Frankston Independent School District
Extracurricular Activities Handbook
2019-2020
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The Frankston Independent School District

OUR VISION

The Frankston Independent School District will provide all students a comprehensive educational experience and a culture of excellence with world class standards, ensuring that each child learns, grows, and achieves to their potential.

OUR CORE BELIEFS AND COMMITMENTS

Core Belief One:
We believe that all students must graduate with the knowledge, skills, and confidence to successfully engage in college, career, or the military.

Core Belief Two:
We believe that our students must have effective and meaningful instruction in every classroom, every day, so that each child achieves to their potential.

Core Belief Three:
We believe that it is the collective responsibility of our school district, our students, our families, and our community to nurture each of our children, academically, physically, socially, and emotionally, creating a foundation for healthy and fulfilling lives.

STRATEGIC GOALS

1. Increase on-grade-level performance in all subject areas.
2. Every student will graduate with the knowledge and skills necessary to be successful in college, career, or the military.
3. Provide a school culture & climate that promotes participation in extracurricular activities and the development of positive character traits.
4. Attract, develop, and retain world class educators dedicated to serving each student in Frankston ISD.
5. Strengthen strategic communication with students, families, employees, and community members to foster engagement and increase transparency, support, and confidence in FISD.
Purpose
The creation of a handbook for extracurricular activities reflects the district’s priority for the safety, well-being, and conduct of its students who choose to participate and compete as athletes and as members of special interest clubs and student organizations. Since extracurricular participation is optional, students who choose to participate will be held to higher standards of behavior and performance, in and out of school. This handbook is neither a contract nor a substitute for the official district policy manual. FISD policies and procedures can change at any time. Additionally, participants and their parents are reminded that participation in extracurricular activities is a privilege, not a right. In addition to obeying rules set forth in the FISD Student Code of Conduct, all those who participate in our extracurricular programs will be required to comply with the following guidelines and disciplinary regulations.

In Frankston ISD, we recognize that representing our community as a participant in any extracurricular activity is a source of pride that will last a lifetime. Our dedicated staff, coaches, and sponsors have developed quality programs for our students that develop character, promote organization and time management, promote a growth mindset and a foster goal attainment through self-discipline.

Our guidelines, expectations, and standards embedded in board policy and in this handbook are the foundation for governing all extracurricular participation and this document exists to provide a common platform for the many individual sports, clubs, and organizations found in our schools. Through that lens, the coach and sponsors may establish additional rules that are aligned to our Student Code of Conduct and with those identified in this handbook, but specifically tailored to the needs of their activities.

In summary, we are committed to maintaining the culture of excellence that our community expects and recognize that it is imperative that all of us; students, parents, coaches, fans, and sponsors, understand and agree to follow our established expectations for behavior and to always conduct ourselves in a way that honors the traditions and history of our Frankston schools.

Our Goals for Frankston ISD Extracurricular Programs

- Increase participation in extracurricular activities across all schools and all students
- Provide equitable and adequate funding for all extracurricular programs
- Develop strong character traits in each of our students that will support a lifetime of success
- Encourage all students in their physical, mental, social, and emotional growth
- Promote the virtues of sportsmanship, loyalty, discipline, training, courage, self-improvement,
and school pride

- Instill habits and routines that promote mental and physical fitness and the foundation for an active and healthy life

Eligibility

Eligibility requirements for participating in extracurricular activities are set forth by FISD Board Policy, the “University Interscholastic League (UIL) Constitution and Contest Rules”, “FISD Student Handbook”, “FISD Extracurricular Activity Handbook”, “FISD Code of Conduct” and in the bylaws of our Board approved clubs and organizations.

Team/Club/Organization Rules

Team rules are to be established by each head coach or sponsor and based on UIL/FISD policies and administrative guidelines and regulations. Team rules should be approved by the campus principal and appropriate district administrator.

UIL Governed Activities

All activities governed by the UIL shall follow UIL mandates and regulations. These are found in the UIL Side by Side document, as well as the UIL Constitution and Contest Rules (19 TAC § 76.1001, Subchapter AA). UIL rules generally prohibit interschool athletic, academic and fine arts competition (including marching contests) on Sunday; exceptions are noted in the Side by Side document.

http://www.uitex.org/policy/tea-uit-side-by-side

http://www.uitex.org/policy/constitution

Advanced Courses and Academic Eligibility

The grade requirements do not apply to an Advanced Placement (AP), honors, or dual credit course in the subject areas of English language arts, mathematics, science, social studies, economics, or a language other than English. (Texas Education Code 33.081(d-1))

In addition to the courses listed above, the following are considered honors classes for purposes of eligibility to participate in extracurricular activities:

1. Pre-calculus
2. College concurrent enrollment classes in ELA, math, science, economics, and social studies, and Languages other than English
3. OnRamps courses in ELA, math, science, or social studies

A student suspended under Education Code 33.081 may practice or rehearse with other students for an extracurricular activity but may not participate in a competition or other public performance.

Student Commitments
Frankston students take the decision to join an extracurricular team seriously, understanding that with competition comes hard work, time, and dedication. Our students also understand that quitting is an even tougher decision. They know that quitting impacts not only themselves, but their team as well. They know that to return as a representative of Frankston ISD will require the confidence and approval of their peers, coaches, school administrators, and a majority vote of the Frankston ISD Extracurricular Council. This council will be made up of the campus principal, the athletic director, the assistant superintendent, and the sponsor/director/coach of the activity.

Separation From Team, Club, or Organization
There will be times when an athlete finds it necessary to quit playing a sport before, during, or after the season. The following should be followed in order to quit a sport:

1) The athlete should talk to the coach. The coach should also have a face to face conversation with the athlete’s parent regarding this decision.

2) The student may need to be placed into PE in order to complete the credit begun in athletics. The student may be placed into another class at the beginning of the next semester or possibly immediately if it is determined to be necessary by the school principal.

3) All equipment issued must be returned or paid for.

4) It shall require a majority vote of the Frankston ISD Extracurricular Council and the approval of the coach whether to allow that student to return to a sport in the future.

5) An athlete shall not be allowed to join another sport until the end of the season of the sport he/she has quit.

Care and Use of Equipment/Materials
Our students recognize the sacrifices that our community makes to provide resources for extracurricular competitions and understand that it is their responsibility to maintain and care for our school uniforms, equipment, and facilities. In return, our students and families
commit to being financially responsible for all FISD equipment and property issued to them, or under their direct use or control.

Students will always keep equipment clean and well maintained. They will immediately return all unused or unneeded equipment to the appropriate staff. Students know that they should not borrow equipment assigned to other students, and always report missing equipment to their coach or sponsor, immediately.

**Rules For Equipment Use**

1) Any district equipment issued to an athlete is the financial responsibility of the athlete and for the athlete’s use while participating in a school-related activity. At no time is district equipment used for personal use.

2) Athletes must care for district-issued equipment as if it were their own. Equipment must be properly stored, in a proper location, and shall be kept clean and maintained. Athletes who lose or damage district equipment due to negligence will be required to pay for the cost of replacement.

3) All district equipment must be returned at the end of the season or school year, as directed by the coach.

4) Individually owned equipment is the sole responsibility of the athlete; FISD will not be responsible for any loss or damage that occurs to athlete-owned equipment.

5) As uniforms are required for all sports, the athlete shall be required to ensure that the uniform is worn only at appropriate times and is neat and clean for the practice, performance, and/or competition.

**Meetings & Practice**

Practice is an essential part of developing our students, academically, athletically, and for any extra-curricular competition. Practice develops our students and helps them to achieve on the goal of becoming the best that one can be. Our students always participate to their fullest potential, in practice and in competition. They realize that absence from any practice is an important decision and one that should be pre-approved by the coach or sponsor. Students must always inform their coach or sponsor before missing any practice or competition.

Our students understand that they must follow the rules and directives of coaches or sponsors. They also know that consequences for inappropriate conduct are to be expected and that those consequences are meant to remind our students of their role as student leaders and that their individual behavior is a reflection on the whole team.
Practice during Final Exams and STAAR Testing

STAAR tests take priority over practice. FISD policy regarding practice during the STAAR testing period; all athletic practices will end by 6:00 p.m. and students must be off the campus by 6:30 p.m. on the day prior to a STAAR testing day. Practice during the week of final exams shall be limited to teams whose sport is in season and must conclude by 6:00 p.m. the day before an exam.

Extracurricular Activities during Final Exams

For grades 7-12 there shall be no local school-sponsored extracurricular activities scheduled the day before or during final examination days in the fall and spring semesters. Care and consideration should be taken to avoid conflicts whenever possible.

Sunday Participation Protocols

Frankston ISD recognizes the involvement and commitment of its student athletes, performers, and extracurricular sponsors. We strive to provide diverse opportunities for student participation, while working to maintain a balance between extracurricular and family commitments. For these reasons, and in alignment with UIL guidelines, Sunday activities are discouraged.

Communication Protocols for Event Schedule Changes

Staff Communication

In the event that a competitive event is postponed, delayed, or rescheduled due to unavoidable circumstances, the following protocol shall be followed:

1. The sponsor will call the campus principal and/or athletic director and make a recommendation for participation.
2. The principal and/or athletic director will then call the supervising coordinator and make a recommendation for participation. Together, they reach consensus.
3. The principal and/or athletic director and supervising coordinator will call the assistant superintendent and inform them of their joint recommendation.
4. The assistant superintendent will then notify the superintendent of the situation and decision.

Parent and Student Communication

Once the participation decision is made, the sponsor will communicate the information to the students and parents, through their individual established communication procedures. In the event that parents would like to discuss a decision or a pending decision beyond the
sponsor, they may contact the campus principal and/or athletic director directly for additional information.

**Travel**

All students in middle school and high school in Frankston ISD recognize that they are representatives of our community, school, and coaches and must exhibit exemplary behavior at all times. As student representatives, they will dress in an acceptable manner and conduct themselves in a way that reflects pride in self and community. At a minimum, students should follow the school dress code when representing a Frankston ISD extracurricular program. Sponsors/Coaches may impose stricter dress requirements on students.

Your coach or sponsor will give students and parents a timeline of all plans for extracurricular events that require travel away from Frankston ISD. Students are expected to be on time for all contests. Time of departure will be set by the sponsor/coach. Tardiness impacts the whole team and may even jeopardize the opportunity for competition. It is important that all participants and members of the team be prompt and on time so that travel runs safely and smoothly.

The trip to the game or event should be used for mental preparation, building team chemistry and connecting with your teammates. You may talk quietly or utilize this time to work on class projects or homework. Electronic devices may be used, respecting those around you so that they aren’t disturbed. Please note that while cell phones are allowed on extracurricular trips, each coach or sponsor may have additional rules that you will need to respect.

Our students know that academic success is a priority and that there are increased responsibilities that come with extracurricular participation. Students who miss class to attend an extracurricular event, will be responsible for securing assignments, notes, materials, etc. and for completing all classwork that is missed. Students are also responsible for getting the help and support necessary to ensure that the time away from class does not interfere with the learning expectations for content and skills covered during their absence.

Once at the destination, students will always show respect for opposing teams’ facilities and property. Students also recognize the importance of appropriate behavior when in restaurants and other public places.

Students are expected to ride with their team on district-provided transportation when traveling to and from games and contests, unless there is an emergency situation or when
parents have made prior arrangements with the coach or sponsor for the student to ride with them. Arrangements for alternate transportation after an extracurricular event must be made between the parents and the head coach. This arrangement must be in writing and signed by the parent with whom the student will leave.

In summary, FISD students who travel will:
- Be on time for all trips;
- Make it a priority to ride with their team on district-provided transportation;
- Dress neatly and in compliance with the district's dress and grooming policy and that of the individual coach or sponsor;
- Be on their best behavior in restaurants and hotels;
- Care for any equipment assigned to the coach and return it to the proper storage location upon return to the school;
- Be on their best behavior while on the bus or other vehicle;
- Promptly obey all instructions given by either the coach or any adult chaperon.

**Character and Behavior**

At Frankston, we expect all our students to reflect positive character traits and to have a strong moral compass. Our student leaders who choose to participate in extracurricular activities will demonstrate good citizenship and act as role models for other students.

Our students know that both winning and losing are inherent in all competition. Our students are disciplined to be able to learn, grow, and improve with losses and have the character to win with grace and humility. Our students never flagrantly violate the rules of contest, use profanity, or allow anger to betray their strong moral character. Our students never resort to inappropriate tactics to advance their interests, and always show respect to officials.

Our student leaders know that living up to these high standards is essential to being an ambassador of Frankston ISD and they commit to always acting in accordance with our Student Code of Conduct. Our students know that the consequences for serious misbehavior are aligned with the importance of their role in our schools. While occurrences of serious infractions of our code of conduct are rare, the following consequences will be strictly imposed in those situations.

- 1st Major Offense-30 calendar day suspension – suspensions that begin during summer break must include the first 5 days of August workouts.
• 2nd Major Offense-One calendar year suspension.
• 3rd Major Offense-Removal from the extracurricular program for the remainder of high school career.

Classroom Behavior
Students are expected to behave as leaders inside and outside of the classroom. Students who participate in extracurricular activities will achieve at high levels, academically, and behaviorally. Students who behave inappropriately or who do not meet established expectations for academic grades will be suspended from extracurricular participation in accordance with school, district, and UIL policy.

Students who are suspended from participating in extracurricular activities may be reinstated by meeting the academic and behavioral conditions for reinstatement to participate in extracurricular activities and must receive a majority vote on appeal to the HSD Extracurricular Council.

Drug and Alcohol Use
Students who represent our school district in extracurricular activities understand that their behavior and character are a reflection of the team, their school, and Frankston ISD. Our students also know that there are negative consequences associated with using illegal drugs and alcohol, including the potential for serious health problems and legal implications.

Additionally, FISD has a random drug-testing program in which all students are required to participate. The consequences for testing positive for illegal drugs or alcohol are serious. If a student tests positive for an illegal drug or alcohol:

1. A student may not participate in any extracurricular events for 30 calendar days, and;
2. May not participate in any extracurricular event until they have completed a drug awareness course.
3. Any student who does test positive will then be automatically selected to test again at every testing date until they graduate.
4. If a student has a positive test a second time, that student is suspended from all extracurricular activities for one calendar year, after which the student is required to complete a drug awareness class before appealing to the FISD Extracurricular Council for reinstatement.
5. If a student tests positive a third time, they are suspended from all extra-curricular
activities permanently.

**Hazing**

Hazing is a serious misbehavior and is never acceptable under any circumstance. For clarity, *hazing* is defined as “any action or activity that, regardless of location, intent, or consent of participants, causes or intends to cause: 1) physical harm, 2) mental harm, 3) anxieties, or 4) degrading or disgracing a child for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in an organization”.

To emphasize the seriousness of hazing, it is a violation of the FISD Student Code of Conduct and is a crime under Texas law (Texas Education Code 37.151-37.157). Even failure to report hazing is a criminal offense in our state.

Our students will always treat each other with the dignity, respect, and honor that all individuals deserve. Frankston students know that hazing is unacceptable and that it will never be tolerated in our schools.

Students understand that any hazing violation will result in immediate disciplinary action and suspension from extracurricular participation and referral to law enforcement officials, as appropriate.

**Social Media**

Social media is part of all our lives. It’s important for all of us to know that everything posted in social media is public information, including texts, photos, comments, and just about anything else that we post there. Sometimes we forget that this is true, even if we mistakenly think our security settings will make them “private”. All this information (including pictures, videos, and comments) may be accessible even after it is removed. Once it’s posted, that photo, comment, or video becomes the property of the site and may be searchable even after being removed.

Inappropriate postings on social media by students who participate in extracurricular activities will not be tolerated and will be considered a serious misbehavior, and subject to disciplinary consequences. Students who are a member of an extracurricular organization, sports team, or club, shall not:

1. post negative comments or other information about teammates, coaches, or any administrator, teacher, or those from other schools or opposing teams.

2. post disrespectful material, derogatory language, or remarks that may harm others.
3. post incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances.

4. post anything that creates a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.

5. post comments indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.

6. or any other post that violates the FISD Student Code of Conduct.

In addition to administrative consequences found in the FISD Code of Conduct and applied at the school level, students who participate in extracurricular activities and who violate these social media standards will be subject to the following consequences:

- 1st Offense: Written warning and parent conference.
- 2nd Offense: One month suspension from participation in all extracurricular activities.
- 3rd Offense: Suspension from participation in all extracurricular activities for the remainder of the school year, with a minimum suspension of one full semester. Will also be handled by campus administration in conjunction with the FISD discipline process.

**District Alternative Educational Placement (DAEP)**

One of the pillars of extracurricular activities is that participation and competition done well builds strong character in our students. We know that it is just as important to educate the heart as well as the mind. At Frankston ISD, we have high standards and expectations for student character and for academic success. Our students also understand that they are role models for other students and that they must always act in a way that reflects positively on our schools and community.

Though rare, there are times when students make the wrong decision and act in ways that are inconsistent with our values. When that happens, there are clear consequences for serious misbehavior.

