

2024-2025



FOOTBALL
COACHES' MANUAL

Congratulations to our [2023 Football State Champions!](#)

2023 Football State Champions



**Conference 1A Six Man Division 1 –
Gordon**



**Conference 1A Six Man Division II –
Benjamin**



Conference 2A Division I – Timpson



Conference 2A Division II – Albany



Conference 3A Division I - Malakoff



Conference 3A Division II – Gunter



**Conference 4A Division I –
Anna**



Conference 4A Division II – Gilmer



Conference 5A Division I – Aledo



**Conference 5A Division II –
Port Neches Groves**



Conference 6A - Duncanville



Conference 6A Division II - DeSoto

Football Calendar | 2024-2025

1A-4A SCHOOLS, 5A AND 6A SCHOOLS WITHOUT SPRING TRAINING, AND ALL INCOMING 9TH GRADERS

August 5 First day of conditioning (No contact activities permitted. No contact equipment except helmets may be worn.)

August 10 First day of full contact

August 15 First scrimmage

August 22 Second scrimmage (5 day rule applies)

August 29 Third scrimmage (schools opting for a third scrimmage shall not play during week one)

*Schools that do NOT participate in spring training are allowed 2 scrimmages.

5A AND 6A SCHOOLS WITH SPRING TRAINING

August 12 First day of conditioning

August 17 First day of full contact

August 22 First scrimmage

August 29 Second scrimmage (schools opting for a second scrimmage shall not play during week one)

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

POSSIBLE PLAYING DATES

Week One	August 29, 30, 31 (Sub-varsity football teams can play on Wednesday during Week 1 only if the varsity team plays on Thursday of that same week)
Week Two	September 5, 6, 7
Week Three	September 12, 13, 14
Week Four	September 19, 20, 21
Week Five	September 26, 27, 28
Week Six	October 3, 4, 5
Week Seven	October 10, 11, 12
Week Eight	October 17, 18, 19
Week Nine	October 24, 25, 26
Week Ten	October 31, November 1, 2
Week Eleven	November 7, 8, 9
November 9	District Certification - Schools have 11 weeks to play a maximum of 10 games.
Week One	November 14, 15, 16
Week Two	November 21, 22, 23
Week Three	November 28, 29, 30
Week Four	December 5, 6, 7
Week Five	December 12, 13, 14 (Exception: 2A Division II may play on December 11)
State Championships	Week of December 18, 19, 20, 21 (All Conferences)

Football Coaches Checklist

Rules & Guidelines

UIL Rule Amendments & Sport Plan

[Section 1250: Football Plan](#)

(a) ATHLETIC PURPOSES, CODES, PLAN APPLICABLE.

Rules in Sections 1200-1209 also apply to the Football Plan.

(b) DATES AND OFF-SEASON REGULATIONS.

(1) Spring Training. There shall be no school football practice or training for a contestant or team, and no football equipment issued after the close of the regular season schedule, except as incidental to the football championship playoffs, and in Conferences 5A and 6A only, 18 spring training practice days which may be conducted in a period of 34 consecutive calendar days. Exception: Conference 5A and 6A schools may choose not to conduct the 18 days of spring training, replacing said training the next school year by following the workout days as specified for Conferences 4A, 3A, 2A and 1A.

(A) The first two days of spring training shall be conducted without any contact equipment except helmets.

(B) During spring training, a maximum of 12 practices may contain full contact. Refer to the football manual for explanations of full contact.

(C) During spring training, football players are not allowed to participate in more than 90 minutes of full contact practice per week. Refer to the football manual for explanations of full contact.

(D) During spring training, a maximum of three practices per calendar week may include full contact.

(2) Off-Season Workouts. Accelerated physical education activities, calisthenics, individual football skills, strength training or conditioning exercises may be conducted during the school term within the school day provided such activities do not exceed one regular classroom period, not to exceed 60 minutes per day (or 300 minutes per week on a block schedule). Practice may include eleven-on-eleven drills without contact activities or equipment. Activities before or after school or during the lunch period are specifically prohibited. Refer to Section 1206 (d) and the [Restricted and Non-Restricted Football Equipment](#) information on the football page of the UIL website.

(3) Summer Practice. Refer to Section 1206 (h).

(4) Summer Camps. For rules and applicable penalties refer to Section 1209.

(5) Fall Practice, Beginning Dates.

(A) Practice Regulations Outside the School Year. Any football practice conducted by a school outside the school year shall be in accordance with the following regulations:

(i) Student-athletes shall not engage in more than three hours of practice activities, with up to a one hour break, on those days during which one practice is conducted. The one hour break is not included as a part of the practice time limit. Total time shall not exceed four hours.

(ii) A one-hour walkthrough is allowed on days during which one practice is conducted. There shall be, at a minimum, two hours of rest/recovery time between the end of one practice and the beginning of the walkthrough.

(iii) Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.

(iv) The maximum length of any single practice session shall be three hours.

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

(vi) Schools shall not schedule more than one practice on consecutive days and student-athletes shall not participate in multiple practices on consecutive days.

(B) In Conferences 1A, 2A, 3A and 4A and all 9th graders in 5A and 6A, practice shall begin no earlier than the date set forth by the UIL calendar. In Conferences 5A and 6A, practice shall begin no earlier than the date set forth by the UIL calendar. Exception: If Conference 5A or 6A schools forego the 18 days of spring training, they may begin workout days on the date set forth

by the UIL calendar as delineated for Conferences 4A, 3A, 2A and 1A and all 5A and 6A 9th graders. Interschool scrimmages shall be allowed on the date set forth by the UIL calendar.

(C) Acclimatization Period. The first two days of practice shall be conducted without any contact equipment except helmets. Other contact equipment may be fitted and placed in lockers. During the first two days, however, only shoes, socks, T-shirts, shorts and helmets may be worn. On the third and fourth days of practice, helmets, shoulder pads and padded girdles (shells) may be worn, but no player to player contact is allowed. On day five of the acclimatization period, helmets, shoulder pads and padded girdles (shells) may be worn, and player to player contact is permitted. During the five-day acclimatization period, no full contact activities shall be permitted. All student-athletes who arrive after the first day of practice are required to undergo a five-day acclimatization period. During the five-day acclimatization period and subject to the rules as noted in (A) (i-vi) above, if more than one practice is conducted on the same day, the second practice shall be a teaching period/walkthrough practice only with no conditioning or contact activities/equipment permitted. At a minimum, there must be two hours of rest/recovery time between the end of one practice and the beginning of the walkthrough.

