

~ PRE-SEASON REGULATIONS ~

~ PRE-SEASON PRACTICE REGULATIONS, ACTIVITIES OUTSIDE THE SCHOOL YEAR ~

Any football practice conducted by a school outside the school year must be in accordance with the following regulations:

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 is three hours.
4. On days when more than one practice is conducted, there shall be, at a minimum, one hour of rest/recovery time between the end of one practice and the beginning of the next practice.

When determining how to count times spent as "practice activities" please consult the following 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
	Rest breaks
	Injury treatment
	Voluntary conditioning

In reference to the minimum one 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 weight or conditioning period.

~ GENERAL ELIGIBILITY RULES ~

UIL Rules Compliance

District Executive Committee. It shall be the duty of the DEC to: 1) enforce all rules and regulations; 2) investigate and check eligibility of athletes; 3) uphold principles of high school athletics as a valuable educational activity; and 4) arrange a schedule for district competition and representation.

School Authority Responsible. The superintendent shall be responsible for the proper conduct of athletic contests in a school system.

Observe Rules. Each school shall abide by all rules contained in the Constitution. In case an ineligible contestant is used in any League game, knowingly or unknowingly, the minimum penalty shall be forfeiture of the game.

Rule Violations. Students who violate the rules shall be ineligible for at least one year from the date of the violation unless otherwise specified by rule. Regulations in the athletic plans of the Constitution and Contest Rules govern all varsity and sub-varsity teams. Specific rules within the junior high section of the Constitution govern eighth grade and below.

Penalties. (1) Fighting, i.e. unauthorized entrance on to the playing field/court area to engage in a fight with an opponent, teammate, fan, and/or an official and (2) Failure to complete an athletic contest, i.e. removing a team from a field/court in protest, will be included under the UIL penalty structure.

Eligibility for UIL Contest

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 represented a college in a contest.
- have not been recruited. (Does not apply to college recruiting as permitted by rule.)
- have not violated any provision of the summer camp rule. Incoming 10-12 grade students shall not attend a baseball, basketball, football, soccer, or volleyball camp in which a seventh through twelfth grade coach from their school district attendance zone, works with, instructs, transports or registers that student in the camp. Students who will be in grades 7, 8, and 9 may attend one baseball, one basketball, one football, one soccer, one softball, and one volleyball camp in which a coach from their school district attendance zone is employed, for no more than six consecutive days each summer in each type of sports camp. Baseball, Basketball, Football, Soccer, Softball, and Volleyball camps where school personnel work with their own students may be held in May, after the last day of school, June, July and August prior to the second Monday in August. If such camps are sponsored by school district personnel, they must be held within the boundaries of the school district and the superintendent or his designee shall approve the schedule of fees.
- have observed all provisions of the Athletic Amateur Rule. For purposes of competing in an athletic contest, a student in grades 9-12 is not an amateur if that individual, within the preceding 12 months received money or other valuable consideration for teaching or participating in a League sponsored school sport or received valuable consideration for allowing his or her name to be used in promoting a product, plan, or service related to a League contest or accepted money or other valuable consideration from school booster club funds for any non-school purpose. It is a violation of the athletic amateur rule for parents of student athletes to accept tickets to athletic contests where their children are participating. It is also a violation for parents of student athletes to accept free pass gate admission to athletic contests where their children are participating unless they are at the contest in another capacity, i.e., if the parent is an employee of the school or a board member, or working at a concession booth, etc.

If a student did not realize that accepting the valuable consideration was a violation of the amateur rule, and returns the valuable consideration within 30 days after being informed of the violation, that student may regain athletic eligibility as of the date the valuable consideration is returned. If a student fails to return it within 30 days, that student remains ineligible for one year from when he or she accepted it. During the period of time a student is in possession of valuable consideration, he or she is ineligible for varsity athletic competition in the sport for which the violation occurred. Any games or contests in which the student participated during that time would be forfeited as the minimum penalty.

This rule is sport-specific. For example if a student violates the rule in one sport, such as accepting a prize for winning a hole-in-one contest in golf, that student would be ineligible only for golf.

- did not change schools for athletic purposes.

Athletic Eligibility

Athletic Amateur Rule

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:

1. 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 tee-shirts, hamburger coupons, free or reduced rate tennis racquets, etc.
2. Accept valuable consideration for teaching or coaching any UIL sport, except beginning swimming or lifesaving lessons.
3. Accept valuable consideration for allowing their name to be used for advertisement of a product, plan or service.
4. Accept any special service or benefit offered only to athletes or members of an athletic team.

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.**

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 \$10.00 in value, may be presented for participation in each additional UIL activity listed in Section 380. The \$10.00 award may be given to a student for an activity during the same year that the major award is given for that activity.

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.utexas.edu).

- a. 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.
- b. 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.
- c. Parent or Guardian Permit. Annual participation permit signed by the student's parent or guardian.
- d. Rules Acknowledgment. Annual UIL Rules Acknowledgment Form signed by the student and the student's parent or guardian.
- e. 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.

Other 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.utexas.edu).

- a. **Eligibility Form.** Schools must 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. 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.
- b. **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.
- c. **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.
- d. **Foreign Exchange Students.** Subject to the other eligibility rules of the Constitution and Contest Rules, foreign exchange students in approved CSIET 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.**
- e. **Varsity Athletic Eligibility for Over-Age Student.** Subject to the other eligibility rules of the UIL Constitution and Contest Rules, 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. Beginning with the 2009-2010 freshman class if a student is nineteen or older and has met all the criteria in Section 446, prior to the end of his or her second year in high school that student may apply for a waiver under conditions stated in Section 446 (A-D).

New Student Athletic Eligibility Questionnaire

The following are questions which should be answered before any new student in a high school is allowed to participate in an athletic competition.

- * Is the student enrolled on a full time basis?
- * Do the parents of the student reside in the attendance zone of the school for which they wish to participate?
- * Are parents together/divorced/separated? (If parents are separated, a waiver of the parent residence rule is required.)
- * Does the student's parent, guardian, or other person whose residence determines the student's residence own a house or condominium or rent a house, apartment or other living quarters in the school district and attendance zone?
- * Do the student and the parent or guardian have their furniture and personal effects in the district and attendance zone?
- * Do the student and the parent or guardian receive their mail (other than office mail) in the district and attendance zone?
- * Are the parents or guardians registered to vote in the district and attendance zone?

- * Do the parents or guardians regularly live in the district and attendance zone, and intend to live there indefinitely?
- * Has a Previous Athletic Participation Form been signed and completed by all concerned parties?
- * Is there any indication the student changed schools for athletic purposes?
- * Was the student recruited?
- * If the student is not living with either parent, was the student placed by a court or other state agency? If so, when and why? (If not residing with parent(s), a waiver of the Parent Residence Rule is required.)
- * If the student is living with a guardian, has the guardianship been in effect for one year with the guardian having custodial care of the student for that time? If not, has the student applied for a waiver?
- * Was the student in good standing at the former school? (i.e. was the student removed from the athletic program at the former school?)
- * If enrolled after the sixth class day of the school year, has the student sat out the required fifteen days?
- * Is the student a foreign exchange student? If so, a waiver is needed for varsity athletic participation.

~ HIGH SCHOOL COACHING REQUIREMENT ~

All high school coaches must be full-time employees of the school district. All coaches/sponsors at the high school level must sign a Professional Acknowledgment Form prior to the beginning of their tenure at a participant school. Coaches who knowingly and willfully violate rules may be penalized according to the Constitution and Contest Rules by the District Executive Committee (reprimand) or State Executive Committee (reprimand, public reprimand, suspension). **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.