Students who are assigned to a District Alternative Education Program (DAEP) are ineligible for extracurricular participation during their placement and may not participate in games or practices. With head coach and FISD Extracurricular Council approval, a student returning from DAEP placement may enter an off-season program. If a student is allowed to return to the extracurricular program, coaches and sponsors will provide appropriate opportunities to assist the student in preparation for a successful return to participation and competitive activities.
**Expectations for Parents:**

Parents are encouraged to attend extracurricular events and to encourage all students to work hard and perform to their potential. Parents are reminded that they must be positive and always model good sportsmanship. Spectators who fail to abide by these guidelines could be removed from events; if such behavior is repetitive the parent could be banned from attendance.

Parents who have concerns regarding their athlete's involvement in any sport should first direct their questions or concerns to the coach, if the coach is unable to respond to the concern in a way that satisfies the parent, the parent is encouraged to appeal to the coach's direct supervisor and then to the principal of the school. If the campus does not satisfy the parent request, an appeal may be made to the appropriate administrator.

When there are situations that may require a conference between the sponsor and parent, we encourage resolution at the lowest possible level.

Parents with concerns should not approach the coach or sponsor immediately following an extracurricular contest or practice. Sponsors have responsibilities at these times that limit the time they have available to meet with parents. In addition, the time immediately following practices or games can be emotional times for both the parent and coach or sponsor. Meetings of this nature are generally not an effective environment for resolving a concern and could possibly escalate it. When conferences are necessary, the following steps are a positive way to promote resolution.

1. Call the school (903-876-2556) to set up an appointment with the coach. If the coach is an assistant coach, include the head coach of the sport in the conference.
2. Decide exactly what you expect to accomplish as a result of the meeting.
3. Stick to discussing the facts, as you understand them.
4. Listen to the coach's response.
5. If the concern is still not resolved, a conference involving the student and/or parent, head coach of the sport, and/or the Athletic Director should be scheduled.

**FISD Chain of Command**

1. **Board of Trustees** – is the ruling agency for the district and is responsible for interpreting the needs of the community and governance of the
organization.

2. **Superintendent of Schools** – is responsible for administering and managing the schools according to adopted polices by the Board of Trustees, the Texas Education Agency, and in accordance with UIL rules and Texas school codes. The Superintendent shall represent the school district as its chief executive officer and its foremost professional educator in its dealings with other school systems, social institutions, and businesses. Is ultimately responsible for all phases of the public school program. Will delegate authority for the administration of the athletic program through the assistant superintendent, principal, and athletic director.

3. **Principal** – is the official representative of the school and is directly responsible for being the official representative in dealing with UIL matters pertaining to the school. Is closely involved with the operation of the athletic program.

4. **Athletic Director** – is responsible for the administration and supervision of the interscholastic athletic program in the high schools and middle schools. Provides day-to-day leadership necessary for operation of the athletic department. Prepares the athletic budget.

5. **Head Coach/Club/Organization Sponsor** – is responsible to the athletic director or principal of their campus for the total operation of their respective sports programs. Will carry out the duties described in their job description, and/or any other duties delegated by the assistant superintendent, principal, or athletic director.

**Expectations for our Fans and Spectators**

*We recognize that:*

- Our fans and spectators are essential to promoting school and community spirit.
- We encourage our fans and spectators to respect our schools and our children by modeling good sportsmanship and positive behavior.
- Our fans and spectators will always respect officials, visiting coaches, players, and cheerleaders and treat them as our guests, acting in a way that makes them feel welcome and eager to return to our community.
- All of our spectators will observe and abide by our rules and be respectful of others and our facilities by never smoking, drinking, littering, and by following the requests of our school and district administrators and other officials.

**Parent / Sponsor/Coach Relationships**

Parenting and coaching are always challenging in the sense that all want what is in the best interest of their children. With an understanding between coaches and parents, both are better able to accept and support the actions of the other and provide a positive experience.
for everyone.
Parents need to be kept informed of the expectations placed on them and their children by the coach or sponsor. When there are concerns by either party, it is essential that there be an opportunity, at the appropriate time and place, to meet and discuss the best possible resolution.

Parents should expect the following from an FISD coach and/or sponsor:
At least 1 parent meeting per sport, club, or organization to discuss:
- Schedule of Events
- Locations and times of practices and contests (if necessary)
- Specific policy and procedures of the organization (including fees, equipment, etc.)
- Expectations of student and coach/sponsor
- Appropriate forms of communication

**Booster Clubs**

Booster clubs can be extremely important to the success of our extracurricular programs and we encourage our parents to be involved. Information on all parent and school-based organizations and fundraising is found in our FISD Fundraising Guidelines and is available on our website. Booster clubs must operate within the guidelines and procedures as set forth by FISD. For UIL Guidelines on Booster organizations, please refer to UIL Rules and Regulations – [UIL Website](#).

**College Recruiting**

For information and assistance with information related to college recruiting and rules and requirements for recruiting high school students for college athletics, please see the FISD athletic director or your head coach or sponsor.

**Lettering Policies**

All awards and Letters to athletes and club or organization participants must meet criteria set forth in the individual activity guidelines, as established by the coach or sponsor leading the activity and approved by the appropriate district level official. Awards must be in accordance with UIL guidelines for those activities governed by the UIL. This information will be distributed to athletes and extracurricular participants and parents annually, before the season begins.

The final decision for the awarding of a letter is at the coach’s discretion and based on pre-
established criteria. If at any time an athlete quits or is eliminated from athletics in or out of season, he/she gives up all rights to any honors/awards which he/she has earned, but not yet received. Students eliminated for injury may be exempted from this exclusion by a majority vote of the FISD Extracurricular Council. Any athlete may receive a letter in any one of the four years in high school if they fulfill the lettering requirement for that sport, club, or organization.

**Physical Guidelines**

Each athlete must be cleared by the athletic trainer prior to participation at the high school level. Each athlete must be cleared by one of the coordinators prior to participation at the junior high level.

- All **required forms** must be completed in their entirety and returned to the athlete’s head coach or athletic trainer before a student participates in any try-out, practice, athletic competition, travels, etc. with an athletic team for any purpose.

The required forms include:

**Middle/High School**

- UIL Pre-Participation Physical
- Steroid Acknowledgement Form
- UIL Cardiac Awareness Form
- Concussion Acknowledgement Form
- UIL Acknowledgement of Rules
- Student Handbook Signature Page
- Medical Records Release
- Emergency Release

**Training Room Guidelines**

1. Treatments are to be administered only to athletes from a Frankston high school or middle school that is injured during certain school sponsored activities.

2. Any athlete who is under the care of a physician must provide written documentation of treatment protocol, restrictions, and/or release for return to play.

3. Athletes who are members of a school sponsored activity who are injured in non-UIL activities will only receive first aid care until they are evaluated by a physician.
The physician must provide, in writing, a treatment protocol for the athletic trainer to follow.

**Non-Athletic Injuries**

Non-athletic injuries will be seen in the athletic training room under the following guidelines:

1. Due to liability concerns, the athlete must first see a medical doctor prior to being treated by the athletic training staff.
2. The athlete must provide a prescription for treatment/rehabilitation from the medical doctor. The information must be specific as to what type of rehabilitation is to be done.
3. No injuries that are the result of a motor vehicle accident will be seen.

**Health and Welfare**

Every athlete involved in extracurricular athletics must have a medical emergency information sheet on file with the coach or sponsor. All athletes must obtain a bi-annual physical, recorded on the UIL designated form, before practicing or participating in any sport.

All injuries should be reported immediately to the coach. Doctor’s notes should also be made available to the coach. If possible, rest and rehab should be done under the coach’s care.

**Heat & Hydration Guidelines**

Practice or competition in hot and humid environmental conditions poses special problems for student-athletes. Heat stress and resulting heat illness is a primary concern in these conditions. Although deaths from heat illness are rare, constant surveillance and education are necessary to prevent heat-related problems. The following practices should be observed.

**General Considerations for Risk Reductions**

1. Encourage proper education regarding heat illnesses (for athletes, coaches, parents, medical staff, etc.) Education about risk factors should focus on hydration needs
2. Acclimatization, work/rest ratio, signs and symptoms of exertion related heat
illnesses, treatment, dietary supplements, nutritional issues, and fitness status.

3. Assure that onsite medical staff has authority to alter work/rest ratios, practice schedules, amount of equipment, and withdrawal of individuals form participation based on environment and/or athlete’s medical condition.

**Multiple Sport Participation**

Participation in multiple sports is encouraged as it creates cross-training and increases the ability for the athlete to be more coachable. In cases where a sport overlaps, an athlete must complete that season’s sport before entering the next sport unless agreed on by both head coaches. **No coach shall discourage any athlete from participating in multiple sports.**

**Non-School Sports and Camps Participation**

Athletes and coaches must be aware of UIL/FISD policies, guidelines and regulations in regard to non-school activities. Various UIL restrictions apply and can be accessed by clicking [here](#).

**Off-Season Programs**

Summer strength and conditioning camps must be in compliance with UIL/FISD guidelines. All camps must be approved by the campus athletic coordinator and FISD athletic department.

**Parental Information and Consent Form for Concussions**

The attached acknowledgement form must be signed and returned to the head coach before a student will be allowed to participate in extracurriculars.

- **Liability Provisions**
  - The student and the student’s parent or guardian or another person with legal authority to make medical decisions for the student understands this policy does not:
    1. Waive any immunity from liability of a school district or open-enrollment charter school or of district of charter school officers or employees;
    2. Create any liability for a cause of action against a school district or open-enrollment charter school or against district or charter school officers or employees;
    3. Waive any immunity from liability under Section 74.151, Civil Practice and Remedies Code;
4. Create any liability for a member of a concussion oversight team arising from the injury or death of a student participating in an interscholastic extracurricular practice or competition, based only on service on the concussion oversight team.
UIL Rules and District Policies
A student enrolled in the District or who participates in an extracurricular activity or a University Interscholastic League (UIL) competition is subject to District policy and UIL rules regarding participation only when the student is under the direct supervision of an employee of the school or District in which the student is enrolled or at any other time specified by resolution of the Board. *Education Code 33.081(b)* [See FO regarding additional standards of conduct for extracurricular activities]

Athletic Activities

UIL Forms
Each student participating in an extracurricular athletic activity must complete the UIL forms entitled "Preparticipation Physical Evaluation — Medical History" and "Acknowledgement of Rules." Each form must be signed by both the student and the student's parent or guardian. *Education Code 33.203(a)*

Notices
Each school that offers an extracurricular athletic activity shall:

1. Prominently display at its administrative offices the telephone number and electronic mail address that the Commissioner maintains for reporting violations of Education Code Chapter 33, Subchapter F; and

2. Provide each student participant and the student's parent or guardian a copy of the text of Education Code 33.201–33.207 and a copy of the UIL's parent information manual. The document may be provided in an electronic format unless otherwise requested.

*Education Code 33.207(b), .208*

Safety Training
The District shall provide training to students participating in athletic extracurricular activities related to:

1. Recognizing the symptoms of potentially catastrophic injuries, including head and neck injuries, concussions, injuries related to second impact syndrome, asthma attacks, heatstroke, cardiac arrest, and injuries requiring use of a defibrillator; and

2. The risks of using dietary supplements designed to enhance or marketed as enhancing athletic performance.

The training may be conducted by the District, the American Red Cross, the American Heart Association, or a similar organization, or by the UIL.

*Education Code 33.202(d)–(e)*

Records
The Superintendent shall maintain complete and accurate records of the District's compliance and the District shall make available to the public proof of compliance for each person enrolled in the District who is required to receive safety training.
A campus that is determined by the Superintendent to be out of compliance with the safety training requirements or the requirements regarding unsafe practices and safety precautions (see below) shall be subject to the range of penalties determined by the UIL.

Education Code 33.206

Unsafe Practices
A coach, trainer, or sponsor for an extracurricular athletic activity may not encourage or permit a student participant to engage in any unreasonably dangerous athletic technique that unnecessarily endangers the health of a student, including using a helmet or any other sports equipment as a weapon. Education Code 33.204

Safety Precautions
A coach, trainer, or sponsor for an extracurricular athletic activity shall at each athletic practice or competition ensure that:

1. Each student participant is adequately hydrated;

2. Any prescribed asthma medication for a student participant is readily available to the student;

3. Emergency lanes providing access to the practice or competition area are open and clear; and

4. Heatstroke prevention materials are readily available.

If a student participating in a practice or competition becomes unconscious during the activity, the student may not:

1. Return to the activity during which the student became unconscious; or

2. Participate in any extracurricular athletic activity until the student receives written authorization for such participation from a physician.

Education Code 33.205

Concussions
“Interscholastic athletic activity” includes practice and competition, sponsored or sanctioned by a district, including a home-rule district, or a public school, including any school for which a charter has been granted under Education Code Chapter 12, or the UIL. Education Code 38.152

“Concussion” means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns, and involve loss of consciousness. Education Code 38.151(4)
Concussion Oversight Team

The board of a district with students enrolled who participate in an interscholastic athletic activity shall appoint or approve a concussion oversight team. *Education Code 38.153(a)*

Each concussion oversight team must include at least one physician and, to the greatest extent practicable, considering factors including the population of the metropolitan statistical area in which the District is located, District enrollment, and the availability of and access to licensed health-care professionals in the District, must also include one or more of the following: an athletic trainer, an advanced practice nurse, a neuropsychologist, or a physician assistant. If the District employs an athletic trainer, the athletic trainer must be a member of the concussion oversight team.

Each member of the concussion oversight team must have had training in the evaluation, treatment, and oversight of concussions at the time of appointment or approval as a member of the team. The members also must take a training course at least once every two years and submit proof of timely completion to the Superintendent or designee in accordance with Education Code 38.158.

*Education Code 38.154, .158*

Return-to-Play Protocol

Each concussion oversight team shall establish a return-to-play protocol, based on peer-reviewed scientific evidence, for a student’s return to interscholastic athletics practice or competition following the force or impact believed to have caused a concussion. *Education Code 38.153(b)*

Required Annual Form

A student may not participate in an interscholastic athletic activity for a school year until both the student and the student’s parent or guardian or another person with legal authority to make medical decisions for the student have signed a form for that school year that acknowledges receiving and reading written information that explains concussion prevention, symptoms, treatment, and oversight and that includes guidelines for safely resuming participation in an athletic activity following a concussion. The form must be approved by the UIL. *Education Code 38.155*

Removal from Play

A student shall be removed from an interscholastic athletics practice or competition immediately if one of the following persons believes the student might have sustained a concussion during the practice or competition: a coach; a physician; a licensed health-care professional, as defined by Education Code 38.151(5); a licensed chiropractor; or the student’s parent or guardian or another person with legal authority to make medical decisions for the student. *Education Code 38.156*
Return to Play

A student removed from an interscholastic athletics practice or competition under Education Code 38.156 may not be permitted to practice or compete again following the force or impact believed to have caused the concussion until:

1. The student has been evaluated, using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the student or the student’s parent or guardian or another person with legal authority to make medical decisions for the student;

2. The student has successfully completed each requirement of the return-to-play protocol established under Education Code 38.153 necessary for the student to return to play;

3. The treating physician has provided a written statement indicating that, in the physician’s professional judgment, it is safe for the student to return to play; and

4. The student and the student’s parent or guardian or another person with legal authority to make medical decisions for the student have acknowledged that the student has completed the requirements of the return-to-play protocol necessary for the student to return to play, have provided the treating physician’s written statement to the person responsible for compliance with the return-to-play protocol and the person who has supervisory responsibilities, and have signed a consent form indicating that the person signing:

   a. Has been informed concerning and consents to the student participating in returning to play in accordance with the return-to-play protocol;

   b. Understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return-to-play protocol;

   c. Consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996, Pub. L. No. 104-191, of the treating physician’s written statement and, if any, the return-to-play recommendations of the treating physician; and

   d. Understands the immunity provisions under Education Code 38.159.

A coach of an interscholastic athletics team may not authorize a student’s return to play.
The Superintendent or designee shall supervise an athletic trainer or other person responsible for compliance with the return-to-play protocol. The person who has supervisory responsibilities may not be a coach of an interscholastic athletics team.

**Education Code 38.157**

*Immunity*

These provisions do not:

1. Waive any immunity from liability of the District or of District officers or employees;

2. Create any liability for a cause of action against the District or against District officers or employees;

3. Waive any immunity from liability under Civil Practice and Remedies Code 74.151; or

4. Create any cause of action or liability for a member of a concussion oversight team arising from the injury or death of a student participating in an interscholastic athletics practice or competition, based on service or participation on the concussion oversight team.

**Education Code 38.159**

*Football Helmet Safety Requirements*

The District may not use a football helmet that is 16 years old or older in the District's football program. The District shall ensure that each football helmet used in the District's football program that is ten years old or older is reconditioned at least once every two years.

The 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.

**Education Code 33.094(a)–(c)**

*Steroid Testing*

The UIL shall adopt rules for the annual administration of a steroid testing program under which high school students participating in an athletic competition sponsored or sanctioned by the league are tested at multiple times throughout the year for the presence of steroids [see FNF].

Results of such steroid tests are confidential and, unless required by court order, may be disclosed only to the student and the student's parent and the activity directors, principal, and assistant principals of the school attended by the student.

**Education Code 33.091(d)–(e)**
Rodeos

This section applies only to a primary or secondary school that sponsors, promotes, or otherwise is associated with a rodeo in which children who attend the school are likely to participate.

"Rodeo" means an exhibition or competition, without regard to whether the participants are compensated, involving activities related to cowboy skills, including:

1. Riding a horse, with or without a saddle, with the goal of remaining on the horse while it attempts to throw off the rider;
2. Riding a bull;
3. Roping an animal, including roping as part of a team;
4. Wrestling a steer; and
5. Riding a horse in a pattern around preset barrels or other obstacles.