(D) Football equipment is interpreted to mean football shoulder pads, hip pads, thigh pads, shoes, helmets, football pants or any other equipment used primarily in football. Football practice or training is interpreted to mean any organized instruction in football plays, formations or team skills.

(E) Ninth grade football practice shall correspond with the high school dates whether the ninth grade is in high school, junior high or on a separate campus. Exception: 5A and 6A ninth graders may start on the date set forth by the UIL calendar as delineated for Conferences 4A, 3A, 2A and 1A.

(F) Interschool Games. With the exception of certain sub-varsity games as outlined in the Football Manual, no high school (9-12) interschool games shall be allowed until the date set forth by the UIL calendar. However, schools that play prior to the first Thursday in September shall omit a scrimmage and have an open date during the season. Refer to Section 1478 for 7th and 8th grade regulations.

(G) During the pre-season, regular season and post-season, football players are not allowed to participate in more than 90 minutes of full contact practice per week. Refer to the Football Manual for explanations of full contact.

(6) Preseason or Summer Practice for Seventh and Eighth Grade or Elementary School Students Prohibited. Schools may not:

- (A) hold any preseason football practice in junior high school (eighth grade and below) or elementary school, individual or team, prior to the opening day of school; or
- (B) conduct any spring training either in elementary school or seventh and eighth grade the preceding spring. This section does not prevent students from participating in summer camps, as allowed in Section 1209. Penalty for violations shall be assessed by the appropriate executive committee.

(7) Spring Training For Ninth Graders Restricted. Students in the ninth grade may participate in spring training in Conference 5A and 6A schools provided:

- (A) that such participation is at the same time as the high school squad practices; and
- (B) that said high school is the one which the ninth-grade students will attend the following fall. Penalty for violations shall be assessed by the appropriate executive committee.

(c) 1A FOOTBALL.

Schools may choose to participate in 1A football with an enrollment of 104.9 or below. If enrollment in grades 9-12 is greater than 104.9, and the school is currently playing 1A football, it may continue to participate if any one of these three conditions exist: Enrollment of 104.9 or below in grades 7, 8, 9 and 10, or grades 8, 9, 10

and 11, or grades 9 and 10 doubled. The pertinent figures that total 104.9 or below shall be submitted with reclassification and realignment figures.

(d) PLAYOFF ELIMINATIONS ALL CONFERENCES.

District representatives are bracketed for elimination play to the state championships on a weekly schedule beginning the first weekend after the specified date for determining district representatives. State elimination games may not be scheduled earlier than the first Thursday after the certification date for district representatives.

(e) NUMBER OF GAMES; TIME BETWEEN GAMES.

(1) Maximum Number of Regular Season Games. No team or student shall participate in more than 10 games during the 11-week regular season, prior to bi-district play. Exception: See below for ten-team districts that zone. Some districts do not play bi-district games and have 12 weeks to play 10 regular season games.

(2) Exception For Ten-Team Districts That Zone. A football district that contains 10 schools, by majority vote of the District Executive Committee, may subdivide into zones for contest purposes. Districts that choose this option are allowed to schedule and play one additional regular season game to determine an overall district champion. This additional game is only allowed for the first and second place team in each zone. Districts choosing this option are required to play their first game during the first week games are allowed. Refer to Section 28 (k) for information on zones.

(3) Minimum Time Between Regular Season Games. Up to and including the final district game, no team or student in any conference shall be permitted to take part in more than one game within five calendar days. Example: A team playing Saturday night cannot play again until the following Thursday night. A team playing Monday night could play any time on Saturday.

(4) Minimum Time Between Playoff Games. No team or student in any conference shall be permitted to take part in more than one playoff game within six calendar days, unless mutually agreeable to play within five calendar days. This rule also applies to the first playoff game.

(f) PRACTICE SCRIMMAGE.

A practice scrimmage is a meeting of up to four teams for practice purposes which does not count as a game for any of the teams. Admission may be charged. Officials may be paid in accordance with the schedule in Section 1204 and may, by prior agreement with the school, be reimbursed for mileage and meals. Refer to Section 1204 (n) and (o). There shall be no kickoff.

(1) Scrimmages. No team or student shall participate in more than one interschool football scrimmage during any given period of five calendar days, prior to the playing of the first football game.

(A) Example: A team scrimmaging on Saturday cannot scrimmage again until the following Thursday.

(B) A team scrimmaging on Saturday may play a game or scrimmage the next Thursday. (Five calendar day rule applies.)

(C) No team or student may participate in more than three scrimmages.

(2) Scrimmage Limits. No interschool scrimmages shall be allowed after a school has played its first interschool game in football.

(g) EXPENSES.

Expenses of visiting teams, officials, advertising, labor, services and printing incident to the contest shall be considered as expenses of the game. These expenses shall be itemized with supporting bills, properly receipted. Number of participants allowed upon expense account shall be agreed upon by the school administration of the teams involved. Unless mutually agreeable otherwise, the home team will furnish a playing field without cost to the visiting school.

(1) Seating. The visiting team has the right to demand one-half of the stadium seats in relation to the 50-yard line in all UIL football contests, whether district games, non-district games or playoff games, unless mutually agreed otherwise by the two schools involved. A visiting team can demand one half of the reserved seats. A visiting team has a right to split the stadium in relation to the 50-yard line, subject

to the end zone situation being equal, unless mutually agreeable otherwise.

(2) Season Tickets. Proceeds from the sale of season tickets are considered a part of the receipts of the game.

(3) Radio, Television Proceeds. Proceeds from radio and television are considered a part of the receipts of the game.