Coaches Education

All first year coaches and any coach who is not a full-time employee of the school district must complete the National Federation of State High School Associations "Fundamentals of Coaching" course prior to their participation as a coach for any UIL member school. **EXCEPTION:** Retired teachers/administrators with 20 or more years experience and student teachers. The cost of the course is \$35 and shall be paid for by the coach or school district. Upon completion of the course, coaches shall print a copy of the Completion Certificate and submit it to their Athletic Director, who will keep it on file at the school.

UIL Coaches and Officials Positive Expectations Program (COPE)

The UIL Legislative Council requires all coaches to complete the COPE program each year. As of May, 2008 the COPE program is available only via the UIL Website. Upon completion of the program, coaches shall print a copy of the Completion Certificate and submit it to their Athletic Director, who will keep it on file at the school.

Minimum Penalty for Unsportsmanlike Conduct.

- (1) Automatic Minimum Penalty. Any coach who is ejected from a contest for unsportsmanlike conduct, or any football coach who is given two or more 15-yard unsportsmanlike penalties during a contest, is required to appear before the State Executive Committee. If the ejection is not overturned, the coach will be subject to:
 - (A) an automatic penalty of public reprimand (name will be published once in the Leaguer) and one year's probation in the applicable sport; and
 - (B) completing the National Federation of State High School Associations Fundamentals of Coaching Course.

- (2) Automatic Greater Penalty. If a coach so penalized has no proof of having taken the COPE program prior to the sports season, that coach shall also be automatically suspended from the next game/contest.
- (3) Subsequent Violations. Any further ejection or accumulation of two 15-yard unsportsmanlike penalties during a football game, while on probation, will require the coach to appear before the State Executive Committee for consideration of penalty.
- (4) Notification. Schools must notify the UIL within three school days if a coach has been ejected from a game or received two 15-yard unsportsmanlike penalties.

Coaches Steroid Education

The Texas Education Code, section 33.091 (c) requires coaches' steroid education for all district employees who serve as an athletic coach at or above the seventh grade level for an extracurricular athletic activity sponsored or sanctioned by the League. All coaches must view the UIL Steroid Education Video, "The Making of a Champion." Upon completion of viewing the video, coaches shall print a copy of the Gateway confirmation page as documentation of completion and submit it to their Athletic Director, who will keep it on file at the school.

Safety Training

Senate Bill 82, effective for the 2008-2009 school year, related to safety regulations for certain public school extracurricular activities.

This legislation:

1. Requires safety training for all coaches or sponsors for athletic activities, and any marching band director. UIL has developed a safety training program that is available through the UIL Gateway on the UIL web site, similar to what is currently available for COPE training and Steroid Education. For additional information from the Texas Administrative Code, Chapter 76.1003, on these requirements as they pertain to athletic trainers and team physicians, see the web address: www.uil.utexas.edu/athletics/health/extracurricular_req.html. The web address for the UIL Gateway is: <http://utdirect.utexas.edu/uilgate/index.WBX>
2. Mandates that schools, at least once per year, conduct a safety drill that incorporates the training described in the safety training program developed by UIL.
3. Requires that students shall be provided training in recognizing symptoms of catastrophic injuries, including head and neck injuries, concussions, asthma attacks, heatstroke, cardiac arrest and injuries requiring use of an AED, the risks of using nutritional supplements. This safety training Powerpoint presentation can be conducted by the school, using the materials available on the SB 82 portion of the Health and Safety Section of the UIL web site.
4. Mandates that unsafe athletic activities are prohibited and schools must make sure that safety precautions are required (asthma medication, hydration materials present, emergency lanes clear etc.)
5. Requires that any student who is rendered unconscious while participating (in practice or game) cannot participate further in that practice or game any more and must get written clearance prior to any further participation.
6. Mandates that records of compliance with the requirements of the legislation be kept and be made public upon request.
7. Requires that non-compliance with the provisions of the bill could subject the school to penalties as outlined in section 27 and 29 of the C&CR.
8. Mandates that the Texas Education Agency create hotline number and email address for reports of non-compliance and schools must post that information in their administration offices. To report complaints or violations, contact the Health and Safety Division of the Texas Education Agency at 512-463-3070 or healthandsafety@tea.state.tx.us.

9. Requires the text of sections of bill as well as the Parent Information Manual must be provided to parents of participants. The bill does allow that the required materials can be provided electronically, unless specifically requested otherwise.

First Aid/CPR/AED Certification/Safety Training

Chapter 33 of the Texas Education Code, section 33.086 states:

§33.086. CERTIFICATION IN CARDIOPULMONARY RESUSCITATION AND FIRST AID.

- (a) A school district employee who serves as the head director of a school marching band or as the head coach or chief sponsor for an extracurricular athletic activity, including cheerleading, sponsored or sanctioned by a school district or the University Interscholastic League must maintain and submit to the district proof of current certification in first aid and cardiopulmonary resuscitation issued by the American Red Cross, the American Heart Association, or another organization that provides equivalent training and certification.
- (b) Each school district shall adopt procedures necessary for administering this section, including procedures for the time and manner in which proof of current certification must be submitted.

Added by Acts 1999, 76th Leg., ch. 396, § 2.14(a), eff. Sept. 1, 1999. Amended by Acts 2003, 78th Leg., ch. 881, § 1, eff. June 20, 2003.

Additionally, Chapter 22 of the Texas Education Code, section 22.902 states:

§ 22.902. INSTRUCTION RELATED TO CARDIOPULMONARY RESUSCITATION AND USE OF AUTOMATED EXTERNAL DEFIBRILLATOR.

- (a) A school district shall annually make available to district employees and volunteers instruction in the principles and techniques of cardiopulmonary resuscitation and the use of an automated external defibrillator, as defined by Section 779.001, Health and Safety Code.
- (b) The instruction provided in the use of an automated external defibrillator must meet guidelines for automated external defibrillator training approved under Section 779.002, Health and Safety Code.
- (c) Each school nurse, assistant school nurse, athletic coach or sponsor, physical education instructor, marching band director, cheerleading coach, and any other school employee specified by the commissioner and each student who serves as an athletic trainer must participate in the instruction in the use of an automated external defibrillator. A person described by this subsection must receive and maintain certification in the use of an automated external defibrillator from the American Heart Association, the American Red Cross, or a similar nationally recognized association.
- (d) The commissioner shall adopt rules as necessary to implement this section.
- (e) This subsection applies only to a private school that receives an automated external defibrillator from the agency or receives funding from the agency to purchase or lease an automated external defibrillator. A private school shall adopt a policy under which the school makes available to school employees and volunteers instruction in the principles and techniques of cardiopulmonary resuscitation and the use of an automated external defibrillator. The policy must comply with the requirements prescribed by this section and commissioner rules adopted under this section, including the requirements prescribed by Subsection (c).

Added by Acts 2007, 80th Leg., R.S., Ch. 1371, § 3, eff. June 15, 2007.

BEHAVIOR EXPECTATIONS OF THE COACH

- Exemplify the highest moral character, behavior and leadership, adhering to strong ethical and integrity standards. Practicing good citizenship is practicing good sportsmanship!
- Respect the integrity and personality of the individual athlete.
- Abide by and teach the rules of the game in letter and in spirit.
- Set a good example for players and spectators to follow.
- Please refrain from arguments in front of players and spectators; no gestures which indicate an official or opposing coach does not know what he or she is doing or talking about; no throwing of any object in disgust. Shake hands with the officials and opposing coaches before and after the contest in full view of the public.
- Respect the integrity and judgment of game officials. The officials are doing their best to help promote athletics and the student/athlete. Treating them with respect, even if you disagree with their judgment will only make a positive impression of you and your team in the eyes of all people at the event.
- Display modesty in victory and graciousness in defeat in public and in meeting/talking with the media. Please confine remarks to game statistics and to the performance of your team.
- Instruct participants and spectators in proper sportsmanship responsibilities and demand that they make sportsmanship the No. 1 priority.
- Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.
- Be no party to the use of profanity, obscene language or improper actions.



