



2016 • 2017
Football
Manual



~2015-16 STATE FOOTBALL CHAMPIONS~

Abbott High School
1A 6-Man Division I State Champion



Bremond High School
2A Division II State Champion



Richland Springs High School
1A 6-Man Division II State Champion



Brock High School
3A Division I State Champion



Canadian High School
2A Division I State Champion



Waskom High School
3A Division II State Champion



**Waco La Vega High School
4A Division I State Champion**



**Cedar Park High School
5A Division II State Champion**



**West Orange Stark High School
4A Division II State Champion**



**Galena Park North Shore High School
6A Division I State Champion**



**Richmond George Ranch High School
5A Division I State Champion**



**Katy High School
6A Division II State Champion**



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PURPOSE | To acquaint football coaches and administrators with the policies, rules, procedures, and forms necessary for proper enforcement of regulations for football, and to insure a better opportunity for coaches to have first-hand information.

LIMITATIONS | This manual does not cover all rules. The Constitution and Contest Rules is the official UIL rulebook and covers information more detailed than does this manual. Coaches should confer with their principals and superintendents if there are questions concerning the rules.

NOTE | Questions concerning the UIL Football Plan and eligibility requirements found in the UIL Constitution and Contest Rules should be directed to **Susan Elza** at the UIL office.

~UIL REGULATIONS~

2016-17 Football Calendar

5A and 6A Schools Without Spring Training, 4A, 3A, 2A, 1A (6-man)

- First day of condition (No contact activities permitted.)
- No contact equipment except helmets may be worn.) August 1
- First day of contact..... August 5
- First Scrimmage..... August 12
- Second Scrimmage August 17
- Third Scrimmage August 22
- (Schools opting for a third scrimmage shall not play on week one.)

5A and 6A Schools with Spring Training

- First day of conditioning..... August 8
- First day of contact..... August 12
- First scrimmage August 19
- Second scrimmage..... August 24
- (Schools opting for a second scrimmage shall not play on week one.)

Possible Playing Dates

- Week One August 25, 26, 27**
- Week Two September 1, 2, 3
- Week Three..... September 8, 9, 10
- Week Four September 15, 16, 17
- Week Five September 22, 23, 24
- Week Six..... September 29, 30, October 1
- Week Seven October 6, 7, 8
- Week Eight October 13, 14, 15
- Week Nine..... October 20, 21, 22
- Week Ten..... October 27, 28, 29
- Week Eleven November 3, 4, 5
- District Certification..... November 5
- Schools have 11 weeks to play a maximum of 10 games

Playoff Dates

- Week 1..... November 10, 11, 12
- Week 2..... November 17, 18, 19
- Week 3..... November 24, 25, 26
- Week 4..... December 1, 2, 3
- Week 5..... December 8, 9, 10
- Week 6 – All Conferences Finals December 14, 15, 16, 17

****Junior Varsity** - Sub-varsity football teams in Conferences 5A & 6A can play on Wednesday during Week 1 only if the varsity team plays on Thursday of that same week.

Junior High Football -- Practice shall not begin prior to the first day of school. Football equipment may be checked out to the players on any one day during the week preceding the first day of school.

The first four days of practice shall be conducted without any contact equipment except helmets. During the first four days, only shoes, socks, T-shirts, shorts and helmets may be worn. During the four-day acclimatization period, no contact activities shall be permitted. All student athletes who arrive after the first day of practice are required to undergo a four-day acclimatization period. No interschool scrimmages or games shall be allowed until after a period of at least seven days of contact football.

No junior high student or team shall participate in any scrimmage or contest until they have had four days of practice without any contact equipment except helmets, and seven additional days of contact practice.

From the first day of school, schools shall have 80 consecutive calendar days to practice outside the school day; 63 of the 80 consecutive calendar days may be used to complete scrimmages and games.

~UIL & NCAA FOOTBALL RULE CHANGES~

GENERAL

- Alter the one-year consecutive enrollment exception to member charter school students who have been placed on a waiting list.
- Allow an exception to the 15-day rule for dependents of active duty military personnel.
- Set the number of teams advancing to the playoffs at two (2) teams per district for the smaller conference when two complete conferences are combined for play during the regular season and then advance to separate conference brackets for the playoffs. (1A Baseball and 1A Softball)
- Change to the athlete amateur rule to ease restrictions on athletes being able to receive reasonable fees for coaching, teaching, or officiating.
- Allow intra-district transfer participation opportunities when the school attended does not offer UIL participation opportunities.
- Allow a one time only intra-district transfer students' immediate eligibility for one sport not offered at the previous school when transferring for athletic purposes.
- Provide Sports Officials an increase in the fee schedule.
- Allow schools to contribute to a second major award.
- Allow schools to provide transportation for college visits.
- Continue the pilot program for Spirit.
- Continue the pilot for 5A and 6A three-day tryout period in May for sixth graders.

FOOTBALL

- Extend the pilot program providing home field advantage to the higher seed in the first round of the 2016 6A football playoffs.
- The UIL office will collect sixteen percent of the gate receipts from playoff football games.

**2016 UIL Exceptions to NCAA Football Rules
2016-17 School Year**

The numbering of the exceptions has been altered as necessary to maintain sequential numbering consistent with the NCAA Football Rule Book and to replace deleted exceptions. Other changed or altered items are identified by a shaded background.

1. In all instances where “NCAA Sanctions” appears, UIL rules will govern. **The UIL Exceptions to NCAA Football Rules apply to respective and applicable NCAA Approved Rulings and Interpretations.**
2. 1-1-1-a. The game shall be played between two teams of not more than 11 players each, on a rectangular field and with an inflated ball having the shape of a prolate spheroid.

EXCEPTION: 1-1-1-a. Change to read: “The game shall be played between two teams of not more than 11 players each in UIL Eleven Man Games – not more than six players each in UIL Six Man Games – on a rectangular field and with an inflated ball having the shape of a prolate spheroid. (Note – additional UIL EXCEPTIONS to NCAA Football Rules are addressed in the UIL (Texas) Six Man Football Rules Exceptions found in the UIL Football Handbook).

3. 1-1-7-a, b, c
 - a. NCAA member institutions and affiliated officiating organizations shall conduct all contests under the official football-playing rules of the Association.
 - b. NCAA-affiliated officiating organizations shall use the current Football Officials Manual published under the jurisdiction of the College Football Officiating, LLC (CFO).
 - c. NCAA member institutions and affiliated officiating organizations not complying with NCAA football-playing rules are subject to sanctions (See appropriate divisional NCAA Manual).

EXCEPTION: 1-1-7-a, b, c. Does not apply to UIL games.

4. 1-2-1-b. Twenty-four-inch short yard-line extensions, four inches inside the sidelines and at the inbounds lines, are mandatory; and all yard lines shall be four inches from the sidelines (Rule 2-12-6).

EXCEPTION: 1-2-1-b. Change “mandatory” to “recommended.”

5. 1-2-1-c. A solid white area between the sideline and the coaching line is mandatory.

EXCEPTION: 1-2-1-c. Change “mandatory” to “recommended.”

6. 1-2-3-a. Limit lines shall be marked with 12-inch lines and at 24-inch intervals 12 feet outside the sidelines and the end lines, except in stadiums where total field surface does not permit. In these stadiums, the limit lines shall not be less than six feet from the sidelines and end lines. Limit lines shall be 4 inches in width and may be yellow. Limit lines designating team areas shall be solid lines.

EXCEPTION: 1-2-3-a. Change the first sentence to read: “It is recommended that limit lines be marked with 12 inch lines at 24 inch intervals 12 feet outside the side lines and the end lines, except in stadiums where total field surface does not permit.”

7. 1-2-4-b. The team area shall be limited to squad members in full uniform (see Appendix D) and a maximum of 60 other individuals directly involved in the game. All persons in the team area are subject to the rules and are governed by decisions of the officials (Rule 1-1-6). The 60 individuals not in full uniform shall wear special team area credentials numbered 1 through 60. No other credential is valid for the team area.

EXCEPTION: 1-2-4-b. Limit of 60 individuals not in full uniform is waived.

8. 1-2-5-a. Each goal shall consist of two white or yellow uprights extending at least 30 feet above the ground with a connecting white or yellow horizontal crossbar, the top of which is 10 feet above the ground. The inside of the uprights and crossbar shall be in the same vertical plane as the inside edge of the end line. Each goal is out of bounds (see Appendix D).

EXCEPTION: 1-2-5-a. Add: “In UIL games 30 foot uprights are recommended, 20 foot uprights are mandatory.”

9. 1-2-5-b. Above the crossbar, the uprights shall be white or yellow and 18 feet, six inches apart inside to inside.

EXCEPTION: 1-2-5-b. Change to read: “Above the crossbar the uprights shall be white or yellow and 23 feet 4 inches apart inside to inside. (EXCEPTION: When UIL schools are playing on collegiate fields with 18 feet 6 inches goal posts, and 23 feet 4 inches goal posts are not available, the collegiate goal posts may be used by mutual agreement of the competing schools.)”

10. 1-2-6. Soft, flexible four-sided pylons 4 inches by 4 inches with an overall height of 18 inches, which may include a 2-inch space between the bottom of the pylon and the ground, are required. They shall be red or orange in color. One manufacturer’s logo or trademark is permitted on each pylon. Institutional logos, conference logos and the name/commercial logo of the sponsor of postseason games are also allowed. Any such marking may not extend more than 3 inches on any side. They are placed at the inside corners of the eight intersections of the sidelines with the goal lines and end lines. The pylons marking the intersections of the end lines and hash marks extended shall be placed three feet off the end lines.

EXCEPTION: 1-2-6 Add: “The use of 12 pylons is recommended, but 8 pylons, placed at the inside corners of the four intersections of the sidelines with the goal lines and end lines of each end zone is mandatory.”

11. 1-2-7-a. The yardage chain shall join two rods not fewer than 5 feet high, the rods’ inside edges being exactly 10 yards apart when the chain is fully extended.

EXCEPTION: 1-2-7-a. Add the following sentence: Any other line-to-gain indicator that accurately measures the line to gain is permitted when determined by the home school. Mutual agreement is not required.

12. 1-3-1-j & k

j. Professional football league logos are prohibited.

k. Advertising is prohibited on the ball [*Exceptions:* (1) Ball manufacturer’s name or logo, (2) institutional logo, (3) conference logo, and (4) AFCA logo].

EXCEPTION: 1-3-1-j & k Do not apply to UIL games.

13. 1-3-2-a. The game officials shall test and be sole judge of not more than six balls offered for play by each team before and during the game. The game officials may approve additional balls if warranted by conditions.

EXCEPTION: 1-3-2-a. Add to the end of the first sentence: NOTE: It is mandatory that at least one ball be offered for play. It is recommended that each team offer at least two balls for play.

14. 1-3-2-g. When the ball becomes dead in a side zone, is unfit for play, is subject to measurement in a side zone or is inaccessible, a replacement ball shall be obtained from a ball person (A.R. 1-3-2-I).

EXCEPTION: 1-3-2-g. Add: “If balls are available and ball persons are being used.”

15. 1-4-2-d. When a player enters the game after changing his jersey number, he must report to the referee, who then informs the opposing head coach and announces the change. A player who enters the game after changing his number and does not report commits a foul for unsportsmanlike conduct. [S27]. (A.R. 1-4-2-I)

EXCEPTION: 1-4-2-d. Add: “(Note: For UIL games, the announcement of the change is dependent upon whether a Referee microphone is being utilized.)”

16. 1-4-4-h. Players of a team must wear socks or leg coverings that are identical in color and design (*Exceptions*: Unaltered knee braces, tape or a bandage to protect or prevent an injury, and barefoot kickers).

EXCEPTION: 1-4-4-h. Add: “(EXCEPTION: Any player may wear white sweat socks in lieu of socks or leg coverings that are identical in color and design worn by teammates.)”

17. 1-4-5-a-2

a. *Design*

2. Other than the player’s number, the jersey may only contain:

Player’s name

School name

NCAA logo

Sleeve stripes

Logo for school, conference, mascot, postseason-game, memorial, the military.

American flag

State flag

EXCEPTION: 1-4-5-a-2. Delete – “NCAA logo” and replace with “UIL logo”

18. 1-4-5-b

b. *Color*

1. Players of opposing teams shall wear jerseys of contrasting colors. Players on the same team shall wear jerseys of the same color and design.

2. The visiting team shall wear white jerseys; however, the home team may wear white jerseys if the teams have agreed in writing before the season.

