

## ~ OFF-SEASON REGULATIONS ~

## ~ OFF-SEASON ~

- (1) Team Practice. School teams shall be prohibited from practicing team skills before or after school except during the specified practice dates and during the one allowable period during the school day.
- (2) Off-Season Participation. Varsity or non-varsity athletes shall not be required to participate in an off-season program on the day of an in-season competition.
- (3) Participation Requirement. Students shall not be required to participate in one school sport as a prerequisite for participation in another school sport.
- (4) Policies. Written school policies for use of facilities during the off-season, outside the school day, and during the summer months should be approved by the school administration and dispersed to all staff and students.
- (5) Off-Season Period Limits. Off-season activities are limited to one regular classroom period (max. 60 minutes) per day within which all suiting out, related activity, and redressing must occur. (See Side by Side Manual for block schedules, etc.)
- (6) Power and/or Weight Lifting: Off-season athletes whose schools have an athletic period during the school day may not participate on power lifting teams unless weight training is provided for off-season athletes during the in-school-day athletic period. It would also make it a violation for power lifting teams to be limited to athletes or to be required as part of an athlete's off-season program.

A number of member schools have power lifting or weight lifting clubs. These clubs are involved in weight lifting tournaments or contests throughout the academic year. These guidelines are intended to control a problem that now exists as opposed to encouraging or requiring year-round workouts. It is the intent to insure that the use of summer weight rooms is a strictly voluntary activity on the part of any athlete.

- a. Schools may open weight training facilities for general student body use. Schools may NOT open weight training facilities for members of athletic teams only.
- b. Supervision of the facility by faculty members is permitted for safety and security purposes. Supervisors may NOT provide specific sport team skills instruction for members of school athletic teams.
- c. A schedule of when the weight training facility will be open should be publicized. Schools may NOT set a schedule for members of athletic teams to appear at the facility at a particular time or have a sign-in sheet or check-in list for athletes.
- d. It is permissible to have a supervisor of the facility provide instruction for proper lifting, spotting, care of and placement of weight apparatuses. The supervisor of a facility may NOT require athletes to lift specified amounts of weight or require that they complete prescribed sets.
- e. Schools may hire a coach or another faculty member to supervise the facility as outlined in #2. This hiring or appointment must be approved by the superintendent or his designee. Schools may have more than one school employee in a supervisory capacity at any one time.
- f. Schools may provide a general weight schedule for students, but may NOT provide athletes individual workout schedules which require activities to be at specified hours, specify a number of workouts, or designate specified groups of students to be involved at a certain time.
- g. Weight training schedules provided to students may be sequential. Schedules may NOT be provided that include calendar designations requiring specific days for certain sequential activities such as July 1 upper body, July 2 lower body, etc.
- h. Students may keep progress charts but shall NOT be required to turn them in to coaches.
- i. If there is a report of a violation, the burden of proof to the contrary rests with the school or school employee.
- j. If a large majority of a team is working out together, it could be considered strong evidence that it is a team workout and a possible violation.
- k. All weight training facility use and policies must be approved by the superintendent or his designee.

~ OFF-SEASON OPEN GYMS ~

Schools may make available to the general student body any and all recreational facilities according to local school board policies. Coaches shall not require or coerce members of athletic teams to workout at these facilities at times other than specifically listed in their respective sport plans in the Constitution and Contest Rules. Below are clarifications of permissible activities. If a particular situation is not covered, please contact the UIL office.