(4) Gate Receipts. Refer to Section 1208 (j).

(h) TIED GAMES.

(1) Non-district Varsity, District Varsity and Post-District Games. The NCAA overtime system shall be used in all non-district varsity games, district varsity games and post-district games tied at the end of regulation play. (Refer to Football Manual.)

(2) Other Games. The NCAA overtime system shall not be used in any sub-varsity games or junior high games.

(i) SITE AND DAY OF GAME.

(1) Non-District Games. Mutual agreement determines site and day of game.

(2) District Games. District schedules, unless unanimously agreeable otherwise, shall be made by a draw for a two-year period. Home team may designate the day of the game. Exception: When a school district has more than one home game per week and only one stadium, the day of the game shall be determined by a draw unless mutually agreeable otherwise. Starting time shall be set by the District Executive Committee, unless mutually agreeable otherwise.

(3) Playoff Games. Excluding state championship games, unless mutually agreeable otherwise, the place for playing a playoff game shall be determined on a "home and home" basis for the past two football seasons. The team that was the visiting team the last time the two teams met on a home field in a post-district playoff game may require the game be played at its home field. In case of disagreement between two teams who have not played a post-district playoff game during the past two football seasons, the game site shall be decided by a coin toss. A school cannot be required to flip for a playoff site that is not large enough to accommodate the fans from both schools. Exception: In 5A and 6A, for the first round of the playoffs only, the opponent with the higher district finish will determine whether the game is played on its home field or mutually agree to play the game at a neutral site. If the opponents have the same district finish, the two teams will flip a coin or agree on a neutral site.

(4) Home Sites. When two schools flip for two separate sites other than their home field, the sites are considered home sites unless both sites are near mid-point.

(5) Neutral Sites. A site mid-point or near mid-point or a site agreed on by both schools as neutral, is a neutral site. Unless mutually agreeable, a site cannot be neutral if it is more than two-thirds the total distance between the two schools.

(6) Playoff Contract. Post-season contracts should show either home site, neutral site or mutually agreed-on site.

(7) Day of Game. The home team may designate the day of the game for non-district games during the regular season only. Exception: If the visiting school has to miss class time to travel to the game, the game shall be played on a non-school day unless mutually agreed otherwise.

(j) SIXTEEN PERCENT POST-DISTRICT RECEIPTS.

Sixteen percent of the gross receipts of post-district games shall be paid to the UIL. The radio broadcast receipts and the telecast receipts are considered a part of the game receipts in all post-district games.

(k) NO INTERSCHOOL SPRING SCRIMMAGE OR POST-SEASON FOOTBALL GAMES.

No member school shall play any football game, practice or scrimmage with another high school after the close of its season. The penalty for violation of this rule shall be assessed by the State Executive Committee.

(l) POST-SEASON GAMES.

No school may engage in any postseason game, other than in regular interdistrict playoffs scheduled by the UIL. A postseason football game in all conferences is one played between two schools after the deadline for

certifying district representatives. The penalty for violation of this rule shall be assessed by the State Executive Committee.

(m) TRAINING RESTRICTED TO LOCAL ISD.

The pre-season conditioning and fall training period shall be conducted on the campus of the local school or on a site controlled by the school board and lying within the boundaries of the school district. On-campus workout sessions which involve meals and/or overnight lodging are prohibited.

(n) Refer to football manual for NCAA rules exceptions.

(o) GAME VIDEOS.

Playoff teams are required to exchange all videos leading up to the playoff game to include regular season and post-season games. Upon mutual agreement, teams may agree on trading a specific number of games.

(1) All videos must be traded by noon on the day following the last game played by the two teams involved. Example: Team (A) plays on Friday and Team (B) plays on Saturday, all videos must be traded by noon on Sunday. By mutual agreement games may be traded earlier.

2024-2025 UIL Rule Changes & Amendments

UIL Resources for Game Administrators

Practice Rules & Guidelines

Restricted and Non Restricted Football Equipment

We have some new clarifying information regarding equipment that we wanted to make you aware of. We have compiled a list of restricted and non-restricted equipment that is different than what we have allowed in the past. The changes provide more opportunities for coaches to teach safety throughout the year without having player to player contact.

Definitions:

- Restricted Equipment - Restricted equipment may only be used once Shells/Full Pads are allowed. Refer to the equipment document for illustrations of restricted equipment.
- Non-Restricted Equipment - Non-restricted equipment may be used anytime during the season or while school is in session. Refer to the equipment document for illustrations of non-restricted equipment.

[Restricted and Non-Restricted Football Equipment](#)

Practice Outside the School Year

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

What Counts/What Doesn't Count

When determining how to count times spent as 'practice activities' or 'practices', please consult the following chart:

What Counts	What Doesn't Count
Actual on Field/Court Practice	Meetings
Sport Specific Skill Instruction	Film Study
Mandatory Conditioning	Injury Treatment
Water Breaks	Weight Training**
Rest Breaks	Voluntary Conditioning**

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

In reference to the minimum two hours rest/recovery time between the end of one practice and the beginning of the next practice (on days when more than one practice is scheduled), there can be no practice or other physical activities at all during this time. This time is exclusively for students to rest/recover for the following practice session, whether that session is an actual on field/court practice or a mandatory conditioning period.

Additional Regulations for Football Practice

All pre-season football practices shall begin with a four (5) day acclimatization period for all participants.

The first two days of practice shall be conducted without any contact equipment except helmets. Other contact equipment may be fitted and placed in lockers. During the first two days, however, only shoes, socks, T-shirts, shorts and helmets may be worn. On the third and fourth days of practice, helmets, shoulder pads and padded girdles (shells) may be worn, but no player to player contact is allowed. On day five of the acclimatization period, helmets, shoulder pads and padded girdles (shells) may be worn, and player to player contact is permitted. During the five-day acclimatization period, no full contact activities shall be permitted. All student-athletes who arrive after the first day of practice are required to undergo a five-day acclimatization period. During the five day acclimatization period and subject to the rules as noted in (A) (i-vi) above, if more than one practice is conducted on the same day, the second practice shall be a teaching period/walkthrough practice only with no conditioning or contact activities/equipment permitted. At a minimum, there must be two hours of rest/recovery time between the end of one practice and the beginning of the walkthrough.