Educational Program

A primary or secondary school to which this section applies shall, before the first rodeo associated with the school in each school year, conduct a mandatory educational program on safety, including the proper use of protective gear, for children planning to participate in the rodeo, in accordance with 25 Administrative Code 104.4. The educational program may consist of an instructional video, subject to the Department of State Health Services approval.

Restriction on Participation

A child may not participate in a rodeo associated with the child's school during a school year unless the child has completed the educational program not more than one year before the first day of the rodeo.

Protective Gear for Bull Riding

A child may not engage in bull riding, including engaging in bull riding outside a rodeo for the purpose of practicing bull riding, unless the child is wearing a protective vest and bull riding helmet in accordance with 25 Administrative Code 104.3.

Health and Safety Code 768.001(6), .003; 25 TAC 104.2-.4

Eligibility

A student otherwise eligible to participate in an extracurricular activity or a UIL competition is not ineligible because the student is enrolled in a course offered for joint high school and college credit, or in a course offered under a concurrent enrollment program, regardless of the location at which the course is provided. Education Code 33.087

Military Dependents

The District shall facilitate the opportunity for transitioning military children's inclusion in extracurricular activities, regardless of application deadlines, to the extent they are otherwise qualified. Education Code 162.002 art. VI, § B [See FDD]
### Suspension from Extracurricular Activities

A student shall be suspended from participation in any extracurricular activity sponsored or sanctioned by the District or the UIL after a grade evaluation period in which the student received a grade lower than the equivalent of 70 on a scale of 100 in any academic class other than a course described below at Exempt Courses.

### Length of Suspension

A suspension continues for at least three school weeks and is not removed during the school year until the conditions of Reinstatement, described below, are met. A suspension shall not last beyond the end of a school year.

### Grade Evaluation Period

"Grade evaluation period" means:

1. The six-week grade reporting period; or
2. The first six weeks of a semester and each grade reporting period thereafter, in the case of a district with a grade reporting period longer than six weeks.

*Education Code 33.081(c)*

### School Week

The school week is defined as beginning at 12:01 a.m. on the first instructional day of the calendar week and ending at the close of instruction on the last instructional day of the calendar week, excluding holidays. *19 TAC 76.1001(b)*

### Exempt Courses

The suspension and reinstatement provisions of Education Code 33.081(c) and (d) do not apply to an advanced placement or international baccalaureate course, or to an honors or dual credit course in the subject areas of English language arts, mathematics, science, social studies, economics, or a language other than English. *Education Code 33.081(d-1)*

The following are honors classes for purposes of eligibility to participate in extracurricular activities:

1. All College Board Advanced Placement courses and International Baccalaureate courses in all disciplines;
2. English language arts: high school/college concurrent enrollment classes that are included in the "Community College General Academic Course Guide Manual (Part One)";
3. Languages other than English: high school/college concurrent enrollment classes that are included in the "Community College General Academic Course Guide Manual (Part One)" and languages other than English courses Levels IV–VII;
4. Mathematics: high school/college concurrent enrollment classes that are included in the "Community College General Academic Course Guide Manual (Part One)" and precalculus;

5. Science: high school/college concurrent enrollment classes that are included in the "Community College General Academic Course Guide Manual (Part One)"; and

6. Social Studies: Social Studies Advanced Studies, Economics Advanced Studies, high school/college concurrent enrollment classes that are included in the "Community College General Academic Course Guide Manual (Part One)."

Districts may identify additional honors courses in the subject areas of English language arts, mathematics, science, social studies, economics, or a language other than English for the purposes of extracurricular eligibility, but must identify such courses before the semester in which any exemptions related to extracurricular activities occur.

Districts are neither required to nor restricted from considering courses as honors for the purpose of grade point average calculation.

19 TAC 74.30

**Students with Disabilities**

In the case of a student with a disability that significantly interferes with the student's ability to meet regular academic standards, suspension must be based on the student's failure to meet the requirements of the student's individualized education program (IEP). The determination of whether the disability substantially interferes with the student's ability to meet the requirements of the student's IEP must be made by the admission, review, and dismissal (ARD) committee.

For the purposes of this provision, "student with a disability" means a student who is eligible for the District's special education program under Education Code 29.003(b).

*Education Code 33.081(e)*

**Practice or Rehearsal**

A student suspended under Education Code 33.081 may practice or rehearse with other students for an extracurricular activity but may not participate in a competition or other public performance. *Education Code 33.081(f)*

**Reinstatement**

Until the suspension is removed or the school year ends, the District shall review the grades of a student at the end of each three-week period following the date on which the suspension began. At the time of a review, the suspension is removed if the student's
grade in each class, other than a course described above at Ex-
empt Courses, is equal to or greater than the equivalent of 70 on a
scale of 100. The principal and each of the student’s teachers shall
make the determination concerning the student’s grades. Educa-
tion Code 33.081(d)

Attendance and
Participation

The State Board of Education by rule shall limit participation in and
practice for extracurricular activities during the school day and the
school week.

The Board may adopt a policy establishing the number of times a
student who is otherwise eligible to participate in an extracurricular
activity may be absent from class to participate in an extracurricu-
lar activity sponsored or sanctioned by the District, UIL, or an or-
ganization sanctioned by Board resolution. The policy must permit
a student to be absent from class at least ten times during the
school year, and the policy prevails over any conflicting policy
adopted by the State Board of Education.

Education Code 33.081(a), .0811

State Board of
Education Rules

The following provisions apply to any UIL activity.

Other organizations requiring student participation that causes a
student to miss a class may request sanction from the Board. If
sanctioned by resolution of the Board, student participation in the
organization’s activities shall be subject to all provisions of statute
and to Texas Administration Code Title 19, section 76.1001. If the
Board does not grant sanction, any absences incurred by a student
while participating with that organization’s activities shall be subject
to the attendance provisions of the Education Code. 19 TAC
76.1001(f) [See FEB]

Extracurricular
Activities

An extracurricular activity is an activity sponsored by the UIL, the
Board, or an organization sanctioned by Board resolution. The ac-
tivity is not necessarily directly related to instruction of the essential
knowledge and skills, but may have an indirect relation to some
areas of the curriculum.

Extracurricular activities include public performances (except as
described below), contests, demonstrations, displays, and club ac-
tivities. In addition, an activity is subject to this policy if any one of
the following criteria applies:

1. The activity is competitive;
2. The activity is held in conjunction with another activity that is
   considered extracurricular;
3. The activity is held off-campus, except in a case in which adequate facilities do not exist on campus;

4. The general public is invited; or

5. An admission is charged.

Exception — Public Performances

A student ineligible to participate in an extracurricular activity, but who is enrolled in a state-approved course that requires demonstration of the mastery of the essential knowledge and skills in a public performance, may participate in the performance if:

1. Only item 4, above, applies; and

2. The requirement for student participation in public is stated in the essential knowledge and skills of the course.

19 TAC 76.1001(a)

Limits on Participation and Practice

During the School Week

1. For any given extracurricular activity, a student may not participate in more than one activity per school week, excluding holidays, except as provided in item 2, below.

2. A student may also participate in a tournament or post-district contest, as well as a contest postponed by weather or public disaster that may determine advancement to a post-district level of competition.

3. For each extracurricular activity, the District must limit students to a maximum of eight hours of practice and rehearsal outside the school day per school week.

4. The Commissioner recommends that school districts avoid scheduling extracurricular activities or public performances on the day or evening immediately preceding the day on which the statewide student assessment program is scheduled for grades 3–11.

19 TAC 76.1001(d); Education Code 33.081(a)

During the School Day

Limitations on practice and rehearsal during the school day shall be as follows:

1. The District must limit a student to one period of practice during the regularly scheduled school day for practice of extracurricular activities, such as athletics, drill team, or cheerleading.
2. The limit in item 1 does not prohibit a student from enrolling in any state-approved class. A student who is enrolled in a state-approved class that includes essential knowledge and skills that relate to the preparation for an extracurricular activity may practice that extracurricular activity for no more than one period during the school day.

3. A student may not be permitted to miss a scheduled academic class to practice for an unrelated extracurricular activity.

4. The District must limit extracurricular practice during the school day to ensure that class periods for extracurricular practice do not exceed the time allotted for other class periods.

5. Regardless of the schedule type in place (traditional or non-traditional), a school may elect to practice extracurricular activities daily, provided the total minutes allowed for the extracurricular practice is not greater than 300 minutes during the school week.

19 TAC 76.1001(e); Education Code 33.081(a)

Record of Absences
The District shall maintain an accurate record of extracurricular absences for each student in the District each school year. 19 TAC 76.1001(c)

Parental Notice and Consent
A parent is entitled to full information regarding the school activities of a parent’s child except as provided by Education Code 38.004 (regarding child abuse investigations). Education Code 26.008(a)

Anonymous Evaluation
Anonymous evaluations of a student that determine whether the student may participate in a school-related program do not provide full information about the student’s school activities. The District may by policy establish the parameters for parental contact with evaluating teachers, taking into account the type of evaluation, the information elicited in the evaluation, and scheduling and workload requirements of the teachers. Byard v. Clear Creek Indep. Sch. Dist., Tex. Comm’r of Educ. Decision No. 020-R5-1001 (June 17, 2002)

Videotaping and Recording
A District employee is not required to obtain the consent of a child’s parent before the employee may videotape the child or record the child’s voice if the videotape or recording is to be used only for a purpose related to a cocurricular or extracurricular activity. Education Code 26.009(b)(2)

Discriminatory Club
An extracurricular activity sponsored or sanctioned by the District, including an athletic event or an athletic team practice, may not take place at an athletic club located in the United States that de-
nies any person full and equal enjoyment of equipment or facilities provided by the athletic club because of the person's race, color, religion, creed, national origin, or sex.

"Athletic club" means an entity that provides sports or exercise equipment or facilities to its customers or members or to the guests of its customers or members. 

*Education Code 33.082*

**Special Olympics Recognition**

If a district allows high school students to earn a letter for academic, athletic, or extracurricular achievements, the district must allow high school students to earn a letter on the basis of a student's participation in a Special Olympics event. *Education Code 33.093*

**Student Election Clerks**

Unless applied toward instructional requirements [see EIA], a student who is appointed as a student election clerk under Election Code 32.0511 or as a student early voting clerk under Election Code 83.012, may apply the time served toward a service requirement for participation in a school-sponsored extracurricular activity at the discretion of the school sponsor. *Education Code 33.092*
Extracurricular Activity Absences

The District shall make no distinction between absences for UIL activities and absences for other extracurricular activities approved by the Board. A student shall be allowed in a school year ten extracurricular absences.

A student shall be permitted additional extracurricular absences with prior approval from the principal and in accordance with administrative regulations.

Use of District Facilities

School-sponsored student groups may use District facilities with prior approval of the appropriate administrator. Other student groups may use District facilities in accordance with policy FNAB.
Transportation for Student Travel
Students who participate in school-sponsored trips shall be required to use transportation provided by the District to and from the event, except as otherwise permitted in administrative regulations.

In-State Overnight Trips
Any in-state overnight trips taken by student organizations and other student groups shall require approval from the Superintendent.

Out-of-State Trips
Any out-of-state trips taken by student organizations or other student groups shall require approval from the Board.
TEA & UIL
SIDE-BY-SIDE
2019 ➔ 2020

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Purpose

• UIL publishes this document to provide member schools notice of Texas Education Agency regulations which relate to UIL and all other extracurricular activities sponsored or sanctioned by the school district. Texas Education Agency staff does not answer questions for UIL activities concerning the issues set forth in this document. That authority was delegated to the UIL by the Commissioner of Education effective June 1, 1994. This document provides explanations and interpretations of SBOE rules, Commissioner of Education rules, UIL Constitution and Contest Rules and statute. There are numerous interpretations of statute and rules that are continually under review. In some instances, further review of an issue due to additional information or unusual circumstances may result in a modified response, depending on the individual case. Local district officials may impose stricter standards.

Distribution of this document

• This material should be made available to elementary, middle school and junior high school principals, to counselors, UIL academic coordinators and sponsors/coaches, directors of UIL music activities and one-act play, and athletic administrators, coaches, and others who sponsor extracurricular activities. You can either duplicate the material or inform your staff how to access it via the UIL web site. The UIL web site is the best source for the most recent changes. The UIL Constitution and Contest Rules may also be found on the UIL web site.

Who to call

For questions regarding UIL activities, you may contact the following:

• Policy: Dr. Jamey Harrison or Dr. Kevin Jones; info@uiltexas.org
• Compliance: Darryl Beasley, Director of Compliance; info@uiltexas.org
• Eligibility: Dr. Mark Cousins; info@uiltexas.org
• Athletics: Dr. Susan Elza, Director of Athletics; athletics@uiltexas.org
• Music: Dr. Bradley Kent, Director of Music; music@uiltexas.org
• Academics: Dr. David Stevens, Director of Academics; academics@uiltexas.org

Please do not call the Texas Education Agency, as the Commissioner of Education has instructed Agency staff to refer calls to UIL. For questions related to stock shows, FFA, 4-H, FHA and other career/technical student organizations, refer to “Other Non-UIL Activities.” If you still have questions, contact the Texas Education Agency at 512-463-9734.

Compliance

• Please remember that all participants in school extracurricular activities must comply with TEA provisions cited within this document. For other activities sanctioned by the school district, see the section titled “Other Non-UIL Activities.”

www.uiltexas.org
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   • Penalty for Participation by Ineligible Students

20-21
Examples of Eligibility Dates Related to School
Holidays for 2019-20
Academic Requirements (No Pass No Play)

- Eligibility for UIL Participants For The First Six Weeks
  UIL participants are eligible to participate in contests during the first six weeks of the school year provided the following standards have been met:
  - Students beginning grades nine and below must have been promoted from the previous grade prior to the beginning of the current school year.
  - Students beginning their second year of high school must have earned five credits which count toward state high school graduation requirements.
  - Students beginning their third year of high school either must have earned a total of ten credits which count toward state high school graduation credits or have earned a total of five credits which count toward state high school graduation requirements during the 12 months preceding the first day of the current school year.
  - Students beginning their fourth year of high school either must have earned a total of 15 credits which count toward state high school graduation credits or have earned a total of five credits which count toward state high school graduation requirements during the 12 months preceding the first day of the current school year.

- Exceptions:
  (a) When a migrant student enrolls for the first time during a school year, all criteria cited above applies. All other students who enroll too late to earn a passing grade for a grading period are ineligible.
  (b) High school students transferring from out-of-state may be eligible the first six weeks of school if they meet the criteria cited above or school officials are able to determine that they would have been eligible if they had remained in the out-of-state school from which they are transferring.

Students who are not in compliance with these provisions may request a hardship appeal of their academic eligibility through the UIL state office.

Local school boards may elect to adopt these standards for all activities in order to avoid having different standards for student participants (e.g., football, drill team, cheerleading, and all other extracurricular activities as defined by Commissioner of Education rule [19 TAC Chapter §76]).

- Eligibility for All Extracurricular Participants After First Six Weeks of the School Year
  A student who receives, at the end of any grading period (after the first six weeks of the school year), a grade below 70 in any class (other than an identified class eligible for exemption) or a student with disabilities who fails to meet the standards in the Individual Education Plan (IEP) may not participate in extracurricular activities for three school weeks. An ineligible student may practice or rehearse, however. The student regains eligibility after the seven calendar day waiting period has ended following a grading period or the three school week evaluation period when the principal and teachers determine that he or she has earned a passing grade (70 or above) in all classes, other than those that are exempted.

All schools must check grades for all participants at the end of the first six weeks of the school year. From that point, grades are checked at the end of the grading period whether it is six, nine, or twelve weeks in length. Students who pass remain eligible until the end of the next grading period. All activity coaches and directors are responsible for obtaining official grade reports from the individual the principal designates as the keeper of official grades before the student represents the school. This provision applies to all grading periods. It also applies to all three-school week evaluation periods for ineligible students.

- All students are academically eligible during a school holiday of a full calendar week or more. When the bell rings to dismiss students for the December holidays, all students are academically eligible until classes resume in January. The same is true for summer recess and fall and spring breaks provided those breaks consist of at least a full calendar week. (See example at the end of this document.)
- Students in year-round schools are academically eligible during inter-sessions.
- If a grading period or three school week evaluation period ends on the last class day prior to a school holiday of one calendar week or more (e.g. spring break, winter holidays), the seven calendar day grace period to lose eligibility and the seven calendar day waiting period to regain eligibility begin the first day that classes resume.
- Students lose eligibility for a three school week period. For purposes of the law, “three school weeks” is defined as 15 class days. Exception: One, but only one of the three school weeks may consist of only three or four class days, provided school has been dismissed for a scheduled holiday period. Two class days does not constitute a “school week” for purposes of this law except Thanksgiving week if schools are on holiday Wednesday, Thursday and Friday. A school district may request an exception from UIL officials to the two day school week in the event of a disaster, flood, extreme weather condition or other calamity as listed in TEC §42.005. In the event two of three school weeks are shortened, one of the shortened weeks
may be counted as five days with ten other actual class days making up the fifteen class days. After the first six weeks of the school year, academically ineligible students in schools with six week grading periods have one opportunity to regain eligibility after the first three school weeks of the grading period; students in a nine week grading period have two opportunities, one at the end of the first three school weeks and one at the end of the first six school weeks. Students who fail to regain eligibility at the evaluation periods remain ineligible until seven calendar days after passing a grading period.

