

Birdville Independent School District

AAIDDILE SCHOOL HENDISON 2022-23

















Athletics Middle School Handbook 2022-2023

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BOARD OF TRUSTEES

Kelvin Dilks President
Richard Davis Vice President
Kris Drees Secretary
Joe Tolbert Trustee
Brenda Sanders-Wise Trustee
Matthew Womble Trustee
Ralph Kunkel Trustee

SUPERINTENDENT'S CABINET

Gayle Stinson, Ed.D.Superintendent

Elizabeth A. Clark, Ed.D.

Associate Superintendent for Curriculum and Instruction

Katie Bowman

Associate Superintendent for Finance

Skip Baskerville

Associate Superintendent for Human Resources, Governance and Support Services

Dave Lambson

Executive Director of Technology

Mark Thomas

Communications Officer



Athletic Department

Barry Norton Lesa Master Shelley Davis Cheryl Tonkinson Vicki Barke Leesa Rocha Director of Athletics Assistant Athletic Director Safety & Compliance Coordinator Administrative Assistant Administrative Assistant Administrative Assistant, FAAC

High School Coordinators

Jason Tucker, Shannon Fears Ged Kates, Shelley Davis Lon Holbrook, Eddie Brown Haltom High School Richland High School Birdville High School

Middle School Coordinators

Matthew Donnell, Fallon Otto Larry Nixon, Corrie Hunt Frankie Bolivar, Jeremiah Hicks John Garcia, Robert Merritt Eric Adams, Debra Heath Mark Bird, Crystal Trussell Austin Woodall, Shayla Huff

Haltom Middle School North Richland Middle School Richland Middle School North Oaks Middle School Watauga Middle School Smithfield Middle School North Ridge Middle School



HIGH SCHOOLS AND FEEDER SCHOOLS 2022-2023



HALTOM HIGH SCHOOL (001)

5501 N. Haltom Road Haltom City, TX 76137 Dr. Kristi Strickland, Principal Jason Tucker, Campus Coord. 817-547-6000

Haltom Middle School (041)

5000 Hutchinson Way Haltom City, TX 76117 Tim Drysdale, Principal Matt Donnell, Campus Coord. 817-547-4000

North Oaks Middle School (044)

4800 Jordan Park Drive Haltom City, TX 76117 Dr. Jennifer Klaerner, Principal John Garcia, Campus Coord. 817-547-4600

Watauga Middle School (045)

6300 Maurie Drive Watauga, TX 76148 Shannon Shedd, Principal Eric Adams, Campus Coord. 817-547-4800



RICHLAND HIGH SCHOOL (002)

5201 Holiday Lane East N. Richland Hills, TX 76180 Kyle Pekurney, Principal Ged Kates, Campus Coord. 817-547-7000

N. Richland Middle School(042)

4801 Redondo St. N. Richland Hills, TX 76180 Sherri Gamble, Principal Larry Nixon, Campus Coord. 817-547-4200

N. Ridge Middle School(047)

7332 Douglas Lane N. Richland Hills, TX 76182 John Davis, Principal Austin Woodall, Campus Coord. 817-547-5200

SHANNON HIGH SCHOOL (012)

6010 Walker Street Haltom City, TX 76117 David Williams, Principal 817-547-5400



BIRDVILLE HIGH SCHOOL (010)

9100 Mid-Cities Boulevard N. Richland Hills, TX 76180 Jason Wells, Principal Lon Holbrook, Campus Coord. 817-547-8000

Richland Middle School (043)

3401 Labadie Drive Richland Hills, TX 76118 Billy Neal, Principal Frankie Bolivar, Campus Coord. 817-547-4400

Smithfield Middle School (046)

8400 Main Street N. Richland Hills, TX 76182 Jason Turner, Principal Mark Bird, Campus Coord. 817-547-5000 6108 Broadway Ave • Haltom City, Texas 76117-4296 • 817-547-5820 • Fax 817-547-5541 • www.birdvilleschools.net

This handbook is designed to serve as a guideline for the Birdville ISD Coaches. We hope that it will help you throughout the school year and the season that pertains to your coaching position. Please call the Athletic Office at any time if you have a question or concern (817-547-5820).

The University Interscholastic League is the governing body for the athletic programs in the Texas Public Schools. Our programs will fully support and enforce the rules set forth by the U.I.L.

As a Department, BISD Athletics exists to complement the education of each individual that comes into contact with our programs. We strive to help each student-athlete develop and become the best that they can be at whichever sport they choose. However, not all students are capable of competing in certain programs. One of the most difficult tasks facing a coach is making the judgment as to who should be selected to compete in each program. Students are not obligated or required to participate in athletics. It should always be stressed that being a member of an athletic program is a privilege and not a right. Because it is

a privilege, the coaches have the authority to revoke this privilege when rules are not followed.

Two of the best things that one can learn through an athletic contest are to deal with success and overcome adversity. Winning is the admirable goal of competition, but it is nothing if it comes at the expense of morals, ethics, and common sense. This is where we can teach those in our program how to succeed in a future they create, especially by showing good sportsmanship.

Being involved in athletics demands a lot of time and dedication from coaches and players alike. A coach must always remember that the student-athletes reflect your attitudes, beliefs, and work ethic. By demonstrating discipline, responsibility, and a strong work ethic, your programs will also display these traits. Develop these traits in the student-athletes in your program, and you will develop a program of which our entire community can be proud!

Barry Norton
Director of Athletics



Guidelines and Rules



Athletic Philosophy

Win, lose, or draw, there are great values in educational competition. The pitting of one's skills, knowledge, and talent against friendly opponents is a means of learning one's own strengths and weaknesses. Good contests, properly supervised, give youthful competitors the opportunity to gain self-confidence, improve skill, and learn to win with humility and lose with grace.

When we strive honestly to improve ourselves by measuring our progress against our friends, we are raising our knowledge to the limits of our abilities. By pitting our efforts against others, we learn how we stand, and we know what we must do to improve. The self-discipline and sacrifice involved in competition are keys to those same values that will be of great benefit to everyone in life. In the best of competition there are no losers.

Athletic participation is a privilege, not a right.

Goals of Interschool Athletics

For the program to be a vital part of the educational program and to insure the achievement of aims for the player, the student body, and the community, the following philosophical goals of athletics were developed:

Athletics must be for all students who are physically able to participate.

Athletics must (a) be educational, (b) contain desirable authorities, both local and state, and (c) have leadership by regular members of the school staff.

Athletic participation should contribute to (a) health and social competence, (b) moral values, (c) a sense of cooperation, (d) self-discipline, (e) a spirit of competition, and (f) a realization of values of group goals.

School athletics should be an educational force of great magnitude and should be used as such. A concerted effort should be made to capitalize on all the potential values of school athletics.

Judgment of the ability of an athlete should be based on what the participant can do, and not on who the athlete is socially, ethnically, or economically.

Athletic contests should always be played with emphasis on fun, physical development, skills, social experience, and good sportsmanship.



Statement of Purpose

The University Interscholastic League believes:

- that participation in extracurricular activities motivates students to place a high priority on attending school and making better grades.
- that most students enjoy the pursuit of excellence and seek opportunities to test themselves against their own accomplishments and the accomplishments of others,
- that such opportunities are best provided through properly conducted and equitably administered competitive activities, and
- that the classroom is enriched by the flow of student energy into the more intensified arena of competition and back into the classroom.

Therefore, we reaffirm that students are the focus of our endeavor and deserve an opportunity to:

- refine physical and mental skills,
- nurture self-realization and build self-confidence.
- feel a sense of pride and dignity,
- experience teamwork and develop a sense of fair play,
- develop the ability to lead and the willingness to follow,
- foster self-discipline and perseverance,
- appreciate that rules, consistently applied, create order and discipline,
- learn to accept graciously the decisions of judges and officials,
- affirm self-worth in times of disappointment as well as adulation,
- cultivate lifetime skills,
- complement their classwork with practice and performance,
- have fun,
- experience the joy of achieving their potential in a wholesome environment, and
- discover that ultimately the true meaning of winning is doing one's best.



U.I.L. Rules Middle School Athletics

1. RULES JURISDICTION

All public schools that participate in UIL activities in the middle school must abide by Public Schools Laws, TEA regulations, and UIL regulations.

2. MEMBERSHIP

Qualifications for membership - admission to membership of the high school or schools with which it is associated in the same independent school district qualifies the middle schools for membership.

3. ADMISSION TO MEMBERSHIP

See 3-2-2 of the UIL Constitution and Contest Rules.

4. MEMBERSHIP DUES

See 3-1-1 of the <u>UIL Constitution and Contest Rules</u>.

5. CONTINUATION OF MEMBERSHIP

See 3-1-1 of the UIL Constitution and Contest Rules.

6. CONFERENCE - DISTRICTS

Birdville middle schools will form a middle school conference. This conference is to be governed by middle school principals and administered by the office of the Athletic Director.

7. PROTESTS

See 5-1-1, 5-1-2 and 5-2-1 of the UIL Constitution and Contest Rules.

In the Birdville middle school district, the Athletic Director considers all protests in dispute between middle school athletic teams within the district. When the office of the Athletic Director is unable to resolve the dispute between the middle schools involved, the principals of the Birdville middle schools will decide protests according to UIL guidelines.

The principal of a middle school will be responsible for age and academic eligibility of the students that participate in the UIL activities.

8. PENALTIES

The penalties as outlined in Article 6 of the <u>UIL Constitution and Contest Rules</u> will be imposed on the middle school violating the rules; insofar as these rules are appropriate to high school competition.

9. EXECUTIVE COMMITTEE

The State Executive committee may suspend the associated high school in the activity in which the middle school violates rules if the middle school does not abide by the ruling of the district executive committee. See 5-1-2- of the UIL Constitution and Contest Rules.

10.ELIGIBILITY (Age, Grade, Academic, and Missing Class Time Requirements)

Student's eligibility: An individual may participate in League competition or contest as a representative of a member school if he/she;

- 1) is a seventh grade student less than 14 years old on September 1,
- 2) is an eighth grade student less than 15 years old on September 1,
- 3) is a full-time, day student at the school he/she represents,
- 4) is in accordance with current semester scholarship rules, i.e., is passing seven days prior to the contest with four one-half credit courses, excluding physical education and/or activity courses
- 5) did not repeat the seventh grade for athletic purposes (ineligible in the eighth grade),
- 6) did not change schools within the previous year for athletic purposes,
- 7) a student who is failing a class may not miss that class to travel to or participate in UIL competition,
- 8) no game, contest, or tournament may begin prior to the end of the academic school day. Exception: students in middle school participating in high school music contests,
- 9) recommend that middle schools hold activities on a non-school night, at non-school times (Saturday) or end competition to allow students to be back at home school by no later than 10 p.m. on a school night.

11.LIMITATION OF AWARDS

A member school may not give and a student may not accept awards for participation in inter school competition in excess of \$6.00 per year. A district championship trophy may be given. A student may accept a symbolic award in recognition of his/her achievement in an inter school contest if it is given by the organization conducting the contest. (EXAMPLE: all tournament trophies, ribbons, and medals in track and field).

12. ATHLETIC PLAN

Number of Games:*

Football Mandatory limit 9, but recommend no more than 8

Basketball 12 games, plus 2 tournaments
Volleyball 12 matches, plus 2 tournament
Tennis 6 (including district tournaments)
Track & Field 6 (including district tournaments)
Cross Country 6 (including district tournaments)

Number of Games or Meets per Week:

Football 1 Basketball 1 Volleyball 1

Tennis, Track & Field, and Cross Country

Shall be limited to no more than one meet a week.

Seasons for Workouts and Games

Football As listed in the <u>UIL Constitution and Contest Rules</u>
Basketball As listed in the <u>UIL Constitution and Contest Rules</u>
Volleyball As listed in the <u>UIL Constitution and Contest Rules</u>

Officials

Athletic Director is responsible for obtaining officials.

Physical Examinations and Permits

As currently listed in the <u>UIL Constitution and Contest Rules</u> and according to the policy of Birdville School District.

