an inversion to be released to a stunt with no more than ¼ turn.
3-3-6c2, 6c  Allows contact to be maintained between one base or spotter and the top person during an inversion that begins at or passes through prep level. Revised language for the foldover exception.
3-5-5  Re-ordered for clarity.
3-5-5c1  Allows for an exception for hand to foot contact in braced releases to a cradle.
3-5-5c2  Editorial change.
<table>
<thead>
<tr>
<th>Rule</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>3-5-5c3</td>
<td>Allows top person in a horizontal or cradle position to be released to a loading position or stunt at any level with no more than a ¼ turn.</td>
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<tr>
<td>3-5-5d</td>
<td>Restricts the movement of bracers.</td>
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<tr>
<td>3-7-5, 4-7-5</td>
<td>List of exceptions was modified.</td>
</tr>
<tr>
<td>3-7-9</td>
<td>Redundant rule deleted.</td>
</tr>
<tr>
<td>3-8-9, 4-8-9</td>
<td>Restricts contact during airborne tumbling skills with hip over head rotation.</td>
</tr>
<tr>
<td>3-9-4, 4-9-4</td>
<td>Deleted handspring from the rule.</td>
</tr>
</tbody>
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2020 MAJOR EDITORIAL CHANGES
2.1.7 Situation B, (NEW) 2.1.7. Situation C, 3.1.1 Situation A, (NEW) 3.2.1 Situation B, 3.2.5 Situation C, 3.2.7 Situation B, 3.3.4 Situation A, 3.3.5 Situation B, 3.3.6 Situation C, 3.3.6 Situation D, 3.3.6 Situation F, (NEW) 3.3.6 Situation G, (NEW) 3.3.6 Situation K, 3.5.4 Situation, 3.5.5 Situation B, (NEW) 3.5.5 Situation E, (NEW) 3.8.2 Situation B, 4.3.6 Situation D, 4.3.6 Situation E

2020 POINTS OF EMPHASIS
Performance Surfaces and Areas
Concussion Awareness in Practice
Professional Development
COACHING REMINDERS

• **Know Your Rules**
• **Yearly Required Training**
• **Educate / Lead Your Staff**

“I didn’t know what the outcome would be but I committed to the purpose.”
UIL COACHES EDUCATION AND Training Requirements Spirit

• AED & CPR Certification
• UIL Concussion Education – Two hours every two years
• UIL Coaches Certification Program – UIL Portal (Register My Athlete)
  ▪ Safety training for extracurricular activities
  ▪ Spirit module
• Cheer Specific Safety Course
ALLOWABLE PRACTICE & GAME REGULATIONS

✓ Practice – When School is in Session (School Year)
  • 8-hour during school week
  • Unlimited outside the school week

✓ Games Per Week
  • Can cheer at one contest during school week and one after the end of the school week.
    • Example: Can cheer at volleyball on Tuesday and then again at volleyball on Friday or football on Friday.
  • Would not be able to cheer at volleyball on Tuesday and football on Thursday.
• **School Week** – From the first day school is in session for the week until the end of instruction on the last instructional day

• **Calendar Week** – 12:01 am Sunday to midnight on Saturday
ELIGIBILITY
**ELIGIBILITY**

**ELIGIBILITY - 1st Six-Weeks of School Year**

- **Grades Nine and Below** - Promoted

- **Second Year of High School** – Five accumulated credits

- **Third Year of High School** - Ten accumulated credits or five credits within the last twelve months

- **Fourth Year of High School** - Fifteen accumulated credits or five credits within the last twelve months
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