Fall Football Practice Regulations

Pre-Season Dates

In Conferences 1A, 2A, 3A and 4A and all 9th graders in 5A and 6A, practice shall begin no earlier than the date set forth by the UIL calendar. In Conferences 5A and 6A, practice shall begin no earlier than the date set forth by the UIL calendar. Exception: If Conference 5A or 6A schools forego the 18 days of spring training, they may begin workout days on the date set forth by the UIL calendar as delineated for Conferences 4A, 3A, 2A and 1A and all 5A and 6A 9th graders. Interschool scrimmages shall be allowed on the date set forth by the UIL calendar.

Acclimatization Period

The first five days of practice shall be an acclimatization period for all student-athletes in accordance with the below regulations. All student-athletes who arrive after the first day of practice are required to go through the 5-day acclimatization period.

- First 2-Days

- ONE Practice allowed.
- Only t-shirts, shorts, and helmets may be worn, and no contact activities are permitted.
- Practice: 3-hour time limit with up to a 1-hour break. The 1-hour break is not included as a part of the practice time limit. Total time shall not exceed 4 hours.
- 1-hour walkthrough allowed in addition to the practice with at least a 2-hour break between the practice and walkthrough.
- Non-restricted equipment is allowed.
- Days 3 & 4
 - ONE Practice allowed.
 - Only helmets, shoulders pads, and girdles (shell) allowed, and no person-to-person contact is permitted.
 - Practice: 3-hour time limit with up to a 1-hour break. The 1-hour break is not included as a part of the practice time limit. Total time shall not exceed 4 hours.
 - 1-hour walkthrough allowed in addition to the practice with at least a 2-hour break between the practice and walkthrough.
 - Restricted and non-restricted equipment is allowed.
- Day 5
 - ONE Practice allowed.
 - Only helmets, shoulders pads, and girdles (shell) allowed.
 - Person-to-person contact is allowed, but full contact is not allowed.
 - Practice: 3-hour time limit with up to a 1-hour break. The 1-hour break is not included as a part of the practice time limit. Total time shall not exceed 4 hours.
 - 1-hour walkthrough allowed in addition to the practice with at least a 2-hour break between the practice and walkthrough.

Full Equipment & Full Contact Period

Following the 5-day acclimatization period, full pads and full contact are permitted in accordance with the following regulations:

- Practice regulations outside the school year (prior to school starting)
 - 1 Practice - Student-athletes shall not engage in more than three hours of practice activities with up to a 1-hour break. The 1-hour break is not included within the practice time limit on those days during which one practice is conducted.
 - 2 Practices - Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted. On days when more than one practice is conducted, there shall be, at a minimum, two hours of rest/recovery time between the end of one practice and the beginning of the next practice. On those days where more than one practice occurs, full contact is allowed in only one of the two practices. Schools shall not schedule more than one practice on consecutive days and student-athletes shall not participate in multiple practices on consecutive days.
 - The maximum length of any single practice session shall be three hours.
 - During the pre-season, regular season and post season, football players are not allowed to participate in more than ninety (90) minutes of full contact practice per week. See the Football Manual for explanations of full contact.
- Practice regulations during the school year (once school has started)
 - State law limits schools to no more than eight hours of practice outside of the school day during the school week, per activity. School week is defined as Monday (12:01 AM) to the end of school on the last instructional day of the week (usually Friday). This does not include the athletic period.

- During the pre-season, regular season and post season, football players are not allowed to participate in more than ninety (90) minutes of full contact practice per week. See the Football Manual for explanations of full contact.

*Full Contact – Any football drill or live game simulation where players are at a “competitive” full-speed pace, and players are taken to the ground.

Spring Training Practice Regulations

Spring Training

There shall be no school football practice or training for a contestant or team, and no football equipment issued after the close of the regular season schedule, except as incidental to the football championship playoffs and, in Conferences 5A and 6A only, 18 spring training practice days which may be conducted in a period of 34 calendar days.

Exception: Conference 5A and 6A schools may choose not to conduct the 18 days of spring training, replacing said training the next school year by following the workout days as specified for Conferences 4A, 3A, 2A and 1A.

Spring Training Practice Regulations

Any 5A or 6A school participating in Spring Training shall be in accordance with the following regulations:

- No more than 18 practices over a 34 calendar day period.
- During the first two days of Spring Training, only t-shirts, shorts, and helmets may be worn, and no contact activities are permitted.
- A maximum of 12 of the allotted 18 practices may contain full-contact activities.
- Football players are not allowed to participate in more than ninety (90) minutes of full contact practice per week.
- Only 3 practices per calendar week may contain full contact activities during Spring Training.

*Full Contact – Any football drill or live game simulation where players are at a “competitive” full-speed pace, and players are taken to the ground.

[Preseason Football Practice Limitations FAQ PDF](#)

ATAVUS Online Procedures/Directions for Tackling Training

UIL has worked closely with THSCA to address the issue of head injuries in football. We are proud of the work Texas football coaches have done through the Atavus training to improve the way the game is coached in Texas.

For the 2024-2025 school year, with the overwhelming majority of coaches in Texas having completed both the first and second levels of training in “Best Practices in Tackling”, coaches who have completed both certifications, 1.0 & 2.0, are fully certified and will NOT require any further Atavus certifications.

The only coaches that are required to certify before the 2024-2025 school year are those coaches who will be new to the state of Texas or those coaches who have not completed both 1.0 and 2.0. Coaches who completed version 1.0 in 2022 will need to complete version 2.0 before August 5th, 2024.

Any coach who completed 1.0 tackling certification in 2023, will not complete certification in 2024 as each level of certification is valid for 2 years.

****All coaches are required to be registered in the UIL Portal. Football Coaches must register for football in the UIL Portal and will be assigned an Atavus ID number.**

NOTE: Two Certifications:

- 1.0 – Certification for all new coaches to the state of Texas. (certification is good for 2 years)
- 2.0 – Certification for coaches who have been certified in 1.0 and up for renewal.