^{*}Note: It is recommended that no contest be scheduled on a night prior to a semester exam.

Christmas Restriction

Middle schools shall select any five consecutive days, which include December 24, 25, and 26, for the holiday restriction. No school facilities, personnel, or equipment may be used during the five consecutive days. No practice shall be permitted on any of the five consecutive days. Any organized or required practice will be a violation of this regulation, with the following exceptions:

- A. When December 26 falls on a Thursday, schools may participate in a tournament game on December 26.
- B. When the 26th is used, schools must still follow a five consecutive day restriction, including December 24 and 25.
- C. Travel will not be permitted on December 25.
- D. Travel is permitted on the 26th if a morning game is scheduled on December 27.

Middle School Competition Code

There shall be no post-season playoffs in middle school.

Safety and Welfare Statement

To administer a program to require participants to be properly examined, approved, equipped, classified, instructed, and supervised in order that a safe program be used.

IF A MIDDLE SCHOOL VIOLATES A RULE, THE HIGH SCHOOL IT FEEDS MAY BE SUSPENDED IN THAT SPORT BY THE STATE EXECUTIVE COMMITTEE, UNDER SOME CONDITIONS.



Athletic Administrative Guidelines

Campus Principal

The Principal/Campus Athletic Coordinator, along with the District Athletic Director will work together for coordination of each campus athletic program.

Participation

Middle School - Sub-Varsity: Every player on the team participates.

Varsity: The expectation is to play to win and utilize the student-athletes in a matter that best suits the program.

Club Sports

It is necessary to put every effort forth to co-exist without doing anything to jeopardize UIL/District or BISD guidelines.

Designated Coaches

Volunteer Coaches/Advisors are not permitted as per UIL and BISD rules. All coaches involved with BISD teams will be full time District Employees and adhere to UIL rules as listed in Section 1202 of the UIL Constitution and Contest Rules.

UIL Concerns and Athletic Monitoring

BISD Coaches will be in compliance with all UIL rules and regulations governing their sport(s). Each Head Coach is responsible for the academic monitoring of his/her student-athletes.

Media

Any contact with the media will be handled professionally and cordially. Unusual media requests and/ or interviews must be approved by the Athletic Director or the Communications Officer for BISD.

Facility Usage

BISD facilities are for the use of BISD staff and student athletes. Other usage must be approved by the Athletic Department.

Employee Use of Personal Vehicle

An employee shall not transport a student(s) in a personal vehicle for any purpose to or from school property or a school-related event unless prior authorization is given by the campus principal. This rule does not apply to an employee transporting his or her own child.

Standards of Conduct

Personal Use of Electronic Media

Policy DH

For purposes of this Employee Handbook, "electronic media" includes all forms of social media, such as text messaging, instant messaging, electronic mail("email"), web logs ("blogs"), wikis, electronic forums ("chat rooms"), video-sharing websites (e.g., YouTube), social networking sites (e.g., Facebook, Twitter, LinkedIn, Instagram), and editorial comments posted on the Internet, as well as all forms of telecommunication such as landlines, cell phones, and web-based applications.

As role models for the district's students and as representatives of the district, employees are responsible for their public conduct, even when not acting within their capacity as district employees. Employees will be held to the same professional standards in their public use of electronic media as they are for any other public conduct.

If an employee's use of electronic media interferes with the employee's ability to effectively perform his or her job duties, the employee will be subject to disciplinary action up to, and including, termination of employment.

All employees shall be held to the same professional standards in their public use of electronic communication as for any other public conduct. If an employee's use of electronic communication violates state or federal law or District policy, or interferes with the employee's ability to effectively perform his or her job duties, the employee is subject to disciplinary action, up to and including termination of employment. Employees are responsible for all content present on their *personal* social networking site or similar personalized electronic media.

An employee who uses electronic media for *personal* purposes shall observe the following:

- 1. The employee may not set up or update the employee's personal social network page(s) using the district's computers, network, or equipment.
- The employee shall limit use of personal electronic communication devices to send or receive
 calls, text messages, pictures, and videos to breaks, meal times, and before and after scheduled
 work hours, unless there is an emergency or the use is authorized by a supervisor to conduct
 district business.
- 3. The employee shall not use the district's logo or other copyrighted materials of the district without express, written consent;
- 4. Employee should be cognizant that they have access to information and images that, if transmitted to the public, could violate privacy concerns.
- 5. The employee continues to be subject to applicable state and federal laws, local policies, administrative regulations, and the Educators' Code of Ethics [See Policy DH(Exhibit)], even when communicating regarding personal and private matters, and regardless of whether the employee is using private or public equipment on or off campus. These restrictions include:
 - a) Confidentiality of student records and information [See Policy FL (Legal) and (Local)];
 - b) Confidentiality of health or personnel information concerning colleagues, unless disclosure services a lawful professional purpose of is required by law [See Policy DH(Exhibit)];
 - c) Confidentiality of district records, including educator evaluations and private email addresses [See *Policy GBA(Legal)* and *(Local)*];
 - d) Copyright law [See <u>Policy CY</u> (Legal) and (Local)];
 - e) Prohibition against harming others by knowingly making false statement about a colleague or the school system [See *Policy DH(Exhibit)*].

Electronic Communications between Employees, Students, and Parents

Policy DH

Employees are prohibited from communicating with students through any form of electronic media unless such communication is covered by any one of the following three categories:

- 1. Communication between an employee and a student where a family relationship (i.e., relation by blood or marriage) exists;
- Communication between an employee and a student where a social relationship exists which isconsistent with the Code of Ethics and Standard Practices for Texas Educators [See Policy DH(Exhibit)]; or
- 3. Communication between an employee and a student where the employee is communicating withthe student(s) within the scope of his or her professional responsibilities (e.g., for classroom teachers, matters relating to class work, homework, and tests; for an employee with an extracurricular duty, matters relating to the extracurricular activity).

Regardless of the relationship between an employee and a student which may permit a communication, any employee communicating with a student(s) shall be subject to all applicable state and federal laws, local policies, administrative regulations, and the Code of Ethics and Standard Practices for Texas Educators, including:

- Compliance with the Family Educational Rights and Privacy Act (FERPA), including retentionand confidentiality of the student records [See <u>Policy FL(Legal)</u> and <u>(Local)</u>];
- 2. Copyright law [See Policy CY(Legal) and (Local)];
- 3. Prohibitions against soliciting or engaging in sexual conduct or a romantic relationship with astudent [See *Policy DF (Legal)* and *(Local)*].

In addition, the following restrictions apply to those employees communicating with students within thescope of their professional responsibilities:

- Employees communicating with students through any form of electronic media shall limit the content of such communications to matters within the scope of the employee's professional responsibilities.
- 2. Communication with students through a social networking page is permitted only if the social networking page is created by the employee solely for the purpose of communicating with students and is accessible to parents and campus administrators. The employee must provide parents with reasonable notice and clear, written instructions for accessing the page prior to initiating communication with any student(s).
- 3. Employees do not have a right to privacy with respect to communications with students and parents.

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SUMMARY OF RESPONSIBILITIES ATHLETIC COORDINATOR/MIDDLE SCHOOL

The Athletic Coordinator for each middle school is responsible for the coordination of the athletic program at the school. The Athletic Coordinator shall make necessary personnel assignments to fully utilize the staff to provide a complete, competitive, interscholastic program. This person shall be responsible to the high school athletic coordinator and the Director of Athletics.

DUTIES

The Athletic Coordinator / Middle School shall:

- work with the building principal, high school coordinator, and director of athletics to oversee the total athletic program at the middle school;
- attend meetings with the athletic director(s) and high school coordinator and communicate policy decisions and all pertinent information to the boys' and girls' coaches at the middle school;
- coach and attend to any other duties as assigned by the athletic director(s), high school athletic coordinator, and/or building principal;
- attempt to resolve grievances of coaching staff and promote an atmosphere of harmony and cooperation;
- work with principal and athletic director in the evaluation of staff;
- approve inventories, equipment requests, reimbursements, etc. before they are referred to the Director of Athletics:
- be knowledgeable of and see that all coaches follow the rules and guidelines as set forth by the Birdville Independent School District, University Interscholastic League, and Texas Education Agency;
- provide for the proper care and storage of equipment, issue equipment, and be responsible for the return of equipment issued;
- see that equipment inventories and requisition orders from all coaches are submitted to the Athletic Office;
- maintain files for necessary eligibility forms, insurance records, and similar paperwork;
- attend all sporting events on campus, in the Coliseum, or Stadium in a coaching role and/or a supervisory role in which the school is involved:
- promote good sportsmanship, fair play, and respect for one's teammates and opponents in all athletic events;
- enforce discipline and sportsmanlike behavior at all times by establishing guidelines and overseeing penalties for breach of such standards by individual students;
- encourage coaches to study coaching techniques and methods by attending coaching schools, clinics, seminars, meetings, etc.
- assist in all other matters not covered but delegated by the superintendent.
- ensure that all coaches on your staff are dressed professionally on game days and at practice.
- > jeans are not acceptable game day coaching attire.



SUMMARY OF RESPONSIBILITIES ASSISTANT COACH / MIDDLE SCHOOL

The assistant coach at each middle school will be responsible for the promotion and leadership of each athletic program on the campus. Each coach will set an example of courtesy and sportsmanship for every student who participates in athletics. The highest expectations for academic as well as athletic achievement will be prescribed by each coach.

DUTIES

The Assistant Coach shall:

- coach and attend to any other duties as assigned by the athletic director(s), high school athletic coordinator, middle school athletic coordinator, and/or building principal;
- be aware of and follow the rules governing the respective sports as set forth by the Birdville
 Independent School District, University Interscholastic League, and the Texas Education Agency;
- attend staff development meetings as required by the Athletic Director, high school coordinator, campus coordinator, and/or principal;
- if not assigned a particular sport, conduct a comprehensive off-season program and assist other sports in season by running the clock, keeping the scorebook, assisting at cross-country meets, etc;
- keep accurate records of physicals, inventory, purchases, fundraisers, etc.
- be aware of and follow all safety precautions, first-aid rules, and guidelines dealing with the safety of the athletes.
- assist in preparing and carrying out a comprehensive workout schedule for each day of practice in the sport currently coaching.
- assist in the proper care and storage of equipment, issuing of equipment, and be responsible for the return of all equipment issued.
- coach track and assist at the middle school track meets;
- assist at high school track meets;
- assist the feeder high school by scouting football and/or basketball games and helping with spring football (men coaches);
- assist the feeder high school by scouting volleyball and/or basketball games (women coaches).
- to dress professionally on game days and at practice.



2022-23 Extracurricular Honor Code

Extracurricular Honor Code

Participation in extracurricular activities in the Birdville Independent School District is a privilege, not a right. The term "extracurricular activities" means, without limitation, all interscholastic athletics, cheerleading, drill team, academic clubs, special interest clubs, musical performances, dramatic productions, student government, and any other activity or group that participates in contests, competitions, or community service projects on behalf of or as a representative of Birdville ISD. The term includes any non-curricular event and membership or participation in groups, clubs, and organizations recognized and approved by the school district or campus. All extracurricular activity participants are subject to the provisions of this Extracurricular Honor Code.

Jurisdiction

Student participation in extracurricular activities is encouraged. Birdville ISD makes extracurricular activities available as an extension of the regular school program, with this important difference; participation in the regular curriculum is a right afforded to each student, while participation in the extracurricular program is a privilege that carries additional expectations for acceptable conduct. Students engaging in extracurricular activities represent not only themselves, but also other students and the school district when performing, competing, or participating in extracurricular activities and while wearing uniforms or other clothing that identifies the student to the community or public in any setting as Birdville ISD students.

Important goals of the extracurricular program are to give students direction in developing selfdiscipline, responsibility, pride, loyalty, leadership, teamwork, respect for authority, and healthy living habits.

