

***BRECKENRIDGE
INDEPENDENT
SCHOOL DISTRICT***

***ATHLETIC
HANDBOOK***

2010-2011



Parents/Guardians:

After reading this booklet, please sign and return the Buckaroo Oath located in the front.

Breckenridge ISD Athletic Handbook

In order for any successful athletic department to run smoothly, all students, coaches, teachers, and administrators must be aware of all Board approved rules and guidelines that apply to the athletic department. Therefore, this handbook has been prepared in order to present an outline of the athletic policy of the Breckenridge Independent School District. Members of the community, student athletes, and the parents of those athletes are encouraged to read and become familiar with the contents of this athletic policy.

While this handbook cannot possibly cover every instance that will arise in the day to day activities of the athletic program, it represents a good faith effort to inform all of those involved in the athletic program about the guidelines that will govern their participation.

The coaches of the individual sports reserve the right to issue additional sport specific requirements as needed. Please be advised that participation in this program is dependent on strict adherence to the policies found in this handbook. Communication is the key to resolving most conflicts. Therefore, all policy questions need to be directed to the head coach of the sport in question. If the head coach fails to resolve the issue to your satisfaction, then all questions need to then be presented to the Athletic Director. The administration and possibly the Board will become involved only after the coach and Athletic Director have had an opportunity to make a ruling.

BISD believes that athletics play a vital role in the educational system of Texas. In athletics students learn the values of good citizenship, integrity, honesty, commitment, leadership, unity, confidence, and discipline. Participation in sports also allows our athletes to experience social growth and emotional maturity. Athletic competition teaches our young men and women how to be a gracious winner or to be dignified in defeat. Athletic participation truly compliments the academic goals of the district.

The taxpayers of Breckenridge indirectly pay for everything used in the school system. This tax money provides the athletic department with equipment and builds and maintains modern athletic facilities. It is only proper that athletes take the best possible care of school property. If damage to equipment or facilities is intentional or if school issued items are lost, the athlete involved will be expected to pay for their repair or replacement. Athletes should take care of all uniforms, equipment, and facilities as if those things belonged to the athlete.

All students who are eligible under UIL rules may participate in all sports offered.

(Note to Parents) Athletes must have the following forms on file to participate in athletics:

1. Physical Evaluation (Medical History Form completed annually)
2. Buckaroo Oath
3. Consent for treatment of minor
4. Acknowledgement of Rules
5. Parent and Student Notification/Agreement Form Illegal Steroid Use

BUCKAROO ATHLETIC MISSION STATEMENT

- I. PROMOTE PERSONAL GROWTH OF OUR PLAYERS**
 - a. Players leave the program as better people and more prepared to live life.
 - b. Take our players to a level that a student-athlete cannot take himself by maximizing each player's academic/athletic talent and character
 - c. Our approach is based upon the core values of TRUST, CARE, RESPECT, and ENTHUSIASM.
 - d. The primary lesson to be gained from athletic is a commitment to excel which requires DEDICATION, HARD WORK, COOPERATION, and the SUBORDINATION of the individual for the good of the team.

- II. WE BELIEVE IN A STRONG WORK ETHIC THAT LEADS TO BEING THOROUGH AND PREPARED.**
 - a. A work ethic applies during the season, off-season and during the summer.
 - b. Understand that success requires people to work for it.
 - c. Work to have a WINNING SEASON, WIN DISTRICT, PLAY IN THE PLAYOFFS AND ULTIMATELY WIN THE STATE TITLE.

- III. REPRESENT BRECKENRIDGE IN A POSITIVE WAY**
 - a. We will do our best to operate our program PROFESSIONALLY and with INTEGRITY.
 - b. Require players to fit into the ACADEMIC mission of the school.
 - c. Do our best to give our players every opportunity to GRADUATE.

- IV. TO PROMOTE THE ELEMENTS OF TEAM WORK AND LEADERSHIP**
 - a. Develop a "FAMILY" atmosphere between our players and from coach to players.
 - b. Promote UNITY, PRIDE, CONFIDENCE and a feeling of ACCOUNTABILITY TO THE TEAM.

The Buckaroo Oath **'10 – '11**

I have read the athletic handbook and understand the policies of the athletic program. I agree to follow all rules and guidelines expressed in the handbook.