3. If the home team wears colored jerseys, the visiting team may also wear colored jerseys, if and only if the following conditions have been satisfied

a. The home team has agreed in writing prior to the game; and

b. The conference of the home team certifies that the jersey of the visiting team is of a contrasting color.

4. If on the kickoff at the start of each half, the visiting team wears a colored jersey in violation of the conditions specified in paragraph 3, it is a foul for unsportsmanlike conduct.

PENALTY: Administer as a dead-ball foul. 15 yards at the succeeding spot following the kickoff. If the kickoff is returned for a touchdown, the penalty is assessed either on the try or on the succeeding kickoff, at the option of the home team. [S27]

EXCEPTION: 1-4-5-b-2. Add: “EXCEPTION: Light colored jerseys, instead of white, are acceptable if jersey colors of the teams are obviously contrasting colors with clearly visible numbers. Home teams are required to make any changes necessary.”

DELETE: Paragraph 3

DELETE: Paragraph 4

DELETE: PENALTY

19. 1-4-5-c-1&2

c. Numerals

1. The jersey must have clearly visible, permanent Arabic numerals measuring at least 8 and 10 inches in height front and back, respectively, of a color which itself is clearly in distinct contrast with the color of the jersey, irrespective of any border around the number.
2. Teams wearing jerseys/numerals that do not conform to this rule will be asked to change into legal jerseys before the game and before the start of each quarter until the jerseys are changed. Officials shall charge a team timeout at the start of each quarter the illegal jerseys are worn. (A. R. 1-4-5-I)

EXCEPTION: 1-4-5-c-2. Add Note to read: *“(Note: Item #2 does not apply to UIL games prior to the 2017 season; however, teams wearing jerseys/numerals that do not conform to this rule should be noted in the UIL incident report filed by the Referee after the contest. Effective for the 2017 season, item #2 will be applied as written.)”*

20. 1-4-6-a-1. *Towels and Hand Warmers.* 1. Solid white towels no smaller than 4” X 12” and no larger than 6” X 12” with no words, symbols, letters, or numbers. Towels may bear the team logo. They may also contain a single manufacturer’s or distributor’s normal label or trademark not to exceed 2-1/4 square inches in area. Towels that are not solid white are not permitted.

EXCEPTION: 1-4-6-a-1. Exception: For UIL games, towels may be of school color and may contain school name, school initials and/or mascot insignia. Towels may not contain numbers.

21. 1-4-6-c *Eye shields.* Eye shields must be clear, not tinted, and made from molded or rigid material. Eyeglasses and goggles also must be clear and not tinted. No medical exceptions are allowed.

EXCEPTION: 1-4-6-c. DELETE the last sentence that states: “No medical exceptions are allowed.”

ADD: *“Exception: A player(s) is permitted to participate in a UIL game wearing tinted eye shields, eyeglasses, or goggles, if the player has been issued a current season UIL Medical Exemption Form that allows for his/her participation wearing the tinted equipment. Prior to the start of each game in which the player will potentially participate wearing the tinted equipment, the Head Coach must present to the Referee of the game a copy of the properly completed UIL Medical Exemption Form that allows for the player’s participation with the equipment. Once the game begins, no player may participate wearing tinted eye shields, eyeglasses, or goggles unless the coach has presented the UIL Medical Exemption Form to the Referee prior to the start of the game.”*

22. 1-4-8-a. No player wearing illegal equipment or failing to wear mandatory equipment shall be permitted to play, (Exception: Rule 1-4-5-c).

EXCEPTION: 1-4-8-a. Add: *“Exception: Players are allowed to wear Elastic Ankle Coverings/Spats in UIL games.”*

23. 1-4-13. A microphone is mandatory for the referee to be used for all game announcements. It is strongly recommended that it be a lapel-type microphone. The microphone must be controlled by the referee. It may not be open at other times. Microphones on other officials are prohibited. *Exception:* A protected wireless communication system open only to the officiating crew and conference officiating observer is allowed.

EXCEPTION: 1-4-13. In the first sentence, change “mandatory” to “recommended”.

(Note: This exception only removes the mandatory requirement to provide a referee’s microphone – the other provisions of the rule remain as written in the NCAA Rule Book. If a referee’s microphone is provided, the announcement of a player’s number who has committed a foul is considered to be part of “game announcements” and is not prohibited by NCAA rule or by UIL exception.)

24. 2-16-4-a. A field goal place kick is a kick by a player of the team in possession while the ball is controlled on the ground by a teammate.

EXCEPTION: 2-16-4-a. Change to read: A field goal place kick is a kick by a player of the team in possession while the ball is controlled on the ground or a tee by a teammate. If a tee is used it shall not elevate the ball's lowest point more than two inches above the ground.

25. 2-27-12-b. A disqualified player must leave the playing enclosure under the escort of team personnel before the next play after his disqualification. He must remain out of view of the field of play under team supervision for the duration of the game.

EXCEPTION: 2-27-12-b. Does not apply to UIL games.

26. 2-29-1. The game clock is any device under the direction of the appropriate official used to time the 60 minutes of the game.

EXCEPTION: 2-29-1. Change '60' to '48'.

27. 2-29-2. Each stadium shall have a visual play clock at each end of the playing enclosure. The play clock must be capable of counting down from both 40 seconds and 25 seconds. It should automatically default to 40 seconds and start immediately upon being reset by the play-clock operator when any official signals that the ball is dead after a play.

EXCEPTION: 2-29-2.. At the beginning of the first sentence, add the following: "It is recommended that".....and delete the word 'shall'. (Note: Visual play clocks are not mandatory, but if visual play clocks are available and operated, they must be capable of counting down from both 40 seconds and 25 seconds).

28. 3-1-1

a. *Pregame Warmup.* Prior to regular season games, teams may have access to the field for pregame warm-ups until at least 22 minutes before the opening kickoff. This may be altered in advance through written mutual agreement of the teams. Game management personnel are responsible for administering this rule.

b. Each half shall start with a kickoff..

c. Three minutes before the scheduled starting time, the referee shall toss a coin at midfield in the presence of not more than four field captains from each team and another game official, first designating the field captain of the visiting team to call the coin toss. Before the second half, the referee will obtain the teams' second-half options.

d. During the coin toss, each team shall remain in the area between the nine yard marks and its sideline or in the team area. The coin toss begins when the field captains leave the nine-yard marks and ends when the captains return to the nine-yard marks.

EXCEPTION: 3-1-1-a: Item "a" does not apply to UIL games

EXCEPTION: 3-1-1-c: Replace item "c" with the following: "It is recommended that the coin toss be conducted at midfield three minutes before the scheduled starting time. The referee shall toss the coin in the presence of no more than four field captains of the opposing teams and another game official, first designating the visiting field captain to call the fall of the coin. Before the second half, the referee will obtain the teams' second-half options."

29. 3-1-3. The NCAA tiebreaker system will be used when a game is tied after four periods. NCAA football-playing rules apply, with the following exceptions:

EXCEPTION: 3-1-3 Change to read: "UIL varsity games and playoff games that end in a tie will be decided using the NCAA Tiebreaker Procedure". "Exception – in district games in which the referee has been informed before the game that the game will be played using the UIL "positive points" tie breaking criteria,

the scoring team may elect to play the try down after scoring a touchdown during an extra period. If the team on defense refuses to play the try down, the Referee may award the number of points the team could have scored had the defense played the try down without the snap of the ball being required.

30. 3-1-3-b.

b. The officials will escort the captains (Rule 3-1-1) to the center of the field for the coin toss. The referee shall toss a coin at midfield in the presence of not more than four field captains from each team and another game official, first designating the field captain of the visiting team to call the coin toss. The winner of the toss may not defer the choice and shall choose one of the following options:

1. Offense or defense, with the offense at the opponent's 25-yard line to start the first possession series.
2. Which end of the field shall be used for both possession series of that overtime period. The officials will escort the captains (Rule 3-1-1) to the center of the field for the coin toss.

EXCEPTION: 3-1-3-b. Change the first paragraph to read: “In overtime the officials will escort the head coaches to the center of the field for the coin toss. The referee shall toss a coin at midfield in the presence of the head coach of each team and another game official, first designating the head coach of the visiting team to call the coin toss. The winner of the toss may not defer the choice and shall choose one of the following options:”

31. 3-2-1. The total playing time in a collegiate game shall be 60 minutes, divided into four periods of 15 minutes each, with one-minute intermissions between the first and second periods (first half) and between the third and fourth periods (second half) (*Exception:* A one-minute intermission between the first and second and the third and fourth periods may be extended for radio and television timeouts).

- a. No period shall end until the ball is dead and the referee declares the period ended [S14].
- b. The intermission between halves shall be 20 minutes, unless altered before the game by mutual agreement of the administrations of both schools. Immediately after the second period ends, the referee should begin the intermission by signaling to start the game clock [S2].

EXCEPTION: 3-2-1. Change to read as follows:

The total playing time in UIL Varsity games shall be 48 minutes, divided into four periods of 12 minutes each, with one-minute intermissions between the first and second periods (first half) and between the third and fourth periods (second half) (*Exception:* In games below the varsity level, periods may be shortened by mutual consent of the competing schools).

- a. No period shall end until the ball is dead and the referee declares the period ended [S14].
- b. The intermission between halves, which begins when the field is clear of all players and coaches, shall be a maximum of 28 minutes [S2].

32. 3-3-2-d-2 . *Starts on the Snap.* For each of the following, the game clock is stopped on an official's signal. If the next play begins with a snap, the game clock will start on the snap:

2. With fewer than two minutes remaining in a half a Team A ball carrier, fumble or backward pass is ruled out of bounds. (*Exception:* After a Team A forward fumble, the clock starts on the referee's signal.)

EXCEPTION: 3-3-2-d-2. Replace 3-3-2-d-2 with: “A Team A ball carrier, fumble or backward pass is ruled out of bounds. (*Exception:* After a Team A forward fumble, the clock starts on the referee's signal.)”

33. 3-3-2-e-3. *Starts on the Referee's Signal.* For each of the following reasons, the game clock is stopped on an official's signal. If the next play begins with a snap, the game clock will start on the referee's signal:

3. Other than with fewer than two minutes remaining in a half, a Team A ball carrier, fumble or backward pass is ruled out of bounds.

EXCEPTION: 3-3-2-e-3. Delete – does not apply to UIL games.

34. 3-3-3-c. If a game is suspended under Rules 3-3-3-a and b before the end of the fourth period and cannot be resumed, there are four possible options:

1. Resume the game at a later date;
2. Terminate the game with a determined final score;
3. Forfeit of the game; or
4. Declare a no contest.

The option that takes effect shall be determined by conference policy if both institutions are members of the same conference. In non-conference competition, the directors of athletics at the participating institutions or their designees, in consultation with the coaches, must agree on one of the four options. This agreement will include the final score if the game is terminated (Rule 8-1-2). In the event that the directors of athletics do not reach an agreement, the conference policy of the home team shall be used to determine the outcome.

DELETE the last paragraph in its entirety and replace with the following paragraph:

“The option that takes effect shall be determined by District Policy if both schools are members of the same district. In non-district competition, the directors of athletics at the participating schools or their designees, in consultation with the coaches, must agree on one of the four options. This agreement will include the final score if the game is terminated (Rule 8-1-2). In the event that the directors of athletics do not reach an agreement, UIL policy shall be used to determine the outcome if both schools are UIL member schools.”

35. 3-3-5-e & f-1,2,3,4 &5. Injury Timeout

- e. Following a timeout for an injured player of the defensive team, the play clock shall be set at 40 seconds.
- f.
 1. If the player injury is the only reason for stopping the clock (other than his or a teammate’s helmet coming off, Rule 3-3-9) with less than one minute in the half, the opponent has the option of a 10-second runoff.
 2. The play clock will be set to 40 seconds for an injury to a player of the defensive team and to 25 seconds for injury to a player of the offensive team (Rule 3-2-4-c-4).
 3. If there is a 10-second runoff the game clock will start on the referee’s signal. If there is no 10-second runoff the game clock will start on the snap.
 4. The 10-second runoff may be avoided by a charged team timeout if available.
 5. There is no option of a 10-second runoff if there are injuries to opposing players.

EXCEPTION: 3-3-5- f-1, 2, 3, 4 & 5. Delete the contents of paragraph “f -1,2,3,4 &5” in its entirety and replace with the following: “If the player injury is the only reason for stopping the clock (other than his or a teammate’s helmet coming off, Rule 3-3-9), the play clock will be set to 40 seconds for an injury to a player of the defensive team and to 25 seconds for injury to a player of the offensive team (Rule 3-2-4-c-4). The game clock will start on the referee’s signal.” (NOTE: 10-second runoffs do not apply to UIL games.)

