



University Interscholastic League

Summer of 2020

Individual Sport Regulations

Individual Sport Regulations

Summer of 2020 (COVID-19)

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.
- 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	Weight training*
Mandatory conditioning	Film study
Water breaks	Injury treatment
Rest breaks	Voluntary conditioning*

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

In reference to the minimum two 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.

Important dates for coaches, athletes, and parents pertaining to Section 1206 (h) of the UIL C&CR:

- Beginning Date for Summer Individual Sport Workouts
 - The starting date shall be set forth by the UIL calendar. **START DATE: JUNE 8, 2020**
- Period of No Activity – During a “Period of no Activity”, no school facilities may be open for student-athletes.
 - Friday, July 3, 2020
 - Tuesday, July 7 and Wednesday, July 8, 2020
 - Monday, July 20 and Tuesday, July 21, 2020

UIL Individual Sport (COVID-19 Regulations)

COVID-19 Strength and Conditioning and Sport Specific Instruction

UIL schools may, but are not required to, begin UIL Individual Sport workouts beginning June 8, 2020 under the requirements described below. UIL will continue to work with state officials and monitor CDC and other federal guidance to determine any potential modifications.

Deciding Whether to Offer In-Person Individual Sport Workouts

Schools should take their local context into account when deciding whether to offer summer strength and conditioning on campus by monitoring the situation on the Texas Department of State Health Services dashboard. Schools should follow all local and state requirements when considering strength and conditioning activities.

Requirements for All Workouts
Attendance at workouts must be optional for students and in compliance with the rules for Summer Strength/Conditioning Programs & Sport Specific Skill Instruction. In addition to on-campus workout options, schools should consider providing students guidance for working out at home or remotely away from school. This can include virtual workouts, emailed or otherwise electronically delivered workout instructions, or any delivery model approved by the local school district.
Attendance records shall be kept, however, students shall not be required or allowed to make up missed days or workouts.
Fees, if any, shall be established by the superintendent and collected by the school. Any payment to coaches shall be from the school and from no other source.
Students may not be given access to locker rooms or shower facilities. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
During workouts, schools must have at least one staff member per twenty students in attendance to ensure appropriate social distancing, hygiene, and safety measures are implemented.
Schools must have hand sanitizer or hand-washing stations readily available in the workout area. Students and staff should be encouraged to use it frequently.
All surfaces in workout areas must be thoroughly disinfected throughout and at the end of each day.
No clothing or towels may be laundered on site or shared during workouts.
There can be no shared water or food.
Before the start of summer workouts, and at the start of every week of summer workouts, schools should consider pre-screening all students for COVID symptoms that they or others living in their house may experience. This can be completed by phone prior to the first day of workouts, in person or in writing. Students and staff must self-screen every day for COVID-19 symptoms for themselves and family members. Schools should consider taking the temperature of each student each day at the start of the conditioning sessions, if possible.
Schools should plan for entry and exit procedures that reduce the number of students and parents congregating outside and/or mixing around the workout areas and parking areas. Consider staggering start and end times, assigning students to entries and exits to ensure even distribution of students entering/exiting at each entry point, providing guidance to students to enter one at a time and wait six feet apart outside the entrance.
If the school is planning to offer transportation for summer activities, schools should follow all TEA guidance and local guidance related to such transportation.

* Schools should consider having students remain with a single group or cohort to minimize the number of students and staff that must isolate if a case is confirmed.

Sport Specific Instruction

Sport specific skill sessions **may** include specific sports equipment, but **contact equipment (restricted equipment) is not allowed**. School shorts, shirts and shoes may be provided by the school (local school option) but may not be laundered on-site.

Sport Specific Activities Conducted Outdoors - Students may be placed in **working groups no larger than 15 total students**. Each working group should maintain appropriate distance from other working groups.

Sport Specific Activities Conducted Indoors - Students may be placed in **working groups no larger than 10 total students**. Each working group should maintain appropriate distance from other working groups.

No competitive drills involving one or more students on offensive against one or more students on defensive may be conducted.

Any equipment, such as sports balls, should be regularly disinfected during workout sessions. This equipment should not be shared between groups. After a group has used such equipment, that equipment must be thoroughly disinfected before being used by a different group.

Sessions may be conducted by school coaches for students in grades 7-12 from that coach's attendance zone.

Indoor workout activities can be conducted up to a maximum of **25% capacity**.

Schools should limit the total number of participants based on available space to allow for the appropriate distancing between students and staff.

Except for reasonable safety considerations, such as spotting, students and staff must maintain at least six feet of distance from all sides when not actively exercising. When actively exercising, students and coaches must maintain at least ten feet of distance from all sides when possible.