“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.”

— Vincent Lombardi

“Success is never final, failure is never fatal.”

— Joe Paterno

“A good coach will make his player see what they can be rather than what they are”

— Ara Paraseghian



“Try not to become a man of success but rather try to become a man of value.”

—Albert Einstein

BEHAVIOR EXPECTATIONS OF THE STUDENT ATHLETE



“No student ever attained eminent success by simply doing what is required of him/her; it is the amount and excellence of what is over and above the required, that determines the greatness of ultimate distinction.”
—Charles Kendall Adams, American Historian

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and the community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students and elementary students. This will assist both them and you in the achievement of a better understanding and appreciation of the game.
- Treat opponents the way you would like to be treated, as a guest or friend. Who better than yourselves can understand all the hard work and team effort that is required of your sport?
- Wish opponents good luck before the game and congratulate them in a courteous manner following either victory or defeat.
- Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of the officials and all the people at the event.

“When you win, say nothing. When you lose say less.”

— Paul Brown

~ SCHOOL PRACTICE AND GAME RESTRICTIONS ~

Participation

- a. Sundays. 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 instructions 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 viewing films or planning an instructional program, provided that no athletes are involved in this meeting.
 - (3) Exceptions.
 - (A) Golf. If the regional and/or state golf tournaments are scheduled on a Monday, one 18-hole practice round is allowed at the regional and/or state tournament site and 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 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.
 - (4) 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.

Practice Time

According to the State Board of Education, practice time outside the school day is limited to eight hours per school week per activity from Monday 12:01 a.m. through the end of the school day Friday. (This does not include travel time to games/matches scheduled during the school week. See definition of school week below.)

Contest During the School Week

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 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 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 play-off series or contests such as—Bi-District, Area, Regional, etc.

~ HEALTH AND SAFETY INFORMATION ~

Chemical Abuse Programs

Schools are strongly encouraged to develop alcohol and drug prevention education programs. The UIL staff will provide assistance to coaches, sponsors and administrators in developing educational programs and referral procedures.

Illegal Steroid Use and Random Anabolic Steroid Testing

- Texas state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Texas state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Texas state law requires that only a medical doctor may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.
- As a prerequisite to participation in UIL athletic activities, student-athletes must agree that they will not use anabolic steroids as defined in the UIL Anabolic Steroid Testing Program Protocol and that they understand that they may be asked to submit to testing for the presence of anabolic steroids in their body. Additionally, as a prerequisite to participation in UIL athletic activities, student-athletes must agree to submit to such testing and analysis by a certified laboratory if selected.

Also, as a prerequisite to participation by a student in UIL athletic activities, their parent or guardian must certify that they understand that their student must refrain from anabolic steroid use and that the student may be asked to submit to testing for the presence of anabolic steroids in his/her body. The parent or guardian also must agree to submit their child to such testing and analysis by a certified laboratory if selected.

The results of the steroid testing will only be provided to certain individuals in the student's high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at www.uil.utexas.edu. Additionally, results of steroid testing will be held confidential to the extent required by law.

Health Consequences Associated with Anabolic Steroid Abuse (source: National Institute on Drug Abuse)

- *In boys and men*, reduced sperm production, shrinking of the testicles, impotence, difficulty or pain in urinating, baldness, and irreversible breast enlargement (gynecomastia).
- In girls and women, development of more masculine characteristics, such as decreased body fat and breast size, deepening of the voice, excessive growth of body hair, and loss of scalp hair.
- In adolescents of both sexes, premature termination of the adolescent growth spurt, so that for the rest of their lives, abusers remain shorter than they would have been without the drugs.
- In males and females of all ages, potentially fatal liver cysts and liver cancer; blood clotting, cholesterol changes, and hypertension, each of which can promote heart attack and stroke; and acne. Although not all scientists agree, some interpret available evidence to show that anabolic steroid abuse-particularly in high doses-promotes aggression that can manifest itself as fighting, physical and sexual abuse, armed robbery, and property crimes such as burglary and vandalism. Upon stopping anabolic steroids, some abusers experience symptoms of depressed mood, fatigue, restlessness, loss of appetite, insomnia, reduced sex drive, headache, muscle and joint pain, and the desire to take more anabolic steroids.
- In injectors, infections resulting from the use of shared needles or nonsterile equipment, including HIV/ AIDS, hepatitis B and C, and infective endocarditis, a potentially fatal inflammation of the inner lining of the heart. Bacterial infections can develop at the injection site, causing pain and abscess.

Emergency Medical Procedures

Schools should have written procedures for medical emergencies at athletic contests. All schools cannot have physicians present. This makes it mandatory that emergency procedures be understood by administrators and coaches. Such procedures include:

1. Immediate, on-the-spot first aid by an adequately trained individual.
2. A telephone or other communication device to contact a doctor, ambulance, or emergency clinic.
3. A designated emergency vehicle. If an ambulance is not available, another suitable vehicle should be ready for quick utilization.
4. Notification of parents of injured player.
5. Proper arrangements at hospital or clinic to insure complete care of injured student.

Any plan of action should be carefully covered in advance with responsibilities of each party specified. Trainers, coaches, vehicle drivers, school administrators, and local law officers should function as an informed, effective team. Communication is the key to an effective athletic emergency care plan. Everyone - school personnel, medical professionals, transportation staff - must know exactly what is to be done in an emergency and who is responsible for each task.

If a definite procedure is adopted and followed, everyone will know that the health, safety and welfare of participants is a top priority.

Heat Stress and Athletic Participation.

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. There are no excuses for heatstroke if the proper precautions are taken. During hot weather conditions, the athlete is subject to the following:

Heat Cramps - Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to sweating.

Heat Syncope - Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heatstroke.

Heat Exhaustion (Water Depletion) - Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

Heat Exhaustion (Salt Depletion) - Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

Heatstroke - An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heatstroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above mentioned heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, 1991). The following practices and precautions are recommended:

1. Each athlete must have a physical exam with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school association's recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **physical condition** of their athletes and set practice schedules accordingly.

3. Along with physical conditioning, the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **gradual acclimatization to hot weather**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80 percent acclimatization can be expected to occur after the first seven to ten days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has no scientific foundation. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum of ten minutes be scheduled for a water break every half hour of heavy exercise in the heat. **Water should be available in unlimited quantities**. Check and be sure athletes are drinking the water. Cold water is preferable. Drinking ample water before practice or games has also been found to aid performance in the heat.
5. Salt should be replaced daily. Modest salting of foods after practice or games will accomplish this purpose. Salt tablets are not recommended. **Attention must be directed to replacing water -- fluid replacement is essential**.
6. Know both the **temperature and humidity**. The greater the humidity, the more difficult it is for the body to cool itself. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT Index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index (ACSM's Guidelines for the Team Physician, 1991):

Below 64..... Unlimited activity
 65-72..... Moderate risk
 74-82..... High risk
 82 plus Very high risk

There is also a weather guide for activities that last 30 minutes or more (Fox and Mathews, 1981) which involves knowing the relative humidity and air temperature:

Air Temp	Danger Zone	Critical Zone
70 F	80 percent RH	100 percent RH
75 F	70 percent RH	100 percent RH
80 F	50 percent RH	80 percent RH
85 F	40 percent RH	68 percent RH
90 F	30 percent RH	55 percent RH
95 F	20 percent RH	40 percent RH
100 F	10 percent RH	30 percent RH

RH = Relative Humidity

One other method of measuring the relative humidity is the use of a sling psychrometer, which measures wet bulb temperature. The wet bulb temperature should be measured prior to practice and the intensity and duration of practice adjusted accordingly. Recommendations are as follows:

Under 60 F Safe but always observe athletes
 61-65 F Observe players carefully
 66-70 F Caution
 71-75 F Shorter practice sessions and more frequent water and rest breaks
 75 plus Danger level and extreme caution

7. Cooling by evaporation is proportional to the area of skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. **Never use rubberized clothing**.