36. 3-3-7-b. Length of Timeouts

- b. For live televised games only, a charged team timeout shall be 30 seconds plus the 25-second play clock interval. However, the head coach may request that one of the allowed three timeouts in each half be a full timeout. This request should be communicated to the referee when the timeout request is made to the officials. The charged team timeout during an extra period may be a full timeout, at the request of the head coach.”

EXCEPTION: 3-3-7-b. Delete paragraph “b” in its entirety – does not apply to UIL games.

37. 3-3-9-b-1 & 2. When the helmet coming off is the only reason for stopping the clock, other than due to an injury to the player or his teammate (Rule 3-3-5), the following conditions apply:

1. With one minute or more remaining in either half the play clock will be set at 25 seconds if the player is on offense and at 40 seconds if the player is on defense. The game clock will start on the referee’s signal.
2. If there is less than one minute in the half the opponent has the option of a 10-second subtraction. If

there is a 10-second subtraction the game clock will start on the referee's signal. If there is no 10-second subtraction the game clock will start on the snap. The 10-second subtraction may be avoided by the use of a team timeout, if available.

EXCEPTION: 3-3-9-b-1 & 2. Delete 1 & 2 and change 3-3-9-b to read: "When the helmet coming off is the only reason for stopping the clock, other than due to an injury to the player or his teammate (Rule 3-3-5), the play clock will be set at 25 seconds if the player is on offense and at 40 seconds if the player is on defense, and the game clock will start on the referee's signal." (NOTE: 10-second runoffs do not apply to UIL games.)

38. 3-4-3 Unfair Clock Tactics

ARTICLE 3. The referee shall order the game clock or play clock started or stopped whenever either team conserves or consumes playing time by tactics obviously unfair. This includes starting the game clock on the snap if the foul is by the team ahead in the score. If the game clock is stopped only to administer the penalty for a foul by the team ahead in the score inside the last two minutes of a half, the game clock will start on the snap, at the option of the offended team. (*Exception:* Rule 3-4-4). The game clock will start on the ready-for-play signal after Team A throws an illegal forward or backward pass to conserve time (Rule 3-3-2-e-14) (A.R. 3-4-3-I-V).

DELETE "(Exception: Rule 3-4-4)" from the rule; (Rule 3-4-4 refers to the 10-Second Runoff which does not apply to UIL games)

39. 3-4-4. 10-Second Subtraction from Game Clock – Foul

a. With the game clock running and less than one minute remaining in either half, if a player of either team commits a foul that causes the clock to stop, the officials may subtract 10 seconds from the game clock at the option of the offended team. The fouls that fall in this category include but are not limited to:

1. Any foul that prevents the snap (e.g., false start, encroachment, defensive offside by contact in the neutral zone, etc.);
2. Intentional grounding to stop the clock;
3. Incomplete illegal forward pass;
4. Backward pass thrown out of bounds to stop the clock;
5. Any other foul committed with the intent of stopping the clock.

The offended team may accept the yardage penalty and decline the 10-second subtraction. If the yardage penalty is declined the 10-second subtraction is declined by rule.

b. The 10-second rule does not apply if the game clock is not running when the foul occurs or if the foul does not cause the game clock to stop (e.g., illegal formation).

c. After the penalty is administered, if there is a 10-second subtraction, the game clock starts on the referee's signal. If there is no 10-second subtraction, the game clock starts on the snap.

d. If the fouling team has a timeout remaining they may avoid the 10-second subtraction by using a timeout. In this case the game clock starts on the snap after the timeout.

EXCEPTION: 3-4-4. Delete Rule 3-4-4 in its entirety – 10 second runoff/subtraction does not apply to UIL games.

40. 6-1-1 For any free kick formation, the kicking team's restraining line shall be the yard line through the most forward point from which the ball shall be kicked, and the receiving team's restraining line shall be the yard line 10 yards beyond that point. Unless relocated by a penalty, the kicking team's restraining line on a kickoff shall be its 35-yard line, and for a free kick after a safety, its 20-yard line.

EXCEPTION: 6-1-1 Change the last sentence to read: Unless relocated by a penalty, the kicking team's restraining line on a kickoff shall be its 40-yard line, and for a free kick after a safety, its 20-yard line.

41. 8-3-2-a. The ball shall be put in play by the team that scored a six-point touchdown. If a touchdown is scored during a down in which time in the fourth period expires, the try shall not be attempted unless the point(s) would affect the outcome of the game.

EXCEPTION: 8-3-2-a. Varsity district games using "positive points" tie breaking criteria will use the following exception:

Coaches in the game should inform the referee before the game (pre-game conference) that the game will be played using the UIL "positive points" exception. Failure to notify the referee prior to the coin toss does not negate specific DEC rules relating to "positive points". If notification is given to the referee, the tie game will be played with the following exception to rule 8-3-2-a:

If a touchdown is scored during a down in which time in the fourth period expires, the scoring team may elect to play the try down. If the team on defense refuses to play the try down, the Referee may award the number of points the team could have scored had the defense played the try down without the snap of the ball being required.

42. 9-1-3 TARGETING AND INITIATING CONTACT WITH THE CROWN OF THE HELMET (PENALTY Statement)

and

9-1-4 TARGETING AND INITIATING CONTACT TO HEAD OR NECK AREA OF DEFENSELESS PLAYER (PENALTY Statement)

PENALTY [ARTICLE 3 and ARTICLE 4]—15 yards. For dead-ball fouls, 15 yards from the succeeding spot. Automatic first down for fouls by Team B if not in conflict with other rules. For fouls in the first half: Disqualification for the remainder of the game. For fouls in the second half: Disqualification for the remainder of the game and the first half of the next game. If the foul occurs in the second half of the last game of the season, players with remaining eligibility shall serve the suspension during the first game of the following season. The disqualification is subject to review by Instant Replay (Rule 12-3-5-f).

When the Instant Replay Official reverses the disqualification:

If the targeting foul is not in conjunction with another personal foul by the same player, the 15-yard penalty for targeting is not enforced. If the player commits another personal foul in conjunction with the targeting foul, the 15-yard penalty for that personal foul is enforced according to rule.

For games in which Instant Replay is not used:

If a player is disqualified in the first half, at the option of the conference or by pre-game mutual agreement of the teams in inter-conference games, during the intermission between halves the referee will be provided a video of the play in question for his review in the officials' private secure location. The referee will review the video to determine whether the disqualification is reversed. The decision of the referee is final. *Note:* The video source and the location of the review will be determined prior to the game through mutual agreement of the teams and the referee.

If a player is disqualified in the second half, the conference has the option to consult the national coordinator of football officials who would then facilitate a video review. Based on the review, if the national coordinator concludes that the player should not have been disqualified, the conference may vacate the suspension. If the national coordinator supports the disqualification, the suspension for the next game would remain.

EXCEPTION: 9-1-3 and 9-1-4 - PENALTY [ARTICLE 3 and ARTICLE 4]: For UIL games, delete the entire penalty statement for ARTICLE 3 and ARTICLE 4 and replace with the following penalty statement:

“PENALTY—15 yards. For dead-ball fouls, 15 yards from the succeeding spot. Automatic first down for fouls by Team B if not in conflict with other rules. Disqualification is for remainder of the game only. Local school districts and/or UIL District Committees may apply additional disciplinary action.”

“If Instant Replay is used, the disqualification is subject to review.”

“When the Instant Replay Official reverses the disqualification: If the targeting foul is not in conjunction with another personal foul by the same player, the 15-yard penalty for targeting is not enforced. If the player commits another personal foul in conjunction with the targeting foul, the 15-yard penalty for that personal foul is enforced according to rule.”

43. 9-2-1-b-2. No disqualified person shall be in view of the field of play (Rule 9-2-6).

EXCEPTION: 9-2-1-b-2. Does not apply to players, or squad members in uniform, in UIL games.

44. 9-2-2-e-PENALTY—Disqualification for the remainder of the game and the team’s next game [S27 and S47]. Administer as a dead ball foul; penalty enforced at the succeeding spot, and Team B fouls do not require a first down. Team timeout. VIOLATION—Rules 3-3-6 and 3-4-2-b [S23, S3 or S21]. If the disqualification occurs during the last game of a season, players with eligibility remaining will serve the next-game disqualification during the first game of the next season for which they are eligible.

EXCEPTION: 9-2-2-e-PENALTY. For UIL games, disqualification is for remainder of game only. Local school districts and/or UIL District Committees may apply additional disciplinary action.

45. 9-2-6-a, b & c. Disqualified Players

a. Any coach, player, or identified squad member in uniform who commits two unsportsmanlike conduct fouls in the same game shall be disqualified.

b. A player disqualified from the game must leave the playing enclosure under team supervision within a reasonable amount of time after his disqualification. He must remain out of view of the field of play under team supervision for the duration of the game.

c. A coach disqualified from the game must leave the playing enclosure within a reasonable amount of time after the disqualification and must remain out of view of the field of play for the remainder of the game.

EXCEPTION: 9-2-6-a. ADD sentence to read: “Exception: In UIL games in which there is only one sideline coach, two unsportsmanlike conduct fouls committed by the coach will not result in his/her disqualification”.

EXCEPTION: 9-2-6-b. Does not apply to UIL games (disqualified players are not required to leave the playing enclosure)

46. 9-5-1, 2, 3 ARTICLE 1.

a. Before the game, squad members in uniform or coaches shall not participate in a fight (Rule 2-32-1). During the first half, players shall not participate in a fight.

PENALTY—15 yards. For dead-ball fouls, 15 yards from the succeeding spot. Also, first down for Team B fouls if the first down is not in conflict with other rules. Disqualification for the remainder of the game [S7, S27 or S38, and S47].

b. During the half-time intermission, squad members in uniform or coaches shall not participate in a fight. During the second half, players shall not participate in a fight.

PENALTY—15 yards. For dead-ball fouls, 15 yards from the succeeding spot. Also, first down for Team B fouls if the first down is not in conflict with other rules. Disqualification for the remainder of the game and the first half of the next game [S7, S27 or S38, and S47]. For fights that occur in the last game of a season, squad members in uniform, coaches and players with eligibility remaining will serve fight-related suspensions during the first game of the next season for which they are eligible.

ARTICLE 2.

a. If the squad member, coach or player is disqualified for fighting a second time during that season, he shall be disqualified for that game and suspended for the remainder of the season.

b. If a second fighting suspension occurs in the final game of a season, he shall be suspended for the first game of the next season for which he is eligible. This suspension is considered to be his first fight of that season.

ARTICLE 3. The referee will notify (in writing) his assigning agency of all disqualifications for fighting. The assigning agency becomes responsible for implementation of the penalty.

EXCEPTION: 9-5-1, 2, 3 Replace Rule 9 Section 5 in the NCAA Football Rules and interpretations with the following:

Section 5. FIGHTING

ARTICLE 1

a. Before, during any intermission, or during the game, squad members in uniform and coaches shall not participate in a fight. (Rule 2-32-1).

PENALTY -15 yards from the basic spot or the succeeding spot and disqualification for the remainder of the game.

b. During either half, any person authorized to be in the team area shall not leave their team area to participate in a fight. **EXCEPTION:** Coaches designated by their head coach prior to the game may enter and leave their team area to act as peacemakers. It is recommended that at least one coach remain in their team area to assist in preventing persons from leaving their team area to participate in a fight.

PENALTY -15 yards from the basic spot or the succeeding spot and disqualification for the remainder of the game. NOTE: Persons leaving the team area during a fight are to be penalized for fighting.

ARTICLE 2. Coaches who are disqualified for fighting may not be in the Playing Enclosure during the remainder of the game. (See 2-31-5 for the definition of the Playing Enclosure).

ARTICLE 3. It is strongly recommended that coaches who are designated as peacemakers contact only their players in their attempt to stop a fight.

47. 9-6 Flagrant Personal Fouls Player Ejection **ARTICLE 1.** When a player is disqualified from the game due to a flagrant personal foul, that team's conference shall automatically initiate a video review for possible additional sanctions before the next scheduled game.

Foul Not Called **ARTICLE 2.** If subsequent review of a game by a conference reveals plays involving flagrant personal fouls that game officials did not call, the conference may impose sanctions prior to the next scheduled game.

EXCEPTION: 9-6 Does not apply to UIL games.