• Note: When computing eligibility calendars, it is helpful to remember that the seven day grace period after the grading period also contains school week one of the three school week evaluation period. Also, a seven calendar day grace and waiting period is always applicable after grading periods and evaluation periods.

Example: School week ends on Friday - Students who are losing eligibility have a seven calendar day grace period, and students who are regaining eligibility have a seven calendar day waiting period. Eligibility is lost or regained the following Friday at the time the regular school day ends or would end if that day is a holiday.

Section 5 (b) of the UIL Constitution and Contest Rules defines calendar week as 12:01 am on Sunday through midnight on Saturday.

19 TAC §76.1001 (b) states: The school week is defined as beginning at 12:01 am on the first instructional day of the calendar week and ending at the close of instruction on the last instructional day of the calendar week, excluding holidays.

• Semester Grades

When students are enrolled in accelerated classes which grant them the opportunity to earn credit during nine school weeks and the school is using a nine week grading period and considers the semester to be nine weeks in length, eligibility may be determined by the cumulative report grade for the nine weeks since the nine weeks also constitutes a grading period, or schools may use a cumulative grade up to the final exam for the purposes of determining eligibility.

This is not intended to permit schools to select one method for some students and another method for others. School officials must decide which method they are going to use and apply it to eligibility for all students within that specific school.

Schools with traditional six week grading periods and 18 week semesters must continue to use the third six weeks grade of the first semester to determine eligibility since the law requires eligibility to be based on the previous grading period during the school year.

• Identification of Honors Courses under TAC §74.30

(a) The following are identified as honors courses as referred to in the Texas Education Code, §33.081(d)(1), concerning extracurricular activities:

1. all College Board advanced placement courses and International Baccalaureate courses in all disciplines;

2. English language arts: high school/college concurrent enrollment classes that are included in the "Community College General Academic Course Guide Manual (Part One);"

3. Languages other than English: high school/college concurrent enrollment classes that are included in the "Community College General Academic Course Guide Manual (Part One)," and languages other than English courses Levels IV-VII;

4. Mathematics: high school/college concurrent enrollment classes that are included in the "Community College General Academic Course Guide Manual (Part One)" and Precalculus;

5. Science: high school/college concurrent enrollment classes that are included in the "Community College General Academic Course Guide Manual (Part One);" and

6. Social studies: Social Studies Advanced Studies, Economics Advanced Studies, and high school/college concurrent enrollment classes that are included in the "Community College General Academic Course Guide Manual (Part One)."

(b) Districts may identify additional honors courses in the subject areas of English language arts, mathematics, science, social studies, economics, or a language other than English for the purpose of this section, but must identify such courses prior to the semester in which any exemptions related to extracurricular activities occur.

(c) Districts are neither required to nor restricted from considering courses as honors for the purpose of grade point average calculation.
The courses referenced in section (b) above do not have to be submitted to the University Interscholastic League. They may be maintained at the local school district level.

It is important to remember that school districts may voluntarily impose stricter standards than those cited in this document. Questions and/or requests for additional information should be directed to the UIL Office: info@uilltexass.org

**Q&A**

1. **May a school district exempt locally adopted honors classes for No Pass No Play purposes for eighth grade and below?** Yes. It is not necessary to send a list of these classes to the UIL.

2. **Do school officials have the authority to refuse to exempt students who fail honors classes referenced in this document?** Yes. Local districts may adopt more stringent rules.

3. **If a student drops a course eligible for exemption with a grade lower than 70, is the student ineligible?** No. Dropping an honors class with a failing grade does not cause loss of eligibility because the class is exempt from No Pass No Play, unless the school has adopted a more stringent policy than state law or full-time status is affected.

4. **Is Pre-AP Pre Calculus a course that is eligible for exemption from No Pass No Play?** Not automatically. Pre-AP Pre Calculus is not listed as a course that can be automatically exempt from No Pass No Play provisions. In order for Pre-AP Pre Calculus to be eligible for exemption it must be identified by the school district as an honors course as explained in TAC 74.30.

**Dropping a Class with a Failing Grade**

A student may not drop a class in which he/she has a grade below 70 after the end of the first four school weeks of the class without it being considered a failing grade for eligibility purposes.

Dropping an honors class which is exempted for No Pass No Play does not cause loss of eligibility at anytime unless full-time status is affected or the school has adopted a more stringent policy. Dropping a non-honors class with a grade lower than 70 at the end of a grading period causes a student to lose eligibility until seven calendar days after the end of the three school week evaluation period.

Dropping a non-honors class after the fourth week into the course with a grade lower than 70 causes the student to lose eligibility at the end of the grading period for the next three school week evaluation period. It is important to remember the following points:

- A school may have more stringent rules.
- Local school district policy determines how the drop is recorded for official transcript purposes. Dropping a class could cause a student to lose eligibility under the full-time student requirement. If the drop causes the student to be in class less than four hours per day, see #1, under "Enrollment Requirements."

**Q&A**

1. **How many physical education credits may be counted in the credit requirements for academic eligibility the first six weeks of the school year?** Students may count only credits that may be applied toward state graduation requirements. Students are required to take one (1) unit in Physical Education (PE) toward state graduation requirements, but may take additional PE credits as electives. Therefore, students can count no more than two (2) PE credits toward the 5, 10, or 15 credits they must have earned.

2. **Are elementary/junior high students subject to No Pass No Play provisions?** Yes. State law for eligibility applies to all grade levels for extracurricular activities. In the case of UIL activities, a student who is retained for any reason in grades 8 is not eligible for the first six weeks of the following school year. A student who is academically promoted due to summer school courses or credit by examination (TEC §28.023) regains eligibility for the first six weeks of the school year. For non-UIL activities, check local district policies.

3. **May students earn credits in summer school, correspondence courses, or credit by exam to meet requirements for extracurricular eligibility?** Yes. Credits earned prior to the first day of the school year in summer school classes, in correspondence courses, or for passing credit by examination may be used to determine eligibility for extracurricular activities.

4. **Are 7th and 8th grade students eligible to participate in UIL activities the first six weeks of the school year if they were held back on parental request for reasons involving the student's emotional, psychological, or social development, even though the student has passed all subjects and would otherwise have been promoted?** No. These students are ineligible for the first six weeks because they were not promoted from one grade level to the next. A student held back one year in the 7th or 8th grade for athletic purposes shall lose the fourth year of eligibility after entering the 9th grade. A student held back for two years for athletic purposes shall lose the third and fourth years of eligibility after entering the 9th grade. One of the determining factors used in determining why a student repeats grades is an examination of the student's grades. Parents should be notified that it is likely that their child will be subject to the consequences listed above if the student was ready to be
academically promoted.

5. What is the Student Success Initiative (SSI) and how does it impact academic eligibility for the first six weeks of the school year? Enacted by the 76th Texas Legislature in 1999 and amended in the 81st session in 2009 to include an accelerated instruction provision, the Student Success Initiative (SSI) grade advancement requirements apply to the STAAR reading and mathematics tests at grades 5 and 8. As specified by these requirements, a student may advance to the next grade level only by demonstrating proficiency on these tests or by completing all accelerated instruction required by the grade placement committee (GPC), and having the GPC determine, by unanimous decision, that the student is likely to perform at grade level at the end of the next school year given additional accelerated instruction during the course of the year. To assist districts and charter schools in meeting the accelerated instruction provision after the third administration of the test, TEA is allowing districts and charter schools to apply for an expedited waiver to adjust the timeline for providing accelerated instruction to students who fail the third administration. If you have questions or need further clarification about this information, please contact the Student Assessment Division or the State Waiver Unit at TEA.

The GPC would determine if a student advanced for purposes of academic eligibility for the first six weeks of the school year under No Pass, No Play requirements. If the GPC advances the student to the next grade on or after the first day of school, the student in question is academically ineligible for the first six weeks of school. If the student is passing all courses at the end of the first six weeks (other than identified honors courses), the student can regain academic eligibility after the seven calendar day grace period.

6. If students enroll in grade 9 for the first time at the beginning of the second semester, how many credits must they have to be academically eligible during the first six weeks of the following school year? At least two and one-half credits.

7. What standards determine the eligibility of special education students?

Academic standards for the first six weeks of school year: The ARD committee determines and specifies in the IEP what a student must achieve each year in order to be promoted or placed into the next grade level. The ARD committee also determines the number of credits needed to be eligible for UIL activities during the first six weeks of the school year.

Academic standards for weeks 7-36: A special education student is eligible if his/her IEP (Individual Education Plan) requirements have been met. If a student who has received a failing grade is later referred for special education and found eligible for special education services, the ARD committee cannot restore the student's eligibility for extracurricular activities. In accordance with state law, the ARD committee will specify what the IEP requirements will be for the upcoming grading period, and the student will immediately begin work towards achievement of the IEP requirements. At the end of that grading period, the student would be eligible if the requirements of the IEP are met.

Full-time status: For UIL activities, the ARD committee determines the number of courses a special education student must be enrolled in to be eligible, based on the student's individual educational needs.

504 Eligibility: Eligibility standards for students identified as disabled under Section 504 are the same as for regular education students. However, Section 504 students are to be considered for IDEA eligibility if the Section 504 committee determines that because of his/her disability, the student cannot master the essential knowledge and skills in order to meet the regular academic standards as identified in §33.081 of the Education Code (i.e., the "No Pass No Play" law). If a Section 504 student meets the eligibility requirements to be served as a special education student, the information provided above applies in determining his/her eligibility.

8. Are students limited to regaining eligibility for one three school week period? No. After the first six weeks of the school year, students may regain eligibility through the school year. (TEC §33.081[d]).

9. Should students who are ineligible according to No Pass No Play be reported on UIL athletic eligibility blank? Yes. The students are not actually eligible until they pass all courses and the seven calendar day waiting period is over. However, it is wise to report all students who may play varsity athletics anytime during the season since UIL rules require students to be reported before entering any varsity contest.

10. When a student fails a course at the end of a grading period, is that course the only subject the student must pass to regain eligibility within three weeks? No, the student must be passing all courses other than identified honors classes at the end of the three school week evaluation period in order to regain eligibility. (TEC §33.081[d]).

11. May students count TAKS and STAAR Review Courses toward the number of credits students need to be eligible the first six weeks of the school year? No. TAKS and STAAR Review Courses may not be counted.
12. If a student fails a TAKS or STAAR Review Course, does the student lose eligibility? No, failing a TAKS or STAAR Review Course does not cause loss of eligibility.

13. Under what conditions may a student receive an incomplete grade and how does it affect eligibility? A student with an “Incomplete” grade is ineligible at the end of the seven day grace period unless the “Incomplete” was replaced with a passing grade prior to the end of the seven day grace period. Students with an “Incomplete” grade either within or beyond the end of the seven day grace period may regain eligibility if the work is made up in accordance with district policy in regard to time allowed for make-up work and the conditions under which make-up work are allowed.

14. Can a student's grade be changed for eligibility? After a failing grade has been recorded, the situations in which a student's grade may be changed to passing and eligibility restored are only as follows: (a) an examination or course grade issued by a classroom teacher is final and may not be changed unless the grade is arbitrary, erroneous, or not consistent with school district grading policy, as determined by the board of trustees. The board's decision may not be appealed.

Extra credit work or work (including re-test) turned in after the grading period or evaluation has ended may not be considered when determining a student's eligibility for extracurricular activities except in the case of an “Incomplete” grade discussed above. According to Section 21 (e), the superintendent of a member school district shall provide the district executive committee with full disclosure when a student's grade, given by a teacher, is modified by an administrator in such a manner that affects UIL eligibility.

15. How are college courses handled for academic eligibility purposes? See section titled “Identification of Honors Courses” at the beginning of this document for college course exemption information. Students are not required to submit grades for college courses to the high school principal if those courses have no bearing on graduation requirements. Courses taken solely for college credit do not count toward the number of hours required to be considered a full time student for eligibility purposes.

16. How are online courses taken through the school district handled for academic purposes? Based on the understanding that any online or virtual class, taken via the Texas Virtual School Network (TVSN) or other district and state approved provider, is handled through the local independent school district in which the student is enrolled, the following information would apply:

If the virtual course is for high school graduation requirements, and not eligible for exemption as an advanced class as discussed in this document, grades for the course must be submitted to the school at the scheduled high school grading periods and, if failing, will have an impact on academic eligibility. The grade report at the scheduled high school grading periods could be simply a pass/fail indication of the student's progress at the time.

17. How are correspondence courses handled for academic eligibility purposes? In regard to correspondence courses and potential ramifications toward No Pass No Play, the answer will depend on whether the course in question is being utilized toward high school graduation requirements.

If the correspondence course is for high school graduation requirements, and not eligible for exemption as an advanced class as discussed in this document, grades for the course must be submitted to the school at the scheduled high school grading periods and, if failing, will have an impact on academic eligibility. The grade reported at the scheduled high school grading periods could be simply a pass/fail indication of the student's progress at the time.

18. If a student achieves a grade of 70 or above in every class for the third six weeks (or second nine weeks) of the first semester, is he/she eligible for the semester due to minimum attendance requirements (TEC §25.092), is the student eligible to participate in extracurricular activities during the next grading period? Yes, a student is eligible if he/she did not receive a grade lower than 70 in any course for the prior grading period. (TEC §33.081 [c]) However, the loss of credit could cause students not to meet the UIL requirement for eligibility during the first six weeks of the following school year.

19. What determines grading requirements? Grading procedures should be based on the student's academic achievement or demonstrated mastery of the course (TEC §28.021). Factors may include class work, homework assignments, tests, participation, final examinations, or other academically-related requirements. It is important that districts establish clearly defined procedures for awarding grades, as this remains a very controversial and questionable area. A student cannot be denied credit for a class based on non-academic reasons; however, the minimum attendance requirements required for credit remain in statute.

20. Are students required to be eligible to be included in or participate in team, organization, or club photos, homecoming courts, senior trips, senior proms, banquets? No. These activities are considered social activities. They do not meet the definition of an extracurricular activity.

21. Are ineligible students permitted to travel to competitive events with the school group? No. Students
must be eligible to travel to competitive events.

22. Are ineligible students permitted to participate in scrimmages? Yes. A scrimmage is considered a practice, and therefore not a competitive event.

23. Are ineligible students permitted to travel on school designated educational trips? All students may travel with school groups on school designated educational trips. On such trips, ineligible students shall not take part in or assist with performances unless the performance is permitted according to the provisions in 19 TAC §76.1001 (a) (2). (See “Extracurricular Absences.”)

24. Are student managers, photographers, scorekeepers, trainers, statisticians, stage crews, and others who assist the coach, director or sponsor, but do not participate in the performance or contest, required to meet No Pass No Play requirements? Yes. Students who assist with contests or performances are required to be eligible under No Pass No Play. (19 TAC §76.1001 [a] [1] [B].)

25. May any (fine arts director, coach, or academic sponsor) teacher or extracurricular sponsor responsible for posting a student’s grade give points or subtract points from a grade when a student (excels in or) does or does not (fully) participate in an extracurricular activity? The teacher of a class is responsible for assessing students for promotion based only on “academic achievement or demonstrated proficiency of the subject matter of the course or grade level” (TEC §28.021). The board of trustees of a school district may adopt a policy governing methods of assessment in the district. Unless prohibited by local policy, if a student is enrolled in a class in which participation in extracurricular activities is a reasonable expectation of the class, the teacher may consider the student's participation in the extracurricular activity when assigning the grade for the grading period during which the extracurricular activity occurred. A student may not be failed in a class solely on participation in the extracurricular activity component of the class.

The student should be made aware of the requirement to participate in extracurricular activities prior to or upon enrollment in the course.

An exception to this provision is that a student who is ineligible to participate in an extracurricular activity as defined in 19 TAC §76.1001 (a) shall not suffer a grade penalty for failure to participate in the extracurricular activity or public performance.

26. Are ineligible students permitted to be introduced during parent night activities? Yes. Ineligible students may be introduced as members of the team or group. However, they may not be in uniform or seated with the student organization they represent during the event.

27. May ineligible students attend pep rallies and homecoming parades? All students may attend. Only eligible students may actually take part in pep rally performances, leading cheers, participating in dance routines, playing in the band, giving speeches, etc.

28. Do students have to be eligible to march in parades? Parades are considered to be public performances, therefore, eligibility is required.

29. When does a student who enrolls after the first six weeks of the school year become academically eligible? The student may gain academic eligibility at the end of the seven calendar day waiting period by passing all courses either for the school’s next three school week evaluation period or the grading period.

Admission

Texas Education Code §25.001 (b) (5) ensures that homeless children (individuals who lack a fixed, regular and adequate residence or whose primary nighttime residence is a shelter, an institution providing temporary residence for individuals intended to be institutionalized, or a place not ordinarily used as a regular sleeping accommodation for human beings) are eligible for prompt access to enrollment. Residency requirements, guardianship requirements, or school record requirements cannot be used to prohibit or delay the enrollment of homeless children and youth. Additional information and resources relating to homeless students can be obtained from The Dana Center: http://www.utdanacenter.org/theo/.

Homeless students need their school administrator to apply to the UIL for a waiver of residence if the student plans to participate in varsity athletics.