8. Athletes should **weigh** each day before and after practice and **weight charts checked**. Generally a three percent weight loss through sweating is considered safe and over a three percent weight loss is in the danger zone. Over a three percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.
9. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight, and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance, and unsteadiness.
10. Teams that encounter hot weather during the season through travel or following an unseasonable cool period should be physically fit, but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
11. Know what to do in case of emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practices and prearranged procedures for obtaining medical care, including ambulance service.

Heat Stroke - This is a medical emergency. DELAY COULD BE FATAL.

Immediately cool body while waiting for transfer to a hospital. Remove clothing and place ice bags on the neck, in the axilla (armpit), and on the groin area.

Heat Exhaustion - OBTAIN MEDICAL CARE AT ONCE.

Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

Summary - The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times per hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.

Recommendations for Hydration to Minimize the Risk for Dehydration and Heat Illness

WHAT TO DRINK DURING EXERCISES

- For most exercising athletes, the ideal fluid for pre-hydration and re-hydration is water. Water is quickly absorbed, well tolerated, an excellent thirst quencher, and cost effective.
- The use of a sports drink with appropriate carbohydrates (CHO) and sodium as described below may prove beneficial in some general situations and for some individuals.
- Traditional sports drinks with appropriate CHO and sodium may provide additional benefit in the following general situations:
 - ~ Prolonged continuous activity of greater than 45 minutes
 - ~ Extremely intense activity with risk of heat injury
 - ~ Extremely hot and humid conditions
- Traditional sports drinks with appropriate CHO and sodium may provide additional benefit for the following individual conditions:
 - ~ Poor hydration prior to participation
 - ~ Increased sweat rate
 - ~ Poor caloric intake prior to participation
 - ~ Poor acclimatization to heat and humidity
- A 6-8% addition of CHO to water is the maximum that should be utilized. Any greater concentration will produce slow emptying from the stomach and a bloated feeling to the athlete.

- The other ingredient that may be helpful is a low concentration (0.3 - 0.7 g/L) of sodium which may help with cramping.
- All fluids should be served cold to optimize gastric emptying.

WHAT NOT TO DRINK

- Fruit juices with greater than 8 percent carbohydrate content and soda can both result in a bloated feeling and abdominal cramping.
- Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.
- Athletes should be aware that nutritional supplements are not limited to pills and powders; many of these new fluids contain stimulants such as caffeine and/or ephedrine.
 - ~ These stimulants may increase the risk of heart or heat illness problems when exercising.
 - ~ Many of these drinks are being produced by traditional water, soft drink, and sports drink companies and may provide confusion to the sports community. As is true with other forms of supplements these "power drinks or fluid supplements" are not regulated by the FDA. Thus, the purity and accuracy of contents on the label are not guaranteed.
 - ~ Many of these beverages, which claim to provide additional power, energy, etc., have additional ingredients that are not necessary, some that are potentially harmful, and some that actually include substances banned by such governing bodies as the NCAA and the USOC.

HYDRATION TIPS AND FLUID GUIDELINES

- In general, athletes do not voluntarily drink sufficient water to prevent dehydration during physical activity.
- Drink early, by the time you're thirsty, you're already dehydrated.
- Drink before, during, and after practices and games. Specifically, the American College of Sports Medicine recommends the following:
 - ~ Drink 16 ounces of fluid 2 hours before exercise.
 - ~ Drink another 8 to 16 ounces 15 minutes before exercise.
 - ~ During exercise, drink 4 to 16 ounces of fluid every 15 to 20 minutes.
 - ~ After exercise, drink 24 ounces of fluid for every pound lost during exercise to achieve normal fluid status within 6 hours.
- The volume and color of your urine is an excellent way of determining if you're well hydrated. Large amounts of clear urine mean your hydrated, small amounts of dark urine mean that you need to drink more! A Urine Color Chart can be accessed at: <http://at.uwa.edu/admin/UM/urinecolorchart.doc>.
- The NFHS SMAC strongly recommends that coaches, certified athletic trainers, physicians, and other school personnel working with athletes not provide or encourage use of any beverages for hydration of these youngsters other than water and appropriate sports drinks that meet the above criteria. They should also make information on the potential harm and lack of benefit associated with many of these other beverages available to parents and athletes.

REFERENES

Casa DJ, Armstrong LE, Hillman SK, Montain SJ, Reiff RV, Rich BSE, Roberts WO, Stone JA. National Athletic Trainers' Association Position Statement: Fluid Replacement for Athletes. *Journal of Athletic Training*. 35(2):212-224, 2000.

McKeag DB, Moeller JL. *ACSM's Primary Care Sports Medicine*. 2nd Ed, Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins, 2007.

Concussion Management Protocol

The UIL Legislative Council in concert with the Medical Advisory Committee has mandated the implementation of a Concussion Management Protocol for all UIL activities.

While all interested parties understand that concussion and brain injury are not the only risk associated with participation in extracurricular activities, a comprehensive and standardized plan to deal with occurrences of such injuries is a step in a positive direction for the health and safety of our participants.

A traumatic brain injury occurs when an outside force impacts the head hard enough to cause the brain to move within the skull or if the force causes the skull to break and directly hurts the brain.

A direct blow to the head can be great enough to injure the brain inside the skull. A direct force to the head can also break the skull and directly hurt the brain. This type of injury can occur from motor vehicle crashes, firearms, falls, sports, and physical violence, such as hitting or striking with an object.

A rapid acceleration and deceleration of the head can force the brain to move back and forth across the inside of the skull. The stress from the rapid movements pulls apart nerve fibers and causes damage to brain tissue.

In order to provide a consistent and safe process for dealing with possible traumatic brain injuries, the UIL has contracted with the Brain Injury Association of America to provide 25,000 Management of Concussion in Sports Palm Cards to the schools and coaches of Texas. These cards will be the protocol that must be followed by every school when dealing with possible head injuries that occur in any practice or game situation for all UIL activities.

These pocket-size concussion cards are designed for sideline evaluation by coaches and/or athletic trainers. Information contained on the card includes a brief explanation on the grades of concussion, management recommendations for the coach and/or trainer, guidelines on when the athlete can return to play and sideline evaluation tests.

Concussions - "Even Mild Concussions can be Deadly"

SOME SIGNS OF CONFUSION/CONCUSSION: Confusion can be defined in many different ways and listed below are some of the signs and symptoms frequently associated with minor head trauma (a.k.a. "ding," "Bell Rung," Dazed). Most categories of impairment appear to be deficits of attention, concentration, information processing speed and memory. We also have suggested some of the means of assessing these signs and symptoms to decide whether the athlete is "clear" to return to action.

1. Thinking deficits: Tests such as the Paced Auditory Serial Addition Task (PASAT), and Trails Making A & B Test have proven to be helpful in identifying post-head-trauma residual problems with brain function.
2. Lack of sustained attention: Difficulty sustaining adequate focus to complete a task or persevere with a coherent stream of thought can be a sign of poor attention. Repeating digits forward and backward, stating the months of the year in reverse order or counting backwards by a certain interval are ways of identifying this lack of concentration ability.
3. Confused mental status: Disorientation to time, date, place, address and phone number may be helpful; however, recent studies suggest that information relating to the game such as opponent, score, quarter, play was injured on and individual assignment on the play are more relevant to identifying deficits after minor head trauma.
4. Amnesia: Retrograde amnesia usually represents a more serious deficit than post-traumatic amnesia.
5. Dazed look or vacant stare.
6. Slurred or incoherent speech.
7. Vomiting and/or nausea.
8. Slow motor and verbal responses.