I have visited the following website and have read or requested a copy:
http://www.uil.utexas.edu/athletics/manuals/pdf/parent_information.pdf

I am ready to make the sacrifices and provide the effort necessary to make myself and Breckenridge the best we can be.

I will strive to follow the following guidelines that exemplify the Buckaroos' behavior.

1. I will follow all Breckenridge ISD and UIL rules and policies.
2. I will be a leader and handle all of my academic responsibilities.
3. I will have respect for myself and those in authority.
4. I will not lie or steal.
5. I will not use alcohol, illegal drugs, tobacco or other harmful substances.
6. I will give my best effort at all times.
7. I will not use profanity.
8. I realize the importance of practice, and I will personally strive to participate in 100% of the workouts. I am aware that missed workouts result in make-ups the day I return.
9. I will *never* be out-worked or out-competed.
10. I will always put the interests of the team above my individual interests.
11. I will treat the locker-room as if it were my home away from home. I will keep it neat and always pick up after myself.
12. I realize the terms and consequences of quitting.

Athlete's Name: _____

Athlete's Signature: _____

Parent's Signature: _____

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FORWARD

This material is presented to you because your son/daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family's interest in our program is gratifying to the entire staff. We believe that participation in athletics or any extracurricular activity provides a wealth of opportunities and experiences that will prove to be very beneficial to everyone involved. A student who chooses to participate in athletics is voluntarily making a choice to develop self-discipline and put the program or team above their: personal ambitions. Athletics is a privilege, not a right. We are striving for excellence and do not want our athletes to compromise proper training methods or accept mediocrity.

PHILOSOPHY OF ATHLETICS

The primary goal of Breckenridge athletics is to foster the physical, academic, and moral development of all athletes in the program. It is our belief that the benefits of athletic participation extend beyond the courts and fields of athletic competition into the challenges of life. Therefore, we must strive to instill the self-discipline, character, work ethic, and cooperative skills that will give our athletes the best chance to succeed in any endeavor and will develop in our athletes a positive and healthy self-esteem. We feel that this can best be achieved through a fair and impartial implementation of the Athletic Handbook, establishing and conveying clear and defined expectations, the use of achievement oriented and enthusiastic coaching methods, and an organized and collective approach to coaching. We believe that coaches must be teachers, motivators, positive role models, and must demonstrate that they genuinely care about their athletes and their profession. We recognize the importance of professional development, a close relationship with administrators, teachers, and the community, and the provision of clean, well-maintained facilities and equipment. We advocate the equality of all students regardless of race, gender, and economic condition. Winning will always be an important catalyst for our program but our most important benchmark for success is the development of athletes who will be prepared to face any competition or challenge with their best efforts.

OBJECTIVES OF ATHLETICS

1. To learn teamwork - In order to work with others in our society one must develop self-discipline, respect for authority, and understand the value of hard work and sacrifice.
2. To be successful - one must develop a desire to excel. The desire to win is everything.
3. To be a good sport - one must be humble in victory and dignified in defeat.
4. To be physically fit one must develop physical fitness and a desire to maintain this to a high degree.
5. To set goals - one must properly set goals and strive to reach them. He/She should always try to improve.
6. To enjoy - one should enjoy participation in athletics and gain the rewards it has to offer.

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RESPONSIBILITIES OF THE SCHOOL

Transportation

To provide transportation to and from athletic contests.

Facilities, Supplies, and Equipment

To provide supplies, equipment, and facilities essential for our athletes to compete.

Student safety and development

To employ and teach proper training methods, provide properly fitted safety equipment, provide first aid to injuries, and to seek the care of a trained medical professional for emergency injuries.

RESPONSIBILITIES OF THE COACHES

1. To provide first and foremost the safety of the participating athletes.
2. To encourage the athlete to maintain passing grades in all subjects, periodically monitor student grades, and organize/conduct tutorials when necessary.
3. To schedule games and make travel arrangements.
4. To carry out any needed discipline for infractions within the athletic program.
5. To complete eligibility forms and adhere to all UIL rules.
6. To teach the skills necessary for the athlete to successfully participate in sports.
7. To teach sportsmanship and respect for officials.
8. To set the proper example of sportsmanship.
9. To take care of equipment and facilities.