48. 11-1 The officials' jurisdiction begins 60 minutes before the scheduled kickoff and ends when the referee declares the score final [S14].

EXCEPTION: 11-1 Change: The officials jurisdiction begins 30 minutes before the scheduled kickoff and ends when the referee declares the score final.

49. 11-2-1. The game shall be played under the supervision of four, five, six, seven or eight officials.

EXCEPTION: 11-2-1. Number of required officials may be waived.

50. 11-2-2. Officiating responsibilities and mechanics are specified in the current edition of the Football Officials Manual, published annually under the jurisdiction of the Collegiate Commissioners Association. Officials are responsible for knowing and applying the material in the Manual.

EXCEPTION: 11-2-2. The Officials Mechanics approved by the TASO or UIL Football Board of Directors shall be used.

51. Rule 12 -Replay

EXCEPTION: Rule 12 does not apply to UIL games.

~FOOTBALL PLAN~

Excerpt form the UIL Constitution and Contest Rules

Section 1250: FOOTBALL PLAN.

- (a) ATHLETIC PURPOSES, CODES, PLAN APPLICABLE. Rules in Sections 1200-1209 also apply to the Football Plan.
- (b) DATES AND OFF-SEASON REGULATIONS.
- (1) *Spring Training*. There shall be no school football practice or training for a contestant or team, and no foot- ball equipment issued after the close of the regular season schedule, except as incidental to the football championship playoffs and, in Conferences 5A and 6A only, 18 spring training practice days which may be conducted in a period of 30 consecutive calendar days. Exception: Conference 5A and 6A schools may choose not to conduct the 18 days of spring training, replacing said training the next school year by following the workout days as specified for Conferences 4A, 3A, 2A and 1A.
 - (2) *Off-Season Workouts*. Accelerated physical education activities, calisthenics, individual football skills, strength training or conditioning exercises may be conducted during the school term within the school day provided such activities do not exceed one regular classroom period not to exceed 60 minutes per day (or 300 minutes per week on a block schedule). Practice may include eleven-on-eleven drills without contact activities or equipment. Activities before or after school or during the lunch period are specifically prohibited. Allowed equipment is limited to a football, cleated shoes, passing and punting machines and physical education attire. Air or padded blocking dummies or devices, and other similar devices are prohibited. See Section 1206 (d).
 - (3) *Summer Practice*. Any specific grouping of high school athletes during the summer months for the purpose of conditioning and/or organized athletic (football) instruction is prohibited and is a violation.
 - (4) *Summer Camps*. For rules and applicable penalties see Section 1209.
 - (5) *Fall Practice, Beginning Dates*.
 - (A) PRACTICE REGULATIONS OUTSIDE THE SCHOOL YEAR. Any football practice conducted by a school outside the school year shall be in accordance with the following regulations:
 - i. Student-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
 - ii. Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.
 - iii. The maximum length of any single practice session shall be three hours.
 - iv. On days when more than one practice is conducted, there shall be, at a minimum, two hours of rest/recovery time between the end of one practice and the beginning of the next practice.
 - v. Schools shall not schedule more than one practice on consecutive days and student-athletes shall not participate in multiple practices on consecutive days.
 - (B) In Conferences 1A, 2A, 3A and 4A, practice shall begin no earlier than first Monday in August. In Conferences 5A and 6A, practice shall begin no earlier than the second Monday in August. Exception: If Conference 5A or 6A schools forego the 18 days of spring training, they may begin workout days the following August as delineated for Conferences 4A, 3A, 2A and 1A. No interschool scrimmages shall be allowed until after a period of at least six days of contact football.
 - (C) The first four days of practice shall be conducted without any contact equipment except helmets. Other contact equipment may be fitted and placed in lockers the first day workouts are permitted. During the first four days, however, only shoes, socks, T-shirts, shorts and helmets may be worn. During the four- day acclimatization period, no contact activities shall be permitted. All student-athletes who arrive after the first day of practice are required to undergo a four-day acclimatization period. During the four (4) day acclimatization period and subject to the rules as noted in (A) (i-iv) above, if more than one practice is conducted on the same day, the second practice shall be a teaching period/ walkthrough practice only with no conditioning or contact activities/equipment permitted.
 - (D) Football equipment is interpreted to mean football shoulder pads, hip pads, thigh pads, shoes, helmets, football pants or any other equipment used primarily in football. Football practice or training is interpreted to mean any organized instruction in football plays, formations or team skills.
 - (E) Ninth grade football practice shall correspond with the high school dates whether the ninth grade is in high school, junior high or on a separate campus.
 - (F) *(F) Interschool Games*. With the exception of certain sub-varsity games as outlined in the *Football Coaches Manual*, no high school (9-12) interschool games shall be allowed until the last Thursday in August. However, schools that play prior to the first Thursday in September shall omit a scrimmage and have an open date during the season. For 7th and 8th grade regulations see Section 1478.
 - (G) During the regular season and post season, football players are not allowed to participate in more than ninety (90) minutes of full contact practice per week. See the *Football Coaches Manual* for explanations of full contact.
 - (6) *Preseason or Summer Practice for Seventh and Eighth Grade or Elementary School Students Prohibited*. Schools may not: (a) hold any preseason football practice in junior high school (eighth grade and below) or elementary school, individual or team, prior to the opening day of school, or (b) conduct any spring training either in elementary school or seventh

and eighth grade the preceding spring. This section does not prevent students from participating in summer camps, as allowed in Section 1209. Penalty for violations shall be assessed by the appropriate executive committee.

- (7) *Spring Training For Ninth Graders Restricted.* Students in the ninth grade may participate in spring training in Conference 5A and 6A schools provided (a) that such participation is on a site and at the same time as the high school squad practices and (b) that said high school is the one which the ninth grade students will attend the following fall. Penalty for violations shall be assessed by the appropriate executive committee.
- (c) 1A FOOTBALL. Schools may choose to participate in 1A football with an enrollment of 104.9 or below. If enrollment in grades 9-12 is greater than 104.9, and the school is currently playing 1A football, it may continue to participate if any one of these three conditions exist: Enrollment of 104.9 or below in grades 7, 8, 9 and 10, or grades 8, 9, 10 and 11, or grades 9 and 10 doubled. The pertinent figures that total 104.9 or below shall be submitted with reclassification and realignment figures.
- (d) PLAYOFF ELIMINATIONS ALL CONFERENCES. District representatives are bracketed for elimination play to the state championships on a weekly schedule beginning the first weekend after the specified date for determining district representatives. State elimination games may not be scheduled earlier than the first Thursday after the certification date for district representatives.
- (e) NUMBER OF GAMES; TIME BETWEEN GAMES.
- (1) *Maximum Number of Regular Season Games.* No team or student shall participate in more than 10 games during the 11-week regular season, prior to bi-district play. (See exception below for ten-team districts that zone.) Some districts do not play bi-district games and have 12 weeks to play 10 regular season games.
- (2) *Exception For Ten-Team Districts That Zone.* A football district that contains 10 schools, by majority vote of the district executive committee, may subdivide into zones for contest purposes. Districts that choose this option are allowed to schedule and play one additional regular season game to determine an overall district champion. This additional game is only allowed for the first and second place team in each zone. Districts choosing this option are required to play their first game during the first week games are allowed. See Section 28 (j) for information on zones.
- (3) *Minimum Time Between Regular Season Games.* Up to and including the final district game, no team or student in any conference shall be permitted to take part in more than one game within five calendar days. Example: A team playing Saturday night cannot play again until the following Thursday night. A team playing Monday night could play any time on Saturday.
- (4) *Minimum Time Between Playoff Games.* No team or student in any conference shall be permitted to take part in more than one playoff game within six calendar days, unless mutually agreeable to play within five calendar days.
- (f) PRACTICE SCRIMMAGE. A practice scrimmage is a meeting of up to four teams for practice purposes which does not count as a game for any of the teams. Admission may be charged. Officials may be paid in accordance with the schedule in Section 1204 and may, by prior agreement with the school, be reimbursed for mileage and meals. (See Section 1204 [n] and [o].) There shall be no kickoff.
- (1) *Scrimmages.* No team or student shall participate in more than one interschool football scrimmage during any given period of five calendar days, prior to the playing of the first football game.
- (A) Example: A team scrimmaging on Saturday cannot scrimmage again until the following Thursday.
- (B) A team scrimmaging on Saturday may play a game or scrimmage the next Thursday. (Five calendar day rule applies.)
- (C) No team or student may participate in more than three scrimmages.
- (2) *Scrimmage Limits.* No interschool scrimmages shall be allowed after a school has played its first interschool game in football.
- (g) EXPENSES. Expenses of visiting teams, officials, advertising, labor, services and printing incident to the contest shall be considered as expenses of the game. These expenses shall be itemized with supporting bills, properly receipted. Number of participants allowed upon expense account shall be agreed upon by the school administration of the teams involved. Unless mutually agreeable otherwise, the home team will furnish a playing field without cost to the visiting school.
- (1) *Seating.* The visiting team has the right to demand one-half of the stadium seats in relation to the 50-yard line in all League football contests, whether district games, non-district games or playoff games, unless mutually agreed otherwise by the two schools involved. A visiting team can demand one half of the reserved seats. A visiting team has a right to split the stadium in relation to the fifty yard line, subject to the end zone situation being equal, unless mutually agreeable otherwise.
- (2) *Season Tickets.* Proceeds from the sale of season tickets are considered a part of the receipts of the game.
- (3) *Radio, Television Proceeds.* Proceeds from radio and television are considered a part of the receipts of the game.
- (4) *Gate Receipts.* See Section 1208 (k).
- (h) TIED GAMES.
- (1) *Non-district Varsity, District Varsity and Post-District Games.* The NCAA overtime system shall be used in all non-district varsity games, district varsity games and post-district games tied at the end of regulation play. (See manual.)
- (2) *Other Games.* The NCAA overtime system shall not be used in any sub-varsity games or junior high games.
- (i) SITE AND DAY OF GAME.
- (1) *Non-District Games.* Mutual agreement determines site and day of game.
- (2) *District Games.* District schedules, unless unanimously agreeable otherwise, shall be made by a draw for a two-year period. Home team may designate the day of the game. Exception: When a school district has more than one home game per week and only one stadium, the day of the game shall be determined by a draw unless mutually agreeable otherwise. Starting time shall be set by the district executive committee, unless mutually agreeable otherwise.
- (3) *Playoff Games.* Unless mutually agreeable otherwise, the place for playing a playoff game shall be determined on a "home and home" basis for the past two football seasons. (Exception: state championship games.) The team that was

the visiting team the last time the two teams met on a home field in a post-district playoff game may require the game be played at its home field. In case of disagreement between two teams who have not played a post-district playoff game during the past two football seasons, the game site shall be decided by a coin toss. A school cannot be required to flip for a playoff site that is not large enough to accommodate the fans from both schools. Exception: As a pilot study continuing for the 2016 football season in 6A only, for the first round of the playoffs only, the higher seed will determine whether the game is played on its home field or mutually agree to play the game at a neutral site.

- (4) *Home Sites*. When two schools flip for two separate sites other than their home field, the sites are considered home sites unless both sites are near mid-point.
- (5) *Neutral Sites*. A site mid-point or near mid-point or a site agreed on by both schools as neutral, is a neutral site. Unless mutually agreeable, a site cannot be neutral if it is more than two-thirds the total distance between the two schools.
- (6) *Playoff Contract*. Post-season contracts should show either, home site, neutral site or mutually agreed-on site.
- (7) *Day of Game*. The home team may designate the day of the game. Exception: If the visiting school has to miss class time to travel to the game, the game shall be played on a non-school day unless mutually agreed other- wise.
- (j) **SIXTEEN PERCENT POSTDISTRICT RECEIPTS**. Sixteen percent of the gross receipts of post-district games shall be paid to the League to maintain a fund for investigating eligibility questions and to supplement printing, salary, office appropriations relating to football, and for the purchase of medals, trophies and awards in UIL state meets. The radio broadcast receipts and the telecast receipts are considered a part of the game receipts in all post-district games.
- (k) **REPORTS**. Each team shall make a complete report in duplicate (forms furnished by the League) of every game immediately after the game. One report shall be sent to the chair of the district committee. The other shall be filed at the school. The district committee may disqualify a team for its failure to promptly report its games. This rule gives the district committee authority to interpret the word "promptly."
- (l) **NO INTERSCHOOL SPRING SCRIMMAGE OR POST SEASON FOOTBALL GAMES**. No participant school shall play any football game, practice or scrimmage with another high school after the close of its season. The penalty for violation of this rule shall be assessed by the State Executive Committee.
- (m) **POSTSEASON GAMES**. No school may engage in any postseason game, other than in regular interdistrict playoffs scheduled by the League. A postseason football game in all conferences is one played between two schools after the deadline for certifying district representatives. The penalty for violation of this rule shall be assessed by the State Executive Committee.
- (n) **TRAINING RESTRICTED TO LOCAL ISD**. The pre-season conditioning and fall training period shall be conducted on the campus of the local school or on a site controlled by the school board and lying within the boundaries of the school district. On-campus workout sessions which involve meals and/or overnight lodging are prohibited.
- (o) See football manual for NCAA rules exceptions.
- (p) **GAME TAPES**. Playoff teams are required to exchange two game tapes. The opposing school selects the two tapes desired from all previous games of the current season.