- a. Facilities if open, must be open to members of the general student body. Facilities may not be reserved at specific times for members of athletic teams outside the school day.
- b. Equipment (excluding uniforms or wearing apparel) may be used by the general student body. This equipment may not be available exclusively to athletes or members of athletic teams.
- c. Supervision of facilities for safety and security may be provided by a faculty member or non-faculty member approved by school administrator or school board. Supervisors shall not provide skill instruction to members of school athletic teams.
- d. If the majority of a school team is using the facility at the same time, participating in any team skill activity, it probably will indicate a violation has taken place even though a coach is not present. Students may train on their own, but a member of a team shall not be required to perform a prescribed set of skills on a weekly or daily basis. It is not necessary for a coach to be present in order for a workout to be judged organized.
- e. The presence of a coach or coaches at a facility where members of their team(s) are participating in activities usually is an indication that an activity is an organized workout.
- f. If there is a report of a possible violation, the burden of proof rests with the school or school employee.
- g. The dates and times of operation shall be announced, posted, or publicized so that every student attending that school is aware of the opportunity.
- h. Each activity is based on a first come, first served basis.
- i. School coaches are responsible for notifying student athletes in their sport that their off season and summer participation is on their own, not required or checked, and is in no way a prerequisite for making the team or getting more playing time.
- j. 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.
- k. Varsity or non-varsity athletes may not be required to participate in an off-season program on the day of an in-season competition.
- l. Students may not be required to participate in one school sport as a prerequisite for participation in another sport.
- m. Required attendance in an off-season program is prohibited. Attendance sheets could be a strong indication that a violation has occurred.
- n. School teams shall be prohibited from practicing team skills before or after school except during the specified practice dates and during the one allowable period during the school day. During this period, all suiting out, related activity and re-dressing must occur.

## ~ SUMMER STRENGTH AND CONDITIONING PROGRAMS ~

School coaches may conduct strength and conditioning programs for students in grade 9-12 from their attendance zone under the following conditions:

Sessions may be conducted from the first day of summer vacation through the fourth Thursday in July. A session shall be no more than two consecutive hours per day, Monday through Thursday only, and a student shall attend no more than one session of supervised instruction per day.

Activities Allowed. The sessions shall include only strength and conditioning instruction and exercises. No specific sports skills shall be taught and no specific sports equipment, such as balls, dummies, sleds, contact equipment, etc., shall be used. School shorts, shirts and shoes may be provided by the school (local school option).

Attendance. Attendance in a maximum of one session per day shall be voluntary and not required in order to try out for or participate in any UIL activity. Attendance records shall be kept, however, students shall not be required or allowed to make up missed days or workouts.

Fees. Fees, if any, shall be established by the superintendent and collected by the school. Any payment to coaches shall be from the school and from no other source.

Important points to remember for coaches, athletes and parents are as follows:

- Strength and conditioning sessions may be held after the last official day of school through the fourth Thursday in July.
- School coaches may conduct sessions only on Monday through Thursday of each week.
- Sessions conducted by coaches shall be no more than two consecutive hours per day.
- A student shall not attend more than one two-hour session (conducted by a school coach) per day.
- Sessions conducted by school coaches shall only include students who are incoming ninth graders or above from their attendance zone.
- Sessions shall include only strength and conditioning instruction and exercises.
- Sport specific skill instruction is prohibited.
- Sports specific equipment (balls, dummies, sleds, contact equipment) is prohibited.
- The school (local school option) may provide school shirts, shorts and shoes.
- 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.
- Fees, if any, shall be established and approved by the superintendent and collected by the school.
- Any payment for conducting strength and conditioning sessions to school coaches who instruct students from their attendance zone in grade 9-12 shall be from the school and no other source.
- Schools must 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.

## ~ QUESTIONS AND ANSWERS ~

Q: May a school coach conduct a strength and conditioning program this summer?

A.: Yes, beginning no earlier than the first day of summer vacation and ending no later than the fourth Thursday in July.

Q: May school coaches be paid for conducting these sessions?

A: Yes, if payment is provided by the school and no other source.

Q: In what activities are school coaches allowed to give instruction during these summer sessions?

A: Weight training, including a specific workout plan for each individual, agility, running programs, plyometrics, running bleachers and other conditioning exercises.

Q: May school coaches group athletes by sport or position?

A: No. Student athletes are allowed to receive instruction from school coaches however, specific groupings of athletes by sport or position is prohibited.

Q: Are spacer dummies allowed for agility purposes?

A: No.

Q: Are athletes allowed to attend an open gym or weight room before or after a supervised session?

A: Yes, provided the student is not receiving additional instruction from a school coach and the facilities are available to other students in the school as described in Section 1206 (i).

Q: May sessions be conducted for students in middle school or below?