9. Emotional lability: Reactions that seem out of proportion and inappropriate, as well as combative and/or aggressive behavior can be seen for a period of time after a concussion.
10. Memory deficits (short-term and delayed memory): A common manifestation is the repeated asking of the same questions over and over again. Asking for details of the contest, names of teams in prior contests, remembering three words or objects at 0 and 5 minutes and asking about significant recent news events are ways of evaluating memory status.
11. Poor coordination: A recent study indicated an individual's balance was abnormal for three to five days after a concussion even without other residual signs and symptoms. Tests of strength, coordination and agility, such as finger-to-nose testing and tandem gait observations, can be helpful in analyzing the athlete's state of coordination.
12. Dizziness.
13. Headaches: This is a very important symptom and has been one of the gold standards of clinical symptoms to help determine return to play.
14. Restlessness: Changing position frequently and having trouble resting or "finding a comfortable position" can be manifestations of post-head-trauma difficulties.
15. Neurasthenia and hyperesthesias: Neurathenia, which is nervous weakness, exhaustion and irritability, and hyperesthesias, excessive sensitivity to various sensory stimuli such as touch, pain, light, sound, etc.

It is very important that these assessments be done both in the resting state, and if the individual appears "clear," to ask the athlete to perform many of them after sufficient exercise such as short sprints, push-ups, sit-ups and knee bends to raise the heart rate. If any abnormal signs return, the athlete should be withheld from participation.

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National Federation of State High School Associations

Cold Illness

HYPOTHERMIA. Hypothermia is a decrease in core body temperature.

1. Mild Hypothermia - shivering, cold sensation, goose bumps, numb hands.
2. Moderate Hypothermia - intense shivering, muscle incoordination, slow and labored movements, mild confusion, difficulty speaking, signs of depression, withdrawn.
3. Severe Hypothermia - shivering stops, exposed skin is bluish and puffy, inability to walk, poor muscle coordination, muscle rigidity, decrease in pulse and respiration rate, unconsciousness.

Management:

- Remove athlete from cold environment.
- Remove wet clothing and replace with dry clothing and/or blankets.
- Refer all moderate cases to the emergency room once safe to transport.
- Treat severe hypothermia as a medical emergency! Wrap the athlete in an insulated blanket and seek emergency medical care immediately.

FROSTBITE. Thermal injury to the skin caused by cold exposure.

1. Frostnip - skin appears white and waxy or gray and mottled; possible numbness and pain.
2. Superficial Frostbite - skin appears white, mottled or gray; feels hard or rubbery but deeper tissue is soft, insensitive to touch.
3. Deep Frostbite - skin is white and has a wooden feel, numbness and anesthesia.

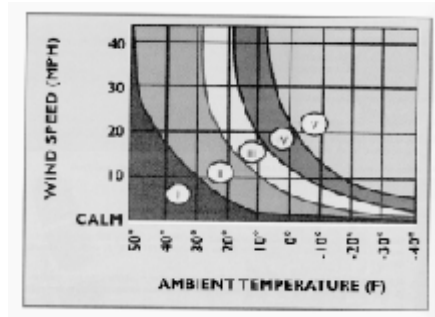
Management:

- Do not rub the area.
- Gently rewarm the area by blowing warm air onto the area, placing the area against a warm body part, or placing the affected area into warm (101° - 108° F) water for several minutes.
- If not absolutely certain that the tissue will stay warm after rewarming, do not rewarm it. Refreezing newly thawed frostbitten tissue can cause extensive tissue damage!
- If a person is also suffering from hypothermia, the first concern is core rewarming.

PREVENTION. The best method of management is prevention.

- Dress in layers.
- Cover the head to prevent excessive heat loss from the head and neck.
- Stay dry by wearing a wicking fabric next to the body and a breathable, water repellent outer layer.
- Stay adequately hydrated.
- Eat regular meals.
- Avoid alcohol, caffeine and nicotine.
- Educate participants, coaches, officials and administrators in recognition of cold-related illnesses.
- Consider cancellation of athletic events if weather conditions warrant.
- If unsure whether an athlete is hypothermic, err on the side of caution and treat accordingly.

Figure 1. Wind Chill Index

*Recognition, Management and Prevention of Cold Exposure*

SIGNIFICANCE: Although excessive and prolonged exposure to cold may be an infrequent problem in high school athletics, the prevention, recognition and management of cold-related conditions are still an important consideration for coaches, administrators and athletic trainers.

The human body's mechanisms of heat retention are significantly less efficient than our ability to dissipate heat. Epidemiological research suggests that even in otherwise innocuous environmental conditions, hypothermia can occur. During the day, the temperature may be moderate and the sun shining, but as the sun sets and the temperature begins to fall, when coupled with conditions of exhaustion, dehydration and wet clothing associated with physical activity, the risk of cold-related pathology can increase.

Understanding the mechanisms of heat retention and production are essential to the prevention and management of cold-related illnesses and injuries:

- Vasoconstriction - Decreases blood flow to the periphery to prevent loss of body heat.
- Shivering - While involuntary shivering generates heat through increased muscle activity, it may also hinder an athlete's sport performance and ability to perform behavioral tasks to aid in heat retention.
- Activity increase - Increases heat production through a general increase in metabolic activity. Quick bouts of intense activity can generate incredible amounts of heat.
- Behavioral responses - Adjusting the number and type of clothing layers will result in heat regulation by controlling the amount of heat lost by the body.

There are two cold-related pathologies that coaches, administrators and athletes should be aware of: hypothermia and frostbite.

- Hypothermia is defined as a decrease in the core body temperature to at least 95 ° F. It occurs when the heat loss is greater than the metabolic and heat production. Hypothermia can be categorized in three stages: mild, moderate and severe, based on core body temperature.

- Frostbite is a thermal injury to the skin, which can result from prolonged exposure to moderate cold or brief exposure to extreme cold. The body areas most prone to frostbite are the hands, feet, nose, ears and cheeks. Frostbite can be classified into three basic categories: frostnip, superficial frostbite and deep frostbite.

Recognition of Cold-Related Issues

There are several factors influencing one's susceptibility or risk of cold related injury or illness. These factors can be additive. Thus, it is essential to appreciate each of these factors, along with the associated signs and symptoms of hypothermia and frostbite. For example, exposure to 30° - 50° temperature under wet and windy conditions can be equivalent to sub-zero temperatures with no wind or moisture.

Risk factors:

- Low air temperature - When cold exposure exceeds or overwhelms the body's ability to compensate for heat loss due to the external environment.
- Wind chill - Figure 1 provides a wind-chill index chart that identifies the risks associated with the interaction of the wind speed and air temperatures.
- Moisture - Wet skin freezes at a higher temperature than dry skin.
- Exposed skin - Heat loss occurs primarily through convection and radiation to the external environment, but may also include evaporation if the skin is moist. This is a concern for those exercising and sweating in cold environments.
- Insulation - The amount of insulation from cold and moisture significantly affects thermoregulation.
- Dehydration - Negatively influences metabolism and thermoregulation.
- Alcohol - Increases peripheral blood flow and heat loss; can also disrupt the shivering mechanism.
- Caffeine - Acts as a diuretic, causing water loss and dehydration
- Tobacco - Acts as a vasoconstrictor; increasing the risk of frostbite.