Based on this philosophy, extracurricular participants must do the following at all times:

- Demonstrate the importance of academic excellence by maintaining eligibility through high academic standards.
- Practice good citizenship in all environments by respecting the property and rights of others.
- Be free from activities that result in felonious charges.
- Demonstrate knowledge of and be accountable for the individual rules of the extracurricular organization as outlined by the sponsor.

It is the responsibility of students, parents, sponsors/coaches, and the respective directors to ensure this high level of expectation. This code applies to all participants of extracurricular activities throughout the calendar year.

Revised: April 2017

On Campus Behavior

All students are expected to adhere to the Birdville ISD Code of Conduct as it applies to school-related activities. Students involved in extracurricular activities are expected to exhibit the highest standards of ethics and conduct.

Students who violate school policies and are placed in in-school suspension (until the ISS is concluded), suspended, or sent to the DAEP (District Alternative Education Program), may not practice nor participate during the suspension or placement. Chapter 37 of the Texas Education Code prohibits a student who is assigned to the DAEP from being on a campus or attending a school activity whether on or off campus.

Off Campus Behavior

All students who participate in extracurricular activities are expected to exhibit the highest standards of ethics and conduct while off-campus, and these students may be disciplined for their off campus behavior.

Examples of off-campus violations that may lead to disciplinary action:

- Possession of tobacco, e-cigarettes, alcohol, steroids, drugs, look-alike drugs, or other illegal substances on campus or at school-sponsored activities
- Being at parties or other activities where tobacco, alcohol, steroids, drugs, look-alike drugs, or other illegal substances are present or being consumed by other individuals
- Engaging in serious misbehavior, as defined by the Birdville ISD Student Code of Conduct
- Conduct that causes injury or harm to others property or persons
- Using profanity, lewd or vulgar language, or obscene gestures toward others
- Any conduct that results in an arrest
- Sexting or other inappropriate Internet/electronic communications
- Bullying, harassment, and hazing at all times

(This is a non-inclusive list and must be confirmed by the student, student's parent/guardian, law enforcement official or a school employee who has knowledge of a violation prior to the campus administration making a decision.)

Off Campus Consequences

- > 1st Offense Suspension from extracurricular activities for 15 school days
- → 2nd Offense Suspension from extracurricular activities for 30 school days
- 3rd Offense Suspension from extracurricular activities for a calendar year.

If the offense occurs during the activity season, the suspension begins immediately.

If the student chooses to join a new activity that they have not participated in previously, they will be suspended in the student's primary activity.

If the offense occurs in the off-season, post-season or in the summer, the suspension begins on the first date of a scheduled game, competition, or extracurricular event the following school year. Students, who are suspended for off-campus behavior may practice but may not participate in competitions, suit-out, or travel with the team for the competitions.

Revised: April 2017

Non-Inclusive Example of Disciplinary Consequences for Off-Campus

1st Offense incident that occurred on March 15:

STUDENT	PARTICIPANT	DISCIPLINARY CONSEQUENCE
Student 1	Fall Sport	15 day suspension begins date of the first competition
Student 2	Spring Sport	15 day suspension begins immediately if competition has begun
Student 3	Band Student	15 day suspension begins immediately if any competitions remain, if concluded, it will begin on first football competition
Student 4	Cheerleader/Drill Team	Student may still try-out for cheerleader/drill team and 15 day suspension begins on date of first football competition
Student 5	Student Council Member	15 day suspension begins immediately
Student 6	FFA Student	15 day suspension begins the date of the next show
Student 7	Spring Sport	Student is a softball player and has been for 2 years. In October they violate the honor code. Student goes to the Wrestling Coach and requests to join the team to avoid getting suspended from softball. 15 day suspension begins the date of the first softball game due to avoidance of missing primary sport.

The preceding table provides examples; but the campus principal, executive director of student services, and appropriate director may adjust the dates in order to ensure district-wide consistency (based on a consensus of the group). A student who is in multiple activities will serve the penalty once and at the earliest possible time.

Appeal Process

The parent or guardian may appeal the extracurricular suspension using the format in the Code of Conduct Booklet (DAEP placements).

- I. Level I The parents have three days to appeal the suspension to the campus principal.
- II. Level II The parents have three days from the principal's decision to send an appeal to the Director of Student Services.

Any decision by the Level II Hearing Officer/Panel is final and may not be appealed. The student remains suspended from extracurricular activities during the appeal process

Revised: April 2017



HEAT GUIDELINES

The following are precautionary guidelines for coaches and trainers to follow in the prevention of heat related illnesses and emergencies. These guidelines should be strictly followed.

- Gradually Acclimatize Athletes Start slowly, and take your time getting the student/athletes
 "back in shape". Athletes often return to school having lost the aerobic capacity they may have
 had at the close of last season.
- Ensure that your athletes drink fluids even before they feel thirsty Always urge athletes to drink water before, during, and after physical activity. They should have unlimited access to cold water. Do not restrict water as a form of motivation.
- Identify Susceptible Athletes Those athletes who are obese or have a larger muscle mass tend to have more heat related problems. Keep a close eye on these athletes.
- Encourage a Good Diet Athletes must eat breakfast and lunch to practice in extreme heat.
- Uniforms Use lightweight workout clothing in hot weather months. Be aware of athletes wearing unnecessary extra clothing.

The Temperature-Humidity Index (THI) is a measurement of ambient temperature and relative humidity. A sling or digital psychrometer measures both to give a THI reading. The Athletic Department will take necessary steps to ensure each of the ten campuses has a tool for measuring the temperature and relative humidity.

Please use the attached chart for the determination of suspension or modification of practice sessions.



Determination of Suspension or Modification of Practice Sessions

Temperature is between 90-99 and/or a heat index below 109

- Football Athletes will receive a 5-minute break every 30 minutes with water available. Athletes should be closely monitored. Helmets will be allowed to be removed during breaks or instructional non-contact drills.
- Cross Country/Track Athletes will receive a 5-minute break every 30 minutes with water available.
 Athletes are to be monitored closely
- Baseball/Softball/Soccer/Tennis/Golf Athletes will receive a 5-minute break every 30 minutes with water available. Athletes are to be monitored closely.
- Off-season programs 45 minutes total heat exposure with 1 water break
- Indoor sports Coaches must have athletic trainer's approval to practice outside

Temperature is between 100-102 and/or a heat index of 109

- Football Athletes will be in shorts/shoulder pads/helmets. Athletes will receive a 5-minute break every 30 minutes with water available. Athletes should be closely monitored. Helmets will be allowed to be removed during breaks or instructional non-contact drills. Practice will not exceed 2 hours of total exposure. Middle school football must be in shorts and helmets only.
- Cross Country/Track Athletes will not be allowed to run off campus (coach must not lose eyesight).
 Athletes will receive a 5 minute break every 30 minutes with water available. Athletes are to be monitored closely. Practice will not exceed 2 hours of total exposure.
- Baseball/Softball/Soccer/Tennis/Golf Athletes will receive a 5-minute break every 30 minutes with water available. Athletes are to be monitored closely. Practice will not exceed 2 hours of total exposure.
- Off season programs 45 minutes of total exposure with 2 water breaks
- Indoor sports No outside practices

Temperature is between 102-105 and/or a heat index is between 110-115

- Middle schools all outdoor practices limited to one hour with 2 water breaks of 5 minutes. Shorts and t-shirts only.
- Football Athletes will be in shorts, t-shirts, and helmets only. Athletes will receive a 5-minute water break every 20 minutes with water available. Athletes should be closely monitored. Practice will not exceed 1.5 hours of total exposure.
- Cross Country/Track Athletes will not be allowed to run off campus. Coach must not lose eyesight of
 any athlete. Athletes will receive a 5-minute break every 20 minutes with water available. Athletes are to
 be monitored closely.
- Practice will not exceed 1.5 hours of total exposure.
- Baseball/Softball/Soccer/Tennis/Golf Athletes will receive a 5-minute break every 20 minutes with water available. Athletes are to be monitored closely. Practice will not exceed 1.5 hours of total exposure.
- Off-season programs 30 minutes total heat exposure with 1 water break
- Indoor sports No outside practices

Temperature greater than 105 and/or a heat index greater than 115

NO OUTDOOR PRACTICES



COLD WEATHER POLICY

Wind chill under 35 degrees with rain:

35 minutes of exposure,

20 minutes inside gym,

35 minutes of exposure,

20 minutes inside

*Extremities covered at all times

Wind chill under 32 degrees without rain:

45 minutes of total exposure

*Athletes must be in warm ups with extremities covered

Wind chill 32 degrees with rain:

All practices inside **No** outside exposure

Wind chill 30 degrees without rain:

30 minutes of total exposure

*Athletes must be in warm-ups at all times with extremities covered

Wind chill 20 degrees:

There will be no outside practices – everything indoors

^{*}Guidelines are expected to be followed for all practices.

^{**}Game play decisions will be made through coordination and discussion with administration to ensure safety measures are considered for all participants.



Lightning Guidelines

On average, lightning causes more casualties annually in the U.S. than any other storm- related phenomena, except floods. Many people incur injuries or are killed due to misinformation and inappropriate behavior during thunderstorms.

The Flash to Bang method of estimating the distance between you and a lightning flash is most accurate. It is the most reliable, easiest way to estimate how far away lightning is occurring. Thunder always accompanies lightning; therefore, the flash to bang method works like this:

Count the number of seconds, once lightning flash is sighted, until the thunder (bang) is heard – divide by 5 to obtain how far away (in miles) the lightning is occurring. For example: if an individual counts 15 seconds between seeing the flash and hearing the bang, 15 divided by five equals three; therefore, the lightning flash is approximately three miles away. The SkyScan lightning detector will be used as an aid to the "Flash to Bang" method – the SkyScan detects strikes that are sky to ground, not cloud to cloud.

The "30-30" Rule

<u>Criteria for Suspension of Activities</u> - By the time the "Flash to Bang" count approaches 30 seconds, all individuals should be inside a safe shelter.

<u>Criteria for Resumption of Activities</u> – Wait at least 30 minutes after the last sound (thunder) or observation of lightning before leaving safe shelter.

Unsafe Shelter

- Metal or wooden bleachers
- Underneath bleachers
- High places and open fields
- Underneath trees
- Dugouts, flagpoles, metal fences

Safe Shelter

- Any building normally occupied or frequently used by people
- Any vehicle with a hard metal roof (not a convertible) and rolled up windows
- School bus
 - 20-40 miles Awareness of lightning; monitor its progress
 - 8-20 miles Monitor closely
 - 3-8 miles Remove athletes from the field; play should not resume until 30 minutes have passed without a strike within this range or closer.



Facts Regarding the Awesome Nature of Lightning

- Bolts of lightning reach heat as high as 50,000 degrees.
- There are 16 million thunderstorms per year in the world.
- One half of all lightning bolts divide into two or more bolts.
- A lightning bolt can strike in one million of a second.
- Annually in the United States about 100,000 thunderstorms occur.
- Ten percent of all thunderstorms are capable of producing tornadoes, high winds, and flash floods.
- The average thunderstorm is six to ten miles wide.
- The average rate of travel for a thunderstorm is 25 miles per hour.
- The average lightning strike is six miles long.
- A lightning bolt is incredibly powerful, carrying up to 30 million volts at 100,000 amps.
- Two hundred deaths and 700 injuries are caused annually in the United States by thunderstorms.
- Lightning causes an estimated 5 to 6 billion dollars in direct or indirect property damages each year.
- Florida is the state with the highest rate of incidents.



Athletic Policy Concerning Infectious Diseases Transmitted Through Blood and Body Fluids

INTRODUCTION:

The transmission of infectious diseases through blood and bodily fluids includes the HIV and Hepatitis B and D viruses. Through participation in athletics and the treatment of athletic injuries, participants, trainers, and coaches are involved with and introduced to contact with blood and body fluids. The Hepatitis B illness accounts for more than 10,000 hospital admissions a year. It is also the ninth leading cause of death worldwide. More than 200 million people are chronic carriers of the Hepatitis B virus. The Hepatitis B virus is often linked to HIV, the virus that causes AIDS. The Hepatitis B virus is far more widespread throughout the world and is 300 times more contagious than HIV. It is estimated that 5,000 people worldwide are infected daily with the HIV virus.