A: No. Supervised sessions may be conducted only for students entering the ninth through twelfth grades. Incoming seventh and eighth grade students may use school facilities, but may not receive instruction from a school coach.

Q: May a school allow outside groups to conduct strength and conditioning sessions?

A: Yes.

Q: May outside groups or individuals hire school coaches to conduct strength and conditioning programs for students from the coaches' attendance zone?

A: Yes, provided they comply with the aforementioned guidelines regarding limits on time, equipment, fees, payment, etc. Payment to school coaches must be provided by the school and no other source.

Q: Are outside groups and individuals allowed to conduct strength and conditioning programs after the fourth Thursday in July?

A: An outside organization that does not utilize school coaches in any manner, with the exception of facility supervision, could continue to provide their program past the fourth Thursday in July. If at any point school coaches are involved in working the the students from their own attendance zone as part of this program, the program must end on the fourth Thursday and follow the established guidelines of the Legislative Council.

Q: May school booster clubs pay coaches for conducting these programs?

A: No. However, school booster clubs may provide funds to the school to offset expenses associated with strength and conditioning programs.

Q: May school booster clubs pay fees for an individual athlete to participate in a school sponsored summer strength and conditioning program?

A: No. However, a school booster club could provide funds to the local school to help offset the cost of the program for the school. Funds are not to be specified for any particular athlete or group of athletes.

Q: May schools waive or reduce fees for strength and conditioning programs sponsored by the school?

A: Yes, 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 must be made known to the public. Fees for all other students shall be paid by the students and/or their parents.

Q: Who determines what fees, if any, are to be charged to the student?

A: The school superintendent.

Q: Can the football coach conduct a session with an athlete for one hour and the basketball coach conduct a session for another hour?

A: Yes, provided these are conducted in consecutive hours and there is no specific grouping of athletes by sport or position and no sport specific instruction provided.

Q: Are schools allowed to provide transportation to students attending the summer strength and conditioning programs?

A: No.

Q: What penalty will be assessed to a coach for requiring a student to participate in a strength and conditioning program?

A: A range of penalties from private reprimand to suspension.

## ~ NON-SCHOOL ACTIVITIES ~

### Team Sports

**Student athletes are allowed to participate in non school competitions, camps and clinics at any time during the school year and summer, unless prohibited by local school district policies.**

UIL rules restrict school team sport coaches in grades 7-12 from interacting with student-athletes in grades 7-12 from their attendance zone in non school activities. School coaches are prohibited from providing transportation for student-athletes to non-school activities, or from providing instruction during the off-season except for allowable off-season programs during the school day. No school funds (including booster club funds), equipment or transportation can be used for non-school activities. Coaches shall not be involved in any activity which would bring financial gain to the coach by using a student's participation in a camp or clinic, such as a rebate for each player sent to a particular camp or from each player using a particular product.

**Baseball, Basketball, Football, Soccer, Softball or Volleyball Teams:** A 7-12 grade coach **shall not** provide instruction in a non school camp or clinic or coach a non-school team on which any 7-12 grade students from his/her attendance zone are involved, other than his/her own adopted or birth children. School owned individual player equipment (shoes, uniforms, etc.) shall not be used in non-school competition. **School coaches shall not coach, provide equipment to or transport students athletes involved in 7 on 7 football competition, or any other non school activity.**

**Non-School Participation Not Required.** School coaches shall not require student-athletes to participate in non-school activities. School coaches and personnel should make every effort to insure that student-athletes realize that participation in non-school activities is strictly voluntary and never required. Participation in non-school activities shall not be a prerequisite for trying out for a school team.

- **IT IS A VIOLATION** for a school coach to require of a non-school coach which offense to use, which drills to use or which students should participate or not participate on a specific team.
- **IT IS A VIOLATION** for a school coach to require or deny anyone to participate on any non-school team or to play on a specific non-school team. It is a violation for a school coach to make arrangements with another coach to hold competitions or scrimmages for their teams.

**School Involvement.** The school uniforms, school athletic equipment and school health/first aid supplies shall not be used by non-school community organizations or groups.