Residence rules for athletic varsity eligibility are found in Section 440 (b) and 442 of the Constitution and Contest Rules. They are applicable to UIL varsity athletic eligibility the first year the student attends the school.

Student athletes could be eligible for varsity athletics their first year of attendance if their parents have abona fide residence (Section 442 [h]) within that school’s attendance zone, or if the student fulfills one of the exceptions in Section 440, or is granted a hardship waiver (Section 465) of the residence rule through the UIL office. Otherwise the student is ineligible for all varsity sports for one calendar year from the time of initial an-
rollment in the school.

All students, including 18 year old students, are ineligible for all varsity athletics the first year of attendance at a new school unless the student's parents reside within that attendance zone, or the student fulfills one of the exceptions listed in Section 440, or is granted a hardship waiver of the residence rule.

The UIL State Executive Committee has issued the following interpretations regarding Public Education Grant (PEG) Intradistrict and Interdistrict Transfers (Low Performing to campus with Acceptable Rating Sub chapter 6, Section 29, Texas Education Code):

A student who transfers from a campus identified under the Public Education Grant (PEG) Program to a new school, which is considered to be a non-PEG campus, may be eligible according to the UIL residence rule (Section 440 [b]) provided the student is in compliance with the following provisions:

- The transfer complies with the conditions cited in annual memo from TEA.
- The student transferred from the PEG identified campus to the non-PEG campus at their first opportunity to do so. In this case "opportunity to do so" is determined by notification to parents of the student that the school the student is leaving has been PEG identified. School officials at the non-PEG campus must be advised that the student is transferring for PEG purposes prior to enrollment.
- The Previous Athletic Participation Form is completed and the UIL district executive committee finds the student did not change schools for athletic purposes.

School officials at the non-PEG campus shall inform students who are eligible for varsity athletics their first year after transferring from PEG identified campus that if they elect to transfer to another school they will be ineligible at the school to which they transfer for all varsity athletics for at least one calendar year. We recommend written notification to the student and parents.

The fact that a non-PEG campus begins to accept PEG transfers after the first year a campus has first been identified as a PEG campus does not cause a student to be eligible for varsity athletics the first year of attendance at the non-PEG campus.

A student who has attended a private school accredited by the Texas Private School Accreditation Commission for the previous calendar year or more may be eligible for varsity athletics at a UIL member high school according to § 440 (b) provided:

- The student's home campus (high school located within attendance zone where the parents reside) is currently identified as a PEG identified campus.
- The campus the student is transferring to is a non-PEG campus.
- The student transfers at their first opportunity upon return to public school.
- The student is not transferring for athletic purposes.

The district executive committee should thoroughly evaluate Section 443, Changing Schools For Athletic Purposes, prior to ruling on the student's varsity athletic eligibility.

Please be advised that a school district chosen by a student's parent under this statute is entitled to accept or reject the application according to the criteria cited in the TEA correspondence.

Please note that the provisions above speak to UIL eligibility only and do not permit students who transfer from a PEG identified campus to another PEG identified campus to be eligible for varsity athletics their first year of attendance at the new campus. UIL rules do not prevent students from such transfers, but cause them to be ineligible for varsity athletics their first calendar year of attendance at the new school.

Enrollment Requirements

1. **How many classes must a student be enrolled in to be a full-time student?** A student must be enrolled for at least four hours per day to be considered in membership for one full day (19 TAC §129.21 [h]). The classes in which the student is enrolled for the four hours may be for either state approved or local credit. Students are eligible to participate in a League contest as representatives of a participant school if they meet the TEA requirements above. They must be full-time day students in a participant high school and be in compliance with written transfer and admission policies of the local school.

   - **Home Bound:** Full-time students who are placed on "home bound status" by their school officials remain eligible provided the classes in which they are assigned work to complete at home meet for at least four hours each day at school.

   - **Block Schedules:** Students who are in classes more than four hours some days and less than four hours on other days are considered to be "full-time" if they spend an average of four hours per day in class for a five day school week.

2. **May a college course be counted among the classes necessary for a student to be considered as full-time for participation in extracurricular activities?** Yes. 19 TAC §74.25 states as follows:

   (a) A school district board of trustees may adopt a policy that allows a student to be awarded credit toward high school graduation for completing college level courses. The course shall be provided only by an
institution of higher education that is accredited by a regional accrediting association identified in 19 TAC §74.25.

(b) To be eligible to enroll and be awarded credit toward state graduation requirements, a student must have approval of the high school principal or other school official designated by the district. The course for which credit is awarded shall provide advanced academic instruction beyond or in greater depth than the essential knowledge and skills for the equivalent high school course.

* Students must be receiving high school credit, either state approved or local credit, for the course to be counted toward the four hours of class per day.

3. **May an online course be counted for eligibility purposes as it relates to the full time student rule?** Yes, based on the understanding that any online or virtual class, taken via the TxEVS or other district and state approved provider, is handled through the local independent school district in which the student is enrolled, the following information would apply:

Online courses would count toward determining the full time student status of a participant. Each online course taken through the district would count equivalent to the amount of time spent each day at school for a student taking that course or a similar course as part of their regular school day.

It is important to remember that school districts may voluntarily impose stricter standards than those cited in this document.

4. **May a student who has not yet reached the ninth grade take a high school course?** Yes, and credits count toward high school eligibility the first six weeks of the school year when the student becomes a high school student. Students must pass all classes (including high school courses), except classes identified as honors by their local school district.

Students below the ninth grade who have not reached their 15th birthday on or before September 1 may enroll in high school academic classes without jeopardizing their four consecutive calendar years of high school eligibility. These students would not be eligible to compete in UIL high school athletic, academic, or one-act play contests.

5. **Are students who are placed in alternative settings for behavioral management eligible for extracurricular activities?** Students who are placed in a disciplinary alternative education program (DAEP) for a reason included in TEC §37.006 must be prohibited from attending or participating in a school-sponsored or school-related activity as provided by Subsection (g) of that section.

Students placed in a DAEP pursuant to authority under a provision of the TEC other than §37.006 may be prohibited from participating in school-sponsored or school-related activities by local district policies.

Students who have been assigned to a DAEP for a reason included in TEC §37.006 or those assigned under a separate section of the TEC and prohibited from participating by local policy, may resume participation in UIL activities the first day they return to regular classes after completing the assigned length of time in the alternative education program.

* Note: If a school district does not want students assigned to DAEP for reasons that are not included under TEC §37.006 to participate in extracurricular activities, the district has to adopt policies to prohibit them from participating.

6. **Is it OK to practice for a single extracurricular activity more than one class period during the school day?** No. 19 TAC §76.1001 (e) (1) and (2) address this issue. The State Board of Education has expressly stated in rule that a student may practice an extracurricular activity such as athletics OR drill team OR cheerleading during one period of the day. This does not mean one period each, but rather a period for any one of the "pure" extracurricular activities.

The rationale of this limitation complies with the intent of TEC §33.081 (a) and TEC §7.102 (c) (27), which gives authority to the Commissioner of Education to limit extracurricular participation during the school day and school week. Furthermore, TEC §33.081 (a) states, "The rules must, to the extent possible, preserve the school day for academic purposes." This language in the law is the basis for adopting a rule which allows for practice of an extracurricular activity for one period of the day and preserving the remainder of the school day for academics.

The rule does not prohibit a student from enrolling in any number of state-approved classes, such as Stage Band and Instrumental Ensembles or Theatre Arts and Theatre Production, during the same school day so long as the extracurricular activity associated with the state approved class is not practiced more than one period of the day. The rule does not restrict a student from being enrolled in athletics and a state-approved course which may be associated with an extracurricular activity during the same day. As stated above, a student may be enrolled in any number of state-approved classes. Even though there may be some similarities
in the skills to be performed, a drill team member who is enrolled in a state-approved Dance class for fine arts credit is required to master successfully the essential knowledge and skills for Dance. Furthermore, the class must be taught by a teacher certified to teach Dance. Because Dance is a state-approved class, a student may be enrolled in Dance class period and in a pure extracurricular class period, such as athletics, during the same school day.

7. **May a student enroll in more than one physical education class in the same school day?** The Texas Administrative Code does not prohibit a student from enrolling in any number of state approved courses. However, UIL rules specifically prohibit students from being enrolled in more than one physical education and/or athletic class; Exception (with local school approval): PE Class: Adventure/Outdoor Education; PE Substitute: JROTC, Cheerleading, Drill Team, Marching Band.

As such, there is nothing in statute that would prohibit a student from enrolling in more than one physical education class in the same school day; however, a school would be in violation of the UIL Constitution and Contest Rules and subject to the range of penalties should it occur, with exceptions as noted above.

8. **Are early or mid-year graduates who have not been awarded a high school diploma eligible to participate in extracurricular activities?** Full-time enrollment is required for participation inUIL-sponsored activities, however, the matter of participation in UIL activities by early and mid-year graduates who have not had the diploma conferred is to be determined by the school district. See sections 1220 (g) and 1280 (h) of the UIL Constitution and Contest Rules for exceptions as they apply to baseball and softball playoffs extending beyond the end of the school year.

**Athletic Periods**

Limitations on practice and rehearsal for extracurricular activities during the school day shall be as follows:

- A school district must limit a student to one period of practice during the regularly scheduled school day for specific extracurricular activities, such as athletics, or drill team, or cheerleading.
- The limit of one period per school day for practice in an extracurricular activity does not prohibit a student from enrolling in any state-approved class. A student who is enrolled in a state-approved class that includes essential knowledge and skills that relate to the preparation for an extracurricular activity may practice that extracurricular activity no more than one period during the school day.
- A student may not be permitted to miss a scheduled academic class for an unrelated extracurricular activity.
- A school district must limit extracurricular practice during the school day to ensure that class periods for extracurricular practice do not exceed the time allotted for other class periods.
- A school operates on a traditional class schedule or on a non-traditional class schedule, such as alternating, accelerated, or a modified block schedule. Regardless of the schedule type in place, a school may elect to practice extracurricular activities daily, provided the total minutes allowed for the extracurricular practice is not greater than 300 minutes during the school week.
- Students attending study hall or tutorial sessions for the remainder of the block come under the following regulation: Tutorial sessions are conducted in classrooms, and missing and redressing time is part of the athletic period - not the study hall or tutorial. Coaches are subject to penalty if these provisions are violated.
- All athletic periods shall be scheduled within the regular school day. A zero period may be scheduled before the first academic class of the day or a 7th, 8th, or 9th period may be scheduled after the last academic class of the day provided students are not enrolled in any other physical education class. The zero, 7th, 8th, or 9th period shall not be longer than other class periods.

**Marching Band Periods**

Marching band rehearsals may be conducted during the school day under the following provisions:

- A school district must limit a student to one period of practice during the regularly scheduled school day for specific extracurricular activities, such as athletics, or drill team, or cheerleading.
- The limit of one period per school day for practice in an extracurricular activity does not prohibit a student from enrolling in any state-approved class. A student who is enrolled in a state-approved class that includes essential knowledge and skills that relate to the preparation for an extracurricular activity may practice that extracurricular activity no more than one period during the school day.
- A student may not be permitted to miss a scheduled academic class for an unrelated extracurricular activity.
- A school district must limit extracurricular practice during the school day to ensure that class periods for extracurricular practice do not exceed the time allotted for other class periods.
- A school operates on a traditional class schedule or on a non-traditional class schedule, such as alternating, accelerated, or a modified block schedule. Regardless of the schedule type in place, a school may elect to practice extracurricular activities daily, provided the total minutes allowed for the extracur-
ricular practice is not greater than 300 minutes during the school week.

- Rehearsal during this period may focus on the marching or music components that would be included in performances at marching competitions and appearances at football games or other extracurricular activities as defined by Commissioner of Education rule, 19 TAC Chapter 76.

- Since band is a part of the fine arts academic curriculum, the remaining portion of any instructional block that exceeds the limitations above could then be used to address the essential elements in music through the exploration of music concepts, the mastery of instrumental techniques, the development of sightreading skills, and the preparation of music for curricular concert performances. During this portion of the daily band period, lesson plans should be clearly defined and a grading policy should be established that would commensurate with other academic disciplines, such as language arts, science, and math.

- For both traditional and non-traditional scheduling, the time allotted for the marching band rehearsal should include time for set-up, movement to and from the drill field, etc.

- Under these provisions, no additional time during the school day is allowed for marching band performance preparations.

**Key Points for Athletic and Marching Band Periods:** The same schedule (traditional or non-traditional) shall be mandated throughout the semester. No additional time is allowed under any of the scheduling configurations described above for athletics or marching band performance preparation. Practice for athletics or extracurricular marching performances is not allowed during tutorials, homeroom, or non-related academic periods.

**Limits on Practice and Performance**

Commissioner of Education regulations limit participation to one contest per school week. Participation is defined as involvement with the activity (e.g., traveling with the team, sitting on the bench). Example: On a Tuesday night, the student’s name is on the score book but she remains on the bench and does not actually enter the game. This counts as participation according to state law. That student cannot participate again until Friday after school.

- **19 TAC §76.1001, Subchapter AA**
  
  (d) Limitations on practice, rehearsal, and student participation in extracurricular activities during the school week shall be as follows:

  1. For any given extracurricular activity, a student may not participate in more than one activity per school week, excluding holidays, except as provided in paragraph (2) of this subsection.

  2. In addition to the limit specified in paragraph (1) of this subsection of one extracurricular activity permitted per school week, a student may also participate in a tournament or post-district contest, as well as a contest postponed by weather or public disaster that may determine advancement to a post-district level of competition.

  3. For each extracurricular activity, a school district must limit students to a maximum of eight hours of practice and rehearsal outside the school day per school week.

  4. The Commissioner of Education recommends that school districts avoid scheduling extracurricular activities or public performances on the day or evening immediately preceding the day on which the administration of the statewide student assessment program is scheduled for Grades 3-11.

UIL limits participation in contests per calendar week in some sports. For UIL, participation is defined as a student actually entering a contest. Example: On Tuesday night, the student's name is on the score book but the student remains on the bench and does not actually enter the game. This does not count as participation in a UIL contest according to UIL (but does count according to state law. That student cannot participate again until Friday after school.) The Tuesday game does not count as one of the games UIL permits the student to participate in for that calendar week or for the season because the student did not enter the game.

**UIL Constitution and Contest Rules:** Section 5: Definitions

(b) Calendar week means 12:01 a.m. on Sunday through midnight on Saturday.

(ee) 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.

The following situations are considered as one contest during the school week.

**Volleyball:**

1. A single match.

2. A dual match (a team plays two other teams or plays the same team twice at the same site on the same day.) A dual match counts as one of the two matches UIL permits students per calendar week
and counts as two of the total matches for the student per season.

(3) A double header (a student may play in a varsity and a junior varsity match or a ninth grade and a varsity match at the same site the same night). A double header counts as the total two allowable matches UIL permits the student for the calendar week and counts as two of the total matches for the season.

Students could also play in a tournament the same week they participate in a single match, dual match, or double header.

**Basketball and Soccer:**

(1) A single game; or

(2) a double header (a student may play in a varsity and a junior varsity game or a ninth grade and a junior varsity game at the same site the same night). It counts as the two total games the student may play for the calendar week and two of the total games for the season. Students may not play in a tournament the same week as they play in a double header.

**Cross Country, Golf, Swimming, Team Tennis, Tennis and Wrestling:**

An invitational meet/tournament, dual or triangular, competition. Schools shall not enter invitational tournaments/meets scheduled on more than one school day per any one tournament.

**Baseball/Softball:**

(1) A single game; or

(2) a double header (a student could play two back-to-back varsity games or in a varsity and junior varsity game, at the same site the same night.) Each game counts as one of the student’s total games for the season.

Students may play in additional games at the conclusion of that school week because UIL does not limit the number of games per calendar week in these two team sports.

**Track and Field:**

Students or teams representing a participant school are permitted to participate in an invitational track and field meet only as listed below:

(1) After 2:30 on Friday or the last day of the school week. Exception: A student representing a participant school may participate in a maximum of two meets which start no earlier than 12:00 noon on Friday, or the last day of the school week;

(2) Or on Saturday or school holidays;

(3) Or on any school day other than the last day of the school week with the following conditions:

(a) Students shall not miss any school time other than the in-school athletic class period.

(b) Events shall not begin until after the end of the academic school day for all schools involved.

(c) Schools utilizing this option are limited to a one day meet.

(d) A school or student participating in this type of meet shall not enter another track and field meet during the same school week, Monday through Friday.

(e) No event shall start after 10:00 p.m.

**Sunday Prohibitions:**

UIL rules prohibit interschool athletic, academic and fine arts competition (including marching contests) on Sunday. Academic and fine arts activities may schedule practice sessions on Sunday provided such sessions receive advance approval from the superintendent or his/her designee. Exceptions:

(1) School district personnel may instruct high school students and accompany them to school sanctioned academic or fine arts competitions held on Sunday, that do not count on League standing, under the following provisions: (a) school district personnel shall not accompany a student on more than two competitions on Sunday during a school year; (b) the participation of the student, academic coach, sponsor, or director must have prior approval of the superintendent or designated administrator; (c) participation is limited to contests that are sponsored by colleges or universities.

(2) UIL area, regional, and state competitions may be held on Sunday, due to unavoidable circumstances which cause hardship to participating schools, provided they are approved by all of the following: (a) a UIL staff director, (b) designated administrators of the participating schools, and (c) the meet director.