Online Training (Options for 1.0 & 2.0 Certifications)

- The cost of the certification is \$35 and is **paid directly to Atavus.**
- Online certification will open on April 1st.
- Coaches will then have until August 4th to complete.
- If coaches have questions, they can utilize the Atavus FAQ page here. <https://atavus.com/texas/>

NOTE:

- A newly hired football coach will have 30 days to complete the tackling certification if hired during the school year or will have to complete the tackling certification before August 5th if hired during the summer.
- All UIL coaches must be registered in the UIL Portal. In order to for a coach to obtain an Atavus ID and log into the Atavus website the coach must be registered as a football coach in the UIL Portal.
- Resources:
 - [ATAVUS Online Procedures/Directions for Tackling Training.](#)
 - [ATAVUS Troubleshooting Q&As and FAQs](#)
 - [Directions for uploading ATAVUS certificate into the UIL Online Portal \(This Could Change\)](#)
 - [ATAVUS Payment Directions](#)

Ineligible Player and Unattached Participation

- (c) MINIMUM PENALTY FOR USING INELIGIBLE PLAYER. In the event an ineligible contestant is used in any UIL game or contest, knowingly or unknowingly, the minimum penalty shall be forfeiture of the game, contest or event. Refer to Section 27 (c)(3).
- (d) UNATTACHED PARTICIPATION. In any UIL member school sponsored athletic contest, meet or tournament, UIL member high school students shall not be permitted to enter unattached. The penalty for violation of this rule shall be assessed against the member school(s) in violation. This provision applies to a non-enrolled (home schooled) student participating in accordance with section 33.0832 of the Texas Education Code.

Ejections

Coach Ejections

Section 1208 (i): MINIMUM PENALTY FOR MISCONDUCT

(1) Automatic Minimum Penalty. Any coach who is ejected from a contest for unsportsmanlike conduct, or any football coach who is given two or more 15-yard unsportsmanlike penalties during a contest may accept an automatic penalty for their ejection or appeal the ejection. A coach who appeals their ejection is required to appear before the State Executive Committee. If the coach accepts their automatic penalty or their ejection is not overturned on appeal, the coach will be subject to:

(A) an automatic penalty of public reprimand (name will be published once in the Leaguer) and one year's probation in the applicable sport;

(B) completing the National Federation of State High School Associations Fundamentals of Coaching Course; and

(C) completing the National Federation of State High School Associations Teaching and Modeling Behavior Course.

(2) Automatic Greater Penalty. If a coach so penalized has no proof of having completed the UIL Coaches Certification Program prior to the sports season, that coach shall also be automatically suspended from the next game/contest.

(3) Subsequent Violations. Any further ejection or accumulation of two 15-yard unsportsmanlike penalties during a football game while on probation, will require the coach to appear before the State Executive Committee for consideration of penalty.

(4) Notification. Schools shall notify the UIL within three school days if a coach has been ejected from a game or received two 15-yard unsportsmanlike penalties.

Player Ejections

Player Ejection – Section 1208 (i) (5):

(5) Player Ejection. Any player ejected from a contest is subject to an automatic penalty. The automatic penalty for such an ejection is as follows:

(A) Football. Ejected player misses the rest of the game in which they were ejected plus the first half of the following game. ***(Exception: Disqualification/ejection as a result of a targeting foul does not require the player to miss the first half of the following game.)***

(B) Other Team Sports. Ejected player misses the rest of the game in which they were ejected plus all of the following game. Soccer exception. This Section does not alter the current point penalty structure for soccer player ejections, as required by National Federation of State High School Associations soccer playing rules, that is outlined in the soccer coaches' manual.

(C) Appeals. The UIL Executive Director may develop a process for appealing student ejections.

**Player ejections cannot be overturned by a game official and/or chapter. If a coach has a question following a contest with a player ejection, the coach should contact UIL.*

Limits on Awards

Section 480: LIMITATION OF AWARDS

(a) LIMIT.

(1) *Awards Schools May Give.* A member school or member school district may give one major award not to exceed \$70 in value to a student during that student's high school enrollment at the same school for participation in UIL interschool competition(s) listed in Section 380. Each year a member school or member school district may give one additional award per student per interschool activity listed in Section 380, not to exceed \$20 each. Schools may give a student the \$20 minor award for an activity during the same school year the \$70 major award is given for that activity. A school may contribute to major awards in honor of winning a UIL State Championship event.

(2) *Awards Students May Receive.* A student may not accept from any source other than the school attended or the school district, any award in money, product or service for competing in an interschool contest except as follows.

(A) A certificate, medal, trophy, ring, or other symbolic award for participating in any UIL activity which counts on UIL standing, if it is given:

(i) by the school, or school district in accordance to the limitations in Section 480 (a)(1);

(ii) the District Executive Committee or the entity that organized the competition (i.e., the regional director or zone director);

(iii) the UIL or one of the professional, education organizations sanctioned by the UIL; or

(iv) an outside source approved by the school or school district.

(B) A medal, trophy, patch or other symbolic award for participating in an invitational athletic contest which does not count on UIL standing, in an activity which the UIL sponsors as listed in Section 380, if it is given by the organization conducting the contest or competition (Sports which are not sanctioned by the UIL, such as bowling, motorcycle racing or rodeo do not come under this rule).

(C) Unlimited awards for participating in an invitational academic or fine arts contest which does not count on UIL standing, whether or not it is an activity which the UIL sponsors.

(D) Educational trips sponsored by the school.

(E) Scholarships for college or university enrollment if awarded at or after graduation from high school.

(3) *Awards Students May Receive for Intraschool Competition.* A student may accept unlimited awards for participating in intraschool competition.

(b) LEAGUE STANDING DEFINED. For purposes of this rule, “counts on UIL standing” means any contest that causes an individual or team to advance toward a UIL district, bi-district, area, zone, regional or state championship.

(c) AMATEUR STATUS. Refer to Section 441 for rules governing amateur athletic status.