**Non School Camps/Clinics Held on School Campuses.** With prior approval of the school superintendent, non school entities can hold a camp or a clinic on a school campus. School owned individual player equipment shall not be utilized. Schools and school coaches shall not collect fees or handle the money for a non school camp/clinic. Proceeds from the non school camp/clinic may be donated to the school following the activity. School coaches are allowed to supervise school facilities for non school camps/clinics.

**Schools and school booster clubs are not allowed to sponsor non school camps, clinics, or tournaments except as specifically allowed in section 1209 of the Constitution and Contest Rules.** Organizations or individuals, not associated with the school are allowed to contract to utilize school facilities for such non school activities. School coaches can assist in the organization of non school camps, clinics and leagues but may not give instruction to team sport athletes in grade 7-12 from their attendance zone.

## Individual Sports

Ninth - twelfth grade students may attend athletic camps that give instruction in individual sports at anytime during the school year and summer. Parents who serve as school coaches are not prevented from working with, instructing, transporting, or registering their own adopted or birth children in such a camp. Schools may not furnish school owned equipment and/or school owned individual player equipment for use in these camps. School booster clubs and school coaches shall not provide funds and/or transportation to any non-school activity. School equipment shall not be used.

**During the school year.** Coaches of individual sports are allowed to work with student athletes from their attendance zone in non-school practice during the school year with limitations. Coaches should be aware that any time spent working with a student athlete from their attendance zone in grades 7-12, whether in school or non school practice, will count as part of the eight hours of practice allowed outside of the school day during the school week under state law.

**Outside of the school year.** Outside of the school year, the restrictions are somewhat less. In non-school competition, outside of the school year, coaches in individual sports are allowed to coach student athletes from their attendance zone in individual sport activities. The use of school funds and school equipment is still prohibited.

**School Summer Workouts - Individual Sports.** The dates and times of summer workouts in individual sports conducted by any coach from the student's school attendance zone shall be pre-approved by the superintendent or his designee (Section 21 [j]). Workout sessions which involve meals and/or overnight lodgings are prohibited.

School administrators may authorize the use of facilities, including scoreboards, implements, cross bars, poles, discus, shot, nets, etc. for school summer programs which are open to all students. School coaches in individual sports can work with students from their attendance zone in summer recreational programs (i.e., coach in meets and tournaments with permission from superintendent or superintendent's designee).

The penalties that may be imposed on UIL schools, coaches and contest sponsors for violations of UIL rules by the State Executive Committee are reprimand, public reprimand or suspension for a period of one day to three years.

## ~ FORMS AND REPORTS ~

**District Chair Lists.** District chair lists can be found on the UIL web site at [www.uil.utexas.edu](http://www.uil.utexas.edu).

**Eligibility Form.** Schools must submit a comprehensive eligibility blank. One copy shall be sent to the district executive committee chair and one copy shall be filed in the school's office. *The eligibility forms should not be sent to the UIL office.*

**Miscellaneous Forms.** The forms listed below can be downloaded on the UIL website at [www.uil.utexas.edu/ath/forms/index.html](http://www.uil.utexas.edu/ath/forms/index.html). If you have any problems, please call us at 512-471-5883.

Acknowledgment of Rules Form  
 District Meet Entry Forms (Cross Country, Golf, Team Tennis, Tennis, Track and Field, Wrestling)  
 District Results Form (Cross Country, Golf, Swimming and Diving, Tennis, Track and Field)  
 Illegal Steroid Use Parent and Student Notification/ Agreement Form  
 Individual Sport Regional Medal Order Form  
 Individual Varsity Sport Eligibility Blank  
 National Federation Order Blank for Rule Books, etc.  
 National Federation Record Application for All Sports  
 National Federation Record Application for Track and Field  
 Notice of School Host Form  
 Order Form for COPE Video  
 Overage Junior High Waiver Form  
 Overage Varsity (High School) Waiver Form  
 Pre-Participation Physical Evaluation - Medical History and Physical Examination Form  
 Previous Athletic Participation Form  
 Professional Acknowledgment Form  
 Radio Broadcasting Agreement Form  
 Waiver of Athletic Eligibility Rules for Foreign Exchange Student Form  
 Waiver of Athletic Eligibility Rules for Parent Resident Rule/Four Year Rule Form