~NCAA TIEBREAKER SYSTEM~

Excerpt from NCAA

ARTICLE 3. The NCAA tie breaker system will be used when a high school varsity game is tied after four periods. NCAA football playing rules apply, with the following exceptions:

District games using "positive points" will use the following exceptions:

Coaches in the game should inform the referee before the game (pre game conference) that the game will be played using the UIL "positive point" exception. Failure to notify the referee prior to the coin toss does not negate specific DEC rules relating to "positive point". If notification is given to the referee, the tie game will be played with the following exception to rule 3-1-3-f. delete "if Team B scores during a period other than a try".

Delete example 2. If a touchdown is scored that determines the winning team in an extra period, the try is cancelled.

Substitute Example 2 : If a touchdown is scored that determines the winning team in an extra period, the scoring team may elect to play the try down. If the team on defense refuses to play the try down, the Referee may award the number of points the team could have scored had the defense played the try down.

- a) Immediately after the conclusion of the fourth quarter, officials will instruct both teams to retire to their respective team areas. The officials will assemble at the 50-yard line and review the tiebreaker procedures.
- b) The officials will escort the **coaches** to the center of the field for the coin toss. The winner of the toss shall choose one of the following options:
 1. Offense or defense, with the offense at the opponent's 25-yard line to start the first series.
 2. Which end of the field shall be used for both series of that overtime period.

Note: The winner of the toss may not defer his choice.
- c) The loser of the toss shall exercise the remaining option for the first extra period and shall have the first choice of the two options for subsequent even-numbered extra periods.
- d) Extra periods: An extra period shall consist of two series with each team putting the ball in play by a snap on or between the inbounds lines on the designated 25-yard line, which becomes the opponent's 25-yard line. The snap shall be from midway between the inbounds lines on the 25-yard line, unless a different position on or between the inbounds lines is selected before the ready-for-play signal. After the ready- for-play signal, the ball may be relocated after a charged team timeout, unless preceded by a Team A foul or offsetting penalties.
- e) Team series: Each team retains the ball during a series until it scores or fails to make a first down. The ball remains alive after a change of team possession until it is declared dead. However, Team A may not have a first and 10 if it again possesses the ball after a change of team possession.

Team A and B designations are the same as defined in Rule 2-27-1 in the NCAA Football Rule Book.

EXAMPLES:

1. After each team has put the ball in play by snap at the beginning of its series, the score is tied or there has been no score. RULING: Begin the second extra period with the loser of the toss at the beginning of the first extra period having the choice of the two options.
2. Other than on the try, Team B intercepts a pass or fumble for a touchdown or recovers a fumble or a backward pass and scores a touchdown. RULING: Period and game are ended, and Team B is the winner. *See substitute example on previous page regarding positive points exception.
3. During the first series of a period, Team B intercepts a pass or fumble or recovers a fumble or a backward pass and does not score a touchdown. RULING: Team A series ended and Team B, which becomes Team A, starts its series of that period.
4. During the first series of a period, Team A attempts a field goal and the kick is blocked. Team A recovers the kick, which never was beyond the neutral zone, and runs for a touchdown. RULING: Six points for Team A, and Team B begins its series of the period after the try.

5. Team A attempts a field goal and the kick is blocked. Team A recovers the kick, which never was beyond the neutral zone, and runs for a first down. RULING: Team A's ball, first and 10.
 6. Team A attempts a field goal on first, second or third down, and the kick is blocked. Team A recovers the kick, which never crossed the neutral zone, and does not gain a first down. RULING: Team A's ball, next down.
 7. Team A attempts a field goal and the kick is blocked. Team B recovers the kick and runs it into Team A's end zone. RULING: Touchdown, game is ended. *See substitute example on previous page regarding positive points exception.
 8. During the first series of a period, Team B—after gaining possession—loses possession to Team A, which scores a touchdown. RULING: The score counts, and Team B begins its series of the period after the try.
 9. During the first series of a period, Team B—after gaining possession—loses possession to Team A, which fails to score a touchdown. RULING: Team A series is ended, and Team B begins its series of that period.
 10. During the first series of a period, Team A fumbles into Team B's end zone on a second down of a series. Team B recovers and downs the ball in its end zone. RULING: Team A series of that period is ended. Team B series of the period begins.
 11. During the first series of a period, B10 intercepts a forward pass on his three-yard line and downs the ball in his end zone (no momentum involved). RULING: Score two points for Team A. Team A's series is over. Team B will put the ball in play, first and 10 on the 25-yard line at the same end of the field.
 12. Team A's field-goal attempt is untouched beyond the neutral zone until it is muffed by B17 at the five-yard line. A75 recovers at the three-yard line. RULING: First down for Team A at the three-yard line.
- f) Scoring: The team scoring the greater number of points during the regulation and extra periods shall be declared the winner. There shall be an equal number of series, as defined in (e) above, in each extra period. Beginning with the third extra period, teams scoring a touchdown must attempt a two-point try. A one-point try by Team A (although not illegal) will not score a point.

EXAMPLES:

1. On the first possession of a period, Team A scores a touchdown. On the try, Team B intercepts a pass and returns it for a two-point touchdown. RULING: Team B is awarded the ball on the 25-yard line to start its series of the period with the overtime score 6-2.
 2. **If a touchdown is scored that determines the winning team in an extra period and proper notification has been provided, the scoring team may elect to play the try down. If the team on defense refuses to play the try down, the Referee shall award the number of points the team could have scored had the defense played the try down.**
- g) Fouls after Team B possession:
1. Distance penalties by either team are declined by rule in extra periods (Exceptions: Dead-ball fouls and live-ball fouls penalized as dead-ball fouls).
 2. Scores by fouling teams are canceled.
 3. If there are offsetting fouls, whether one or both occur after Team B possession, the down is not replayed.

EXAMPLES:

1. After the end of the first series of a period by Team A, Team B commits a dead-ball foul. RULING: Team B starts its series on the 40-yard line, first and 10.
 2. During the first series of a period, Team A passes and a Team A back is illegally in motion during the down. The pass is intercepted, and Team B commits a foul before scoring a touchdown. RULING: Score not allowed. The series is ended, and Team B begins its series on the 25-yard line.
 3. During the second series of a period, Team B intercepts a pass and runs for a touchdown. During the run, Team B clips at midfield. RULING: Nullify the score, and if the score is tied, the next period will start with first and 10 at the 25-yard line.
- h) Timeouts: Each team shall be allowed one timeout for each extra period. Timeouts not used during the regulation periods may not be carried over into the extra period(s). Unused extra-period timeouts may not be carried over to other extra periods. Timeouts between periods shall be charged to the succeeding period.

~PRE-SEASON REGULATIONS~

High School Coaching Requirements

All high school coaches must be full-time employees of the school district. 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.

- TEC Chapter 33.086 - Certification - CPR and First Aid Training
 - Athletic coaches, athletic trainers, cheerleading sponsors and other head directors of UIL extra-curricular activities must have a current certification filed with the district.
- TEC Chapter 22.902 - Certification - AED Training
 - Athletic coaches and sponsors, school nurses, PE teachers, marching band directors, and students that serve as an athletic trainer must have a current certification filed with the district.
- TEC Chapter 33.202 - Annual Requirement - Safety Training
 - Training provided by UIL within the Rules Compliance Program (RCP).
 - Athletic coaches must complete prior to contact with students.
- TEC Chapter 38.158 - Annual Requirement - Concussion Training (2 hours every other year/1 hour annually)
 - Athletic coaches, athletic trainers and potential members of the Concussion Oversight Team must complete the training annually.

UIL Coach Education and Training Requirements

- C&CR 1202(j), UIL Professional Acknowledgment Form - completed and on file with district
- C&CR Section 1208(i), Annual Requirement - Rules Compliance Program (RCP)
 - Training available ONLY on the UIL website - www.uiltexas.org
 - Athletic coaches must complete prior to contact with students.
- C&CR 1209(k), One Time Requirement - National Federation of High Schools (NFHS): Fundamentals of Coaching
 - 6 hours course/\$35 - all first year coaches and any coach (or JH volunteer) who is not a full-time employee of the school district.
 - Available through a link on the UIL website or visit www.nfhslearn.org (Print certificate to verify completion)
- C&CR 1208(y), Cheerleading Program Coach/Sponsor - Safety/Risk Minimization for Cheerleading Course
 - Must have a current certification or annual training completed prior to contact with participants.
 - Districts shall determine the organization that will provide the certification or training. Resources are available but not limited to those on the link from UIL web site.
http://www.uiltexas.org/files/health/Cheerleading_Safety_FAQs.pdf
- C&CR 1208(j), Coach with Misconduct - Minimum Educational Requirement
 - Any coach ejected from a contest shall complete the NFHS Fundamentals of Coaching Course. The course is catalogued for a 6 hour course/\$35. <http://www.nfhslearn.com>
 - Any coach ejected from a contest shall complete the NFHS Teaching and Modeling Behavior Course. The course is catalogued for a 1.5 hour course/\$20. (<http://www.nfhslearn.com>).

Eligibility for Athletic Contests

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 been recruited. (Does not apply to college recruiting as permitted by rule.)
- have not violated any provision of the summer camp rule, Section 1209.
- have observed all provisions of the Athletic Amateur Rule, Section 441.

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. *A school may contribute to major awards in honor of winning a UIL State Championship.*

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:

- 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.
- Accept valuable consideration for teaching or coaching any UIL sport, except beginning swimming or lifesaving lessons.
- Accept valuable consideration for allowing their name to be used for advertisement of a product, plan or service.
- Accept any special service or benefit offered only to athletes or members of an athletic team.

Exception:

- Students may accept reasonable fees that do not exceed prevailing rates for teaching or coaching activities provided they confine the work to teaching or coaching skills.
- Students may accept reasonable fees that do not exceed prevailing rates for officiating athletic contests.

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.*

Student Participation 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.uiltexas.org/athletics/forms/).

- **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.
- **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.
- **Parent or Guardian Permit.** Annual participation permit signed by the student's parent or guardian.
- **Rules Acknowledgment Form.** Annual UIL Rules Acknowledgment Form signed by the student and the student's parent or guardian.
- **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.
- **Concussion Acknowledgment Form.** Annual UIL Concussion Acknowledgment Form signed by the student and the student's parent or guardian.
- **Sudden Cardiac Arrest Awareness Form.** Annual UIL Sudden Cardiac Arrest Awareness Form signed by the student and the student's parent or guardian.

Varsity Participation Required 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.uiltexas.org/athletics/forms/).

- **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.
- **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.
- **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.
- **Foreign Exchange Students.** Subject to the other eligibility rules of the Constitution, foreign exchange students in approved CSJET 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.
- **Varsity Athletic Eligibility for Over-Age Student.** Subject to the other eligibility rules of the UIL Constitution, 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 prior to the end of their second year in high school (effective for entering ninth graders in the current school year).

School Practice and Game Regulations

- Pre-season practice regulations for sports that begin practice prior to the school year are as follows.
- Students-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
- Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.
- The maximum length of any single practice session is three hours.
- On days when more than one practice is conducted, there shall be, at a minimum, TWO hours of rest/recovery time between the end of one practice and the beginning of the next practice.
- **Schools shall not schedule more than one practice on consecutive days, and student-athletes shall not participate in multiple practices on consecutive days. (Exception - Volleyball)**

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	Injury treatment
Rest breaks	Voluntary conditioning*

*Does not count towards practice time, but cannot be done during the two hour rest/recovery time.

In reference to the minimum TWO 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 conditioning period.