PLAN OF ACTION:

It is imperative that procedures for properly discarding body fluids during athletic contests be followed specifically and completely. If a player vomits or secretes any body fluids such as blood due to injury onto the playing surface, it is the responsibility of the coach to recognize this situation and stop play.

The following steps should take place:

- 1. The coach should approach the officials and explain the situation.
- 2. The coach should then alert a custodian and make sure correct procedures are followed in disposal of the body fluids. Our custodians are trained to correctly dispose of the fluids.
- 3. The administrator on duty at the time of the incident should also be notified in order to help secure custodial help.

CARING FOR PARTICIPANTS (PATIENTS):

1. All trainers and coaches should routinely use appropriate barrier precautions to prevent skin and mucous membrane exposure when contact with blood/body fluids of any patients is anticipated. Gloves should be worn for touching blood/body fluids, mucous membranes, or non-contact skin of all patients, for handling items or surfaces soiled with blood or body fluids. Vomit is considered a body fluid. Gloves should be changed after contact with each patient. Masks and protective ear or face shields should be worn by all trainers during procedures that are likely to generate droplets of blood or other body fluids to prevent

- exposure of mucous membranes of the mouth, nose, and eyes. Gowns and aprons should be worn by all trainers during procedures that are likely to generate splashes of blood or other body fluids.
- 2. Hand and other skin surfaces should be washed immediately and thoroughly if contaminated with blood or body fluids. Hands should be washed immediately after gloves are removed.
- 3. Instruments used for treating open wounds must be cleaned and disinfected before and after use.
- 4. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use in areas in which the need for resuscitation is predictable.
- 5. Trainers and coaches who have open sores/wounds or weeping dermatitis should refrain from all direct patient care and from handling patient care equipment until the condition resolves.
- 6. Pregnant coaches are not known to be at a greater risk of contracting HIV infection than coaches who are not pregnant; however, if a coach develops HIV infection during pregnancy, the infant is at risk of infection resulting from prenatal transmission. Because of this risk, coaches should be especially familiar with and strictly adhere to precautions to minimize the risk of HIV transmission.

CARING FOR EQUIPMENT/CLOTHING:

- 1. Gloves and other materials used for direct contact with blood/body fluids should be put in a plastic bag or lined trash can. Plastic bags should be changed daily and disposed of routinely. Double bagging can be used when there is a high risk of contamination.
- 2. Clothing items that are soaked through to the skin should be removed and placed in a separate container for laundering. Items laundered for school use should be washed with detergent in hot water cycle (160□F) before using. If low temperature (158□F) laundry cycles are used, chemicals suitable for low temperature washing at proper use concentration should be used. Uniforms with blood should be separated and washed separately. Anyone handling soiled equipment should wear protective gloves.
- 3. Contaminated disposable items (tissues, paper towels) should be handled with rubber gloves.
- 4. Maintenance responsibilities should include daily cleaning with bleach/germicide as in (a) particularly areas where contact with body fluids (such as locker rooms, locker room toilets, sinks, student and staff lockers, etc.) is likely. Plastic bags should also be changed daily and disposed of routinely; rubber gloves should be worn.
- 5. Various classes of disinfectants are listed: (hypochlorite solution (bleach) is preferred for objects that may be put in the mouth.)
 - a. Ethyl or isopropyl alcohol (70%) should be used on all materials or goods such as uniforms, etc:
 - b. Lysol
 - c. 1/2 cup household bleach in one gallon of water, needing to be freshly prepared each time it is used, should be used on all hard surfaces such as tables, counter, shoulder pads, helmets, etc.



SCHEDULES



Admission Policy to Contests Birdville Athletic Department

Admission will be charged at athletic events held in Birdville Stadium, Fine Arts/Athletics Complex, W.G. Thomas Coliseum and/or individual campuses regardless of level.

Admission may be charged for tournament play on any campus.



2022-23 Athletic Schedules

To view current athletic schedules visit https://www.birdvilleschools.net/atleticschedules



Forms

Preparticipation Physical Evaluation - Medical History-Sample

PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION					
Student's Name		Sex	Age	Date of Birth	
Height Weight	% Body fat (op	otional)	Pulse	BP / (/	ressure while sitting
Vision: R 20/ L 20/				Pupils: Equal	_
As a minimum requirement, this Physical Examination Form must be completed prior to junior high participation and again prior to first and third years of high school participation. It must be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. * Local district policy may require an annual physical exam.					
	NORMAL		ABNORMAL	FINDINGS	INITIALS*
MEDICAL	HORMAL		ABNORMAL	TEOLOG	IMITALS
Appearance					
Eyes/Ears/Nose/Throat					
Lymph Nodes					
Heart-Auscultation of the heart in					
the supine position.					
Heart-Auscultation of the heart in					
the standing position.					
Heart-Lower extremity pulses					
Pulses					
Lungs					
Abdomen					
Genitalia (males only)					
Skin					
Marfan's stigmata (arachnodactyly,					
pectus excavatum, joint					
hypermobility, scoliosis)					
MUSCULOSKELETAL					
Neck					
Back					
Shoulder/Arm					
Elbow/Forearm					
Wrist/Hand					
Hip/Thigh					
Knee					
Leg/Ankle					
Foot					
*station-based examination only					
CLEARANCE					
☐ Cleared					
□ Cleared after completing evaluation/rehabilitation for:					
□ Not cleared for:			Reason:		
Recommendations:					
The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of					
Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners,					
or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.					
Name (print/type) Date of Examination:					
			Date of Exa	mination.	
Address:					
Phone Number:					
Signature:					

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or performance/games/matches.

PREPARTICIPATION PHYSICAL E	PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION				
Student's Name		Sex	Age	Date of Birth	
Height Weight					
Vision: R 20/ L 20/				Pupils: Equal	
As a minimum requirement, this Physical Examination Form must be completed prior to junior high participation and again prior to first and third years of high school participation. It must be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. * Local district policy may require an annual physical exam.					
MEDICAL	NORMAL		ABNORM	IAL FINDINGS	INITIALS*
Appearance					
Eyes/Ears/Nose/Throat					
Lymph Nodes					
Heart-Auscultation of the heart in					
the supine position.					
Heart-Auscultation of the heart in					
the standing position.					
Heart-Lower extremity pulses	 				
Pulses	 				+
Lungs					
Abdomen					
Genitalia (males only)	 				
Skin	 				
Marfan's stigmata (arachnodactyly,					
pectus excavatum, joint					
hypermobility, scoliosis)					
MUSCULOSKELETAL					
Neck					
Back					
Shoulder/Arm					
Elbow/Forearm					
Wrist/Hand					
Hip/Thigh					
Knee					
Leg/Ankle	 				
Foot					
1000	 				
*station-based examination only					
-					
CLEARANCE					
☐ Cleared					
□ Cleared after completing evaluation	on/rehabilitation f	or:			
□ Not elegand for: □ □ Pageon:					
Not cleared for: Reason:					
Recommendations:					
The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of					
Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners,					
or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.					
Name (print/type) Date of Examination:					
Address:					
Phone Number:					
Signature:					
Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or performance/					

Emergency Release Form – Sample

Emergency Release Form Birdville ISD 2022/2023 Parent / Guardian Consent to Athletic Participation for a Minor Athlete's Last Name Athlete's First Name Grade Age Gender DOB Address Athlete Cell # City Zip Parent/Guardian 1 Home # Cell # Relationship Work # **Email** Parent/Guardian 2 Relationship Home # Cell# Work # Email **Emergency Contact** Relationship Cell# Home # Work # Health Insurance Allergies Medication taken regularly List any medical conditions such as (concussions, surgeries, broken bones) that your student has had in the past: The undersigned persons individually acknowledge the following: -I am a parent or guardian of the above named minor, who is a student in the Birdville Independent School District. -I consent to his/her participation in extracurricular sports activities including but not limited to team sports such as football, basketball, soccer, softball, baseball, wrestling and track and field. -I am aware that there are inherent risks and dangers of injury for those involved in such sports activities. I recognize that such sports activities are strenuous and may involve intense physical contact. I am also familiar with the general physical conditions of the above name student. In addition, I have reviewed the results of the physical examinations of the student including any examination of a physician required by Birdville ISD for participation in a

- I know of no reason to limit such student's participation in such sports activities except for the following	r.
(Describe all limitations on physical activity of the student and the reason for such imitation).	
-I hereby give my consent for the above student to compete in University Interscholastic League approv representative of the school on any trips.	ed sports & travel with the coach or other
-I agree that Birdville ISD may rely on my statements and representations made here & that they shall c employees arising out of the student's participation in such sports activities. I hereby expressly assume student or from the risks incident to participation in sports activities.	_
-I agree to be responsible for the safe return of all athletic equipment issued by the school to the above University Interscholastic League rules and Birdville ISD regulations and agree to follow the rules. By signer responsible. By signing this document I also understand that I am stating that all information given in this	gning this document you also agree to be
All athletes and their parent/guardian(s) involved in any/all UIL sports i	must sign this page!!!
Please sign to signify you have read and understand the information on this page:	
Student's Name (Print):	
	Date:
	07/18/2022
Please sign. 🔊	
Pursuant to the Texas Uniform Electronic Transmissions Act, an electronic signature has the same	O
legal effect as a manual or handwritten signature. An electronic signature will not be denied legal	□ I Agree
effect or enforceability solely because it is electronic, and any requirement for a signature is satisfied	
by an electronic signature. By submitting an electronic signature, the individual identified and providing the electronic signature herein verifies acknowledgement of the binding legal effect and	
enforceability of the electronic signature. By clicking the box beside "I agree", you agree that this is	
valid as your signature. You hereby swear that you are the above named student and that the	
information is accurate to the best of your knowledge.	
Parent signature (Print):	
	Date:
	07/18/2022
Please sign. 2	

Pursuant to the Texas Uniform Electronic Transmissions Act, an electronic signature has the same legal effect as a manual or handwritten signature. An electronic signature will not be denied legal effect or enforceability solely because it is electronic, and any requirement for a signature is satisfied by an electronic signature. By submitting an electronic signature, the individual identified and providing the electronic signature herein verifies acknowledgement of the binding legal effect and enforceability of the electronic signature. By clicking the box beside "I agree", you agree that this is valid as your signature. You hereby swear that you are the parent or legal guardian of the above named student and that the information is accurate to the best of your knowledge. Standard Release for Football (This paragraph applies to football only)
-This is to certify that I have carefully read and fully understand the warning label(s) attached inside and /or outside of the football helmet that I have checked out from the Birdville ISD Athletic Department. The label reads:
WARNING: Do not use this helmet to butt, ram or spear an opposing player. This is in violation of the football rules and can result in severe head, brain or neck injury; paralysis or death to you and possible injury to your opponent.
-NO HELMET CAN PREVENT ALL SUCH INJURIES.
-There is a risk these injuries may also occur as a result of accidental contact without intent to butt, ram or spear.
-I also understand that football is a potentially injurious sport and agree to accept the risk of injury associated with competition in this sport.
Notification Email: If the student is 18 and completing the form themselves, please enter their email. If the student is under 18 or the parent/guardian is completing the form, please enter the parent/guardian email. An email notification will be sent once the form has been approved. Submit