(d) INDIRECT AWARD. An award given to a second party to be held for later delivery to the student is considered received by the student when the award is given to the second party. This conduct is a violation by the member school or school district.

Section 481: GIFTS OR AWARDS TO SPONSOR OR COACH

Individuals who coach, direct or sponsor UIL activities in grades 9-12 may be suspended if:

(a) they accept more than \$500 in money, product or service from any source, over and above the stipend paid by the school district, in recognition of or appreciation for coaching, directing or sponsorship of UIL activities. (Refer to Section 1202). The \$500 limit is cumulative for a calendar year and is not specific to any one particular gift;

(b) they accept money, product or service for entering their student(s) in a contest or other activity;

(c) this section includes, but is not limited to, money, gifts, use of automobiles, insurance, club privileges and any funds tendered by booster clubs for other services; and

(d) it is a violation if coaches and/or their attorney(s) accept money or other valuable consideration for payment of legal expenses incurred to file suit or take other legal action against a school, school district or the UIL.

(e) EXCEPTIONS:

(1) *Scholarships.* A sponsor or coach may accept from any source in any amount a postsecondary institution scholarship.

(2) *Retirement.* Upon retirement from the profession, sponsors or coaches may accept money or other valuable consideration in any amount from any source.

(3) *Annual UIL Award for Excellence.* A sponsor or coach may accept the Annual UIL Award for Excellence sanctioned by the UIL.

Charitable Cause Guidelines. The UIL has received numerous requests from member schools to support various charitable causes in conjunction with high school athletic events. The UIL is supportive of these initiatives and has developed guidelines in regards to an athletic competition being held in the name of a charitable cause.

Schools may host a contest in recognition of a charitable cause under the following conditions:

1. The contest of competition may be held during any one week of the designated sport season (to be determined by each individual school).
2. If NFHS or NCAA rules allow, non-school colors can be worn upon mutual agreement between opponents. (ex: pink uniforms)
3. A commemorative ribbon of non-school color may be worn on the jersey or school-issued uniform.
4. Officials may be allowed to use a colored whistle or modified uniform in accordance with UIL guidelines.
5. Colored game balls will not be allowed, however they may be used during any warm-up period prior to the contest.

NCAA Rules, Exceptions & Other Resources

- [2024-2025 UIL Football Technology Use Update](#)
- [Drone Policy](#)
- [National Athletic Equipment Reconditioners Association \(NAERA\) Helmet Recommendations](#)
- [NCAA Football and Rules Information](#)
- [NCAA Football Rule Changes - \(2024-2025 School Year\)](#)
- [UIL Exceptions to NCAA Football Rules - \(2024-2025 School Year\)](#)
- [UIL/NCAA Six-Man Football Rules Comparison - \(2023-2024 school year\)](#)
- [Resources from THSCA](#)

Pre-Season Regulations (see Team Sport General Manual

- [Employment of Coaches](#)
- [Texas Education Code Requirements \(State Law\)](#)
- [Coaches Certification Program \(CCP\)](#)
- [UIL Eligibility for Athletic Contests](#)
- [Student Participation Required Forms](#)

Equipment

Helmets

All high school varsity players are required to wear helmets that meet NOCSAE standards. Any team not wearing NOCSAE approved helmets will be in violation of NCAA rules. Warning labels shall be placed on the outside lower rear portion of the helmet. <https://nocsae.org/>

Football Helmet Safety Requirements

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

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

Fitting the Football Helmet

Although the helmet is not capable of eliminating head injuries completely, it does appear to lessen their severity. An improperly fitted and/or improperly worn helmet increases the chances

for head injuries to occur. This outline depicts the procedural steps necessary to insure proper fitting and proper wearing of the helmet.

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

General Preparation

Fit helmet at normal hair length.

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

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

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

Chin Strap Fit

Adjust to a tight position with equal tension on both sides. A tight chin strap protects better.

The four-point chin strap is required.

Jaw Pad Fit

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

Side-to-Side Check

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

Proper Method of Entering Helmet

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

Tooth and Mouth Protectors

Mouthpieces are required for all players. It is mandatory that all players wear tooth and mouth protectors. It is a part of the equipment necessary to participate in a game. This requirement will be enforced by the game officials. If the referee discovers that a player is not wearing a tooth and mouth protector as required, the offending player is not to be allowed to enter or continue in the game until there is compliance with the rule.

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

Occlusal, as used in the rule, means the protector must separate the biting surfaces of the teeth. Some authorities have stated that the teeth separation should be 1/16 of an inch. The occlusal portion of the guard generally will afford protection from blows from beneath the chin, which frequently result in chipped teeth. In addition, the occlusal portion tends to absorb shock from blows underneath the chin, thereby reducing the possibility of concussion. The wording of the rule enables a free choice of protector selection on the part of the coach or player. While it is recommended that the protectors be of the “fitted” type, it is not mandatory that they be so. Colored mouthpieces: Any other readily visible colored mouthpieces with FDA-approved base materials (FDCC) shall be mandatory. White or clear material is not permitted.

NOCSAE Manual Helmet Information

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

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

NOCSAE continually studies all types of helmets and test conditions, and the severity of the tests will be changed when credible evidence is presented that such changes will affect injury reduction. The NOCSAE helmet standard is not a warranty, but simply a statement that a particular helmet met the requirements of performance tests when it was manufactured or reconditioned. For football helmets, NOCSAE does recommend that the consumer adhere to a program of periodically having used helmets recertified. Because of the difference in the amount and intensity of usage on each helmet, the consumer should use discretion regarding the frequency with which certain helmets are to be recertified. Those helmets which meet the NOCSAE standard must bear the seal, "Meets NOCSAE standards" and the logo for that type of helmet. The seal and the logo are permanently branded on the outside rear portion of the helmet.

The NOCSAE standard does not require the use of specific brand name replacement parts when helmets are reconditioned. Neither the test nor the performance standard call for any specific materials or designs. The standard speaks only to the performance for the helmet when new, or after reconditioning and rectification. A list of NOCSAE licensed reconditioners, contact information and other additional information is available from the National Athletic Equipment Reconditioners Association at www.naera.net.