Contest Schedule Rules

The following section combines State Law, State Board of Education regulations, and UIL rules. The Texas Education Agency defines participation as being involved with the activity, traveling with the team, or sitting on the bench. UIL defines participation of a student athlete as actually entering the contest as a player. Example: On a Tuesday night, the student's name is on the scorebook but she remains on the bench and does not actually enter the game. This counts as participation for TEA but not UIL. In other words, that student cannot participate again until Friday after school because of TEA regulations, however that game does not count as one of the allowable games as determined by UIL policy.

Constitution and Contest Rules: Section 5: Definitions

- **Calendar week** means 12:01 a.m. on Sunday through midnight on Saturday.
- **School week** means the week beginning at 12:01 a.m. 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.
19 TAC 97.113 (K) (1).
- **One contest per school week:** School districts shall adopt policies limiting extracurricular activities from the beginning of the school week through the end of the school week (excluding holidays) by scheduling no more than one contest or performance per activity per student.* Exception: Tournaments and post-season competition, as well as district varsity contests postponed by weather or public disaster, may also be scheduled during the school week.
- **Eight-hour practice rule:** School districts shall adopt policies limiting extracurricular activities from the beginning of the school week through the end of the school week (excluding holidays) by limiting practice outside the school day to a maximum of eight hours per school week per activity.

Participation

- (b) 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.
 - (C) Cross Country. If the regional and/or state cross country meets are scheduled on a Monday, and if participants arrive at the site on the preceding Sunday because of travel distance, it will not be a violation of this rule if school district personnel accompany or transport participants to the course site for the purpose of practicing on their own, if permitted by the regional or state 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.

Equipment

Helmets

All high school varsity players are required to wear helmets that 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.

FOOTBALL HELMET SAFETY REQUIREMENTS

According to section Sec. 33.094 of the Texas Education Code:

- (a) A school district may not use a football helmet that is 16 years old or older in the district's football program.
- (b) A school district shall ensure that each football helmet used in the district's football program that is 10 years old or older is reconditioned at least once every two years.
- (c) A school district shall maintain and make available to parents of students enrolled in the district documentation indicating the age of each football helmet used in the district's football program and the dates on which each helmet is reconditioned.
- (d) The University Interscholastic League may adopt rules necessary to implement this section, provided that the rules must be approved by the commissioner in accordance with Section 33.083(b).

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

- Mouthpieces are required for all players. 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.

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.

NOCSAE Statement on Third Party Helmet Add-On Products and Certification

There are many new products on the market that are intended to be added to helmets, in particular football helmets, which products claim to reduce concussions and make helmets safer and more protective. Whether these are additional liners or padding on the inside, or bumpers, pads, coverings or electronic devices that attach to the outside of the helmet, these products were not included in the certification testing and quality control programs that are required for all helmets that are certified to the NOCSAE standards. To address this situation, and to protect the integrity of the NOCSAE standards, the NOCSAE board of directors has adopted the following position: "NOCSAE helmet standards are specific to models which are identical in all aspects, except as to size. The testing required to support the certification is also specific to the model being certified. NOCSAE standards require that any change in configuration, padding, shell geometry, or protective system requires a new model designation with separate certification testing. The addition of after-market items by anyone that changes or alters the protective system by adding or deleting protective padding to the inside or outside of the helmet, or which changes or alters the geometry of the shell or adds mass to the helmet, whether temporary or permanent, voids the certification of compliance with the NOCSAE standard."

Effective September 1, 2011 - NAERA members will not recondition/recertify any football helmet 10 years of age or older.

National Athletic Equipment Reconditioners Association, NAERA, announced today the new 10 year policy adopted in their winter meeting. This policy will become effective at the start of the reconditioning season September 1, 2011 for the 2012 football season. The 10 years shall be determined by the manufactures date as required by NOCSAE document 001.

For example at the end of this upcoming 2011 football season, any helmet dated 2002 or older will not be reconditioned/recertified.

NAERA is an association of 21 athletic equipment reconditioners and 4 helmet manufacturers whose mission is to increase awareness and acceptance of high quality athletic equipment reconditioning / recertification. Particular emphasis is directed towards reducing the risk of injury for athletic event participants. Members are licensed by NOCSAE to recertify football, lacrosse, softball/baseball helmets, and face guards. NAERA members reconditioned/ recertified over 1.7 million helmets last year.

For more information and a list of NAERA members please see our website at www.naera.net

Or contact Ed Fisher, Executive Director of NAERA 509 842-8516

District Executive Committee (DEC)

Jurisdiction. The DEC shall rule on protests and reports of violations concerning eligibility and other violations of the Constitution and Contest Rules (C&CR) that occur within its district.

Composition. The DEC is composed of the superintendents of participant schools competing in the assigned UIL Playing District. The superintendent may designate administrators to represent participant schools in a multi-high school district.

Responsibilities.

- The DEC shall arrange a schedule to determine district representatives prior to the deadline specified in the official calendar.
- The DEC shall certify in writing, eligible district representatives in all athletic activities.
- Pre-Season Regulations
- The DEC shall determine in writing, prior to the season, the method to determine the district representatives in the event two or more schools are tied in win/loss percentages. (NOTE: If a tie-breaker procedure is not provided prior to the season, the UIL tie-breaker will be used.)
- The DEC shall enforce all rules contained in the C&CR.
- The DEC shall investigate the eligibility of contestants.
- The DEC shall settle within the district all disputes.
- The DEC does not have the authority to require a school to purchase equipment which is not required by rules stated in the C&CR.
- The DEC shall take such other action that is reasonable, necessary or desirable, and consistent with the UIL C&CR, the rules of the State Board of Education and the law.
- The DEC shall determine the place of games in the case there is a disagreement between two teams.
- The State Executive Committee shall have jurisdiction in all disputes arising between district winners that have been duly certified.

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.

~REGULAR SEASON~

Football Regulations

Number of Contests allowed (2016-17)

- 10 Games

Football Practice Limits effective August 1, 2013

During the regular season and post season, no football player is allowed to participate in more than ninety (90) minutes of full contact practice per week.

For the purposes of the of rule, "full contact" is defined as football drills or live game simulations where "live action" occurs. Live action, as defined by USA Football, is contact at game speed where players execute full tackles at a competitive pace taking players to the ground. A team may continue to dress in full pads for practice, but may only participate in live action drills and game time simulations no more than ninety minutes per athlete per week. It is assumed that when players are in shells (shorts, shoulder pads, and helmets) no live action drills or simulations will occur. This rule is intended to limit live action drills and simulations and not the number of practices a team may participate in full pads. A team may participate in "air," "bags," "wrap," and "thud" drills and simulations at any point. These contact levels are defined below:

- Air- Players should run unopposed without bags or any opposition
- Bags- activity is executed against a bag, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.
- Wrap- Drills run at full speed until contact, which is above the waist with the players remaining on their feet.
- Thud- Same as wrap but tempo is competitive with no pre-determined winner and the players are not tackling to the ground.

UIL Texas Scoreboard. The UIL Texas Scoreboard will be a multimedia tool available only on uiltexas.org. Leader boards, regular season game results, stats, and team information will be available on the UIL Texas Scoreboard. The data presented via the UIL Texas Scoreboard will be dependent upon information submitted by coaches and schools to MaxPreps.

Registration. A school which does not participate in football after registering may be suspended in this activity for a period of one year, unless sufficient justification is shown for not entering a team.

Officials

Please refer to the UIL Constitution and Contest Rules, Section 1204 on the UIL website (<http://www.uiltexas.org/policy/constitution/category/constitution-athletics>), for the latest information regarding officials (fee schedule, tournament fees, travel reimbursement, other allowable expenses, etc).

Assignment Of Officials Out Of The UIL Office

- Member schools shall use registered officials in all varsity contests.
- Neutral Officials. In all contests, schools should always attempt to secure neutral officials who have no affiliation with either school.
- The two schools have the right to "scratch" any chapters or officials they wish. However, the UIL office urges the use of discretion in scratching entire chapters or areas.
- To request officials from the UIL office, go to www.uiltexas.org and click on "Sports Officials" in the upper right hand corner. Once on the UIL Arbiter site, click the Request for Officials (per sport) in the right hand column. This form will go directly to the UIL office, and all correspondence will be via email.
- After the schools have indicated officials and/or chapters they do not want, the UIL office then contacts a chapter not scratched and requests officials. **Schools are not permitted to talk with representatives of the chapter once they have agreed for the League to assign officials.**
- Once the officials have been assigned out of the UIL office, the schools may not request a change in the assignment and must pay the assigned officials if they are not used, unless:
 - a. The UIL office makes a mistake by contacting a chapter which the schools have indicated they do not want.

- b. Communication problems between the school which contacted the UIL and the opponent results in officials being assigned from a chapter which one school had scratched.
- The UIL recommends that officials or chapters not acceptable be written down at the meeting, reviewed by each school to see if the list is complete and accurate, and signed by school authorities from both schools. This should be a part of the contract procedure and a copy retained by each school.
- Once a game has begun there shall be no protest based on the selection of game officials. Beginning a contest constitutes agreement.
- Payment of officials (for all games other than tournament games) shall be according to Section 1204 in the UIL Constitution and Contest Rules.

Pregame Activities and Regulations

Pregame Activities: Schools select their pregame activities. Pre-game activities must be completed and the field cleared of all non-team personnel no later than 6 minutes prior to the scheduled starting time. This includes the national anthem, the school songs, etc. In addition, the team personnel need to be fully aware of the timing of pregame events, and have their captains and teams ready to go, without delay, at the appropriate times. This will permit the unhindered administration of the coin toss, and, thus, the prompt starting of the game.

Coin Toss Time: The coin toss should be executed at three minutes before game time in all UIL football contests.

Game Balls and Ball Persons: The home team should provide a minimum of three legal game balls, and the visiting team, if it desires to use its own game balls, should also provide a minimum of three legal game balls. The home team shall provide a minimum of two ball persons (preferably age 12 or older); one ball person should be positioned on the home sideline, and the other should be positioned on the visiting sideline. In this case, each ball person should assist the officials with the game balls for both teams. The visiting team shall have the option of providing two additional ball persons (preferably age 12 or older) to assist the officials with their own game balls, if desired. Note: If the visiting team chooses to use its own ball persons, they must provide two persons; one to be positioned on the visiting sideline, and one on the home sideline. In this case, the ball persons from each team would handle only the game balls for their respective teams.

Ball Boys, Chain Crews and the Addition of the 40/25 Second Clock to UIL Football

Ball Boys. With the addition of the 40/25 clock to UIL games, it will be extremely important to get the ball on the ground and ready for play as soon as possible. To that end, it will be highly recommended that game balls for both teams be on both sidelines. This means that both teams will either have to count on the opposing team's ball boys to administer their game balls, or that each team will have to place ball boys on both sidelines. Additionally, it is recommended for each team to provide a 'ball retriever' to assist the ball boys. In the ideal situation there would be two ball boys (one for each team) and one ball retriever on each sideline. It is recommended that ball boys be at least seventh grade students or above (Freshman or JV players would be optimal). Ball retrievers (those who will 'chase' balls that are downfield or that end up on the opposite sideline) could be younger students working in conjunction with the ball boys.

Chain Crew. With the addition of the 40/25 clock to UIL games, it will be extremely important to get the chains set and ready for the next play. The chain crew, but most importantly, the down box/marker must hustle (and sometimes run!) to the succeeding spot. If the school is able, it would also be recommended that there be an 'alternate' down box on the opposite side of the field that can hold the previous spot in case it is necessary to return to that spot for some reason. In that scenario, the 'alternate' down box would remain at the previous line of scrimmage until the ball was marked ready for play' at the succeeding spot and then move to that spot for the ensuing snap.

Video Replay Boards. In stadiums where video replay boards are utilized replays of game action may only be shown once. Slow motion replays may not be shown. Coaches may not utilize video monitors for coaching purposes in the press box coaches' booths.

Half-Time Regulations. The NCAA Football Rules specify a penalty be assessed to the home team at the beginning of the second half if the half-time exceeds allowable limits. Texas high schools play by NCAA rules, therefore the half-time length regulations will be enforced by football officials.

- Maximum half-time length for UIL varsity games is 28 minutes. Please note that half-time is not required to be this long. Many districts have adopted a shorter period of time, for example 24 minutes. Note: Junior high and sub-varsity half-time should not be longer than 20 minutes.