Acknowledgement of Rules-Sample Form

Acknowledgment of Rules

Birdville ISD 2022/2023

ACKN	OWLEDGEME	NT OF RU	LES			
Attention School Authorities: This form must be signed year may participate in any practice session, scrimmage, or corphysician or medical history form signed by a parent must	ntest. A copy of the stu	dent's medical I			•	
Student's Name		Date Of Birt	th			
Current School						
I hereby give my consent for the above student to compete representative of the school on any trips.	Parent or Guardia e in University Intersch		approved sp	orts, and t	travel with the co	each or other
Furthermore, as a condition of participation and for the pur the disclosure of personally identifiable information, includi (FERPA), regarding the above named student between an or has attended; any school the student transfers to; the relevant to the student's UIL eligibility and compliance with revocation of this consent must be in writing and delivered	ing information that mad d among the following elevant District Execution other UIL rules may b	y be subject to the high schoo ve Committee a e discussed an	the Family E of or middle s and the UIL.	Educationa school whe I further ur	al Rights and Privere the student condenstand that all	vacy Act urrently attends I information
It is understood that even though protective equipment is w University Interscholastic League nor the high school assu	•			-	ccident still rema	ins. Neither the
I have read and understand the University Interscholastic Lof the University Interscholastic League rules.	League rules on the re	verse side of th	is form and a	agree that	my son/daughte	er will abide by all
The undersigned agrees to be responsible for the safe retu	urn of all athletic equip	ment issued by	the school to	o the abov	e named studen	t.
If, in the judgement of any representatives of the school, the do hereby request, authorize, and consent to such care and hospital, or school representative; and I do hereby agree to any person whomsoever on account of such care and treat	d treatment as may be o indemnify and save t	given to said s	student by ar	ny physicia	n, licensed athle	etic trainer, nurse,
I have been provided the UIL Parent Information Manual reparent/guardian. I understand that failure to provide accurate determined by the UIL.		-	_			
The UIL Parent Information Manual is located at www.uilte.	xas.org/files/athletics/r	nanuals/parent-	-information-	-manual.po	if.	
Your signature below gives authorization that is necessary and student insurance personnel to share information conc					associated phys	sicians
To the Parent: Check any activity in which this student participate.	t is allowed to					
Baseball Football Softball Tennis BasketbalGolf	Swimming Trac & Diving Field			Team Tennis	Volleyball Wre	estling
Date 07/18/2022						
Print name of parent or guardian						
Signature of parent or guardian						
		- 7				

Please sign. 🔊

Street Address			
City	State	Zip	
Home Phone	Business Phone		

School coaches may not:

 Transport, register, or instruct students in grades 7-12 from their attendance zone in non-school baseball, basketball, football, soccer, softball, or volleyball camps (exception: See Section 1209 of the Constitution and Contest Rules).

GENERAL INFORMATION

- Give any instruction or schedule any practice for an individual or a team during the off-season except during the one in school day athleticperiod in baseball, basketball, football, soccer, softball, or volleyball
- · Schools and school booster clubs may not provide funds, fees, or transportation for non-school activities.

GENERAL ELIGIBILITY RULES

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

- are not 19 years of age or older on or before September 1 of the current scholastic year. (See Section 446 of the Constitution and Contest Rules for exception).
- · have not graduated from high school.
- are enrolled by the sixth class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest.
- · are full-time students in the participant high school they wish to represent.
- · initially enrolled in the ninth grade not more than four years ago.
- · are meeting academic standards required by state law.
- live with their parents inside the school district attendance zone their first year of attendance. (Parent residence applies to varsity athletic eligibility only.) When the parents do not reside inside the district attendance zone the student could be eligible if: the student has been in continuous attendance for at least one calendar year and has not enrolled at another school; no inducement is given to the student to attend the school (for example: students or their parents must pay their room and board when they do not live with a relative; students driving back into the district should pay their own transportation costs); and it is not a violation of local school or TEA policies for the student to continue attending the school. Students placed by the Texas Youth Commission are covered under Custodial Residence (see Section 442 of the Constitution and Contest Rules).
- · have observed all provisions of the Awards Rule.
- have not been recruited. (Does not apply to college recruiting as permitted by rule.)
- have not violated any provision of the summer camp rule. Incoming 10-12 grade students shall not attend a baseball, basketball, football, soccer, or volleyball camp in which a seventh through twelfth grade coach from their school district attendance zone, works with, instructs, transports or registers that student in the camp. Students who will be in grades 7, 8, and 9 may attend one baseball, one basketball, one football, one soccer, one softball, and one volleyball camp in which a coach from their school district attendance zone is employed, for no more than six consecutive days each summer in each type of sports camp. Baseball, Basketball, Football, Soccer,Softball, and Volleyball camps where school personnel work with their own students may be held in May, after the last day of school, June, July and August prior to the second Monday in August. If such camps are sponsored by school district personnel, they must be heldwithin the boundaries of the school district and the superintendent or his designee shall approve the schedule of fees.
- have observed all provisions of the Athletic Amateur Rule. Students may not accept money or other valuable consideration (tangible or intangible property or service including anything that is usable, wearable, salable or consumable) for participating in any athletic sport during any part of the year. Athletes shall not receive valuable consideration for allowing their names to be used for the promotion of any product, plan or service. Students who inadvertently violate the amateur rule by accepting valuable consideration may regain athletic eligibility by returning the valuable consideration. If individuals return the valuable consideration within 30 days after they are informed of the rule violation, they regain their athletic eligibility when they return it. If they fail to return it within 30 days, they remain ineligible for one year from when they acceptedit. During the period of time from when students receive valuable consideration until they return it, they are ineligible for varsity athletic competition in the sport in which the violation occurred. Minimum penalty for participating in a contest while ineligible is forfeiture of the contest.

did not change schools for athletic purposes. I understand that failure to provide accurate and truthful information on UIL data was and but the UIL data was and the UI	. forms could subject the student in question to penalties
determined by the UIL.	
I have read the regulations cited above and agree to follow the rules.	
Student Print Name	
Signature of ctudent	Date: 07/49/2022
Signature of student	Date: 07/18/2022
Please sign.	•
Pursuant to the Texas Uniform Electronic Transmissions Act, an electronic signat the same legal effect as a manual or handwritten signature. An electronic signature of the same legal effect as a manual or handwritten signature.	re will not
be denied legal effect or enforceability solely because it is electronic, and any rec for a signature is satisfied by an electronic signature. By submitting an electronic	•
the individual identified and providing the electronic signature herein verifies	signature,
acknowledgement of the binding legal effect and enforceability of the electronic s	ignature.
By clicking the box beside "I agree", you agree that this is valid as your signature	
hereby swear that you are the above named student and that the information is a the best of your knowledge.	ccurate to

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

UIL Steroid Form Birdville ISD 2022/2023

University Interscholastic League

Parent and Student Agreement/Acknowledgement Form Anabolic Steroid Use and Random Steroid Testing

- · Texas state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Texas state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Texas state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.
- · Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

STUDENT ACKNOWLEDGEMENT AND AGREEMENT

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

Student Name (Print):	Grade (9-12)		
Student Signature:	J	Date:	07/18/2022
	Please continue your signature. 🜊		
Pursuant to the Texas Uniform Electronic Transithe same legal effect as a manual or handwritted be denied legal effect or enforceability solely be for a signature is satisfied by an electronic signathe individual identified and providing the electroacknowledgement of the binding legal effect and By clicking the box beside "I agree", you agree thereby swear that you are the above named stuthe best of your knowledge.	n signature. An electronic signature cause it is electronic, and any requirature. By submitting an electronic signature herein verifies d enforceability of the electronic signature that this is valid as your signature. Ye	will no rement gnature nature.	à.,

PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT

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

Name (Print):	1	
	J	
Signature:	Date:	07/18/2022
[
L		
	Please sign. 🔊	
Relationship to student:		
Pursuant to the Texas Uniform Electronic Transn	nissions Act, an electronic signature has	☐ I Agree
the same legal effect as a manual or handwritter	n signature. An electronic signature will not	
be denied legal effect or enforceability solely bed		
for a signature is satisfied by an electronic signal	, ,	,
the individual identified and providing the electro	9	
acknowledgement of the binding legal effect and	-	
By clicking the box beside "I agree", you agree the	, ,	
hereby swear that you are the parent or legal gu		
that the information is accurate to the best of you	ir knowledge.	



Concussion Management Program Academic Accommodation Recommendations

The following academic accommodations may help in reducing the cognitive (thinking) load, thereby minimizing post- concussion symptoms and allowing the student to better participate in the academic process during the injury period. Needed accommodations may vary by course. This information and recommendations are from the ImPACT ® Concussion Testing Program being used by BISD.

Note taking: Allow students to obtain class notes or outlines ahead of time to aid organization and reduce multi-tasking demands. If this is not possible, allow the student to photocopied notes from another student.

Note taking may be difficult due to impaired multitasking abilities and increased symptoms.

Workload Reduction: Reduce overall amount of make –up work, class work, and homework (we typically recommend 50-75%, though may vary by class), shorten tests and projects. Examples: reduce the length of essays, have student do every other problem in a homework assignment, or highlight key concept areas for testing while eliminating testing on less important topics.

It takes a concussed student much longer to complete assignments due to the increased memory problems and decreased speed of learning. Recovery can be delayed when a student "pushes through" symptoms.

Therefore, it is recommended that "thinking" or cognitive load be reduced, just like physical exertion is reduced.

Breaks: Take breaks as needed to control symptom levels. Example: student may lay head on the desk to rest. For worse symptoms, the student may need to leave class and go to the nurse. The nurse will inform the Athletic Trainers. The student may also be allowed to call the training room directly from your class room if he or she has permission and you allow.

Extra time: Allow student to turn in assignments late

Students may experience severe symptoms some day/nights and not others. With increased symptoms, students are advised to rest, and therefore may need to turn in assignments late on occasion.

Testing: extra time to complete tests, testing in a quiet environment, allow testing in multiple sessions, reduce length of tests, and eliminate tests when possible

Students with concussions have increased memory and attention problems. They will not be able to learn as effectively or quickly as before. Furthermore, highly demanding activities like testing can significantly raise symptoms (e.g. headache, fatigue) which can in turn make testing more difficult.

If at any time you feel that the student is abusing their privileges please let one of the Coaches know immediately. If the doctor prescribes specific accommodations from this list you will receive a copy.

Concussion Acknowledgement Form -Sample

UIL Concussion Birdville ISD 2022/2023 CONCUSSION ACKNOWLEDGEMENT FORM Name of Student Student ID # Definition of Concussion - means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may: (A) include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and (B) involve loss of consciousness. Prevention - Teach and practice safe play & proper technique. Follow the rules of play. - Make sure the required protective equipment is worn for all practices and games. Protective equipment must fit properly and be inspected on a regular basis. Signs and Symptoms of Concussion - The signs and symptoms of concussion may include but are not limited to: Head ache, appears to be dazed or stunned, tinnitus (ringing in the ears), fatigue, slurred speech, nausea or vomiting, dizziness, loss of balance, blurry vision, sensitive to light or noise, feel foggy or groggy, memory loss, or confusion. Oversight - Each district shall appoint and approve a Concussion Oversight Team (COT). The COT shall include at least one physician and an athletic trainer if one is employed by the school district. Other members may include: Advanced Practice Nurse, neuropsychologist or a physician's assistant. The COT is charged with developing the Return to Play protocol based on peer reviewed scientific evidence. Treatment of Concussion - The student-athlete shall be removed from practice or competition immediately if suspected to have sustained a concussion. Every student-athlete suspected of sustaining a concussion shall be seen by a physician before they may return to athletic participation. The treatment for concussion is cognitive rest. Students should limit external stimulation such as watching television, playing video games, sending text messages, use of computer, and bright lights. When all signs and symptoms of concussion have cleared and the student has received written clearance from a physician, the student-athlete may begin their district's Return to Play protocol as determined by the Concussion Oversight Team. Return to Play - According to the Texas Education Code, Section 38.157: A student removed from an interscholastic athletics practice or competition under Section 38.156 may not be permitted to practice or compete again following the force or impact believed to have caused the concussion until: (1) the student has been evaluated, using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the student or the student's parent or guardian or another person with legal authority to make medical decisions for the student; (2) the student has successfully completed each requirement of the return-to-play protocol established under Section 38.153 necessary for the student to return to play: (3) the treating physician has provided a written statement indicating that, in the physician 's professional judgment, it is safe for the student to return to (4) the student and the student 's parent or guardian or another person with legal authority to make medical decisions for the student: (A) have acknowledged that the student has completed the requirements of the return-to-play protocol necessary for the student to return to play; (B) have provided the treating physician 's written statement under Subdivision (3) to the person responsible for compliance with the return-to-play protocol under Subsection (c) and the person who has supervisory responsibilities under Subsection (c); and (C) have signed a consent form indicating that the person signing: (i) has been informed concerning and consents to the student participating in returning to play in accordance with the return-to-play protocol; (ii) understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return-to-play protocol; (iii) consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician 's written statement under Subdivision (3) and, if any, the return-to-play recommendations of the treating physician; and (iv) understands the immunity provisions under Section 38.159. Name of Parent or Guardian (Print) Parent or Guardian Signature Date: 07/18/2022

