

Section 1330: GIRLS' VOLLEYBALL PLAN.

- (a) ATHLETIC PURPOSES, CODES, PLAN APPLICABLE. Rules in Sections 1200-1209 also apply to the Girls' Volleyball Plan.
- (b) DATES FOR PRACTICES, MATCHES AND CERTIFICATIONS.
 - (1) *Practice Regulations Outside the School Year.* Any volleyball practice conducted by a school outside the school year must be in accordance with the following regulations:
 - (A) Student-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
 - (B) Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.
 - (C) The maximum length of any single practice session shall be three hours.
 - (D) 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.
 - (2) *Starting Date.* There shall be no high school volleyball practice for a contestant or a team, before or after school prior to the first Monday in August. Uniforms and equipment may be fitted and placed in lockers the first day workouts are permitted. See Section 1478 for seventh and eighth grade restrictions.
 - (3) *Scrimmages, Matches.* No interschool scrimmages or matches shall be played prior to first match/scrimmage dates as listed in the Official Calendar, or before or after school after the last date for certifying district champions, except for teams who have not been eliminated in playoffs. Schools shall not scrimmage until the Friday following the first Monday in August. Schools shall not participate in a match until the second Monday in August.
- (c) NUMBER OF SCRIMMAGES, MATCHES, TOURNAMENTS.
 - (1) *Violations/Penalties.* The district executive committee shall determine the penalty for violations of the following regulations.
 - (2) *Game-Matches Defined.* A game shall be defined as when a team has scored 25 points and is at least two points ahead. A match shall be defined as when a team has won three games out of five.
 - (3) *Total Number of Games, Matches, Tournaments.* No team or student shall compete in more than three invitational tournaments plus 23 matches in a season, including all matches prior to the first playoff match. This shall include non-district and district matches. If the district champions have a bye for the first round of the play-offs, those schools may schedule a warm-up match in addition to the match limits. This additional match shall be played on a non-school night with no loss of school time.
 - (4) *Substituting Matches for Tournaments.* Two matches may be substituted in place of a tournament. If a team or student does not play in any invitational tournaments, six additional matches (total of 29) may be played.
 - (5) *Substituting Dual Matches for Regular Matches.* Dual matches consisting of two or more teams may be played. A team may play two other teams or play the same team twice at the same site. The second match shall be played as soon following the first match as possibly can be scheduled. A dual match will count as one of the two contests allowed per calendar week (in addition to a tournament), and will count as two of the 23 total matches allowed per season.
 - (6) *Exception To Resolve District Ties.*
 - (A) *Two Schools Tied.* To resolve a two-way tie, the district executive committee may authorize a single elimination match, provided only one other match is played that calendar week. The tie breaking match may be in addition to the 23 allowed matches. It may not be played as an exception to the school week limitation.
 - (B) *Three or More Schools Tied.* If three or more schools are tied, the district executive committee may authorize a tournament provided only two matches have been played that week, using the procedure in Section 1203. These tournament matches may be played in addition to the total number of matches and tournaments allowed for the season.