RESPONSIBILITIES OF THE PARENTS

1. To give moral support to their son/daughter for their participation in athletics. This could include verbal encouragement, going to practices, games, or meets whenever possible, or participating in the Breckenridge Athletic Booster Club.
2. To encourage the athlete to attend all practices, games, or meets and not to miss these events other than for illness or circumstances beyond his/her control.
3. To furnish transportation to and from school for practices, games, and meets.
4. To furnish that equipment which the school does not furnish.
5. To work with the coach in identifying and correcting potential problems.
6. To encourage the athlete to maintain passing grades in all subjects and to attend tutorials when necessary or scheduled due to unsatisfactory weekly grade sheet.

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RESPONSIBILITIES OF THE STUDENT-ATHLETE

1. To represent the school and community with character and good sportsmanship. Other communities, as well as our own, judge our school by the conduct and attitudes of our athletes, both on and off the field.
2. To be responsible to the other members of the team. Giving less than his/her best effort is letting their teammates down.
3. To be responsible to his/her family. The student-athlete should not do anything that will bring shame or dishonor to his/her parents.
4. To be responsible to the younger students in the school system by providing an example to follow. He/she should always remember that they are important role models to younger athletes.
5. To strive for academic success along with athletic success. To continue to participate and remain eligible, the athlete must meet all eligibility standards set by the school and the state.
6. To adhere to all school policies and all athletic policies.
7. To train properly and refrain from activities that are potentially harmful to their bodies.

RESPONSIBILITIES OF THE BOOSTER CLUBS

This is included in the athletic handbook to avoid problems or issues that could possibly arise involving the coaches and the actions of the booster clubs. Booster clubs are very valuable to the athletic department. They offer assistance to the school in areas of fund-raising, voluntary help, and substantial fan support for athletic contests. Booster clubs aid in the development of the total programs of Breckenridge ISD. Certain guidelines apply:

1. Booster Clubs will clear all projects with the superintendent, principal, or athletic director.
2. The superintendent, principal, and/or the athletic director will have veto power over proposed activities.
3. Booster club donations to the school cannot be earmarked for any particular item or use. Suggestions may be offered and will be considered by the athletic administration.
4. Booster clubs have no authority to direct a coach or administrator in any of his/her duties.
5. Equipment and supplies purchased by the Booster Club for the athletic program become donations and become the property of the school district.
6. More information concerning the activities of booster clubs is available in the UIL handbook or can be accessed online at the University Interscholastic League website.

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STUDENT HEALTH AND SAFETY PRACTICES

Physical Examinations –Physical exams are required 7th , 9th , and 11th grade year before a student athlete can participate in any sport. Please advise the coach if an athlete possesses any physical disabilities or limitations.

Insurance –Breckenridge ISD has purchased an insurance policy that covers all U.I.L. activities, field trips, and vocational activities. Our insurance company, for a minimal fee per student, offers additional 24 hour or school time policies. Brochures describing this policy and its costs are distributed at the beginning of each school year. It is important to note that our U.I.L. coverage is SECONDARY to any policy that the parents might have on the student athlete. However, if the student is not covered by a parent policy, this policy becomes the primary policy. Every insurance policy has deductibles and limits on benefits. Therefore, please be advised that we cannot guarantee that our policy will pay for all medical expenses incurred during the treatment of an athletic injury. With the exception of emergencies, the athletic department must be notified and the proper claim forms picked up before any treatment or doctor visit is scheduled for an athletic related injury. Otherwise, the insurance company may not pay the claim. Likewise, Breckenridge ISD is not personally responsible for any medical expenses received while competing in an athletic activity. Feel free to schedule a time to meet with the athletic director to review the policy if you have any questions.

Emergency Release Form - this allows the coach to seek emergency medical treatment for an injured athlete should a parent not be available for consultation.

Age Requirements (U.I.L. Rule)

Junior High - to participate in athletics at the junior high level, a student must not have turned 15 by September 1.

High School - to participate in athletics at the high school level, a student must not have turned 19 by September 1.

ELIGIBILITY REQUIREMENTS

A student is eligible to participate in a UIL varsity contest if the student:

1. is less than 19 years old on September 1 preceding the contest
2. is not a high school graduate
3. is a full-time, day student in a participating high school
4. has been in regular attendance at the participant school since the sixth class day of the present school year or has been in regular attendance for 15 or more calendar days before the contest or competition
5. is in compliance with state law regarding grades and credit requirements as well as rules of the Texas Education Agency and has signed an Acknowledgement of Rules form indicating this compliance.