Please sign. 🔎

Pursuant to the Texas Uniform Electronic Transmissions Act, an electronic signature the same legal effect as a manual or handwritten signature. An electronic signature be denied legal effect or enforceability solely because it is electronic, and any required for a signature is satisfied by an electronic signature. By submitting an electronic signature herein verifies acknowledgement of the binding legal effect and enforceability of the electronic signature. By clicking the box beside "I agree", you agree that this is valid as your signature, hereby swear that you are the parent or legal guardian of the above named studenthat the information is accurate to the best of your knowledge. Name of Student (Print)	e will not uirement signature, gnature. You
Student Signature	Date: 07/18/2022
Please sign.	•
Pursuant to the Texas Uniform Electronic Transmissions Act, an electronic signature the same legal effect as a manual or handwritten signature. An electronic signature	e will not
be denied legal effect or enforceability solely because it is electronic, and any required for a signature is satisfied by an electronic signature. By submitting an electronic state individual identified and providing the electronic signature herein verifies acknowledgement of the binding legal effect and enforceability of the electronic signature. By clicking the box beside "I agree", you agree that this is valid as your signature. hereby swear that you are the above named student and that the information is active best of your knowledge.	gnature, gnature. You

BISD Concussion Management Program - Sample



BISD Concussion Management Program

Physician Protocol Information Sheet

Date of Injury:___

Patient Name:_

Name of Doctor:		Date of Evaluation:	
Once the athlete is cleared by a physician to retue exertional levels by the Athletic Trainer before returning post-concussion symptoms the Athletic	eturning to play. Onc	ce the athlete has completed all 3 levels with n	
Return To Play P	rotocol - Examples of	of Exertional Levels	
Light Levels (day 1): walking, light jogging, light-in higher reps, no bench no squat)	ntensity stationary bik	ike, light-intensity weightlifting (lower weight,	
Moderate Levels (day 2): moderate jogging/brief weightlifting (reduced time and/or reduced weight			
Heavy Levels (day 3): sprinting/running, high-inte specific drills (in 3 planes of movement), high-inte		ng, regular weightlifting routine, non-contact sp	ort-
*** CAUTION: If the athlete experiences a reoccu or she will cease activity immediately and rest. He symptom-free, beginning the progression again.			he
Parent :			
Printed name:	_ signature:	date:	_
Physician:			
Printed name:	signature:	date:	
*** A separate note from the physician required before the athlete may begin			

BISD Concussion Management Program - Sample



BISD Concussion Management Program

Middle School Check List

Stude	ent's Name:	Date of Injury:
Injury	/ Description:	
Parer	nt Name:	Phone #:
Insur	ance Co.:	
Schoo	ol:	Sport:
	Informed Athletic Trainer, Student's teachers, school counselor, school nurse, an adjustments if needed	
	adjustments in needed	
	Student has been evaluated by their physician of choice. The treating physician's completed form is on	
	Student has been evaluated by physician, name: BISD Concussion Management Form has been The treating physician's completed form is on	completed by the parent and the treating physician
	Student has successfully completed the Return to Play	protocol
	UIL Concussion Management Protocol Return to Play I	Form has been completed
Retur	n to Play Date: Sup	ervising Coach:

Concussion Management Program Middle School Checklist Post-Concussion Symptom Scale - Sample

POST-CONCUSSION SYMPTOM SCALE

Please use the following scale to rate each symptom:

NONE 0 0	MILD 1	9	2		3 MOI	MODERATE	4 EVERITY	E 4 SEVERITY RATING	2	SEVERE	9			
	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Balance Problems														
Dizziness (spinning or movement sensation)														
Lightheadedness														
Trouble falling asleep														
Sleeping more than usual														
Sleeping less than usual														
Sensitivity to light														
Sensitivity to noise														
Nervous/Anxious														
Feeling more emotional														
Numbness or tingling														
Feeling slowed down														
Feeling like "in a fog"														
Difficulty concentrating														
Difficulty remembering														
Visual problems														



Concussion Management Protocol Return to Play Form

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

	Student Name (Please Print)	School Name (Please Print)
Desi	ignated school district official verifies:	
se Checi		
	The student has been evaluated by a treating physic person with legal authority to make medical decision	
	The student has completed the Return to Play proto Oversight Team.	ocol established by the school district Concussion
	The school has received a written statement from the physician's professional judgment, it is safe for the	
	School Individual Signature	Date
	School Individual Name (Please Print)	
	School Individual Name (Please Print) ent, or other person with legal authority lent signs and certifies that he/she:	
	ent, or other person with legal authority lent signs and certifies that he/she:	student participating in returning to play in
stud	ent, or other person with legal authority lent signs and certifies that he/she: * Has been informed concerning and consents to the	student participating in returning to play in shed by the Concussion Oversight Team.
stud	ent, or other person with legal authority lent signs and certifies that he/she: * Has been informed concerning and consents to the accordance with the return to play protocol establis Understands the risks associated with the student re	student participating in returning to play in shed by the Concussion Oversight Team. eturning to play and will comply with any ongoing consistent with the Health Insurance Portability and of the treating physician's written statement under
stud	ent, or other person with legal authority lent signs and certifies that he/she: Has been informed concerning and consents to the accordance with the return to play protocol establis Understands the risks associated with the student rerequirements in the return to play protocol. Consents to the disclosure to appropriate persons, of Accountability Act of 1996 (Pub. L. No. 104-191),	student participating in returning to play in shed by the Concussion Oversight Team. eturning to play and will comply with any ongoing consistent with the Health Insurance Portability and of the treating physician's written statement under immendations of the treating physician.

BISD Athletic Pay Voucher – Sample

BIRDVILLE INDEPENDENT SCHOOL DISTRICT ATHLETIC PAY VOUCHER

JOB # 52802

(PLEASE PRINT)				GAME DATE		
NAME				SOCIAL SECURI	TY #	
ADDRESS				PHONE #		
CITY/STATE/ZIP				EMPLOYEE ID #.		
Official Clock/Scoreboard Matrix Asst. Matrix Message Center	Ticket Seller L Gate	Car Parker Linesperso	n	(Check One) FootballVolleyballBasketballSoccerWrestling	=	Baseball Softball Track Gymnastics Tennis
**************************************		*******	GRADEI	MUST BE COMPL		
VENDOR #					VS	4
ACCOUNT #			Arianton a depoin	SIGNATURE		•
WHITE COPY: Business Office	e Y	FLLOW C	DPY: Athle	etic Office		PINK COPY: Pavee

Athletics Injury and Treatment Report- Sample



Athletics Injury and Treatment Report

DateCampus						
Coach		Sp	ort			
Athlete's Name						
Classification (Check One) \$7 \$8	₹9	₹10	₹ 11	∜12		
Parent(s) Name			Address			
Parent(s) Phone #			Date o	of Injury		
Site of Injury			Time		\$am	∜pm
Describe Injury						
FIRST AID GIVEN AT TIME OF INJURY			_	-	ted 🔊 Dre	essing
Stretcher Other					Not at this	time
WAS PARENT NOTIFIED? Tyes	No					
NAME OF COACH REPORTING						

Submit Form

Clear Form

Athletic Equipment Inventory Form— Sample



Athletic Equipment Inventory

	DATE	
HEAD CO	ACH	
Quantity	Description: (Item, manufacturer, stock number, color, trim, size, grade assigned)	Condition
	,	
I		l

Submit Form

Clear Form

Middle School Game Report Form - Sample



Middle School GAME REPORT FORM

TO BE FILLED OUT AFTER EACH CONTEST BY BOTH HOME TEAM AND VISITING TEAM.

Date of Contest:	Location:		
Sport:			
Grade:			Girls
Home Team:			
Visiting Team:			
Who Won?			
Did everyone play? Yes No			
Coach's Name Reporting:			
Check type of game:	☐ Mid-City	District	☐ Tournament Championship
Comments/Notes:			

BIRD VILLE IN DEPENDENT SCHOOL DISTRICT

Final Team Report- Sample



Middle School FINAL TEAM REPORT

Year	
School:	
Sport:	Boys Girls
Home Team:	
Number of Participants	
8 th Grade	
7 th Grade	
TOTAL:	
Number of athletes in program at beginning of season.	
Estimate of the number that will continue in this sport next year	
RECORD Won Lost	

BIRDVILLE INDEPENDENT SCHOOL DISTRICT

Beginning of Season Participation Record—Sample



Beginning of Season Participation Record

	Year	·	
School:			
Sport:			® Boys ® Girls
Home Team:			
	Numb	per of Participants	
	VARSITY		
	JV		
	9 th		
	8 th		
	=+b		

End of Season Participation Record—Sample



BIRDVILLE INDEPENDENT SCHOOL DISTRICT

End of Season Participation Record

hool: _			
rt:			
	<u> </u>	lumber of Participar	<u>nts</u>
		Boys	Girls
	VARSITY		
	JV		
	9 th		
	TOTAL		

Estimate of the number that will continue in this sport next year._____

Purchase Order/Voucher Request Form— Sample

RISD	P	urchase Order/	/ouc	her Reque	st Form
Request #	Send a copy o	ase Order Request f this document if you are sending er attachment of any kind.	□T □ □ M	Check Request This is a copy to accompany Do not process as an original Tail Check Teturn Check to	nal
Date Entered Entered By	Deliver To			Hard copy of Check Required to the first the Business (is written	est for Hand check
Vendor #	Vendor Na	me			PO #
Quantity Printed Comments:	[for use with P	O only]	Non	-Printed Comments	Extension
			$+$ \vdash		11/61
				THA	redesigned by Michelle DoPorto 2006
Key Code	Account				Amount
	l i nletic Department*	6108 Broadway Avenue, Haltom City, TX BIRDVILLE INDEPENDENT SCH	OOL DISTRIC	т	i 24 fax *
Coach's Signature			D	ate	



BIRDVILLE INDEPENDENT SCHOOL DISTRICT

It is the expectation of the **BISD** Athletics Department, that students travel as a team by transportation/accommodations provided by the District. Exceptions to this will need approval from the coach and administration on a case by case basis.

If approved by the coach and administration, the proper acknowledgement form will need to be signed by student and parent prior to the day of travel for the activity.