Recognition:

Coaches, athletes, officials and administrators should also be aware of the continuum of signs and symptoms associated with various classifications of cold-related pathologies: (Curtis, R. Outdoor Action Guide to Hypothermia and Cold Weather Injuries. Outdoor Action Program, Princeton University. www.princeton.edu/~oa/safety/hypocold.shtml, last updated 1995.)

Stage	Core Temperature	Signs and Symptoms
Mild Hypothermia	99° - 97° F	Normal, shivering may begin
	97° - 95° F	Cold sensation, goose bumps, unable to perform complex tasks with hands, shiver can be mild to severe, hands numb.
Moderate Hypothermia	95° - 93° F	Intense shivering, muscle in-coordination becomes apparent, movements slow and labored, stumbling pace, mild confusion, may appear alert.
	93° - 90° F	Violent shivering persist, difficulty speaking, sluggish thinking, amnesia starts to appear, gross muscle movements sluggish, unable to use hands, stumbles frequently, signs of depression, withdrawn.
Severe Hypothermia	90° - 86° F	Shivering stops, exposed skin blue or puffy, muscle coordination very poor, inability to walk, confusion, incoherent/irrational behavior, but may be able to maintain posture and appearance of awareness.
	86° - 82° F	Muscle rigidity, semiconscious, stupor, loss of awareness of others, pulse and respiration rate decrease, possible heart fibrillation.
	82° - 78° F	Unconscious, heart beat and respiration erratic, pulse may not be palpable.
	78° - 75° F	Pulmonary edema, cardiac and respiratory failure, death. Death may occur before this temperature is reached.

Signs and Symptoms of Frostbite

Stage	Signs and Symptoms
Frostnip	Only the outer layer of skin is frozen. Skin appears white and waxy or possibly gray or mottled. It may have sensation or may be numb. May be painful.
Superficial Frostbite	Skin appears white, mottled or gray. It feels hard or rubbery on the surface, but deeper tissue is still soft. Skin is insensitive to touch.
Deep Frostbite	Includes all the layers of the skin. Skin is white and has a "wooden" feel all the way through. There is numbness and possible anesthesia. Can include the muscle and bone.

Management

Hypothermia - The basic principles of rewarming victims of hypothermia are to conserve the heat they have, and replace the heat that they have already lost. The best method to determine the extent of core temperature loss is measurement of rectal temperature. Unfortunately, obtaining a rectal temperature reading on a moderately or severely hypothermic patient can be difficult, and may expose the athlete to further cooling. The following describes the management regimens for hypothermia relative to severity:

- Mild hypothermia - Seek dry shelter; replace wet clothing, insulate whole body and head, avoid sweating, use external warmth (bath, fire) only if core above 95° F, give warm sweet drinks and food.
- Moderate hypothermia - Avoid exercise and external warmth, gently rest, give warm sweet drinks and calories, internal warming via warm moist air, monitor pulse and breathing.
- Severe hypothermia - Medical emergency, give nothing by mouth, wrap in an insulated blanket, avoid rapid rewarming, transfer to hospital immediately.

Frostbite - It is very important to note that refreezing newly thawed frostbitten tissue can cause extensive tissue damage. If it is not absolutely certain that the tissue will stay warm after rewarming, do not rewarm it. Once the tissue is frozen, the major harm has been done. Keeping it frozen for a longer period of time will not cause significant additional damage. The following describes the management of frostbite relative to severity:

- Frostnip - Rewarm the area gently by blowing warm air onto the area or placing it against a warm body part or place in a warm (101° - 108° F) water bath for several minutes. Never rub the area. This can damage the affected tissue by increasing the friction on the ice crystals in the cell, causing tearing of the tissue.
- Superficial frostbite - If a small area is involved, it can be treated the same as indicated for frostnip; if it is a larger area, follow the management for deep frostbite.
- Deep frostbite - Rewarm by removing restrictive clothing and immersing the affected body part in a water bath of 105° - 110° F for 25-40 minutes. Refer deeply frostbitten athletes to the emergency room. Do not rewarm the tissue unless absolutely certain that it will stay warm after rewarming.

Lightning Safety

Lightning may be the most frequently encountered severe storm hazard endangering physically active people each year. Millions of lightning flashes strike the ground annually in the United States, causing nearly 100 deaths and 400 injuries. Three quarters of all lightning casualties occur between May and September, and nearly four fifths occur between 10:00 am and 7:00 pm, which coincides with the hours for most athletic events.

RECOMMENDATIONS FOR LIGHTNING SAFETY

1. Establish a chain of command that identifies who is to make the call to remove individuals from the field.
2. Name a designated weather watcher (A person who actively looks for the signs of threatening weather and notifies the chain of command if severe weather becomes dangerous).
3. Have a means of monitoring local weather forecasts and warnings.
4. Designate a safe shelter for each venue. See examples below.

5. Use the Flash-to-Bang count to determine when to go to safety. By the time the flash-to-bang count approaches thirty seconds all individuals should be already inside a safe structure. See method of determining Flash-to-Bang count below.
6. Once activities have been suspended, wait at least thirty minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.
7. Avoid being the highest point in an open field, in contact with, or proximity to the highest point, as well as being on the open water. Do not take shelter under or near trees, flagpoles, or light poles.
8. Assume that lightning safe position (crouched on the ground weight on the balls of the feet, feet together, head lowered, and ears covered) for individuals who feel their hair stand on end, skin tingle, or hear "crackling" noises. Do not lie flat on the ground.
9. Observe the following basic first aid procedures in managing victims of a lightning strike:
 - Activate local EMS
 - Lightning victims do not "carry a charge" and are safe to touch.
 - If necessary, move the victim with care to a safer location.
 - Evaluate airway, breathing, and circulation, and begin CPR if necessary.
 - Evaluate and treat for hypothermia, shock, fractures, and/or burns.
10. All individuals have the right to leave an athletic site in order to seek a safe structure if the person feels in danger of impending lightning activity, without fear of repercussions or penalty from anyone.

DEFINITIONS

Safe Shelter:

1. A safe location is any substantial, frequently inhabited building. The building should have four solid walls (not a dug out), electrical and telephone wiring, as well as plumbing, all of which aid in grounding a structure.
2. The secondary choice for a safer location from the lightning hazard is a fully enclosed vehicle with a metal roof and the windows completely closed. It is important to not touch any part of the metal framework of the vehicle while inside it during ongoing thunderstorms.
3. It is not safe to shower, bathe, or talk on landline phones while inside of a safe shelter during thunderstorms (cell phones are ok).

Flash-to-Bang:

To use the flash-to-bang method, begin counting when sighting a lightning flash. Counting is stopped when the associated bang (thunder) is heard. Divide this count by five to determine the distance to the lightning flash (in miles). For example, a flash-to-bang count of thirty seconds equates to a distance of six miles. Lightning has struck from as far away as 10 miles from the storm center.

Postpone or suspend activity if a thunderstorm appears imminent before or during an activity or contest (irrespective of whether lightning is seen or thunder heard) until the hazard has passed. Signs of imminent thunderstorm activity are darkening clouds, high winds, and thunder or lightning activity.

~ EQUIPMENT ~

Mouthpiece and Headgear Rule.

Mouthpieces are required for all players. All high school varsity players are required to wear helmets which meet NOCSAE standards. Any team not wearing NOCSAE approved helmets will be in violation of NCAA rules. Warning labels shall be placed on the outside lower rear portion of the helmet.

Fitting the Football Helmet.

Although the helmet is not capable of eliminating head injuries completely, it does appear to lessen their severity. An improperly fitted and/or improperly worn helmet increases the chances for head injuries to occur. This outline depicts the procedural steps necessary to insure proper fitting and proper wearing of the helmet.