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6. is enrolled in a four year, normal program of high school courses
7. initially enrolled in the ninth grade not more than four years prior to participation nor was enrolled in the tenth grade no more than three years prior to participation
8. was not recruited to play professional or collegiate sports
9. did not represent a post-secondary institution in a contest or has not participated in a college training session or try-out to demonstrate his/her ability to colleges before completion or participation in his/her senior year in the sport or sports for which he/she is trying out for a scholarship
10. is not in violation of the Awards Rule
11. meets the specific eligibility requirements for UIL athletic competition in Section 440 of the Constitution and Contest Rules
12. lives with parent/legal guardian inside the school district attendance zone his/her first year of attendance or has been in attendance at the school for one calendar year
13. has not enrolled in or audited a post-secondary athletic or physical education course
14. has not moved for athletic purposes
15. has not accepted money or any other valuable consideration for teaching or participating in any sport, has not competed with a paid player or been paid for allowing his/her name to be used for the promotion of any product, plan or service; has not accepted "expenses paid" college visits for recruiting purposes until his/her senior year and then within dates specified by UIL rules with a visit permit and without missing any school time
16. was eligible according to the fifteen day rule and the residence rule prior to district certification

PROGRESSION OF ABILITIES

Junior High and Sub-varsity teams will run the same offense or defense implemented on the varsity level. Junior High and High School coaches are responsible to the varsity head coach of the sport.

PRIORITY OF RESPONSIBILITIES

Decisions and strategy implemented by the head coach of a varsity sport will have priority over the decisions of an assistant coach. Check with the athletic director on any conflicts.

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PLAYING-TIME FOR ATHLETES

Junior High /Junior Varsity –At this level all students will get playing time if possible.

The goal is to play all students in the implementation of a plan to win the game.

Varsity –at this level, coaches will try to play as many students as he/she can. The object is to win the game while playing as many students as possible. Playing time at the varsity level is a decision reserved for the head coach of each sport.

OFF-SEASON

All student-athletes will be active for the course of the school year. Any student wishing to participate in athletics must participate in at least one organized sport during the school year (Athletes who have not participated in a sport by the end of the 4th six weeks will be removed from athletics) and must participate in an organized weight training and conditioning program during the athletic period throughout the school year to enhance and develop their athletic ability. Varsity athletes will report to their sport during the athletic period on game days at the discretion of the coaching staff.

DROPPING A SPORT

Quitting is an undesirable habit to acquire. On occasion, an athlete may find it necessary to drop a sport. The procedure for dropping a sport is the following:

1. Discuss the situation with the head coach of the particular sport
2. Meet with athletic director, coach, and parents
3. Check in all equipment issued

A student quitting a sport during the season may not practice or compete on a team for another sport until the sport that was dropped has finished its entire season (a season is defined by UIL rules as to the first day a student may compete and extends until the last game.) Upon dropping a sport, the student-athlete will still remain in the Breckenridge athletic period. In the junior high, student-athletes who drop a sport will also remain in the athletic period. If the athlete chooses to leave the athletic period, he/she will not be able to participate in athletics.

***Entrance into the athletic program after the 1st two weeks of school will result in 40 miles per six week. (JH 20 miles per six weeks)

AWARDS

As a member of the U.I.L., the athletic department is subject to Article XVI, Section 1 of the U.I.L. League Rules:

“No member school of the league shall be permitted to issue awards for participation in interschool competition in excess of \$70.00 during his or her high school enrollment in the same high school; except that additional symbolic awards not to exceed \$10.00 each may be presented for each additional interschool activity each year.”

In order to receive a letter jacket in athletics, the athlete must letter in a varsity sport.

Lettering requirements will be based on the criteria established by the head coach of each

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sport and/or the athletic director. Poor attitude or behavior problems could result in a student not receiving a varsity letter even though that student completed a season on a varsity team. Likewise, letters may be awarded for criteria other than playing time or achievement such as personal effort, loyalty, or as a critical role player for the team.

EQUIPMENT

School equipment checked out by the athlete is his/her responsibility. All equipment will be taken care of and kept in good condition. School issued equipment and practice clothing is to remain at school. Do not wear practice clothing or practice equipment home. The athletic department will launder equipment when possible. Game uniforms may be taken home for safekeeping or laundering. If the loss or forgetting of game uniforms becomes a chronic problem, they may also be required to remain at school.