(3) If the regional and/or state golf tournaments are scheduled on a Monday, the one 18-hole practice round allowed at the regional and/or state tournament site may be played on the Sunday afternoon preceding the meet if permitted by the regional or state meet director.

(4) 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.

Sec.33.0812. SCHEDULING EXTRACURRICULAR ACTIVITIES PROHIBITED IN CERTAIN CIRCUM-
STANCES. (a) The State Board of Education by rule shall prohibit participation in a University Interscholastic League area, regional, or state competition.

(1) on Monday through Thursday of the school week in which the primary administration of assessment instruments under Section 39.023(a), (c), or (1) occurs; or

(2) if the primary administration of the assessment instruments is completed before Thursday of the school week, beginning on Monday and ending on the last school day on which the assessment instruments are administered.

(b) The commissioner shall determine the school week during the school year in which the primary administration of assessment instruments occurs for purposes of Subsection (a).

(c) The commissioner shall adopt rules to provide the University Interscholastic League with a periodic calendar of dates reserved for testing for planning purposes under this section. The periodic calendar must be provided at least every three years on or before May 1 of the year preceding the three-year cycle of reserved testing dates.

(d) In adopting rules under this section, the commissioner shall:

(1) include a procedure for changing, in exceptional circumstances, testing dates reserved under the periodic calendar;

(2) define circumstances that constitute exceptional circumstances under Subdivision (1) as unforeseen events, including a natural disaster, severe weather, fire, explosion, or similar circumstances beyond the control of school districts or the agency; and

(3) establish criteria for determining whether a University Interscholastic League area, regional, or state competition must be canceled if that event conflicts with a changed testing date.

*Q&A*

1. **Does the in-school day athletic period count as part of the eight hours?** No.

2. **Does dressing out time and redressing time count as part of the eight hours?** Yes, unless the student athletes were already dressed out because the athletic period precedes the portion of the day used as part of the eight hours. In that case, the dressing out time would not count as part of the eight hours, but the redressing time would.

3. **Do water breaks and film review count as part of the eight hours?** Yes. Any time used in connection with a practice that is not part of the in-school athletic period counts as part of the eight hours.

4. **May ineligible students practice?** Yes. Students do not have to comply with No Pass No Play requirements in order to participate in a scrimmage or practice session. (TEC §33.081 [f].)

5. **Is a student required to attend school all day or any portion of the school day the day of a contest?** Local school district policy provides the answer to this question. UIL and TEA requirements do not address this issue.

6. **How do bad weather make-up days affect the school week limitation?** If bad weather forces cancellation of a school day and that day is later made up on a Saturday, the Friday that immediately precedes that make-up day can no longer be considered the last day of the school week. Schools must reschedule extracurricular performances or contests if necessary to comply with the limit on contests and performances during the school week.

7. **May a student participate in two unrelated activities during the school week such as a music extracurricular performance on Tuesday night and a volleyball game on Thursday night?** Yes. Each activity is treated separately. (19 TAC §76.1001 [d] [1])

8. **Is the UIL academic spring meet classified as a single contest allowing a student to participate in several events, or is each event classified as a separate contest limiting a student’s participation to only one event in the competition?** The UIL academic spring meet can be considered a tournament event; therefore, students may participate in more than one event in the competition. (19 TAC §76.1001 [d] [2])

9. **What rules govern practice for extracurricular activities during the school week and during the school day?** For rules on limitations during the school week, see 19 TAC §76.1001 (d). For rules on limitations during the school day, see 19 TAC §76.1001 (e).

10. **Is there a rule that prohibits scheduling any extracurricular activities during the week of finals?** Schools cannot be required to play a playoff game on the night prior to final examinations. Scheduling activities during finals week of the semester is not encouraged. Rules of good judgment should apply.

11. **May a high school band student participate in a marching band contest and perform with the band at a football game within a single school week?** Yes. A band contest involving three or more schools meets the
definition of a tournament, consequently it could be permissible to participate in both events during the same school week.

Practice for UIL Marching Band: Each entry in the UIL region contest must be accompanied by the following statement signed by the director: "The members of this marching band or any of its components did not begin the marching preparation for this UIL contest presentation prior to August 1. In addition, no more than ten hours of director-supervised instructional time was devoted to marching fundamentals between the end of the previous school term and August 1." (EXCEPTION: Auxiliary camps, leadership training, and preparation for special summer events such as civic parades, professional football game appearances, and other non-competitive performances are not considered a violation of this limitation.)

12. May students miss class for practice at the site of a post-district athletic, academic, or fine arts contest? UIL strongly discourages any loss of school time for practice scheduled away from that school’s campus. Furthermore, TEC §33.081 (a) states, "The rules must, to the extent possible, preserve the school day for academic purposes." This language in the statute is the basis for adopting a rule which allows for practice of an extracurricular activity for one period of the day and preserving the remainder of the school day for academics. In addition, practice is limited to one hour during the school day.

13. An athletic class is scheduled outside the school day. Seventh, eighth, or zero period concepts are not utilized. What problems (pertaining to UIL rules) would the class cause? All class time, including dressing out and redressing, would count as part of the eight hours of practice allowed during in-season sports within the school week. Team sport off-season classes would be in violation of UIL rules.

14. A student has a full schedule and cannot enroll in an athletic or marching band class. May the student participate in these activities? Yes, unless the local district has more restrictive requirements. UIL rules do not require a student to be enrolled in those classes in order to participate. However, the student would not be able to participate in any off-season athletics since he/she would not be enrolled in the class.

15. How much time may be used for practice of a non-athletic extracurricular activity during the school day? Students may not miss other classes for the purposes of practice for extracurricular academic, fine arts, or athletic activities, such as one-act plays, speech or debate contests, etc. If the student is scheduled for a class that is directly affiliated with the activity (e.g., theatre/one-act play), only the amount of time scheduled for that class may be used for practice purposes. (19 TAC §76.1001 [e] [1], [2] and [3].)

**Definition of Extracurricular Activity**

- **19 TAC §76.1001, Subchapter AA**

(a) An extracurricular activity is an activity sponsored by the University Interscholastic League (UIL), the school district board of trustees, or an organization sanctioned by resolution of the board of trustees. The activity is not necessarily directly related to instruction of the essential knowledge and skills but may have an indirect relation to some areas of the curriculum. Extracurricular activities include, but are not limited to, public performances, contests, demonstrations, displays, and club activities, with the exception of public performances specified in paragraph (2) of this subsection.

1. In addition, an activity shall be subject to the provisions for an extracurricular activity if any one of the following criteria apply:
   (A) the activity is competitive;
   (B) the activity is held in conjunction with another activity that is considered to be extracurricular;
   (C) the activity is held off campus, except in a case in which adequate facilities do not exist on campus;
   (D) the general public is invited; or
   (E) an admission is charged.

2. A student ineligible to participate in an extracurricular activity, but who is enrolled in a state-approved course that requires demonstration of the mastery of the essential knowledge and skills in a public performance, may participate in the performance subject to the following requirements and limitations.
   (A) Only the criterion listed in paragraph (1)(D) of this subsection applies to the performance.
   (B) The requirement for student participation in public is stated in the essential knowledge and skills of the course.

3. A student ineligible to participate in an extracurricular activity, but who is enrolled in a state approved music course that participates in UIL Concert and Sightreading Evaluation, may perform with the ensemble during the UIL evaluation performance.

The Commissioner of Education is not authorized to approve extracurricular organizations outside of school sponsored or UIL sponsored groups. Local boards of trustees are responsible for the sanctioning and approval of outside organizations as "extracurricular organizations" for their individual districts.
Extracurricular Absences

In accordance with the provisions of the Texas Education Code, §33.0811, the number of times that a school district may allow a student to miss a class for extracurricular participation during a school year shall be determined by the school district board of trustees. Each school district must maintain an accurate record of extracurricular absences for each student in the school district each year.

The UIL Legislative Council has adopted the following resolution regarding extracurricular absences for UIL activities only:

The Legislative Council of the University Interscholastic League has taken the position that the previous state law mandating a maximum of ten absences through district competition, a maximum of five absences for post-district competition, and a petition to the UIL requesting a maximum of two additional absences for UIL state competition only, is educationally sound.

The Legislative Council strongly encourages school districts to adhere to a 10/5/2 day absence policy for participation in UIL activities.

First Aid/CPR/AED Certification/Safety Training

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

§33.086. CERTIFICATION IN CARDIOPULMONARY RESUSCITATION AND FIRST AID.
(a) A school district employee who serves as the head director of a school marching band or as the head coach or chief sponsor for an extracurricular athletic activity, including cheerleading, sponsored or sanctioned by a school district or the University Interscholastic League must maintain and submit to the district proof of current certification in first aid and cardiopulmonary resuscitation issued by the American Red Cross, the American Heart Association, or another organization that provides equivalent training and certification.

(b) Each school district shall adopt procedures necessary for administering this section, including procedures for the time and manner in which proof of current certification must be submitted.


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

§ 22.902. INSTRUCTION RELATED TO CARDIOPULMONARY RESUSCITATION AND USE OF AUTOMATED EXTERNAL DEFIBRILLATOR.
(a) A school district shall annually make available to district employees and volunteers instruction in the principles and techniques of cardiopulmonary resuscitation and the use of an automated external defibrillator, as defined by Section 779.001, Health and Safety Code.

(b) The instruction provided in the use of an automated external defibrillator must meet guidelines for automated external defibrillator training approved under Section 779.002, Health and Safety Code.

(c) Each school nurse, assistant school nurse, athletic coach or sponsor, physical education instructor, marching band director, cheerleading coach, and any other school employee specified by the commissioner and each student who serves as an athletic trainer must participate in the instruction in the use of an automated external defibrillator. A person described by this subsection must receive and maintain certification in the use of an automated external defibrillator from the American Heart Association, the American Red Cross, or a similar nationally recognized association.

(d) The commissioner shall adopt rules as necessary to implement this section.

(e) This subsection applies only to a private school that receives an automated external defibrillator from the agency or receives funding from the agency to purchase or lease an automated external defibrillator. A private school shall adopt a policy under which the school makes available to school employees and volunteers instruction in the principles and techniques of cardiopulmonary resuscitation and the use of an automated external defibrillator. The policy must comply with the requirements prescribed by this section and commissioner rules adopted under this section, including the requirements prescribed by Subsection (c).

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

Sec. 33.202. SAFETY TRAINING REQUIRED. (a) The commissioner by rule shall develop and adopt an extracurricular activity safety training program as provided by this section. In developing the program, the commissioner may use materials available from the American Red Cross, Emergency Medical Systems (EMS), or another appropriate entity.

(b) The following persons must satisfactorily complete the safety training program:

(1) a coach, trainer, or sponsor for an extracurricular athletic activity;
(2) except as provided by Subsection (f), a physician who is employed by a school or school district or who volunteers to assist with an extracurricular athletic activity; and
(3) a director responsible for a school marching band.
(c) The safety training program must include:
(1) certification of participants by the American Red Cross, the American Heart Association, or a similar organization or the University Interscholastic League, as determined by the commissioner;
(2) current training in:
   (A) emergency action planning;
   (B) cardiopulmonary resuscitation if the person is not required to obtain certification under Section 33.086;
   (C) communicating effectively with 9-1-1 emergency service operators and other emergency personnel; and
   (D) recognizing symptoms of potentially catastrophic injuries, including head and neck injuries, concussions, injuries related to second impact syndrome, asthma attacks, heatstroke, cardiac arrest, and injuries requiring use of a defibrillator; and
(3) at least once each school year, a safety drill that incorporates the training described by Subdivision (2) (D).
(d) A school district shall provide training to students participating in an extracurricular athletic activity related to:
   (1) recognizing the symptoms of injuries described by Subsection (c)(2)(D); and
   (2) the risks of using dietary supplements designed to enhance or marketed as enhancing athletic performance.
(e) The safety training program and the training under Subsection (d) may be conducted by a school or school district or by an organization described by Subsection (c)(1).
(f) A physician who is employed by a school or school district or who volunteers to assist with an extracurricular athletic activity is not required to complete the safety training program if the physician attends a continuing medical education course that specifically addresses emergency medicine. 

Added by Acts 2007, 80th Leg., R.S., Ch. 1296, Sec. 1, eff. June 15, 2007

Concussion Training Requirements of Texas Education Code, Section 38.158

HB 2038 as passed by the 82nd Legislature and signed by the Governor also added section 38.158 to the Texas Education Code, which concerns training requirements for coaches, athletic trainers and potential members of a Concussion Oversight Team in the subject matter of concussions, including evaluation, prevention, symptoms, risks, and long-term effects. For purposes of compliance with TEC section 38.158, the UIL authorizes all Continuing Professional Education (CPE) providers that are approved and registered by the State Board for Educator Certification (SBEC) and Texas Education Agency (TEA) as approved individuals and organizations to provide concussion education training. A current listing of approved providers is found here: http://www.uiltexas.org/health/info/concussions

Cheerleading and Drill Teams

Effective August 1, 2013 as passed by the UIL Legislative Council, students participating in cheerleading must comply with Chapter 38, Subchapter D, of the Texas Education Code related to the prevention, treatment, and oversight of concussions. Additionally, cheer coaches and sponsors will be required to complete training related to safety guidelines for cheer and other training programs designed to minimize risks associated with participation in the activity. See attached FAQs for more information, which are also posted on our Health & Safety page.

Cheerleading and drill teams do not come under UIL rules, but the regulations in this document regarding No Pass No Play, eight hour practice limitation, athletic periods, one contest during the school week and extracurricular absences are applicable. If the following information does not answer your questions, please call the UIL. Telephone: 512-471-5883; FAX: 512-471-5908; Email address: info@uiltexas.org.

UIL rules require that cheer and spirit performances at any UIL activity shall be in accordance with safety standards as prescribed by the National Federation High School Spirit Handbook.

• Q&A •

1. Are cheerleading sponsors and/or coaches subject to the requirements for CPR, First Aid, AED and Safety Training as outlined in this document? Yes. Each of the laws that created the trainings/certifications mentioned above included cheerleading coaches and/or sponsors as individuals required to complete the training.

2. Who governs try outs and/or selection procedures? The local school district adopts its own proce-
dures. The Texas Education Agency and UIL do not monitor, recommend, nor prescribe the process of selecting cheerleaders or drill teams. Any concerns regarding those procedures should be addressed within the local district.

3. Are teacher or other school personnel comments that may be used as a part the selection process of cheerleaders and drill team members subject to disclosure if a parent requests to review the comments? Yes. Under the Family Education Right to Privacy Act (FERPA), an educational agency or institution shall give full rights under the Act to review the educational records of a child to either parent unless circumstances exist that revoke these rights (such as a court order related to divorce, separation, or custody issues). An educational record is defined under FERPA as "...those records that are directly related to a student; and maintained by an educational agency or institution or by a party acting for the agency or institution."

Parents have the right to review records that only pertain to their child, not the children of other parents.

The recommendations may not be anonymous. In order to provide a parent with full information about a child's school activities under Section 26.008 of the Education Code, and to allow the parent to be a full partner in the child's education under Section 26.001 (a), an evaluation or recommendation that determines whether a student may participate in a school-related program must contain the name of the person who submitted the evaluation or recommendation.

4. How does the one contest per school week apply to cheerleaders? It would not be a violation for cheerleaders to cheer at a double header (two contests at same site on one school night) or to participate in a pep rally prior to a contest and also lead cheers at the contest even though both occur during the school week. However, cheerleaders are not permitted to lead cheers for contests held on separate school nights during the school week unless an exception allowed under §76.1001 (cited above) applies to one or both of the contests.

5. Can an ineligible student who has failed a class try out for cheerleading or drill teams? If the actual participation does not occur until the next school year, it would not be considered a violation if the district chooses to permit currently ineligible students to participate in the tryout performance. This response does not require schools to allow academically ineligible students to try out for cheerleaders, but it permits schools to do so.

6. May practice for drill team and cheerleading be conducted during tutorial time, study hall time, or during homeroom time? No.

7. May a cheerleader or other student enroll in two physical education substitution classes - one for cheerleading and one for athletics? The Texas Administrative Code does not prohibit a student from enrolling in any number of state approved courses. However, UIL rules specifically prohibit students from being enrolled in more than one physical education and/or athletic class; Exception (with local school approval): PE Class: Adventure/Outdoor Education; PE Substitute: JROTC, Cheerleading, Drill Team, Marching Band.

As such, there is nothing in statute that would prohibit a student from enrolling in more than one physical education class in the same school day; however, a school would be in violation of the UIL Constitution and Contest Rules and subject to the range of penalties should it occur, with exceptions as noted above.

8. May ineligible students attend pep rallies? All students may attend. Only eligible students may be in uniform and actually take part in pep rally performances, leading cheers, participating in dance routines, playing in the band, giving speeches, etc.

9. May school dismiss early for a pep rally? If the district has submitted a letter with the waiver division at TEA that it will be scheduling up to six early release days during the school year, the district may decide for what purposes the early release days will be used.

10. May ineligible drill team members and cheerleaders travel with their group to a competitive activity? No.

11. May ineligible drill team members and cheerleaders travel on educational field trips? Yes, but they may not participate or assist with a public performance.

Other Non-UIL Activities

The following are frequently asked questions and answers related to organizations outside the authority of UIL, including school sponsored and non-school sponsored groups, such as FFA and 4-H. Also see Definition of Extracurricular Activity and Extracurricular Absences.