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

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

Effective January 1, 2017 - NAERA members will not recondition/recertify any football helmet 10 years of age or older. NOCSAE has also updated their language concerning recertification.

NOCSAE 6.1.1. Helmets intended to be recertified shall have a recertification interval provided by the manufacturer. Certification life is limited to this time period. Helmets not recertified during the stated interval shall no longer be certified. Recertification interval required for warranty validation shall satisfy this requirement.

NAERA (National Athletic Equipment Reconditioners Association) recommends every football helmet should be reconditioned annually. Only companies licensed by NOCSAE to recertify football, lacrosse and baseball/softball helmets can perform the recertification. For a list of NAERA members that are licensed by NOCSAE please visit the NAERA web site www.NAERA.net.

Helmets that no longer meet the NOCSAE standard are rejected from the reconditioning/recertification process. NAERA members notify the organization or school that sent in the helmets of the rejected helmets.

For more information and a list of NAERA members please see our website at www.naera.net or contact Tony Beam, Executive Director of NAERA 717 317-2143

Regular Season

Football Regulations

Number of Contests allowed

- 10 Games

Football Practice Limits Football practice limits can be found on our website [here](#)

Scrimmage Attire – Scrimmages will be treated like a game from a uniform standpoint. No shorts will be allowed, and jersey numbers must be legal position numbers.

Player Ejection. Any player ejected from a contest is subject to an automatic penalty. The automatic penalty for such an ejection is as follows:

- (A) Football. Ejected player misses the rest of the game in which they were ejected plus the first half of the following game.

(Exception: Disqualification/ejection as a result of a targeting foul does not require the player to miss the first half of the following game.)

Coach Ejection – In addition to the penalty imposed by the local school district on a coach who is ejected from a game, the Automatic Minimum Penalty is discussed in [Section 1208: Athletic Regulations](#) of the Constitution & Contest Rules

- The automatic penalty for a coach who is ejected from a contest *who is not current* on their UIL Coaches Certification Program is suspension in the next contest.

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

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

Officials

Please refer to the UIL Constitution and Contest Rules, [Section 1204](#) on the UIL website, for the latest information regarding officials (fee schedule, tournament fees, travel reimbursement, mileage calculator, scrimmage fees, other allowable expenses, scratch form, evaluation form, FAQs, etc.)

Assignment of Officials Out of The UIL Office

- Member schools shall use registered officials in all varsity contests.
- Neutral Officials. In all contests, schools should always attempt to secure neutral officials who have no affiliation with either school.
- The two schools have the right to “scratch” any chapters or officials they wish. However, the UIL office urges the use of discretion in scratching entire chapters or areas. NOTIFICATION: When names of officials are received by the visiting school, the visiting school shall immediately notify the host school if officials are not satisfactory. Failure of the visiting school to solicit names of officials from the home school within four days of the contest constitutes agreement.
- To request officials from the UIL office, go to <https://www.uiltexas.org/form/officials-request/football.php> and complete the Football Officials Assignment Request Form. This form will go directly to the UIL office, and all correspondence will be via email.
- After the schools have indicated officials and/or chapters they do not want, the UIL office then contacts a chapter not scratched and requests officials. **Schools are not permitted to talk with representatives of the chapter once they have agreed for the League to assign officials.**
- Once the officials have been assigned out of the UIL office, the schools may not request a change in the assignment and must pay the assigned officials if they are not used, unless:
 - a. The UIL office makes a mistake by contacting a chapter which the schools have indicated they do not want.
 - b. Communication problems between the school which contacted the UIL and the opponent results in officials being assigned from a chapter which one school had scratched.
- The UIL recommends that officials or chapters not acceptable be written down at the meeting, reviewed by each school to see if the list is complete and accurate, and signed by school authorities from both schools. This should be a part of the contract procedure and a copy retained by each school.
- Once a game has begun there shall be no protest based on the selection of game officials. Beginning a contest constitutes agreement.
- Payment of officials (for all games other than tournament games) shall be according to Section 1204 in the UIL Constitution and Contest Rules. <https://www.uiltexas.org/athletics/officials-fee-schedule>

Pregame Activities and Regulations

Pregame Activities.

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

Updated Language to UIL Exception to NCAA Rules #46 Concerning Official’s Jurisdiction prior to a contest. NOTE: Players must be dressed in a way they can be identified, either by a number or their personal name during pre-game activities. Game Jerseys do not have to be worn, but players must be identifiable in the case there is an incident during pre-game activity.

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

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

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

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

Video Replay Boards. In stadiums where video replay boards are utilized replays of game action may only be shown once. Slow motion replays may not be shown.

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

- Maximum half-time length for UIL varsity games is 28 minutes. Please note that half-time is not required to be this long. Many districts have adopted a shorter period of time, for example 24 minutes. Note: Junior high and sub-varsity half-time should not be longer than 20 minutes.
- Timing for the half-time should begin when all players and personnel have cleared the field at the end of the first half of play.
- Bands should be ready at that time to come onto the field for their half-time show. Undue delay by the visiting team band could result in a penalty being assessed to the home school. Many schools are

placing a time limit on each band, insuring that the first part of the half-time intermission will not cause the entire half-time to exceed the allotted time limit.

- Football teams should have at least 3-4 minutes to warm up after the half-time intermission prior to the second-half kickoff.
- When homecoming activities and/or other half-time activities necessitate an extra long half-time, it may be advisable for the visiting band to give its show prior to the game.
- Both schools should cooperate to ensure proper half-time procedures.

Video Taping/Filming/Technology

All Athletic Contests

Videotaping/Filming/Recording by Schools

- A non-competing school shall not film, videotape or otherwise make a visual recording of an athletic contest without the prior written consent of the schools competing in the contest.
- A school does not have to obtain permission to film or tape, or otherwise make a visual recording of an athletic contest in which it is competing. However, the film or videotape or other visual recording may only be reviewed or otherwise utilized during the contest in accordance with applicable contest rules.
- Films, videotapes and all other kinds of visual recording of all athletic contests in compliance with league rules are the property of the school that made them unless their ownership, use or distribution is governed by district rule or, if there is no agreement between the schools competing in the contest.