SCHOLASTIC REQUIREMENTS - NO PASS/NO PLAY

To be eligible to compete in extracurricular activities; a student must pass all subjects in which the student is enrolled. A failing grade (below 70) will eliminate a student from competition for a three week period. At the end of the three-week period, all grades will be checked, and if all grades are above a 70, then the student-athlete will regain eligibility. During a period in which the student-athlete is ineligible, he/she will be required to work out after school. An athlete will be placed on academic probation after failing 2 consecutive six-weeks. To be able to participate in the first six weeks of the school year, the following criteria must have been met:

1. At the beginning of the 7th grade year, he/she must have been promoted to the 7th grade
2. At the beginning of the 8th grade year, he/she must have been promoted to the 8th grade
3. At the beginning of the 9th grade year, he/she must have been promoted to the 9th grade
4. At the beginning of the 10th grade year, he/she must have 5 credits toward graduation
5. At the beginning of the 11th grade year, he/she must have 10 credits toward graduation
6. At the beginning of the 12th grade year, he/she must have 15 credits toward graduation

PLAYER PARTICIPATION POLICY

If ever needed, the BISD athletic department will have organized tryouts for determining varsity and junior varsity rosters. The head coaches may conduct tryouts, and after a period of evaluation, they will determine their rosters. This participation policy will be in effect for all sports but will only be used when there are too many students to participate at only one level. The decision as to which team the student represents rests entirely with the head coach of the sport. There will be no cuts in the junior high athletic program.

ATHLETIC TRIPS

Students who participate in school-sponsored trips shall be required to ride in transportation provided by the school to and from the event. Exceptions may be made if the student's parent or guardian personally requests that the student be allowed to ride with the parent or presents a written request to the athletic director or principal for approval before the scheduled trip that the student be allowed to ride with an adult designated by the parent. The adult who is to take the student home must personally check with the sponsor/coach at the event before leaving with the student. Parents taking their own children home must personally check with the sponsor/coach at the event and notify him/her that the child is riding with them and will not ride the bus.

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POLICIES FOR STUDENT-ATHLETES

The basic principle of conduct under which B.I.S.D students will operate is to conduct yourself in such a manner that will bring credit to yourself, your teammates, your family, and to Breckenridge ISD. Never engage in any activity that can be construed as inappropriate for a Breckenridge ISD athletic team member.

B.I.S.D. discipline guidelines and consequences are as follows:

- Athletics is a privilege not a right.
- Buckaroos and Lady Buckaroos will act in such a manner that will bring pride and honor to Breckenridge Independent School District. This includes school trips, competitions, restaurants, classrooms, and any other time that you are representing Breckenridge Independent School District. (**Ejection from a game will result in a one game suspension.**)
- Any student —athlete that has been placed in **DAEP** will be required to run 50 miles before returning to his/her athletic team or the athletic program. The 50 miles will be scheduled by the coaching staff and must be completed by no more than 15 consecutive school days.
- Any student —athlete that has been placed in **ISS** must run 2 or 4 bleacher laps per day of ISS. (2 for JH students and 4 for HS students)
- Athletes must follow all rules set by the athletic department of the B.I.S.D and the U.I.L. to participate. (**Students must attend school a minimum of 4 periods on the day of a competition to compete**)
- While coaches and teachers will make every effort to promote their students to collegiate programs, participation in B.I.S.D. athletics does not ensure athletic scholarships.
- The coaches, in the best interest of the team, determine playing time. Classification, practice participation, etc. are important but not the only determining factors.
- **Drugs, Alcohol, and Tobacco Policy-** B.I.S.D strongly discourages the use of drugs, alcohol and tobacco. Not only is it illegal for minors to use or abuse these substances, it is highly detrimental to athletic conditioning and performance on the field and in the classroom.

As such, our policy is as follows:

Use and/or possession of drugs/alcohol/tobacco (Note: Out of school use/possession will be punished if a citation is issued and/or admittance/verification from a reliable source.

First offense: Suspension from all games for up to two calendar weeks at the discretion of the athletic director and head coach. The length of the suspension will depend on the severity of the offense. During the suspension, the athlete will be required to run 40 miles. The 40 miles will be scheduled by the coaching staff and must be completed by no more than 15 consecutive school days. If a single school day is missed, the 40 miles will start over. No student may participate in a game until the 40 miles have been completed.

Second offense: Dismissal from that team for the remainder of the season and the athlete will have to run 50 miles in order to remain in athletics. (Must be completed in 15 consecutive school days.)