1. If a student is absent from school to participate with an organization that is not sponsored or recognized by the local board of trustees, how are the absences counted? Extracurricular absences are defined in
19 TAC §76.1001 (a) (1) and (2). The first sentence of 19 TAC §76.1001 (a) states that an extracurricular activity is an activity sponsored by the University Interscholastic League (UIL), the school district board of trustees, or an organization sanctioned by resolution of the board of trustees. Therefore, any absence incurred by a student while participating with an organization that has not received sanction from the district shall be subject to student attendance provisions as stated in the Texas Education Code Chapter 25. Consequently, if a student misses class to participate with an organization that is not sanctioned by the district, the absence is not considered as one of the extracurricular absences and is therefore counted against the minimum attendance requirements for credit.

2. If a student passed the previous grading period, but is failing a course at the time of a livestock show or other non-UIL activity, is the student prohibited from participation? No. The student is academically eligible until the end of the grading period unless the district has imposed stricter criteria for eligibility.

3. Are suspension periods different for students involved in non-UIL activities or in organizations that are not school sponsored, but recognized by the school board of trustees? No. Suspension periods are the same for all students involved in extracurricular activities as defined in 19 TAC §76.1001 (a).

4. Are early or mid-year graduates who have not been awarded a high school diploma eligible to participate in extracurricular activities, such as livestock shows? Full-time enrollment is required for participation in UIL sponsored activities, however, the matter of participation in non-UIL activities by early and mid-year graduates who have not had the diploma conferred is to be determined by the school district and/or the sponsoring organization, such as the livestock show board. Some school districts apply the same enrollment standard for UIL participation to all extracurricular activities.

5. May someone else show the animal of a student ineligible to participate? There are no TEA guidelines that prohibit the animal from being shown by another person. This issue is to be addressed by school policy or by the rules of the sponsor of the show.

6. At what point in time is an ineligible student prohibited from working with the show animal for competition? After the animal has been delivered to the show barn or competition area, the ineligible student may no longer tend, groom, or in any other way prepare the animal for competition. A student may assist in transporting the animal to the competition site provided no school time is missed.

7. May a student who is ineligible to compete in a livestock show participate in the sale or auction portion of the show? No. The sale would be considered an extracurricular activity in that it is held in conjunction with another activity that is considered to be extracurricular. (19 TAC §76.1001 [a] [1] [B]) Whether or not the animal may be sold by another individual is the decision of the school officials or determined by rules of the sponsors of the show.

8. Under what conditions may a student use a portion of the allowable "post-district" absences in FFA and other non-UIL activities? When the student has advanced to area, regional, or state level of participation as a result of competition, the student may make use of the post-district days. Area, regional, state, and national level leadership seminars or training sessions are not considered post-district unless the student has advanced to those levels due to competition. If participation at the area, regional, state, and national levels are not a result of competition, the absences are to be treated as part of the allowable absences. At a livestock show, students who advance to the sale or auction as a result of competition may count the time from the end of the competition to the conclusion of the sale, including travel home, if necessary, as part of the days allowed as post-district absences.

9. If an organization sponsors post-district competition that culminates at a ceremony at which the student receives a state or national award, prize, or office, may the school time missed be counted as part of the post-district allowable absences? Yes. If the purpose for attending is directly related to post-district competition, the time missed from school may count as part of the post-district absences. However, this does not mean that all students who attend a state convention qualify for post-district absences; the provision applies only to those who attend as a result of post-district competition.

10. Are any livestock shows, in state or out-of-state, considered "post-district"? The 76th Texas Legislature enacted TEC §33.0811, which allowed local trustees to establish policies that determined the number of times that students could miss a class for extracurricular participation. As was noted in the chapter about extracurricular absences, the UIL Legislative Council has adopted the following resolution regarding extracurricular absences for UIL activities only:

The Legislative Council of the University Interscholastic League has taken the position that the previous state law mandating a maximum of ten absences through district competition, a maximum of five absences for post-district competition, and a petition to the UIL requesting a maximum of two additional absences for UIL state competition only, is educationally sound.
The Legislative Council strongly encourages school districts to adhere to a 10/5/2 day absence policy for participation in UIL activities.

If a participant in a livestock show must qualify to actually show an animal for further competition by first participating in the “sift” at another site (such as Brenham or Rosenberg in the Houston Livestock Show), that participant may count the days spent beyond the “sift” process as part of the allowable absences under postdistrict competition under the previous, recommended extracurricular absence rules. The days spent during the “sift” competition must be counted as part of the regular extracurricular allowable absences.

Participation at what are commonly called “major” shows and/or out-of-state shows does not qualify as post-district competition unless the conditions stated above exist.

11. May an ineligible student participate in the “calf scramble”? No. The criterion of 19 TAC §76.1001 (a) (1) (A) (that the activity is competitive) applies and the student must be eligible at the time of the activity.

12. What is the penalty if an ineligible student participates in an activity with an organization that is sanctioned by the district without permission or knowledge of the school? It is the responsibility of the local district to address the violation and impose an appropriate penalty.

### 2019-20 Academic Eligibility for the Beginning of the School Year

Students beginning grade nine and below must have been promoted from the previous grade prior to the beginning of the current school year.

Students beginning their second year of high school must have earned five (5) credits that count toward state high school graduation requirements.

Students beginning their third year of high school either must have earned a total of ten (10) credits which count toward state high school graduation requirements or a total of five (5) credits which count toward state high school graduation requirements must have been earned during the twelve (12) months preceding the first day of the current school year.

Students beginning their fourth year of high school either must have earned a total of fifteen (15) credits which count toward state high school graduation requirements or a total of five (5) credits which count toward state high school graduation requirements must have been earned during the twelve (12) months preceding the first day of the current school year.

Students who do not meet the above requirements are academically ineligible for participation the first six (6) weeks of the school year. Grades are checked at the end of the first six (6) weeks and if the students are passing all classes, they could regain academic eligibility after the seven (7) calendar day grace period. When a migrant student enrolls for the first time during a school year, all criteria cited above apply. All other students who enroll too late to earn a passing grade for a grading period are ineligible.

High school students transferring from out-of-state may be eligible the first six weeks of school if they meet the criteria cited above or school officials are able to determine that they would have been eligible if they had remained in the out-of-state school from which they are transferring.

The dates provided in this document are just examples of eligibility dates, and should be used as a guide only. Actual school calendars may vary from this information.

<table>
<thead>
<tr>
<th>6 Weeks Ends</th>
<th>Lose or Regain Eligibility</th>
<th>3 Week Evaluation*</th>
<th>Regain Eligibility*</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/13</td>
<td>9/20</td>
<td>10/4</td>
<td>10/11</td>
</tr>
<tr>
<td>9/20</td>
<td>9/27</td>
<td>10/11</td>
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</tr>
<tr>
<td>10/4</td>
<td>10/11</td>
<td>10/25</td>
<td>11/1</td>
</tr>
</tbody>
</table>

*If there are multiple holidays in the 3-week evaluation period, it could alter the end of the evaluation and the date for regaining eligibility. Schools on 5-week grading periods must check at the end of the first 6 weeks of the school year and students can lose or regain eligibility. The next grade check for a 5-week grading period will occur at the end of the 9-week grading period (even if it is more or less than 3 weeks).
2019-20 Academic Eligibility Information
Holiday Eligibility Date Examples

(When six or nine weeks ends prior to winter break)

The dates provided in this document are just examples of eligibility dates and should be used as a guide only. Actual school calendars may vary from this information.

<table>
<thead>
<tr>
<th>Students Back</th>
<th>Grace period ends</th>
<th>MLK Holiday</th>
<th>3 week check*</th>
<th>Regain eligibility*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 2</td>
<td>Jan 9</td>
<td>No</td>
<td>Jan 22</td>
<td>Jan 29</td>
</tr>
<tr>
<td>Jan 2</td>
<td>Jan 9</td>
<td>Yes</td>
<td>Jan 22</td>
<td>Jan 30</td>
</tr>
<tr>
<td>Jan 3</td>
<td>Jan 10</td>
<td>No</td>
<td>Jan 23</td>
<td>Jan 30</td>
</tr>
<tr>
<td>Jan 3</td>
<td>Jan 10</td>
<td>Yes</td>
<td>Jan 24</td>
<td>Jan 31</td>
</tr>
<tr>
<td>Jan 6</td>
<td>Jan 13</td>
<td>No</td>
<td>Jan 24</td>
<td>Jan 31</td>
</tr>
<tr>
<td>Jan 6</td>
<td>Jan 13</td>
<td>Yes</td>
<td>Jan 24</td>
<td>Jan 31</td>
</tr>
<tr>
<td>Jan 7</td>
<td>Jan 14</td>
<td>No</td>
<td>Jan 24</td>
<td>Jan 31</td>
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<tr>
<td>Jan 7</td>
<td>Jan 14</td>
<td>Yes</td>
<td>Jan 27</td>
<td>Feb 3</td>
</tr>
<tr>
<td>Jan 8</td>
<td>Jan 15</td>
<td>No</td>
<td>Jan 24</td>
<td>Jan 31</td>
</tr>
<tr>
<td>Jan 8</td>
<td>Jan 15</td>
<td>Yes</td>
<td>Jan 27</td>
<td>Feb 3</td>
</tr>
</tbody>
</table>

*If there are other school holidays in the 3-week evaluation period (other than MLK) it will affect the 3-week grade check and regaining eligibility dates especially if 2 of the school weeks are less than 5 days.

*In the event two of three school weeks are shortened, one of the shortened weeks (which must consist of at least three school days) may be counted as five days with ten other actual class days making up the fifteen class days.

November examples:
- Grading period ends Friday, November 22. Students are on holiday from the end of school on the 22nd until school resumes Monday, December 2. All students are academically eligible during a school holiday period consisting of at least seven consecutive calendar days. The seven-calendar day grace period begins on Monday, December 2 and the student's lose/regain eligibility on Monday, December 9 at the time the school day normally ends.

- Grading period ends Tuesday, November 26. Students are on holiday from the end of school on the 26th until school resumes Monday, December 2. The seven-calendar day grace period begins on Tuesday, November 26 and the student's lose/regain eligibility on Tuesday, December 3 at the time the school day normally ends.

January example (when six or nine weeks ends after winter break):
- Grading period ends Friday, January 17. Students lose or regain eligibility at the end of school Friday, January 24. Three week grade check is Friday, February 7, students regain eligibility Friday, February 14. (If there are multiple holidays in the 3-week evaluation period, it could alter the end of the evaluation and the date for regaining eligibility.)

Spring Break example:
- Grading period ends Friday, March 13. Students are on holiday from the end of school on the 8th until school resumes Monday, March 23. All students are academically eligible during a school holiday period consisting of at least seven consecutive calendar days. The seven-calendar day grace period begins on Monday, March 23 and the student's lose/regain eligibility on Monday, March 30 at the time the school day normally ends.
Rules for Overnight Travel

These guidelines are to be reviewed with students and parents prior to any overnight travel. Clubs, teams, and organizations may impose additional guidelines, as appropriate to the trip.

1. No male may be inside a female’s hotel room at any time for any reason. No female may be inside a male’s hotel room at any time for any reason. Students may not switch their assigned hotel room without prior approval of the trip sponsor. If caught, consequences may be assigned depending on the situation, up to and including immediate removal from the trip and being returned home at parents’ expense.

2. Once “Lights Out” is declared, every student must be in his/her assigned hotel room with the door closed and lights out.

3. Keys will be taken up by the sponsor. The doors may be taped following bed check. If the tape is broken, everyone in the room may be suspended upon return to the campus. If there is a perceived emergency during the night, other than a fire evacuation, the student must call the sponsor to open the door to the hotel room. Sponsors will take the tape off every morning and let the students out. Sponsors will conduct room/door checks throughout the night, to assure that students remain in their rooms and tape has not been disturbed.

4. Sponsors will establish a meeting location for students, in the event of a fire alarm at the hotel. Sponsors will assure that all students have evacuated appropriately and will then meet the students at the prearranged location, where roll will again be taken to confirm that all are present.

5. All students must participate in all activities set forth by sponsors. No student may deviate from the itinerary; all students must be on time for all scheduled meetings, events, and activities. All decisions about the trip will be made by sponsors. Students must be in groups of at least 2 or 3 at all times. This includes when going to the restroom. No one student is ever allowed to be by himself/herself at any time. Students who do not remain with the group or who are not in the correct areas, as reflected on the itinerary, including in their hotel room after lights out, will receive consequences on the trip and may be sent home at the expense of the parent(s).
6. Any student caught shoplifting or breaking the law; caught with any illegal item or substance, including but not limited to weapons, alcohol, drugs, or tobacco may be sent home at the expense of the parent(s) and may be arrested, in accordance with provisions of the law. Upon arrival at school, the student will face disciplinary consequences set forth by the campus administration and the FISD Student Code of Conduct.

7. Students are to be on their best behavior at all times, as they are representing their campus and FISD. All disciplinary issues will be handled by trip sponsor(s) only. Sponsors will report all serious infractions immediately to the appropriate campus and/or district administrator, per the campus' protocol. Severe disruptions may result in the student’s removal from the trip and return home, at the parents’ expense.

8. Students are to immediately notify their sponsor if they become aware that another student has violated a safety rule or Rules for Overnight Travel. Failure to do so may result in disciplinary consequences for the student who remained silent.

9. Disrespect will not be tolerated. Any disrespect toward chaperones, sponsors or others, including other schools, will result in disciplinary consequences on the trip as well as consequences upon arrival at school. Students are to be respectful of other hotel guests. There is to be no loud music, running in the halls, prank calling to other rooms, or disruptive behavior of any kind.

10. No one is to use the hotel room phone to make out-of-hotel phone calls. No movies and no room service may be ordered. No items may be taken from the hotel, to include hotel towels, robes, remotes, pillows, linens and the like.

11. Everyone is to maintain a positive attitude at all times. If things run late, something goes wrong, etc. everyone is to deal with all situations calmly. Any negative attitudes may prevent the entire group from participating in scheduled events. No emotional outbursts from students, including arguments, will be tolerated.

12. Students must bring enough money for expenses, as set forth by sponsors and dress appropriately for each day’s activities and weather.

13. Parents not acting in the capacity of an approved chaperone may travel to the team/group/club’s destination but must do so on their own accord. Exceptions must be preapproved in writing by campus administration. Parents traveling as chaperones for the trip must be officially cleared as volunteers by FISD prior to preapproval by campus administration.

14. A parent or relative may not remove their student from assigned activities set forth by the
sponsor. The group must travel as a group. If a parent insists on pulling their student away from the group, the parent forfeits their student’s spot on the team/group and will assume all financial responsibility for their student from that point forward. This includes remaining lodging, meals, airfare/bus/transportation, etc.

15. Other than health or safety issues, parents may not address the trip sponsor with any concerns dealing with their child during the trip and must wait until they return to school.

16. Parents may not share lodging with their own child or any student who is a member of the traveling group while on the trip.

I have read, understand and agree to abide by all the Rules of Overnight Travel as stated above.

Student’s Printed Name__________________________________________ Date________________

Student’s Signature____________________________________________ Date________________

Parent’s Printed Name_________________________________________ Date________________

Parent’s Signature____________________________________________ Date________________
Parent Permission and Information Form for Student Travel

I, the parent/guardian of ________________________________, have read, understand and agree to abide by the FISD Extracurricular Activities Handbook. I also give my child permission to travel and to participate in extracurricular activities with Frankston ISD. I release Frankston ISD and all employees of financial responsibility, which may arise as a result of any injury to my son/daughter while representing Frankston ISD in any camp, contest, practice session, or while traveling to and from the same. I also certify that I have sufficient insurance coverage for any injury, or I am financially able to handle all costs due to any injury.

Signatures:
Mother/Guardian ________________________________ Date ________________________________
Father/Guardian ________________________________ Date ________________________________

Medical Release Form and Hold Harmless Agreement
To whom it may concern:
I, as the legal guardian of Name: ________________________, hereby authorize any necessary medical treatment for my child while participating in extracurricular activities or traveling with FISD. I also guarantee payment of all charges incurred during this medical treatment (physician, hospital, x-ray, lab drugs, ambulance, etc.) and submit the following medical information.

Allergies to foods, medications, etc. (if none, so state) ________________________
Allergy: ________________________________
Allergy: ________________________________
Special medical problems (if none, so state) ________________________________
Medical Problem: ________________________________
Medical Problem: ________________________________
Does participant carry medications on person? (if so, please list)
Medication ________________________________ Purpose ________________________________
Medication ________________________________ Purpose ________________________________
Medication ________________________________ Purpose ________________________________
Date of last Tetanus shot ________________________________
Family Physician ________________________________
Office Address ________________________________ City ________ State ________ Zip ________
Parent Signature  

Parent Printed Name  

Student Name:  

Parents’ Address:  

Daytime Phone (Father)  

(Mother)  

Nighttime Phone (Father)  

(Mother)  

Organization  

Name:  

Sponsor’s Signature  

*Please include a copy of the family/student insurance card for emergency purposes*

In an emergency, indicate the person to be contacted if parents/legal guardian cannot be reached:  

Name_________________________ Phone_________________________  

The sponsors and/or adults may administer  

_____ Tylenol  

_____ Aspirin  

__________________________ (indicate other medication), if needed.  

Parent Signature  

Date  

---  

**Student Permission and Information Form**  

I,__________________________________________________________________________, have read, understand and agree to abide by the FISD Extracurricular Activities Handbook.  