The comments below concern fitting the suspension helmet, padded, air, and fluid liner helmets.

General Preparation

- Fit helmet at normal hair length.
- Observe any noticeable head shape variation such as long, oval-shaped head, a slanting forehead, a heavy brow, or an extra-long occipital bone, etc.

Proper Method of Entering Helmet

- Put thumbs in ear; hold with fingers up along side of helmet.
- Put on directly over head, tilted to back, and rotate it to front while pulling it down into position.

Side-to-Side Check

- Make a quick visual examination to be sure that the fit is close to being correct.
- Have player hold his head straight forward and try to turn the helmet on his head. Helmet should turn only slightly if the fit is correct.

Jaw Pad Fit

- A correct-size jaw pad fits the jaw area snugly and prevents lateral rocking of the helmet.
- Jaw pads are available in different sizes.

Chin Strap Fit

- Adjust to a tight position with equal tension on both sides. A tight chin strap protects better.
- The four-point chin strap is required.

Football Helmet Warning Stickers: Helmet warning labels must be on each football helmet.

Regulation on Football Helmet for the First Four Days of Practice: Football helmets may be worn the first four days of practice. There shall be no contact activities during these four days.

Tooth And Mouth Protectors.

It is mandatory that all players wear tooth and mouth protectors. It is a part of the equipment necessary to participate in a game. **This requirement will be enforced by the game officials.**

If the referee discovers that a player is not wearing a tooth and mouth protector as required, the offending player is not to be allowed to enter or continue in the game until there is compliance with the rule.

“Each player shall wear an intra-oral (within the mouth) mouth and tooth protector which includes an occlusal (protecting and separating the biting surfaces) and a labial (protecting the lips) portion. It is recommended that the protector be 1) constructed from a model made from an impression of the individual’s teeth or 2) constructed and fitted to the individual by impressing his teeth into the mouth and tooth protector itself.”

Occlusal, as used in the rule, means the protector must separate the biting surfaces of the teeth. Some authorities have stated that the teeth separation should be 1/16 of an inch. The occlusal portion of the guard generally will afford protection from blows from beneath the chin, which frequently result in chipped teeth. In addition, the occlusal portion tends to absorb shock from blows underneath the chin, thereby reducing the possibility of concussion.

The wording of the rule enables a free choice of protector selection on the part of the coach or player. While it is recommended that the protectors be of the "fitted" type, it is not mandatory that they be so.

Colored mouthpieces: Any other readily visible colored mouthpieces with FDA-approved base materials (FDCS) shall be mandatory. White or clear material is not permitted.

Reducing Head And Neck Injuries In Football

Frederick O. Mueller, Ph.D.

Head and neck injuries in football have been dramatically reduced since the late 1960's. Several suggestions for continued reduction are as follows:

1. Preseason physical exams for all participants. Identify during the physical exam those athletes with a history of previous head or neck injuries. If the physician has any questions about the athlete's readiness to participate, the athlete should not be allowed to play.
2. A physician should be present at all games. If it is not possible for a physician to be present at all games and practice sessions, emergency measures must be provided. The total staff should be organized in that each person will know what to do in case of head or neck injury in game or practice. Have a plan ready and have your staff prepared to implement that plan. Prevention of further injury is the main objective.
3. Athletes must be given proper conditioning exercises which will strengthen their necks so that participants will be able to hold their head firmly erect when making contact. Strong neck muscles may help prevent neck injuries.
4. Coaches should drill the athletes in the proper execution of the fundamentals of football skills, particularly blocking and tackling. **Keep the head out of football.**
5. Coaches and officials should discourage the players from using their heads as battering rams. The rules prohibiting spearing should be enforced in practice and in games. The players should be taught to respect the helmet as a protective device and that the helmet should not be used as a weapon.
6. All coaches, physicians, and trainers should take special care to see that the player's equipment is properly fitted, particularly the helmet.
7. Strict enforcement of the rules of the game by both coaches and officials will help reduce serious injuries.
8. When a player has experienced or shown signs of head trauma (loss of consciousness, visual disturbances, headache, inability to walk correctly, obvious disorientation, memory loss) he should receive immediate medical attention and should not be allowed to return to practice or game without permission from the proper medical authorities.

Eye Shields

Only eye shields that are completely clear will be allowed. Waivers will no longer be granted for tinted eye shields, regardless of circumstance.)

Coaches' Checklist

1. Keep the head up.
2. Discuss risk of injury.
3. Keep the head out of contact.
4. Explain how serious injuries can occur.
5. Involve parents in early season meeting.
6. Have a set plan for coaching safety.
7. Clearly explain and demonstrate safe techniques.
8. Provide best medical care possible.
9. Monitor blocking and tackling techniques every day.
10. Repeat drills which stress proper and safe techniques.
11. Admonish and/or discipline users of unsafe techniques.
12. Receive clearance by doctor for athlete to play following head trauma.
13. Stress safety every day.
14. Don't glorify head hunters.
15. Support officials who penalize for illegal helmet contact.
16. Don't praise or condone illegal helmet contact.
17. Provide conditioning to strengthen neck muscles.
18. Entire staff must be "tuned in" to safety program.
19. Check helmet condition regularly.
20. Improper technique causes spinal cord injuries.
21. Helmet must fit properly.
22. Be prepared for a catastrophic injury.
23. The game doesn't need abusive contact.
24. Player safety is your responsibility.
25. It's a game -- not a job -- for the players.

Keep The Head Out Of Football

Rules changes that eliminated the head as the initial contact point in blocking and tackling have significantly reduced head and neck injuries in the sport.

Coaches can do their part to continue that trend by teaching correct techniques and emphasizing proper fundamentals at all times. That way, players can avoid catastrophic injury and coaches can avoid lawsuits.

Keep the head out of football.

Nocsae Manual Helmet Information

Licensed reconditioners themselves test used helmets to the original standard applicable when the helmet was new.

The NOCSAE helmet standards are voluntary test standards that have been developed to reduce head injuries by established requirements of impact attenuation for football helmets/face masks, baseball/softball batting helmets, baseball and softballs, and lacrosse helmets/face masks. These standards are adopted by various regulatory bodies for sports, including the National Collegiate Athletic Association (NCAA) and the National Federation of State High School Associations (NFHS).

NOCSAE continually studies all types of helmets and test conditions, and the severity of the tests will be changed when credible evidence is presented that such changes will affect injury reduction.

The NOCSAE helmet standard is not a warranty, but simply a statement that a particular helmet met the requirements of performance tests when it was manufactured or reconditioned. For football helmets, NOCSAE does recommend that the consumer adhere to a program of periodically having used helmets recertified. Because of the difference in the amount and intensity of usage on each helmet, the consumer should use discretion regarding the frequency with which certain helmets are to be recertified.

Those helmets which meet the NOCSAE standard must bear the seal, "Meets NOCSAE standards" and the logo for that type of helmet. The seal and the logo are permanently branded on the outside rear portion of the helmet.

The NOCSAE standard does not require the use of specific brand name replacement parts when helmets are reconditioned. Neither the test nor the performance standard call for any specific materials or designs. The standard speaks only to the performance for the helmet when new, or after reconditioning and rectification.

A list of NOCSAE licensed reconditioners, contact information and other additional information is available from the National Athletic Equipment Reconditioners Association at www.naera.net.

~ BOOSTER CLUB REGULATIONS ~

Role of Competition

Participation teaches that it is a privilege and an honor to represent one's school. Students learn to win without boasting and to lose without bitterness.