- Timing for the half-time should begin when all players and personnel have cleared the field at the end of the first half of play.
- Bands should be ready at that time to come onto the field for their half-time show. Undue delay by the visiting team band could result in a penalty being assessed to the home school. Many schools are placing a time limit on each band, insuring that the first part of the half-time intermission will not cause the entire half-time to exceed the allotted time limit.
- Football teams should have at least 3-4 minutes to warm up after the half-time intermission prior to the second-half kickoff.
- When homecoming activities and/or other half-time activities necessitate an extra long half-time, it may be advisable for the visiting band to give its show prior to the game.
- Both schools should cooperate to ensure proper half-time procedures.

Videotaping/Filming

All Athletic Contests.

- Videotaping/Filming/Recording by Schools.
 - A non-competing school shall not film, videotape or otherwise make a visual recording of an athletic contest without the prior written consent of the schools competing in the contest.
 - A school does not have to obtain permission to film or tape, or otherwise make a visual recording of an athletic contest in which it is competing. However, the film or videotape or other visual recording may only be reviewed or otherwise utilized during the contest in accordance with applicable contest rules.
 - Films, videotapes and all other kinds of visual recording of all athletic contests in compliance with league rules are the property of the school that made them unless their ownership, use or distribution is governed by district rule or, if there is no agreement between the schools competing in the contest.
- Videotaping/Filming/Recording by Individuals and Organizations. Except for persons or organizations acting under subsections (1) (A) (i) and (ii) above, no person or organization shall film, videotape or otherwise make a visual recording of any athletic event or activity without prior written consent of the schools that are competing in the event. Any filming videotaping or other recording of an athletic contest may not obstruct the view of other spectators of the contest.
- Commercial Uses. Use of films, videotapes or other visual recordings of regular season athletic contests for commercial purposes shall be approved in writing by all schools competing in the contest. Any agreements between the competing schools regarding the filming, videotaping or other visual recording of regular season athletic contests, including without limitation any commercial uses, shall be consistent with the League's Constitution and Contest Rules and any contracts made thereunder.

Policy on Rain/Flood Games

Games scheduled for Friday night canceled by rain or inclement weather:

Options:

- Find another site and play the game on Friday night as scheduled: a) Option to go to visiting school, if mutually agreeable; b) Option to find a neutral field.
- Play Saturday at original site, visiting site, or neutral field: a) Mutual agreement or b) district executive committee action.
- If conditions which do not permit any of the above persist: The district executive committee may reschedule district games for Monday night. Then the game scheduled for the following Friday must be rescheduled for Saturday, to meet the five-day interval requirement of the Football Plan of the Constitution and Contest Rules.
- Note: It may be necessary to have the district executive committee reschedule a number of games.
- For non-district games - agreement between two schools involved.

Live Regular Season Telecast

UIL member schools shall not permit the live telecast of a regular season football game on a Friday night. Live telecasts and other types of live broadcasts of UIL football post-regular season games shall be permitted if provided for in a UIL broadcast rights contract.

Forms and reports

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

Weekly Game Report Form. Two copies are to be made, one copy to the district chairman each week, and one copy remains on file at the home school. Do not mail the game report to the UIL office. These forms are to be used by the district chairman and the local school. Who to report? All students who represented your school in high school games in that particular week. How to list names? As closely as possible enter the names as you have them listed on your original eligibility list.

(Example: John Doe rather than J. Doe.)

UIL Playoff Reporting - Teams Advancing. Coaches are required to submit playoff results immediately following their contest. The winning school should submit playoff game results and next round information via MaxPreps through the assigned coach/admin account. The score reported by a coach on a team's page will automatically fill in the bracket. The completeness of the data presented on the UIL Texas Scoreboard will be dependent upon the participation of schools and coaches. For more information, please see <http://www.uiltexas.org/athletics/uil-maxpreps>

Injury Report Form. District chair schools are required to go online and report injuries

Football Questions and Answers

40/25-Second Clock

~Is the 40/25-second clock required?

Answer: No! If a 40/25-second clock is in operation and the home team will use it, the visiting team will also use it. There is no mandate to install a 40/25-second clock any time in the near future because of the added cost to schools for installation and operation. If schools want to purchase a 40/25-second clock or a new scoreboard with a 40/25-second clock, they may do so. However, to repeat, Texas' high schools are not required to use the clock in their football games.

Goalposts

~May schools install the NCAA goalposts (18' 6" width) on high school fields?

Answer: No! Texas high schools use the wider 23' 4" goalposts unless they mutually agree to play a game at a college field which has the narrow goalposts. Goalposts must be padded.

~Are schools required to have the single pedestal (sling shot) goalposts?

Answer: No! We do suggest if you install new goal posts to use this single pedestal type.

~Are uprights required to extend upward 30' above ground (or 20 feet above the crossbar)?

Answer: No! The UIL recommends the 30' uprights. If new goal posts are installed, please install the 30' uprights for better judgment on kicks.

Hashmarks

~Are high schools required to remark the hashmarks to meet the NCAA requirement?

Answer: Yes. Texas schools will use the 60 foot (measured in from each sideline). Artificial surface fields also are required to mark the new hashmarks. The old 53' 4" hashmarks do not have to be removed (even though they are no longer used) if doing so harms the integrity of the playing surface.

Beginning Practice Dates

~When can non-contact practice begin in 1A (6-man), 2A, 3A, 4A, 5A and 6A with no spring training?

Answer: The first Monday in August (we recommend no earlier than 6:00 a.m.). Contact equipment other than the helmet and chin strap may not be used, but may be fitted and placed in lockers.

~When can non-contact practice begin in 5A and 6A schools who have had spring training?

Answer: The second Monday in August (we recommend no earlier than 6:00 a.m.). Contact equipment other than the helmet and chin strap may not be used, but may be fitted and placed in lockers.

~When can 1A, 2A, 3A, 4A, 5A and 6A with no spring training begin contact practice?

Answer: After four days of non-contact practice (we recommend no earlier than 6:00 a.m.).

~When can 5A and 6A with spring training begin contact practice?

Answer: After four days of non-contact practice (we recommend no earlier than 6:00 a.m.).

~The first four days of practice must be conducted without contact activities and with no contact equipment except the helmet.

~There shall be no team or individual practices, conditioning, or individual or team meetings on Sunday.

~When can I have an interschool scrimmage?

Answer: After six days of allowable contact activities.

~How many days are we required to wait between scrimmages?

Answer: Five days.

~May I have a third interschool scrimmage?

Answer: Teams opting for a third scrimmage shall not play a week one game.

~When can I play my first high school game?

Answer: The last Thursday in August for all conferences, (if five days have elapsed since last scrimmage) EXCEPTION - Sub-varsity football teams in Conferences 5A & 6A can play on Wednesday during Week 1 only if the varsity team plays on Thursday of that same week.

~May I have an interschool scrimmage after I play my first game?

Answer: No!

~When can I begin practice for 8th grade football and below?

Answer: The first day of school.

~When can I scrimmage or play a game in eighth grade and below?

Answer: No junior high student or team shall participate in any scrimmage or contest until they have had four days of practice without any contact equipment except helmets, and seven additional days of contact practice.

~When can I issue equipment in eighth grade and below?

Answer: Football equipment may be checked out to the players on any one day during the week preceding the first day of school.

~When is the last day for junior high or middle school football?

Answer: From the first day of school, schools shall have 80 consecutive calendar days to practice outside the school day, 63 of the 80 days may be used to complete scrimmages and games.

Sunday

~Even though I cannot practice, play, or have individual or team meetings on Sunday, is it permissible for athletes to be treated for injuries on Sunday?

Answer: Yes, provided the treatment is not extended to non-injured players, coaches do not require all athletes to come pick up materials or allow injured athletes to study scouting reports or view films.

Charging Admission for Scrimmages

~Can schools charge admission for interschool scrimmages?

Answer: Yes.

~Will gate receipts have to be divided among participating schools in the scrimmage?

Answer: There is no provision to share proceeds. Schools could do so by mutual agreement.

~Are schools required to charge for scrimmages?

Answer: No. The decision to do so rests with the host school.

Football Camps. (Local camps where local school coaches work with incoming 7th, 8th, and 9th grade players from their school district in single high school districts or from the attendance zone of a high school in a multi-school district.)

~When can these camps be conducted?

Answer: After the last day of the school year and prior to the second Monday in August.

~Can incoming 10th, 11th, and 12th grade student athletes help in these camps?

Answer: No. Incoming 10th, 11th, and 12th grade players cannot work in a camp conducted by a school coach for athletes in grades 7-9 from their school district in single high school districts or from the attendance zone of a high school in a multi-school district.

~POST SEASON~

Playoff Information

District representatives are bracketed for playoffs to a state championship on a weekly schedule beginning the first weekend after the designated date for determining district champions.

Playoff game site will be determined according to Section 1250 (i) of the Constitution and Contest Rules. See the playoff brackets found at www.uiltexas.org/football/playoff-brackets to determine the elimination schedule for each conference.

Playoff games past the district level may not be scheduled earlier than the first Thursday after the certification date for district champions.

District representatives in all conferences must be determined and certified no later than November 8. The district chair must complete the district certification form found on the UIL website.

Teams Advancing to the Playoffs

Conference 1A (six-man) Division I and II: the top two teams from each district advance to the playoffs. One state champion is crowned in Conference 1A (six-man) Division I and one state champion is crowned in 1A (six-man) Division II.

Conference 2A, 3A & 4A Division I and II: the top four teams from each district advance to the playoffs. One state champion is crowned in 2A, 3A, 4A Division I and one state champion is crowned in 2A, 3A, 4A Division II.

Conference 5A & 6A: the top four teams from each district advance to the playoffs. The two schools with the largest enrollments automatically advance to the Division I bracket. The remaining two schools advance into the Division II bracket. There are two state champions per conference in Conference 5A & 6A. A pilot program beginning in the 2015-2016 school year and continuing for 2016-2017 season will provide home field advantage to the higher seed in the first round of the 2016 6A football playoffs. For the first round of the playoffs only, the higher seed will determine whether the game is played on their actual home field or mutually agree to play the game at a neutral site.

Ranking 5A & 6A Schools: Enrollment figures used for the official reclassification and realignment procedure in October 2015 will be used to determine Division I and Division II representatives. (Exception: School enrollments affected by the opening of new high schools.)

UIL PLAYOFF REPORTING

District Representatives. The district chair must go to the UIL website at <http://www.uiltexas.org/football/forms> and fill out the corresponding conference District Certification Form before the district certification deadline. The district certification deadline is November 5, 2016.

Teams Advancing. Coaches are required to submit playoff results immediately following their contest. The winning school should submit playoff game results and next round information via MaxPreps through the assigned coach/admin account. The score reported by a coach on a team's page will automatically fill in the bracket.

The completeness of the data presented on the UIL Texas Scoreboard will be dependent upon the participation of schools and coaches. For more information, please see <http://www.uiltexas.org/athletics/uil-maxpreps>

Failure to submit this information could result in a range of penalties as described in Section 27 (b) of the UIL Constitution and Contest Rules which will be enforced.

Site of the Game. All potential neutral and home sites (town and stadium) should be designated prior to any coin toss.

Guidelines

Neutral Sites are sites that are approximately mid-distance from the two schools involved or a site or sites the two schools involved agree to designate as a neutral site or sites.

Home Sites are those sites near the home school selected by the two schools involved OR the actual home playing field.

For the first round of the playoffs only, the higher seed will determine whether the game is played on their actual home field or mutually agree to play the game at a neutral site.

A stadium selected as the home site, other than the actual home field, should not be an unreasonable distance from the visiting school's home stadium.

Example

San Antonio and Dallas have not met in the playoffs for the past 2 years (2012 and 2013):

Step 1: Designate potential sites. San Antonio: Belton-neutral; Alamo Stadium-home. Dallas: Temple-neutral; Cotton Bowl-home.

Step 2: Flip for type of site (either neutral or home and home). Heads for home and home. Tails for neutral. Comes up heads.

Step 3: Flip to see who wins home. Dallas calls tails for home. San Antonio calls heads for home. Comes up tails.

Game is played at the Cotton Bowl as the Dallas home site.

Game Balls. NCAA rules prevail.

Team Information & Pictures. Teams winning the regional quarterfinal game must submit the following materials to the UIL no later than **Wednesday, December 7th**:

- Team Information Form (list of players, coaches, etc.; and list of all games played) – fill out online on the UIL website at <https://www.uiltexas.org/forms/team-info-football>
- Team Picture – 1MB, color, email to pictures@uiltexas.org
- Picture of Head Coach (head and shoulder shot) – 1 MB, email to pictures@uiltexas.org
- School's Mascot (camera ready art work if possible, if not a copy of the mascot from your letterhead, etc.) – 1MB email to pictures@uiltexas.org

Failure to submit this information could result in a range of penalties as described in Section 27 (b) of the UIL Constitution and Contest Rules or your team not appearing in the State Tournament program.