__________________________________________________________________________  

Student Signature  

Date
ACKNOWLEDGEMENT OF RULES

Attention School Authorities: This form must be signed yearly by both the student and parent/guardian and be on file at your school before the student may participate in any practice session, scrimmage, or contest. A copy of the student’s medical history and physical examination form signed by a physician or medical history form signed by a parent must also be on file at your school.

Student’s Name ___________________________ Date of Birth ___________________________

Current School ____________________________

Parent or Guardian’s Permit

I hereby give my consent for the above student to compete in University Interscholastic League approved sports, and travel with the coach or other representative of the school on any trips.

Furthermore, as a condition of participation and for the purpose of ensuring compliance with University Interscholastic League (UIL) rules, I consent to the disclosure of personally identifiable information, including information that may be subject to the Family Educational Rights and Privacy Act (FERPA), regarding the above named student between and among the following: the high school or middle school where the student currently attends or has attended; any school the student transfers to; the relevant District Executive Committee and the UIL. I further understand that all information relevant to the student’s UIL eligibility and compliance with other UIL rules may be discussed and considered in a public forum. I acknowledge that revocation of this consent must be in writing and delivered to the student’s school and the UIL.

It is understood that even though protective equipment is worn by the athlete whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the high school assumes any responsibility in case an accident occurs.

I have read and understand the University Interscholastic League rules on the reverse side of this form and agree that my son/daughter will abide by all of the University Interscholastic League rules.

The undersigned agrees to be responsible for the safe return of all athletic equipment issued by the school to the above named student.

If, in the judgement of any representatives of the school, the above student needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to said student by any physician, licensed athletic trainer, nurse, hospital, or school representative; and I do hereby agree to indemnify and save harmless the school and any school representative from any claim by any person whomsoever on account of such care and treatment of said student.

I have been provided the UIL Parent Information Manual regarding health and safety issues including concussions and my responsibilities as a parent/guardian. I understand that failure to provide accurate and truthful information on UIL forms could subject the student in question to penalties determined by the UIL.


Your signature below gives authorization that is necessary for the school district, its licensed athletic trainers, coaches, associated physicians and student insurance personnel to share information concerning medical diagnosis and treatment for your student.

To the Parent: Check any activity in which this student is allowed to participate.

- [ ] Baseball
- [ ] Football
- [ ] Softball
- [ ] Tennis
- [ ] Basketball
- [ ] Golf
- [ ] Swimming & Diving
- [ ] Track & Field
- [ ] Cross Country
- [ ] Soccer
- [ ] Team Tennis
- [ ] Volleyball
- [ ] Wrestling

Date_________________________

Signature of parent or guardian_________________________

Street address_________________________

City_________________________ State ___________ Zip ___________

Home Phone_________________________ Business Phone_________________________
GENERAL INFORMATION

School coaches may not:

- Transport, register, or instruct students in grades 7-12 from their attendance zone in non-school baseball, basketball, football, soccer, softball, or volleyball camps (exception: See Section 1209 of the Constitution and Contest Rules).
- Give any instruction or schedule any practice for an individual or a team during the off-season except during the one in school day athletic period in baseball, basketball, football, soccer, softball, or volleyball.
- Schools and school booster clubs may not provide funds, fees, or transportation for non-school activities.

GENERAL ELIGIBILITY RULES

According to UIL standards, students could be eligible to represent their school in interscholastic activities if they:

- are not 19 years of age or older on or before September 1 of the current scholastic year. (See Section 446 of the Constitution and Contest Rules for 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 students in the participant high school they wish to represent.
- initially enrolled in the ninth grade not more than four 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. Incoming 10-12 grade students shall not attend a baseball, basketball, football, soccer, or volleyball camp in which a seventh through twelfth grade coach from their school district attendance zone, works with, instructs, transports or registers that student in the camp. Students who will be in grades 7, 8, and 9 may attend one baseball, one basketball, one football, one soccer, one softball, and one volleyball camp in which a coach from their school district attendance zone is employed, for no more than six consecutive days each summer in each type of sports camp. Baseball, Basketball, Football, Soccer,Softball, and Volleyball camps where school personnel work with their own students may be held in May, after the last day of school, June, July and August prior to the second Monday in August. If such camps are sponsored by school district personnel, they must be held within the boundaries of the school district and the superintendent or his designee shall approve the schedule of fees.
- have observed all provisions of the Athletic Amateur Rule. Students may not accept money or other valuable consideration (tangible or intangible property or service including anything that is usable, wearable, salable or consumable) for participating in any athletic sport during any part of the year. Athletes shall not receive valuable consideration for allowing their names to be used for the promotion of any product, plan or service. Students who inadvertently violate the amateur rule by accepting valuable consideration may regain athletic eligibility by returning the valuable consideration. If individuals return the valuable consideration within 30 days after they are informed of the rule violation, they regain their athletic eligibility when they return it. If they fail to return it within 30 days, they remain ineligible for one year from when they accepted it. During the period of time from when students receive valuable consideration until they return it, they are ineligible for varsity athletic competition in the sport in which the violation occurred. Minimum penalty for participating in a contest while ineligible is forfeiture of the contest.
- did not change schools for athletic purposes.

I understand that failure to provide accurate and truthful information on UIL forms could subject the student in question to penalties determined by the UIL.

I have read the regulations cited above and agree to follow the rules.

Date ___________________________ Signature of student ___________________________

Acknowledgement of Rules Form
PREPARTICIPATION PHYSICAL EVALUATION -- MEDICAL HISTORY

This MEDICAL HISTORY FORM must be completed annually by parent (or guardian) and student in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an athletic event.

Student's Name: (print)  Sex  Age  Date of Birth
Address
Grade  School
Personal Physician  Phone
In case of emergency, contact:
Name  Relationship  Phone (H) (W)

Explain “Yes” answers in the box below*. Circle questions you don’t know the answers to.

1. Have you had a medical illness or injury since your last check up or sports physical?
   Yes  No
2. Have you been hospitalized overnight in the past year?
   Yes
3. Have you ever had prior testing for the heart ordered by a physician?
   Yes
4. Have you ever passed out during or after exercise?
   Yes
5. Have you ever had chest pain during or after exercise?
   Yes
6. Do you get tired more quickly than your friends do during exercise?
   Yes
7. Have you ever had racing of your heart or skipped heartbeats?
   Yes
8. Have you had high blood pressure or high cholesterol?
   Yes
9. Have you ever been told you have a heart murmur?
   Yes
10. Has any family member or relative died of heart problems or of sudden unexpected death before age 50?
    Yes
11. Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc), Marfan’s syndrome, or abnormal heart rhythm?
    Yes
12. Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?
    Yes
13. Has a physician ever denied or restricted your participation in sports for any health problems?
    Yes
14. Have you ever had a head injury or concussion?
    Yes
15. Have you ever been knocked out, become unconscious, or lost your memory?
    Yes
16. How severe was each one? (Explain below)
    Yes
17. Have you ever had seizures?
    Yes
18. Do you have frequent or severe headaches?
    Yes
19. Have you ever had numbness or tingling in your arms, hands, legs or feet?
    Yes
20. Have you ever had a stinger, burner, or pinched nerve?
    Yes
21. Are you missing any parotid organs?
    Yes
22. Are you under a doctor’s care?
    Yes
23. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler?
    Yes
24. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?
    Yes
25. Have you ever been dizzy during or after exercise?
    Yes
26. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?
    Yes
27. Have you ever become ill from exercising in the heat?
    Yes
28. Have you had any problems with your eyes or vision?
    Yes

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL.

Student Signature:  Date:  Parent/Guardian Signature:

Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches. THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.

For School Use Only:
This Medical History Form was reviewed by:  Printed Name  Date  Signature
# PREPARTICIPATION PHYSICAL EVALUATION – PHYSICAL EXAMINATION

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As a minimum requirement, this **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. It *must* be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. *Local district policy may require an annual physical exam.*

**MEDICAL**

- Appearance
- Eyes/Ears/Nose/Throat
- Lymph Nodes
- Heart-Auscultation of the heart in the supine position.
- Heart-Auscultation of the heart in the standing position.
- Heart-Lower extremity pulses
- Pulses
- Lungs
- Abdomen
- Genitalia (males only)
- Skin
- Marfan’s stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)

**MUSCULOSKELETAL**

- Neck
- Back
- Shoulder/Arm
- Elbow/Forearm
- Wrist/Hand
- Hip/Thigh
- Knee
- Leg/Ankle
- Foot

*station-based examination only

**CLEARANCE**

- □ Cleared
- □ Cleared after completing evaluation/rehabilitation for:

- □ Not cleared for: Reason:

- Recommendations:

---

The following information 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.

Name (print/type) ___________________________ Date of Examination: ___________________________

Address: __________________________________

Phone Number: ______________________________

Signature: _________________________________

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or games/matches.
Concussion Management Protocol
Return to Play Form

This form must be completed and submitted to the athletic trainer or other person (who is not a coach) responsible for compliance with the Return to Play protocol established by the school district Concussion Oversight Team, as determined by the superintendent or their designee (see Section 38.157 (c) of the Texas Education Code).

Student Name (Please Print)    School Name (Please Print)

Designated school district official verifies:

Please Check

☐ The student has been evaluated by a treating physician selected by the student, their parent or other person with legal authority to make medical decisions for the student.

☐ The student has completed the Return to Play protocol established by the school district Concussion Oversight Team.

☐ The school has received a written statement from the treating physician indicating, that in the physician’s professional judgment, it is safe for the student to return to play.

School Individual Signature     Date

Parent, or other person with legal authority to make medical decisions for the student signs and certifies that he/she:

Please Check

☐ Has been informed concerning and consents to the student participating in returning to play in accordance with the return to play protocol established by the Concussion Oversight Team.

☐ Understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return to play protocol.

☐ Consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician’s written statement under Subdivision (3) and, if any, the return to play recommendations of the treating physician.

☐ Understands the immunity provisions under Section 38.159 of the Texas Education Code.

Parent/Responsible Decision-Maker Signature     Date

Parent/Responsible Decision-Maker Name (Please Print)
SUDDEN CARDIAC ARREST (SCA) AWARENESS FORM

The Basic Facts on Sudden Cardiac Arrest

What is Sudden Cardiac Arrest?

- Occurs suddenly and often without warning.
- An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- The heart cannot pump blood to the brain, lungs and other organs of the body.
- The person loses consciousness (passes out) and has no pulse.
- Death occurs within minutes if not treated immediately.

Catecholaminergic Polymorphic Ventricular Tachycardia and Brugada Syndrome – other types of electrical abnormalities that are rare but run in families.

Non-Inherited (not passed on from the family, but still present at birth) conditions:

- Coronary Artery Abnormalities – abnormality of the blood vessels that supply blood to the heart muscle. This is the second most common cause of sudden cardiac arrest in athletes in the U.S.
- Aortic valve abnormalities – failure of the aortic valve (the valve between the heart and the aorta) to develop properly; usually causes a loud heart murmur.
- Non-compaction Cardiomyopathy – a condition where the heart muscle does not develop normally.
- Wolff-Parkinson-White Syndrome – an extra conducting fiber is present in the heart’s electrical system and can increase the risk of arrhythmias.
- Conditions not present at birth but acquired later in life:
  - Commotio Cordis – concussion of the heart that can occur from being hit in the chest by a ball, punch, or fist.
  - Myocarditis – infection or inflammation of the heart, usually caused by a virus.
  - Recreational/Performance-Enhancing drug use.
  - Idiopathic: Sometimes the underlying cause of the Sudden Cardiac Arrest is unknown, even after autopsy.

What are the symptoms/warning signs of Sudden Cardiac Arrest?

- Fainting/blackouts (especially during exercise)
- Dizziness
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age < 50

ANY OF THESE SYMPTOMS AND WARNING SIGNS THAT OCCUR WHILE EXERCISING MAY NECESSITATE FURTHER EVALUATION FROM YOUR PHYSICIAN BEFORE RETURNING TO PRACTICE OR A GAME.

What is the treatment for Sudden Cardiac Arrest?

- Time is critical and an immediate response is vital.
  - CALL 911
  - Begin CPR
  - Use an Automated External Defibrillator (AED)

What are ways to screen for Sudden Cardiac Arrest?

The American Heart Association recommends a pre-participation history and physical including 14 important cardiac elements.

The UIL Pre-Participation Physical Evaluation – Medical History form includes ALL 14 of these important cardiac elements and is mandatory annually.

Website Resources:
American Heart Association: www.heart.org

Lead Author: Arnold Fenrich, MD and Benjamin Levine, MD

Additional Reviewers: UIL Medical Advisory Committee

Revised 2016
### What are the current recommendations for screening young athletes?

The University Interscholastic League requires use of the specific Preparticipation Medical History form on a yearly basis. This process begins with the parents and student-athletes answering questions about symptoms during exercise (such as chest pain, dizziness, fainting, palpitations or shortness of breath); and questions about family health history.

It is important to know if any family member died suddenly during physical activity or during a seizure. It is also important to know if anyone in the family under the age of 50 had an unexplained sudden death such as drowning or car accidents. This information must be provided annually because it is essential to identify those at risk for sudden cardiac death.

The University Interscholastic League requires the Preparticipation Physical Examination form prior to junior high athletic participation and again prior to the 1st and 3rd years of high school participation. The required physical exam includes measurement of blood pressure and a careful listening examination of the heart, especially for murmurs and rhythm abnormalities. If there are no warning signs reported on the health history and no abnormalities discovered on exam, no additional evaluation or testing is recommended for cardiac issues/concerns.

### Are there additional options available to screen for cardiac conditions?

Additional screening using an electrocardiogram (ECG) and/or an echocardiogram (Echo) is readily available to all athletes from their personal physicians, but is not mandatory, and is generally not recommended by either the American Heart Association (AHA) or the American College of Cardiology (ACC). Limitations of additional screening include the possibility (~10%) of "false positives", which leads to unnecessary stress for the student and parent or guardian as well as unnecessary restriction from athletic participation. There is also a possibility of "false negatives", since not all cardiac conditions will be identified by additional screening.

### Can Sudden Cardiac Arrest be prevented just through proper screening?

A proper evaluation (Preparticipation Physical Examination – Medical History) should find many, but not all, conditions that could cause sudden death in the athlete. This is because some diseases are difficult to uncover and may only develop later in life. Others can develop following a normal screening evaluation, such as an infection of the heart muscle from a virus. This is why a medical history and a review of the family health history need to be performed on a yearly basis. With proper screening and evaluation, most cases can be identified and prevented.

### When should a student athlete see a heart specialist?

If a qualified examiner has concerns, a referral to a child heart specialist, a pediatric cardiologist, is recommended. This specialist may perform a more thorough evaluation, including an electrocardiogram (ECG), which is a graph of the electrical activity of the heart. An echocardiogram, which is an ultrasound test to allow for direct visualization of the heart structure, may also be done. The specialist may also order a treadmill exercise test and/or a monitor to enable a longer recording of the heart rhythm. None of the testing is invasive or uncomfortable.

### Why have an AED on site during sporting events

The only effective treatment for ventricular fibrillation is immediate use of an automated external defibrillator (AED). An AED can restore the heart back into a normal rhythm. An AED is also life-saving for ventricular fibrillation caused by a blow to the chest over the heart (commotio cordis).

Texas Senate Bill 7 requires that at any school sponsored athletic event or team practice in Texas public high schools the following must be available:

- An AED is in an unlocked location on school property within a reasonable proximity to the athletic field or gymnasium.
- All coaches, athletic trainers, PE teacher, nurses, band directors and cheerleader sponsors are certified in cardiopulmonary resuscitation (CPR) and the use of the AED.

Each school has a developed safety procedure to respond to a medical emergency involving a cardiac arrest.

The American Academy of Pediatrics recommends the AED should be placed in a central location that is accessible and ideally no more than a 1 to 1 1/2 minute walk from any location and that a call is made to activate 911 emergency system while the AED is being retrieved.

I certify that I have read and understand the above information.

---

Student & Parent/Guardian Signatures

Parent/Guardian Signature

Parent/Guardian Name (Print)

Date

Student Signature

Student Name (Print)

Date
University Interscholastic League
Parent and Student Agreement/Acknowledgement Form
Anabolic Steroid Use and Random Steroid Testing

- Texas state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.

- Texas state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.

- Texas state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.

- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

STUDENT ACKNOWLEDGEMENT AND AGREEMENT

As a prerequisite to participation in UIL athletic activities, I agree that I will not use anabolic steroids as defined in the UIL Anabolic Steroid Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of anabolic steroids in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at www.uiltexas.org. I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by UIL.

Student Name (Print): _______________________________ Grade (9-12) _______

Student Signature: _______________________________ Date: ______________

PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT

As a prerequisite to participation by my student in UIL athletic activities, I certify and acknowledge that I have read this form and understand that my student must refrain from anabolic steroid use and may be asked to submit to testing for the presence of anabolic steroids in his/her body. I do hereby agree to submit my child to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my student’s high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at www.uiltexas.org. I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject my student to penalties as determined by UIL.

Name (Print): ________________________________

Signature: ________________________________ Date: ______________

Relationship to student: ________________________________

School Year (to be completed annually) ______________