Videotaping/Filming/Recording by Individuals and Organizations. Except for persons or organizations acting under subsections (1) (A) (i) and (ii) above, no person or organization shall film, videotape or otherwise make a visual recording of any athletic event or activity without prior written consent of the schools that are competing in the event. Any filming videotaping or other recording of an athletic contest may not obstruct the view of other spectators of the contest.

Commercial Uses. Use of films, videotapes or other visual recordings of regular season athletic contests for commercial purposes shall be approved in writing by all schools competing in the contest. Any agreements between the competing schools regarding the filming, videotaping or other visual recording of regular season athletic contests, including without limitation any commercial uses, shall be consistent with the League's Constitution and Contest Rules and any contracts made thereunder.

Technology during Contests

- Teams are allowed to use video & data technology (computers, tablets, iPads, smartphones, etc) during the game and half-time intermission in approved areas only. **The use of the technology is limited to the coaching booth and locker room areas only – NO sideline or team area (field) use is allowed during the game.**

Policy on Rain/Flood Games

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

Options:

- Find another site and play the game on Friday night as scheduled: a) Option to go to visiting school, if mutually agreeable; b) Option to find a neutral field.
- Play Saturday at original site, visiting site, or neutral field: a) Mutual agreement or b) district executive committee action.
- If conditions which do not permit any of the above persist: The district executive committee may reschedule district games for Monday night. Then the game scheduled for the following Friday must be

rescheduled for Saturday, to meet the five-day interval requirement of the Football Plan of the Constitution and Contest Rules.

- Note: It may be necessary to have the district executive committee reschedule a number of games.
- For non-district games - agreement between two schools involved.

Live Regular Season Telecast

Webcasts for football, streamed over the internet and in accordance with UIL Broadcast Guidelines will be allowed by mutual agreement. Other live telecasts including over-the-air television broadcasts will still be prohibited.

Forms and Reports

Eligibility Form. Schools must submit a comprehensive eligibility form through the UIL Portal.

District Certification Form. Link to form found [here](#).

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

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

Injury Report Form. The UIL Legislative Council passed a proposal requiring all 6A schools to participate in the ConTex concussion reporting program for ALL SPORTS, not just football. Instructions for the ConTex Program can be found on the Rules and Guidelines Page. All conferences may participate in the reporting, but 6A is the only conference required to participate. NOTE: There is no other injury reporting required.

Post-Season

Playoff Information

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

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

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

District representatives in all conferences must be determined and certified no later than November 9th. The district chair must complete the district certification form found on the UIL website.

Game Videos: Playoff teams are required to exchange all videos leading up to the playoff game to include regular season and post-season games. Upon mutual agreement, teams may agree on trading a specific number of games.

All videos must be traded by noon on the day following the last game played by the two teams involved. Example: Team (A) plays on Friday and Team (B) plays on Saturday, all videos must be traded by noon on Sunday. BY mutual agreement games may be traded earlier.

Teams Advancing to the Playoffs

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

Conference 2A, 3A, 4A & 5A Division I and II: the top four teams from each district advance to the playoffs. One state champion is crowned in 2A, 3A, 4A, 5A Division I and one state champion is crowned in 2A, 3A, 4A, 5A Division II.

Conference 6A: the top four teams from each district advance to the playoffs. The two schools with the largest enrollments automatically advance to the Division I bracket. The remaining two schools advance into the Division II bracket. There are two state champions per conference in Conference 5A & 6A.

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

UIL PLAYOFF REPORTING

District Representatives: The district chair must go to the UIL website at <http://www.uil texas.org/football/forms> and fill out the corresponding conference District Certification Form before the district certification deadline. Each district must have a true 1 through 4th place district finish when submitting this form.

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

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

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

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

Home Field Advantage 5A, & 6A: For the first round of the playoffs only, the opponent with the higher district finish will determine whether the game is played on its home field or mutually agree to play the game at a neutral site. If the opponents have the same district finish, the two teams will flip a coin or agree on a neutral site.

Guidelines

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

Home Sites are those sites near the home school selected by the two schools involved OR the actual home playing field. **For the first round of the playoffs, in 5A and 6A only, the higher district finish will determine whether the game is played on their actual home field or mutually agree to play the game at a neutral site.**

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

Example : San Antonio and Dallas have not met in the playoffs for the past 2 years:

1. Designate potential sites. San Antonio: Belton-neutral; Alamo Stadium-home. Dallas: Temple-neutral; Cotton Bowl-home.
2. Flip for type of site (either neutral or home and home). Heads for home and home. Tails for neutral. Comes up heads.
3. Flip to see who wins home. Dallas calls tails for home. San Antonio calls heads for home. Comes up tails.

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

Game Balls: NCAA rules prevail.

Post Season Halftime Structure:

- Playoff games – Halftimes shall be 24 minutes for post-season games. The intermission between halves for post-season games may be 28 minutes if mutually agreed upon by both schools.
- State Championship Games - Halftimes shall be 24 minutes.

Team Information & Pictures: Teams advancing to semifinals must submit the following materials to the UIL no later than **Monday, December 9, 2024.**

Team Information Form

- Team Information Form -List of players, coaches, etc., and **all** games played): to be completed online at <https://www.uilTEXAS.org/forms/team-info-football>
- Picture Submission Form - We will be collecting your school photo submission through an online form. To be completed online at <https://www.uilTEXAS.org/machform/view.php?id=949239>
 - Team Picture
 - Head Coach Picture
 - Logo

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

Off-Season Regulations

Spring Training Practice Regulations

Spring Training Practice Regulations can be found in Section 1250 of the UIL C&CR and on our website [here](#)

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

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

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

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

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

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

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

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

[Off Season Regulations](#) (see Team Sport General Manual)

- Summer Strength and Conditioning & Sport Specific Instruction
- Off-Season Strength and Conditioning (during the school year)
- School Sponsored Camps
- Non-School Leagues, Camps & Clinics