1A (6-man), and 2A-6A program materials are due Wednesday, December 7th.

Football State Championship Games

Schools Eligible to Compete:

Only the teams qualifying through the semifinal game are eligible to compete in the state championship game.

2016 UIL STATE FOOTBALL CHAMPIONSHIP GAMES AND SITES

AT&T Stadium, Arlington

Wednesday, December 14, 2016

Conference 1A (6-Man) Division II

Conference 1A (6-Man) Division I

Thursday, December 15, 2016

Conference 2A Division II

Conference 2A Division I

Conference 3A Division II

Conference 3A Division I

Friday, December 16, 2016

Conference 4A Division II

Conference 4A Division I

Conference 5A Division II

Saturday, December 17, 2016

Conference 5A Division I

Conference 6A Division II

Conference 6A Division I

State Qualifier Information. All information concerning the Football State Championship games will be sent to each school that wins the quarterfinal games.

Officials. Schools must agree. If schools need officials assigned, please notify the UIL office by noon on Monday prior to your game.

Tickets. Each school will receive tickets for their state championship game to be sold the week of the game upon winning their quarterfinal game. Upon request, a participating school can order additional tickets.

Supervision of Students and Cheerleaders. Each school is responsible for their students and behavior exhibited during all contests.

Programs and Merchandise. The UIL will provide a championship program for sale at the games. Schools and unauthorized individuals are prohibited from selling or distributing programs or rosters, t-shirts or any other merchandise inside the venue or surrounding the championship site. The UIL official merchandise vendor will have items for sale at championship games, including items specific to each team participating.

Pre-Game/Warm-Ups. There will be a pre-game warm-up for each game. If the first game goes into overtime, the second game will be adjusted to a later start if needed. It is understood that subsequent games will not start earlier than the scheduled time.

Awards and Post-Game Ceremony. Trophy and medal presentations to the coaches and teams will take place immediately following the completion of the game. The UIL will provide 25 medals for 1A (6-man), 40 medals for 2A, 45 medals for 3A, 50 medals for 4A, 60 medals for 5A and 70 medals for 6A to the first, second, and third place teams. Additional extra medals may be ordered after the championship game. An order form will be included in the coach's state information packet. There will be a first place trophy, runner-up trophy and semifinal plaque awarded to the teams. Semifinal plaques and bronze medals will be shipped to the schools after the regional final round.

Lodging Regulations. Each school must take care of their own lodging. Coaches are responsible for the proper conduct of their players while staying at the hotels. Please bring a tax-exempt number to avoid paying tax.

Radio Broadcasting and Telecasting. The UIL retains the rights for telecasts of all final games. Broadcasting and televising include every nature of transmitting audio or video whether over the radio, television, internet, or other. Any requests for broadcasting and telecasting rights must be arranged with the UIL staff the week before the championship game.

Post Game Interviews. Interviews will be conducted in a designated area after each game.

~OFF-SEASON REGULATIONS~

Off-Season Regulations

Team Practice. School teams shall be prohibited from practicing team skills before or after school except during the specified practice dates and during the one allowable period during the school day.

Off-Season Participation. Varsity or non-varsity athletes shall not be required to participate in an off-season program on the day of an in-season competition.

Participation Requirement. Students shall not be required to participate in one school sport as a prerequisite for participation in another school sport.

Policies. Written school policies for use of facilities during the off-season, outside the school day, and during the summer months should be approved by the school administration and dispersed to all staff and students.

Off-Season Period Limits. Off-season activities are limited to one regular classroom period (max. 60 minutes) per day within which all suiting out, related activity, and redressing must occur. (See Side by Side Manual for block schedules, etc.)

Power and/or Weight Lifting. Off-season athletes whose schools have an athletic period during the school day may not participate on power lifting teams unless weight training is provided for off-season athletes during the in-school-day athletic period. It would also make it a violation for power lifting teams to be limited to athletes or to be required as part of an athlete's off-season program.

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

Off-Season Open Facilities

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

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

Summer Strength and Conditioning Programs

School coaches may conduct strength and conditioning programs for students in grades 7-12 from their attendance zone for a total of six weeks under the following conditions:

Limitations. Sessions may be conducted from the first day of summer vacation until the second Monday in August. A session shall be no more than two consecutive hours per day, Monday through Thursday only, and a student shall attend no more than one session of supervised instruction per day for a total of six weeks.

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

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

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

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

- Strength and conditioning sessions may be held after the last official day of school until the second Monday in August.
- School coaches may conduct sessions only on Monday through Thursday of each week.
- Sessions conducted by coaches shall be no more than two consecutive hours per day.
- A student shall not attend more than one two-hour session (conducted by a school coach) per day.
- Sessions conducted by school coaches shall only include students who are incoming seventh graders or above from their attendance zone.
- Sessions shall include only strength and conditioning instruction and exercises.
- Sport specific skill instruction is prohibited.
- Sports specific equipment (balls, dummies, sleds, contact equipment) is prohibited.
- The school (local school option) may provide school shirts, shorts and shoes.
- Attendance shall be voluntary. Coaches shall not require athletes to attend in order to try out for or participate in any UIL sport.
- Attendance records shall be kept, however students shall not be required or allowed to make up missed days. Students may work out on their own, without direction of the school coach.
- Fees, if any, shall be established and approved by the superintendent and collected by the school.
- Any payment for conducting strength and conditioning sessions to school coaches who instruct students from their attendance zone in grades 7-12 shall be from the school and no other source.
- Schools must take administrative care to prohibit an athlete from working with one school coach for two hours and a separate school coach for another two hours.

Non-School Activities**I. The Constitution and Contest Rules state:****Section 1209**

- A. REQUIRED PARTICIPATION PROHIBITED.** Students shall not be required to play on a non-school team in any sport as a prerequisite to playing on a school team.
- B. OFF-SEASON SCHOOL FACILITY USE.** See Section 1206.
- C. BASEBALL, BASKETBALL, FOOTBALL, SOCCER, SOFTBALL AND VOLLEYBALL CAMPS WHERE SCHOOL PERSONNEL WORK WITH THEIR OWN STUDENTS.** After the last day of the school year in May, June, July and prior to the second Monday in August, on non-school days, all students other than students who will be in their second, third or fourth year of high school may attend one camp in each team sport, held within the boundaries of their school district, in which instruction is given in that team sport, and in which a 7th-12th grade coach from their school district attendance zone works with them, under the following conditions:
1. Number of Days. Attendance at each type of sports camp is limited to no more than six consecutive days.
 2. Prohibited Activities. Students shall not attend football camps where contact activities are permitted.
 3. Fees. The superintendent or a designee shall approve the schedule of fees prior to the announcement or release of any information about the camp. The Texas Education Code requires school districts to adopt procedures for waiving fees charged for participation if a student is unable to pay the fee, and the procedures must be made known to the public. Fees for all other students shall be paid by the students and/or their parents.
 4. School Equipment. Schools may furnish, in accordance with local school district policies, school-owned equipment, with the following restrictions:
 - a. Schools may not furnish any individual baseball, basketball, football, soccer, softball or volleyball player equipment, including uniforms, shoes, caps, gloves, etc., but may furnish balls and court equipment including nets, standards, goals, etc., for volleyball, basketball and soccer camps.
 - b. For football camps, schools may furnish hand dummies, stand-up dummies, passing and kicking machines and footballs. Use of any other football equipment, including contact equipment, is prohibited.
 - c. For baseball and softball camps, schools may furnish balls, bats, bases, pitching and batting machines, batting helmets and catcher protective equipment. Use of any other baseball and/or softball equipment is prohibited.
- D. BONA FIDE SUMMER CAMPS.** The provisions of the summer camp rules do not apply to bona fide summer camps giving an overall activity program to the participants.
- E. CHANGE OF RESIDENCE FROM OUT OF STATE.** The provisions of the summer camp rules do not apply in the case of a person who attends an athletic training camp which is allowed under the rules of the state in which the student then lives, and then makes a bona fide change of residence to Texas, provided that there has been no deliberate attempt to circumvent the rule.

F. OFF-SEASON PARTICIPATION IN NON-SCHOOL TEAM SPORTS.

1. School coaches shall not coach 7-12 grade students from their own attendance zone on a non-school team or in a non school camp or clinic, with the exception of their own adopted or birth children.
2. School equipment shall not be used for non-school teams/leagues.

G. COACHING RESTRICTIONS. For non-school competition, school coaches shall not schedule matched games for students in grades 7-12 from their attendance zone. School coaches may assist in organizing, selecting players and coaches, and may supervise school facilities for non-school league play. School coaches shall not coach or instruct 7-12 grade students from their school district attendance zone in the team sports of baseball, basketball, football, soccer, softball or volleyball. School coaches shall not supervise facilities for non-school activities on school time. See Section 1201.

Team Sports**Football, Volleyball, Basketball, Soccer, Baseball, Softball**

In accordance to Section 1201, 1206 and 1209 regarding non-school competition (leagues, camps, clinics, clubs, tournaments, 7 on 7, lineman challenges) coaches:

The C&CR prohibits the following:

- Shall not instruct any student in 7th – 12th grade from his/her own attendance zone unless the student is his/her own biological or adopted child.
- Shall not schedule matched games/scrimmages, practices, or contests.
- Shall not transport students.
- Shall not use school athletic equipment, school uniforms and school health/first aid supplies.
- Shall not use school or booster funds for any expenses associated with the activity.
- Shall not be the primary director.
- Shall abstain from any practice which would bring financial gain to the coach by using a student's participation in a camp, clinic, league, or other non-school athletic event, such as a rebate for each player sent to a particular camp or from each player using a particular product (Section 1201 [b, 9]).
- Shall abstain from any practice that makes a student feel pressured to participate in non-school activities (Section 1201 [b, 10]).
- Should not participate with their athletes in the athlete's sport (Section 1206 [i]).

In accordance to Section 1209 regarding non-school competition (leagues, camps, clinics, clubs, tournaments, 7 on 7) coaches or a group of coaches:

The C&CR allows the following:

- Can supervise facilities.
- Can assist with organization to include, but not limited to: assignment of officials, helping to secure facilities, development of schedules, scheduling of facilities, assisting with registration process, helping to secure equipment.
- Can assist the primary coordinator or point of contact with the selection of coaches, but cannot assign coaches to teams.
- Can assist the primary coordinator or point of contact with the selection of players, but cannot determine who can play on what teams.
- Can distribute information regarding the details of the non-school event for informational purposes. Distribution of such materials should be in accordance to the policies and procedures of the local school district regarding non-school activities.
- Can collect registration fees for coordination purposes only. No checks may be made payable to the school or the coach and no funds shall be deposited in any school or coaches account.

~QUICK LINKS~

Below are Links to help you find information pertaining to UIL Rules and Regulations

Constitution and Contest Rules (C&CR) . The UIL Constitution and Contest Rules are the official rules that govern all UIL-sponsored activities and also define the direction, function and purpose of the League.

- [Constitution & Contest Rules](#)

TEA-UIL Side-by-Side. The UIL publishes this document to provide member schools notice of the Texas Education Agency which relate to UIL and all other extracurricular activities sponsored or sanctioned by the school district.

- [Download the 2015-2016 TEA-UIL Side-by-Side](#)

Booster Club Guidelines. This document provides guidelines which govern all booster club activities related to UIL-sponsored competition. Since the UIL regulates and governs what participants, sponsors, and coaches may and may not accept, it is very important booster club members and parents are aware of these guidelines.

- [Download the UIL Booster Club Guidelines](#)

Football Plan – Section 1330 of the C&CR

- [Section 1330](#)

Employment of Coaches – Section 1202 of the C&CR

- [Sections 1200 - 1203](#)
- [Required Training](#)

Athletic Eligibility – Section 1205 the C&CR

- [Sections 1205 - 1206](#)
- [Eligibility Standards for UIL Contests](#)

School Practice and Game Restrictions – Section 1206 of the C&CR

- [Sections 1205 - 1206](#)
- [Summer Strength and Conditioning Program Regulations](#)
- [Off Season and Non-School Participation Regulations](#)
- [Preseason Practice Regulations Activities Outside the School Year \(updated\)](#)

Rules Violations and Penalties – Section 1207 of the C&CR

- [Sections 1207 - 1210](#)

Athletic Regulations – Section 1208 of the C&CR

- [Sections 1207 - 1210](#)



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