Workout stations must be spaced to allow for at least ten feet of distance between them in all directions. Some exercises may require more than ten feet of distance.

Sport Specific Instruction FAQ's

- Q: When may the Individual Sport's start practices this Summer?
A: Beginning Monday June, 8th individual sports may begin workouts. All COVID-19 Regulations must be followed much like the sport specific skill instruction being used by the team sports.
- Q: May we conduct tryouts as well?
A: Yes, all COVID-19 Regulations must be followed much like the sport specific skill instruction being used by the team sports.
- Q: May a student go into the locker room to get workout apparel or use the restroom?
A: *No, students may not be given access to locker rooms or shower facilities.*
- Q: May school equipment be used during the sport specific skill sessions?
A: Yes
- Q: May a school have as many coaches on the field as they choose?
A: *Yes, the school must have at least ONE coach on the field for every 20 students. Students must maintain at least ten feet of distance from all sides, and Coaches and staff must maintain at least ten feet of distance from all sides during activity.*
- Q: May a school have multiple coaches working out students in "groups of 15" on the field at one time?
A: *Yes, as long as students maintain at least ten feet of distance from all sides, and coaches and staff maintain at least ten feet of distance from all sides during activity.*
- Q: May we have towels and water available for students?
A: *No, clothing or towels may not be laundered on site or shared during workouts, and there can be no shared water or food.*
- Q: Do we have to shut down all in-person instruction if we have a student test positive for COVID-19 that has been participating in our program?
A: *You must follow TEA Guidelines if you have a student test positive. [TEA LINK](#)*
- Q: May we use school transportation?
A: *Yes, as long as you follow the TEA Guidelines for transportation. [TEA LINK](#)*
- Q: What does self-screening involve?
A: [TEA LINK](#)
- Q: Are students required to have a physical on file with the school district in order to participate in the summer strength and conditioning program?
A: *Yes. Please refer to the new restrictions concerning Physicals for 2020. [Physical Language](#)*
- Q: May incoming 7th graders (students who just finished 6th grade) participate in sport specific skill training?
A: *Yes, incoming 7th grade through 12th grade students may participate.*
- Q: Are athletes allowed to attend an open gym or weight room during the "Period of no Activity"?
A: *No, school facilities shall not be available to students during a "Period of no Activity"?*
- Q: Is there a capacity limit for the total number of students that may participate in an outdoor workout?
A: *No, however all social distancing requirements and group requirements must be followed.*
- Q: Do we determine what the 25% capacity is for our indoor facilities?
A: Yes, the capacity limit for your indoor facilities are determined by the local school district.
- Q: Are schools sponsored summer camps and/or non-school leagues allowed?
A: *At this time, per TEA, schools cannot use indoor facilities for reasons other than summer strength and conditioning and skill development. Non-school leagues and sport camps are not allowed in indoor school facilities. Outdoor facilities may be used if in compliance with guidance issued by the Department of State Health Services. That guidance currently allows four or less participants, and those participants cannot come into contact with each other.*

Equipment & Safety FAQ's

- Q: How do we have spotters if we are able to conduct strength training?
A: *All Covid-19 guidelines concerning social distancing & sanitation must be followed. Coaches and students should maintain a distance of ten feet where possible. A coach or student may be less than ten feet should there be a safety concern*
- Q: If we have a group using weight equipment, do we have to disinfect the equipment each time an individual touches it?
A: Yes, any equipment must be thoroughly disinfected before and after each use.
- Q: If we have a group of volleyball, football, or basketball players etc., do we have to disinfect the ball or sport specific equipment each time an individual touches it?
A: *From a sport specific standpoint, the equipment would need to be disinfected once the group of is finished using it. It would not need to be disinfected while the group of is using the equipment in a particular exercise or drill.*
- Q: If we have a group of students in a batting cage, when do we need to disinfect the equipment?
A: *Once the group of has completed their time in the batting cage, all equipment must be disinfected prior to another group using it.*
- Q: If I am working out a group of students using cones and spacers, do I have to disinfect them when for the next group?
A: *Yes, each time a new group comes into contact with any equipment, it must be disinfected.*
- Q: Do we have to take each coach and student's temperature prior to a workout?
A: *It is recommended that each coach and student has their temperature checked each day, but that is a local district decision.*

Q: Do coaches and/or students have to wear a protective masks?

A: *Schools should consider requiring students who are not actively exercising, but are spotting, to wear cloth face masks.*

Q: If our locker room is the only available restroom, may our kids use the locker room for restroom purposes only?

A: *This is up to the local school district, all social distancing requirements should be met.*