Acknowledgement for Transport of Students To or From Activity in Privately-Owned Motor **Vehicle Sample**



BIRDVILLE INDEPENDENT SCHOOL DISTRICT

BIRDVILLE INDEPENDENT SCHOOL DISTRICT

ACKNOWLEDGMENT FOR TRANSPORT OF STUDENTS TO OR FROM

ACTIVITY IN PRIVATELY-OWNED MOTOR VEHICLE					
Student Name	Campus				
Activity/Event	Date(s)				
and acknowledge that this trans of the District. The student in transport of the student in my	transport another student to the above portation is being provided voluntarily and question, and his or her parent, have private motor vehicle. In no way are the dville Independent School District.	d not at the request consented to my			
Student Name	Student Name				
Student Name	Student Name				
EMPLOYEES, REPRESENTATIVES, AND AG ALL CLAIMS OR CAUSES OF ACTION FOR STUDENT(S) NAMED ABOVE, CAUSED E ACTIVITY INCLUDING TRANSPORTATION TEXTENDS TO ALL CLAIMS OR CAUSES OF NEGLIGENCE OF BIRDVILLE INDEPENDED AGENTS, BOTH IN THEIR OFFICIAL AND INDEMNIFICATION BINDS ME, MY HEIRS A	IDEMNIFY THE BIRDVILLE INDEPENDENT SCHOOL INTERPRETATION OF THEIR OFFICIAL AND INDIVIDUAL CAPPERSONAL INJURY OR PROPERTY DAMAGE, WHETHER, ARISING OUT OF OR IN ANY WAY RELATED TO TO OR FROM THE ACTIVITY. THIS RELEASE AND INDEFEACTION OF ANY ORIGIN, INCLUDING THOSE ARISING IN SCHOOL DISTRICT, ITS TRUSTEES, EMPLOYEES, NOTIVIDUAL CAPACITIES, WHETHER BY ACT OR OMISS AND ASSIGNS, AND MY PERSONAL REPRESENTATIVES.	ACITIES, FROM ANY AND R TO MYSELF OR TO THE THE ABOVE-DESCRIBED MISSING AS A RESULT OF THE REPRESENTATIVES, AND ION. THIS RELEASE AND			
transportation I will be providing					
Student Name (Print)	Student Signature	Date			
Parent Name (Print)	Parent Signature	Date			

Permission to Ride in Privately Owned Vehicle to or From Activity Form - Sample



BIRDVILLE INDEPENDENT SCHOOL DISTRICT

PERMISSION TO RIDE IN PRIVATELY-OWNED VEHICLE TO OR FROM ACTIVITY

Student Name	Campus	
Activity/Event	Location	
Date(s) of Activity/Event:		
another student in his or her	named above, to drive his or her person vehicle, or ride with another student in ntified athletic or extracurricular activitie	a privately-owned
THE TRANSPORT OF MY CHILD, A	INDEPENDENT SCHOOL DISTRICT IS N ND MAY NOT BE HELD LIABLE FOR ANY INJ HILD'S TRANSPORTATION IN THIS INSTANCE.	
Parent Name (Print)	Parent Signature	Date
	111	



Football



Middle School Guidelines for "No Cut" Policy

We believe that all middle school athletes should have the opportunity to participate in athletics. We also believe that due to our physical and personnel resources, we must be creative when providing the opportunity. We also realize that some of you have large numbers in your programs; therefore, we would like to give you the following guidelines to ensure all athletes have an opportunity to participate:

- 1) Implement a rotating "B" team so that athletes have an opportunity to play in half of the scheduled games.
- 2) Implement a "C" or "D" team so that student athletes will have an opportunity to play in a competitive setting. (Coaches will officiate the games held prior to the "B" games. The games can be abbreviated)
- 3) Implement a game day once a week one day after practice for those students not on the "A" or "B" team. The games can occur on a non-game day and parents can attend.

As we work to engage and encourage all student-athletes, we believe the above-mentioned suggestions can help you in your unique situation. It is our job to develop young, inexperienced middle school athletes so that they can experience success as they move into high school athletics.

Thanks for your cooperation.



Sweet 16 Football Rules 2022

- Each game shall be played according to applicable University Interscholastic League and National Federation football rules.
- 2. 7th and 8th grade Big 12 teams shall be organized with "A" being stronger than "B". The "B" teams shall play first; the "A" teams shall play second unless changed by mutual agreement.
- 3. Game times vary depending on venue.

Games on non-lighted fields: At the minimum, teams shall have a 5-minute warm-up. Games shall have a 5-minute halftime. There shall be no more than 5 minutes between games. "A" teams are encouraged to warm-up during the 4th quarter of the "B" game.

Games on lighted fields: Teams shall have a 10-minute warm-up between games.

- 4. While on offense, teams may use their own approved football.
 - 7th grade: Junior ball or larger
 - 8th grade: Youth ball or larger
- 5. 7^a and 8^a grade "A" & "B" teams shall play 8-minute quarters with an 8-minute halftime.
- 6. For point after touchdown (PAT), One (1) point will be awarded for successful run or pass. Two (2) points will be awarded for successful kick.
- 7. No continuous clock shall be used unless changed by mutual agreement.
- 8. The home team shall wear dark/colored jerseys for the "A" game and white jerseys for the "B" game.
- 9. Games are official upon reaching halftime. If a game is suspended before reaching halftime and cannot be completed, it shall be recorded as a 0-0 tie.
- 10. The following system will be used to break ties in the final standings:
 - 1. Head-to-head
 - a. In a 2-way tie, if team A defeated team B, team A is higher seed.
 - b. In a 3-way (or more) tie, if team A defeated team B and team B defeated team C, but A and C did not play each other, move to tie-breaker #2.
 - c. In a 3-way (or more) tie, if team A defeated team B and team C, team A will be seeded higher than B and C even if B and C did not play each other.
 - 2. Total points allowed in district season
 - 3. Coin flip (two teams) or blind draw (three or more teams)
- 11. Admission of \$1 for students and \$2 for adults may be charged.
- 12. Officials' pay forms shall be provided by the home team and turned in to the athletic office for payment.

6/7/22



Football Program Fundamentals

In order to have time to teach fundamentals, we recommend that coaching staffs be split on game days, so that two coaches are assigned game duties and two coaches are handling eighth grade workouts. All teams should have workouts four times a week. An example is as follows:

7th Grade Workouts:

Monday - work on kicking game in the A.M., game in the afternoon Tuesday- 10 minutes for cal., 1 hour for defense, kicking game Wednesday - 10 minutes for cal., 1 hour for defense, kicking game Thursday - 10 minutes for cal., 1 hour for defense, kicking game 10 minutes for cal., 1 hour for offense, kicking game

8th Grade Workouts:

Monday

10 minutes for cal., 50 minutes defense, 50 minutes offense, 10 minutes kicking game

Tuesday - Game

Wednesday

10 minutes for cal., 50 minutes defense, 50 minutes offense, 10 minutes kicking game

Thursday

10 minutes for cal., 50 minutes defense, 50 minutes offense, 10 minutes kicking game

Friday

10 minutes for cal., 50 minutes defense, 50 minutes offense, 10 minutes kicking game

Rules for 8th Grade:

Eighth Grade will run the same basic defense and offense of the high school they feed. Any adjustment must be endorsed by their parent school.



Volleyball



Sweet 16 Volleyball Rules 2022

- Each game shall be played according to applicable University Interscholastic League and National Federation football rules.
- 2. 7th and 8th grade Big 12 teams shall be organized with "A" being stronger than "B". The "B" teams shall play first; the "A" teams shall play second unless changed by mutual agreement.
- 3. The first match of a double-header shall begin at 5:00pm. At the minimum, the visiting team shall have a 5-minute warm-up. At the maximum, matches shall begin within 15 minutes of the completion of the previous match.
- 4. The home team shall furnish a game ball that is approved by the National Federation.
- 5. Rally Scoring format shall be:
 - Best 2 out of 3 to 25 points, win by 2 points.
 - 7ⁿ and 8ⁿ grade teams shall not play a third game unless it is a match deciding game.
 - The 'let' serve shall be allowed.
 - Each team shall be allowed two time-outs per game.
 - Warm-up format shall be 5-5-5-2.
- 6. Each coach shall input match scores no later than 9:00am the morning following the match. Scores shall be inputted in the form of games won/games lost within the match.

Correct: A-School defeated B-School 2-1. Input 2-1 Incorrect: Final scores of each game (25-21, 23-25, 25-19)

- 7. At the 7th grade "B" level, the serving line may be moved inward five feet but the serve shall be overhand.
- 8. At the 7th and 8th grade levels, a libero may be used. The libero player shall be designated prior to the game. The libero player may serve.
- 9. The following system will be used to break ties in the final standings:
 - 1. Head-to-head
 - a. In a 2-way tie, if team A defeated team B, team A is higher seed.
 - b. In a 3-way (or more) tie, if team A defeated team B and team B defeated team C, but A and C did not play each other, move to tie-breaker #2.
 - c. In a 3-way (or more) tie, if team A defeated team B and team C, team A will be seeded higher than B and C even if B and C did not play each other.
 - 2. Most games won in district season (see Rule #11)
 - 3. Fewest games lost in district season (see Rule #11)
 - 4. Coin flip (two teams) or blind draw (three or more teams)
- 10. Admission of \$1 for students and \$2 for adults may be charged.
- 11. Officials' pay forms shall be provided by the home team and turned in to the athletic office for payment.



Basketball



Sweet 16 Basketball Rules 2022-2023

- 1. Each game shall be played according to University Interscholastic League rules and the National Federation basketball rules.
- 2. 7th and 8th grade Big 12 teams shall be organized with "A" being stronger than "B". The "B" teams shall play first; the "A" teams shall play second.
- 3. The first game of a double-header shall begin at 4:30pm. At the minimum, the visiting team shall have a 5-minute warm-up. At the maximum, games shall begin within twenty minutes of the completion of the previous game.
- 4. 7th grade "A" teams shall play 8-minute quarters. 7th grade "B" teams shall play 6-minute quarters. 8th grade "A" & "B" teams shall play 8-minute quarters.
- 5. No continuous clock shall be used except by mutual agreement by both coaches.
- 6. The home team shall wear white jerseys.
- 7. The home team shall furnish a game ball that is approved by the National Federation.
- 8. If a Big 12 basketball game is tied after regulation:
 - "A" team games: 3-minute overtime periods until there is a winner; no ties.
 - "B" team games: One 3-minute overtime period; if still tied after one 3-minute overtime period, the game ends in a tie.
 - "A" team and "B" team tournament games must have a winner (see "A" team quideline).
 - For all overtime periods, each team is awarded one additional timeout. Unused timeouts shall accumulate and may also be used in overtime.
- 9. Admission of \$1 for students and \$2 for adults may be charged for district and tournament games.
- 10. Officials' pay forms shall be provided by home team and submitted to athletic office for payment.
- 11. Tournament hosts and tournament participants shall be assigned (see schedule).
- 12. Tournament hosts shall seed invitational tournament brackets. Brackets shall be sent to the athletic office and all participating schools. The athletic office will seed district tournament brackets.

- 13. No player shall participate in both the "A" team and the "B" team Big 12 invitational tournaments.
- 14. For the district tournament, seeding shall be based upon the final district standings. The top six teams shall be placed into the Gold Bracket, and the next six teams into the Silver Bracket. The following system will be used to break ties in the final standings:
 - 1. Head-to-head in district season
 - 2. Total points allowed in district season
 - 3. Coin flip (two teams) or blind draw (three or more teams)
- 15. Any type of full-court pressure may be used.
- 16. Teams shall not full-court press if winning by 20 or more points.
- 17. Teams shall play man-to-man defense the majority of the game; therefore, during a 32-minute game, man-to-man defense shall be played more the 16:00 minutes of the game.



Sweet 16 Basketball Tournament Rules 2022-2023

Tournaments shall be held according to the University Interscholastic League rules.

No team trophies shall be awarded.

Ribbons shall be provided by the athletic office. Host schools shall pick up ribbons in the local athletic office.

Tournament hosts shall award ribbons for 1st, 2nd, 3rd, and

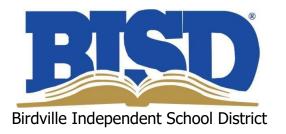
Consolation. Admission for students and adults may be charged.

If possible, sister-schools shall not compete head-to-head in first-round games.

<u>Host schools shall distribute brackets two weeks before tournament</u>. <u>A copy shall be forwarded to the athletic office</u>.

If a Big 12 basketball tournament game is tied after regulation:

- "A" team games: 3-minute overtime periods until there is a winner; no ties.
- "B" team games: 3-minute overtime periods until there is a winner; no ties.
- For all overtime periods, each team is awarded one additional timeout. Unused timeouts shall accumulate and may also be used in overtime.