Third offense: Dismissal from athletics for at least one full year.

Repeated violations could result: in permanent loss of athletic privileges.

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• Communication is essential to the success of any team. The athletic department's policy is as follows:

- A. If you are going to miss school or practice you **must call your coach prior** to that day or as early as possible, and inform either your coach or the athletic director why you will be absent. Cell numbers and office numbers will be communicated.
 - B. Failure to do so may result in suspension or dismissal from the team.
 - C. If an athlete has an excused absence from a practice, game or athletic period he/she will be required to complete a make-up session (8 minute run) scheduled by the coach. **Note:** School related absences will not result in a make-up session (ex. Athlete participates in the Fort Worth Stock Show – no make-up session)
 - D. An unexcused absence from a practice, game or athletic period may result in suspension or dismissal from the team and any make-up sessions (4 bleacher laps per absence) will be scheduled by the coach and must be completed before competing in another contest. The composition of the make-up session will depend on the reason for the unexcused absence so any comparison to other sessions by other athletes is invalid.
- All clothes and equipment issued to an athlete are property of B.I.S.D. They must be returned or replaced if lost or damaged.
 - All athletic equipment lost will be replaced at the full value of the item. Replacement cost will be paid for any equipment not returned.
 - Missing practice due to school discipline may result in reduced playing time or suspension from a contest as well as make-up drills as this will be considered an unexcused absence.
 - The B.I.S.D. dress code will be strictly enforced. (Athletes will not participate in games until they comply with the dress code)
 - Stealing may result in dismissal from the team. 1st) probation 2nd) consider dismissal
 - It is the B.I.S.D. athletic policy that all athletes should exemplify model behavior in the classroom and community. Failure to act accordingly will result in disciplinary action taken by the athletic department (sprints, tire pulls or miles).
 - The athletic staff will practice policies designed for the protection of all student athletes.
 - It is the belief of the district that B.I.S.D sports competitions and practices must take precedence over all other teams or leagues. Participation on non-school teams will be consistent with the UIL Constitution and Contest Rules Handbook.
 - If you start one sport, you are obligated to complete that sport before starting another sport.
 - It is the athlete's responsibility to follow the practices established by his/her coaches.

Consequences

The head coach of a sport and the athletic director may determine the consequences for failure to follow the policy as outlined above. Consequences are to be equally enforced and continued non-compliance can result in being suspended from athletics for a full

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year. Repeat offenses will result in a disciplinary action that is progressively stricter. **Since circumstances surrounding each action may vary greatly, the coaching staff will make every effort to allow the punishment to fit the offense. Punishments extended in similar cases will help guide coaching decisions but each case will stand independently and comparisons to punishments extended to other athletes are not valid.** Parents may schedule a conference with the coach of the sport to discuss punishments.

Quitting

Quitting is an undesirable habit to acquire. If a student quits after a season starts, he/she will not be allowed to participate in another sport until the season of the sport that was quit has ended. This includes play-off games. In addition, if a student quits a sport they are to run (40 miles HS and 20 miles JH) before starting their next sport in no more than fifteen consecutive school days to earn back the privilege to participate or practice in another sport. The coach of the receiving sport will monitor the punishment. The coach and the athletic director will decide the severity of the disciplinary action based on the performance, attitude, and dedication to Breckenridge school sports displayed by the student athlete. Factors that may be considered by the coach include poor academic performance, parent requests, or the students stated reasons for quitting the team. ****The head coach of each sport will establish a tryout period where the athlete may be released without any consequences.**

Non School Sponsored Sports and or other Activities

School sport participation must take precedence over other non-school activities in which the student may be involved. If the student athlete misses practice, a game, or just is not able to perform up to their potential due to their participation in non-school activities, the coach(s) of the school sport in which that student is participating, with the concurrence of the athletic director, should decide the appropriate actions, which may include anything from additional running up to limited playing time and including being given an ultimatum to cease the non-school activity or be removed from the school sport in which they are participating.

A season extends from the first day of the activity and until the last game is completed unless released from the sport by the head coach of the sport on the last day of the regular season.

Example: Softball's beginning date is set according to the UIL listing date. The ending of the season would be at the end of the last playoff game.

Team sport off-season regulations have changed to permit students to participate on non-school teams and to participate in bona fide summer camps. For further information regarding non-school teams and summer camps, reference will be made to the UIL Constitution and Contest Rules handbook, Section 1209.