- (7) *Exception for Rescheduled Matches.* District varsity volleyball matches postponed by weather or public disaster (not including illness) shall be rescheduled on the next date, other than Sunday, on which another district match is not scheduled. In the event weather or public disaster forces the makeup match to be rescheduled it shall be rescheduled on the next date as described earlier. These makeup matches may be played as exceptions to the school week and calendar week limitations. District varsity games that are postponed by weather or public disaster, and not played on the next available date, shall be rescheduled and played on a date determined by the district executive committee.
- (8) *Playing Dates for Scrimmages and Matches.*
 - (A) *Scrimmages Prior to the First Day of School.* Schools shall not scrimmage until the Friday following the first Monday in August. Teams and schools may participate in an unlimited number of scrimmages prior to the first day of school. After the first match, scrimmages are not permitted. Schools shall not participate in a match until the second Monday in August.
 - (B) *Beginning First Day of School.* After the first match, scrimmages are not permitted. On and after the first day of school, teams are limited to no more than one scrimmage, match or dual match during the school week. School week means the week beginning at 12:01 a.m. on the first instructional day of a calendar week and ending at the close of instruction on the last instructional day of the calendar week, excluding holidays.
 - (C) *First Two Weeks of Season.* During each of the first two calendar weeks allowed for matches on the UIL Official Calendar, teams or students shall participate in no more than three matches (or dual matches) plus one tournament. The second match of the calendar week must be after the last instructional day of the school week.
 - (D) *Remainder of Season.* After the first two calendar weeks allowed for matches, teams or students are limited to no more than two matches (or dual matches) during each calendar week, plus one tournament. The second match of the calendar week must be after the last instructional day of the school week.
- (9) *Invitational Tournament Restriction.* No team shall participate in an invitational volleyball tournament held on a Monday, Tuesday or Wednesday, except on school holidays. However, matches or games in tournaments may be played after school on the last day of the school week prior to holidays.
- (10) *Invitational Tournament Exception.* Volleyball tournaments may be scheduled on non-consecutive days. A two day tournament shall not be scheduled on Thursday and Friday. A one day tournament shall be scheduled on Saturday.
- (11) *Number of Matches Per Day in Tournaments.* No team or student shall compete in more than three matches per day in tournament play. Exception: Contestants or teams may play in four matches per calendar day in a one day tournament scheduled on a Saturday, and contestants or teams may play in four matches per day during a two day tournament.
- (d) **SITE OF MATCH.** The district executive committee in arranging a schedule within the district shall determine the site of matches in case of disagreement between two teams.
- (e) **BOYS PROHIBITED.** Boys shall not compete on girls' teams.
- (f) **OFF SEASON PARTICIPATION.** See Section 1209.
- (g) **GATE RECEIPTS FROM STATE TOURNAMENT.** The UIL office retains an annually determined percentage of gate receipts from the state volleyball tournament.

Section 1340: WRESTLING PLAN.

- (a) **ATHLETIC PURPOSES, CODES, PLAN APPLICABLE.** Rules in Sections 1200-1209 also apply to the Wrestling Plan.
- (b) **DIVISIONS.**
 - (1) *Boys', Girls' Divisions.* There shall be the following divisions:
 - (A) High School Boys.
 - (B) High School Girls.

- (2) *Boys', Girls' Restriction.* No high school boy shall wrestle against a high school girl and vice versa. This prohibition is only applicable when the contest is held in Texas or in any other state that sponsors wrestling programs for both boys and girls. See Official Interpretation #16, Appendix I.
- (c) **DATES FOR COMPETITION.**
 - (1) See Official Calendar.
 - (2) No school or student-athlete representing a school shall participate in a tournament or dual meet until the first Monday following the football district certification deadline and after the date for certifying district representatives.
- (c) **MEETS AND TOURNAMENTS.**
 - (1) *Number of Tournaments.* No student representing a participant school shall participate in more than eight tournaments during the school season excluding one district tournament and the regional and state tournaments. Each tournament the school team enters counts as one meet for each participating individual. Students are considered to be representing their school if they are wearing and/or using school equipment or being directed or transported by a school employee.
 - (2) *Exceptions.* Dual, triangular and quadrangular meets do not count as a tournament for participants provided there is no loss of school time.
 - (3) *School Week Limitation.* No student representing a participant school shall participate in more than one contest (tournament, dual, triangular or quadrangular) per school week (the first instructional day of the calendar week through the last school day). Exception: Regional and state competition.
- (e) **END OF SEASON.** Students and teams shall not represent a participant school in any wrestling meet or tournament after the date of the State Individual Championships.
- (f) **RULES.** All UIL tournaments will be conducted in accordance with National Federation Rules.
- (g) **CHAMPIONSHIP STRUCTURE.** See the Wrestling Coaches Manual for the championship structure.