Cross Country and Track



Sweet 16 Track Rules 2022

- 1. Meets shall be held according to the University Interscholastic League rules.
- 2. Meets shall begin as close to 4:00pm as possible. Teams arriving late due to transportation issues shall have a 5-minute warm-up.
- 3. Each member school may be represented at these meets by 7th and 8th grade boys and girls subject to the following rules:
 - No school shall be allowed more than three participants in each event except the relays, which require four.
 - No participant shall be allowed to participate in more than three track running events. No participant shall be allowed to participate in more than five total events. A participant may enter five field events provided he/she is not participating in any running event; and no contestant shall be allowed to enter more than two of the following:
 - o 400 meter dash
 - o 800 meter run
 - o 1600 meter run
 - o 2400 meter run
 - The number of events in which an athlete participates at the preliminary level shall determine a participant's total number of events. Participation at the preliminary level shall count toward participation in an event.
 - No more than one relay team per school per event may be entered.
- 4. Order of Events Running:
 - Girls 2400 Meter Run
 - Boys 2400 Meter Run
 - Girls 400 Relay
 - Boys 400 Relay
 - Girls 800 Run
 - Boys 800 Run
 - Girls 100 Meter Hurdles
 - Boys 110 Meter Hurdles
 - Girls 100 Meter Dash
 - Boys 100 Meter Dash
 - Girls 800 Relay
 - Boys 800 Relay
 - Girls 400 Dash
 - Boys 400 Dash

- Girls 300 Meter HurdlesBoys 300 Meter Hurdles
- Girls 200 DashBoys 200 Dash
- Girls 1600 Meter Run
 Boys 1600 Meter Run
 Girls 1600 Meter Relay
- Boys 1600 Meter

Relay Field Events:

- Pole Vault
- High Jump
- Long Jump
- Shot Put
- Discuss Throw
- Triple Jump

In any field event where distance (linear) is the determining factor (shot, discus, long jump, triple jump), each contestant shall be allowed three trials. <u>No finals</u> shall be given in the field events where distance is the determining factor. Each fair trial shall be measured.

Metric Measurements

- 2400 Meter Run waterfall stager for each lane runners may break when they have at least a two- stride clearance.
- 400 Meter Relay 4 x 100 (on full stagger for each lane exchange zone is 20 meters - international zone is 10 meters).
- 800 Meter Run one-half stagger for each lane runners may break after running the first full turn.
- 100 Meter Hurdles 10 hurdles (7th & 8th grade girls 30"). Distance from start to first hurdle - 13m

Distance between each hurdle - 8.5m Distance from last hurdle to finish - 10.5m

• 110 Meter Hurdles - 10 hurdles (7th grade boys - 33", 8th grade boys - 36"). Distance from start to first hurdle - 13.72m

Distance between each hurdle - 9.14m Distance from last hurdle to finish - 14.02m

- 100 Meter Dash 100 meters
- 800 Meter Relay (4 x 200m)
 - o Each runner will run 200 meters
 - Each runner will run in his/her lane the entire distance There will be a double stagger for each team.
- 400 Meter Dash
 - Each runner will be given a full stagger and will run in his/her lane the entire distance. Each runner shall use blocks at the start.
- 300 Meter Hurdles 8 hurdles (7th grade boys & girls and 8th grade girls 30"; 8th grade boys 33") Distance from start to first hurdle 45m

Distance between other hurdles - 35m Distance from last hurdle to finish - 10m

200 Meter Dash

One-half stagger around/turn - runners stay in his/her lane the entire race.

1600 Meter Run

Waterfall stagger for each lane - runners may break when they have at least a two-stride clearance.

• 1600 Meter Relay - 4 x 400m (one and one-half stagger) First runner runs in his/her lane the entire distance.

Second runner stays in his/her lane for the first full turn of their lap.

Third and fourth runners line up on the track according to where his/her teammate comes off the last turn and may break when they have at least a two-stride clearance.

5. Points

The point system in scoring middle school track meets shall be the same in all meets. Points shall be awarded as follows:

- \circ Individual events 10 8 6 4 2 1
- \circ Relay events 20 16 12 8 4 2

If less than seven participate in the events, points shall be awarded for last place.

6. Awards

Ribbons shall be given for the first six places in all meets. No trophies for team or relay winners shall be awarded. All awards shall be purchased by the Athletic Office and given to the track meet officials prior to each meet. Medals shall be awarded for the first three places at the district meet.

7. False Starts

A runner who commits a false start shall be disqualified. National Federation Rules shall be followed, subject to local committee.

8. Suggested Starting Heights

<u>High Jump</u>	7 th	4′2
Boys	8 th	4′6
Girls	7 th 8 th	3′8 4′0

Pole Vault

Boys -	7 th 8 th	6′6 7′0
Girls -	7 th 8 th	5′6 6′0

9. Shot Put

When all schools do not have the same weight shot put, the lighter shot put shall be available to all throwers.

- Boys 4-kilo (8.8 lb.)
- o Girls 6 lb.

10. Discus

Any wood or rubber discus that is the proper size and weight may be used.

11. Starting Blocks

Track athletes shall use starting blocks for all sprints and sprint relays of 400m and below (100m, 110h, 100h, 200m, 300h, 400m).

12. Jewelry

Jewelry shall not be worn except for religious or medical medals. A religious medal shall be taped and worn under the uniform. A medical alert shall be taped and may be visible.

13. Uniforms

Any visible garment(s) worn by two or more relay team members underneath the uniform top and/or bottom shall be unadorned (not decorated; simple and plain) and of the same single, solid color, but not necessarily the same length. For an illegal uniform, the competitor shall be disqualified from the event.

14. Protest Procedure

An oral protest/appeal shall be made to the meet director (Athletic Coordinator of the host school of the meet) within 30 minutes of the completion of the event. The rules committee, made up of seven campus coordinators, shall hear the appeal. Any coordinators whose teams are directly affected by the appeal shall not participate in the vote but shall be involved in the discussion regarding the appeal. The decision of the remaining coordinators (rules committee) shall be final.

Non-appealable situations:

- Judgment decisions pertaining to violations of the rules.
- Decisions by the finish judges and timers not involving misapplication of rules.
- Whether a start was fair and legal

15. Records

District and/or Big 12 records may be set in prelims or finals.

16. Qualifying for the District Meet

- The top two (2) runners from each zone meet will qualify for the Sweet
 16 district meet. Plus, the top two times overall from all three zones
 combined.
- The top four (4) jumpers and throwers from each zone meet will qualify for the Sweet
 16
 district meet.
- No school shall be allowed more than three participants in each event except the relays, which require four participants.
- No participant shall be allowed to participate in more than three track running events. No participant shall be allowed to participate in more than five total events. A participant may enter five field events provided he/she is not participating in any running event; and no contestant shall be allowed to enter more than two of the following:
 - 400 meter dash
 - 800 meter run
 - 1600 meter run
 - 2400 meter run



RUNNING A TRACK MEET 2023

- Stadium Manager/High School Coordinator-work with the stadium manager or the coordinators at the high school to ensure that all equipment will be on hand to run off each event.
- II. **Entry Forms** send out two weeks prior to meet. Have a place for <u>name</u>, <u>time/distance</u> for each event. Have the entry returned at least <u>three</u> days prior to meet. Take entry sheets and assign lanes for each running event either according to times sent in or by an arbitrarily. Work up sheet showing each <u>event</u>, <u>school</u>, <u>place for time</u>, and <u>results</u>. You also make up field event meet sheets by just listing <u>school</u>, <u>name</u>, <u>distance</u>, <u>height</u>, and <u>result</u>. The field event can be listed by schools alphabetically or any other order you choose.
- Workers you should have two score keepers and award workers, one starter, one back up starter, one heating clerk, one finish line clerk, six times, six pickers, ten hurdle setters, three block setters, two finish line string holders, and three workers at each field event (one clerk, two measure rakers, etc.). All workers should be at their station ten minutes before their scheduled time to begin to make sure all is in order - equipment, paperwork and participants check in.
- IV. Scratch Meeting 30 minutes prior to the first event allow each coach to scratch or replace any entry in any running event, pick up heat packages and be informed on order of events, time schedule, etc. Field event scratches should be made at the field event with the clerk of each particular event. A district scratch meeting will be held prior to the district meet.
 - V. **Field Events** should be started at least 45 minutes before first running event to allow as many participants as possible to be able to compete in their field event before they have to run. Once the running events start while field events are still going on the rule is that the participant goes to the running event in a reasonable time five to ten minutes). The field event clerk must use common sense in handling a participant who is also involved in a running event, but should never punish the participant by making them hurry their effort after they have been running another event or by disallowing the participant's final effort(s).
 - A. *Shot Put three workers (one clerk, one marking in the field, and one measuring in the ring). Clerk goes over rules:
 - 1. Enter and exit back of the ring.
 - 2. Cannot step over toe board or line after throwing.
 - 3. Must keep shot put in the bend of the neck shoulder area.
 - 4. Must be a push, not a bent arm throw, and check shots making sure all are the same size (weight) clerk informs participants of throwing order calls first contestant and telling who is next watches the contestant put the shot if NO

FOUL, say "MARK" - measure throw from inside of the toe board stretching tape from center of circle to the back divot where the shot landed. Call the next contestant - repeat until all contestants have thrown three times. Each contestant is allowed three throws; they may take them in any order. When all contestants have thrown, figure out the best six places and turn in result sheet to the awards clerk in the press box.

Note: It is the more acceptable practice to measure each of the <u>three</u> throws than to put out stakes, but if you do put out stakes, you need only to put out the best <u>eight</u> throws.

- B. *Discus three workers (one clerk; one marking infield; one measuring in the rings) clerk goes over rules:
 - 1. Enter and exit back of the ring.
 - 2. Clerk goes over throwing order boundaries of discus field and checks the discus of each contestant to make sure they are the same size call first contestant, measure throw repeat until all have thrown three times, measuring to the nearest inch. Figure top six places and turn in to the awards clerk in the press box. Once again, each contestant gets three throws; they may take them in any order. It is more acceptable to measure each throw although stakes may be used.
- C. *Long Jump three workers (one clerk; one raker; one tape-holder). Clerk has contestants check in; goes over jumping order; makes sure jumping board is swept clean; calls first contestant; watches where his/her foot hits on the board; calls "MARK" or "FOUL" according to where foot hits; measure from front of board to furthest back mark in the sand of where contestant landed. Each contestant is allowed three jumps; they may take them in any order. If all jumpers are present, it is most acceptable to jump one at a time until all have jumped going around three times, but it does not have to be that way you may allow a jumper to jump out of turn if they have other events to compete in. When all have finished, figure top six places and turn in to the awards clerk in the press box.
- *High Jump three workers (one clerk; two bar-holders). Clerk has contestants check in and goes over jumping order, puts cross-bar on a reasonable height, gives each contestant three jumps at each height until no contestant can clear the bar, figures top six places and turns in to awards clerk in press box.
- E. *Pole Vault same as high jump

*In figuring places in shot, discus, and long jump - further distance wins. In case of ties, second best throw determines winner. In figuring places in high jump and pole vault, highest wins. In case of ties, number of previous misses at lower heights determines winner. All rules should be read over according to NCAA Rule Book and the meet director should make any final decisions on scoring or interpretation.

VI. By having the meet well organized and the workers organized knowing their responsibilities, a middle school track meet will run smoothly and the contestants, coaches, and parents will all leave with a good feeling about the contest. Remember to always keep the best interest of the runners in mind when running off the meet. Never try to punish a runner by trying to

hurry the meet just to get it over with. However, do not drag the meet out because of inefficiency. Set a fair schedule and try to stick with it.

***MEET OFFICIALS

Remember that even though an infraction may occur, this may not be grounds for disqualification of an individual or team. Always ask yourself, "Did this infraction give an athlete an advantage that resulted in a change in the final finish order?" For example, a runner coming out of the last turn runs out of his lane but does not impair another runner and returns to his lane after several strides. Has this runner gained an advantage? No, he has actually run farther by not running in a straight line.

Few middle school/junior high meets have a sufficient number of officials to judge the events properly. We must all work cooperatively. When asked to assist at a meet, please try to comply.