Self-motivation and intellectual curiosity are essential to the best academic participants. Artistic commitment and a desire to excel are traits found in music participants. Physical training and good health habits are essential to the best athletes. Interscholastic competition is a fine way to encourage youngsters to enrich their education and expand their horizons.

Leadership and citizenship experiences through interschool activities help prepare students for a useful and wholesome life. Plus, competition is fun!

Superintendent Responsible for UIL Activities

UIL rules are made by the member schools and include penalties to schools, school district personnel, and student participants. The superintendent is solely responsible for the entire UIL program. All school activities, organizations, events, and personnel are under the jurisdiction of the superintendent. It is imperative that booster clubs recognize this authority and work within a framework prescribed by the school administration.

Role of Booster Clubs

Booster clubs are formed by school patrons to help enrich the school's participation in extracurricular activities. It is a violation of the UIL athletic amateur rule for booster club funds to be used for non-school purposes. The fund-raising role of booster clubs is particularly crucial in today's economic climate. The majority of activities supported by booster clubs are related to UIL activities. Since UIL rules regulate what UIL participants, sponsors, and coaches may and may not accept, it is important that booster clubs are aware of these rules.

Relationship with the School

- The superintendent or a designee has approval authority over booster clubs and should be invited to all meetings.
- Booster clubs do not have authority to direct the duties of a school district employee. The schedule of contests, rules for participation, method of earning letters, and all other criteria dealing with interschool programs are under the jurisdiction of the local school administration.
- All meetings should be open to the public.
- Minutes should be taken at each meeting and kept on file at the school.
- School administration should keep booster clubs informed concerning all school activities.

Expenditure of Funds

- Booster club funds shall not be used to support athletic camps, clinics, private instruction, or any activity outside of the school.
- Booster groups or individuals may donate money or merchandise to the school with prior approval of the administration. These kinds of donations are often made to cover the cost of commercial transportation and to cover costs for out of town meals. It would be a violation for booster groups or individuals to pay for such costs directly.
- To avoid violation of the UIL athletic amateur rule, money given to a school cannot be earmarked for any particular expense. Booster clubs may make recommendations, but cash or other valuable consideration must be given to the school to use at its discretion.
- Coaches and directors of UIL academics, athletics and fine arts may not accept a petty cash fund or a miscellaneous discretionary fund. All funds must be given to the school administrator and spent at the discretion of the school, with the approval of the school board.
- Coaches and directors of UIL academics, athletics and fine arts may not accept more than \$500 in money, product, or service from any source in recognition of or appreciation for coaching, directing or sponsoring UIL activities. The \$500 limit is cumulative for a calendar year and is not specific to any one particular gift. The district may pay a stipend (fixed at the beginning of the year) as part of the annual employment contract.
- Booster clubs cannot give anything to students, including awards. Check with school administrators before giving anything to a student, school sponsor or coach. Schools must give prior approval for any banquet or get-together given for students.
- Individuals should be informed of the seriousness of violating the athletic amateur rule. The penalty to a student athlete is forfeiture of varsity athletic eligibility in the sport in which the violation occurred for one calendar year from the date of the violation. Student athletes are prohibited from accepting valuable consideration for participation in school athletics (anything that is not given or offered to the entire student body on the same basis that it is given or offered to an athlete). Valuable consideration is defined as tangible or intangible property or service, including anything that is useable, wearable, salable or consumable. Saleable food items or trinkets given to athletes by students, cheerleaders, drill team members, little/big sisters, school boosters, parents of other students, teachers, or others violate this rule.
- Homemade "spirit signs" made from paper and normal supplies a student purchases for school use may be placed on students' lockers or in their yards. Trinkets and food items cannot be attached. Yard signs made of commercial quality wood, plastic, etc., must be purchased or made by the individual player's parents or returned after the season.
- For purposes of competing in an athletic contest the school may provide meals in association with contests held away from the home school. If the school does not pay for meals, then individual parents need to purchase their own child's food. Parents may purchase anything they wish for their own child, but may not provide food or other items of valuable consideration for their child's teammates.
- Parties for athletes are governed by the following State Executive Committee interpretation of Section 441:

VALUABLE CONSIDERATION SCHOOL TEAMS AND ATHLETES MAY ACCEPT:

1. Pre-Season. School athletic teams may be given no more than one pre-season meal, per sport, per school year, such as a fish fry, ice cream supper, etc., provided it is approved by the school and given by a non-profit organization (usually the booster club) before the team plays in its first contest. It may be given after a scrimmage.
2. Post-Season. School athletic teams are limited to no more than one post-season meal or banquet per sport, per school year, and it must be given by a non-profit organization and approved by the school. Banquet favors or gifts are considered valuable consideration and are a violation if they are given to a student athlete at any time.
3. Other. At any time school athletic teams and athletes may be invited to and may attend functions where free admission is offered, or where refreshments and/or meals are served, provided all students from that high school are invited to attend for the same fee and on the same basis as the athletes or the athletic team. Athletes or athletic teams may be recognized at these functions, but may not accept anything that is not given to all other students.

VALUABLE CONSIDERATION SCHOOL TEAMS AND ATHLETES CANNOT ACCEPT: Parties provided by parents or other students strictly for an athletic team, or anything that is not given, or offered, to the entire student body on the same basis that it is given to or offered to an athlete.

Local school district superintendents have the discretion to allow student athletes to accept, from their fellow students, small 'goodie bags' that contain candy, cookies or other items that have no intrinsic value and are not considered valuable consideration.

Gatherings of school athletes at parents' or patrons' homes require each athlete to contribute equally to any food or refreshment. The burden of proof will be on the athletes if these occasions are questioned. Certainly, no sports instruction or practice is permitted during these gatherings.

Fund Raising

- Funds are to be used to support school activities. To provide such funding for non-school activities would violate UIL rules and the public trust through which funds are earned.
- Fund raising projects are subject to state law. Non-profit status may be obtained from the IRS.
- Community-wide sales campaigns should be coordinated through the school administration to minimize simultaneous sales campaigns.
- Sales campaigns should be planned carefully to insure that the projects provide dollar value for items sold, and that most of the money raised stays at home; otherwise donations are often more rewarding than letting the major part of the money go to outside promoters.
- **The UIL reserves the right to sell game and tournament programs and merchandise at all UIL state championship events. Booster Clubs are not allowed to sell programs or merchandise at these events.**

Fund raising activities should support the educational goals of the school and should not exploit students. Activities and projects should be investigated carefully before committing the school's support.

Written Policies

Booster clubs should develop and annually review policies to cover the following areas:

- How to plan and publicize meetings.
- Methods of financing the club; compliance with tax laws; administering funds; method of bookkeeping.
- Election of officers.
- Taking, distributing and filing minutes.
- Effective communication — press releases, etc.
- Proper interaction with fine arts directors and academic and athletic coaches through the lines of authority as established by the school board.
- Sportsmanship code governing behavior of booster club members and fans at contests, treatment of officials, guests, judges, etc.
- Plans to support the school regardless of success in competition, keeping the educational goals of competition at the forefront of all policies.

What Parents and Fans Can Do

Help the school conduct fair and equitable competition: adhere to rules, uphold the law, and respect authority.

Remember that officials are human and make mistakes, and respect their decisions.

Delegate authority to the school, then back up the decisions made by the school.

Set standards by which you expect children to conduct themselves, and live by those standards yourself.

Be aware of capabilities and limitations of young people; don't have unrealistic expectations.

Let your children live their own lives — not relive your life.

Be involved in areas in which your own child is not involved, thus contributing to school unity and spirit.

Show respect to the opponents of your children.

Praise — don't criticize — all youngsters.

Be attentive to the needs of students.

Help your children and their friends develop integrity through the intensity of competitive activity.

Remember — The classroom comes first!