



Pflugerville Independent School District

Student Athlete Handbook



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STUDENT-ATHLETE HANDBOOK

The establishment of a uniform athletic handbook reflects the district's concern for the safety, well-being, and conduct of its athletes participating in all athletics. Since extracurricular athletics are optional, those who choose to participate will be held to higher standards of behavior and performance in and out of school. This handbook is neither a contract nor a substitute for the official district policy manual. PfISD policies and procedures can change at any time. Additionally, athletes and parents are reminded that participation in interscholastic athletics is a privilege, not a right. In addition to obeying rules outlined in the PfISD Student Code of Conduct, all athletes participating in PfISD athletics will be required to comply with the following guidelines and disciplinary regulations.

ATHLETIC CODE OF CONDUCT

Athletics is not a requirement for graduation, and participation is strictly voluntary. Athletics, as a discipline, stresses work ethic, teamwork, sportsmanship, integrity, and sacrifice. Should the actions of an athlete fail to exhibit these same characteristics, the privilege of participating in athletics may be revoked. All coaches will work within the guidelines of the athletic department to help every athlete succeed. However, when an athlete violates the guidelines, it is up to the appropriate coach to address the situation. Because participation in Athletics is a privilege and not a right. Pflugerville ISD is authorized to set higher standards for athletic activities than it does for those who choose not to participate. Therefore, this Athletic Code of Conduct extends beyond the Pflugerville ISD Student Code of Conduct, not only in types of behavior prohibited, but also with corresponding consequences and jurisdiction for imposing discipline.

NOTICE OF NONDISCRIMINATION

It is the policy of the PfISD not to discriminate on the basis of race, color, national origin, sex, age, or disability in admission or access to, or treatment or employment in its programs and activities as required by Title VI of the Civil Rights Act of 1964, as amended, Title IX of the Education Amendments of 1972, Title II of the Americans with Disabilities Act of 1990, the Age Act of 1975, and Section 504 of the Rehabilitation Act of 1973, as amended. No provision of an extracurricular behavior standard shall have the effect of discriminating based on the athlete's sex, race, disability, religion, or ethnicity.

STUDENT-ATHLETE EXPECTATIONS

As representatives of PfISD, athletes who participate in extracurricular activities are expected to demonstrate exemplary behavior and dedication, whether at school or away. Nothing in the Extracurricular Code limits or otherwise restricts the authority of the coach or administrator to limit or restrict participation, or assign consequences for offenses included and not included in this handbook. Before an athlete is suspended or removed from participation in an extracurricular activity, and before any other consequence is imposed as provided in this handbook, the alleged infraction will be documented, and a reasonable investigation of the allegation shall occur. The coach shall then schedule a conference with the athlete and the athlete's parent/guardian to explain the reasons for which the action is being taken and to offer the athlete an opportunity to discuss the matter. An athlete may appeal the decision through the procedures outlined in PfISD Board Policy FNG (Local). Note: The athlete may not participate in the activity during the appeal process.

An athlete participating in any PfISD extracurricular activity shall comply with the following rules of conduct 24 hours a day, 7 days per week, and 52 weeks per year in addition to obeying the rules outlined in the PfISD Student Code of Conduct, the particular extracurricular activity's constitution, handbook, rule book, and/or regulations, if any, or rules otherwise communicated to the athlete by the activity's coach. Athletes who participate in extracurricular activities shall comply with the following rules at all times, on or off campus, regardless of whether school is in session:

1. Demonstrate respect for all PfISD employees and staff
2. Participate in every practice, competition, and event required by the coach, unless the coach has granted an excused absence
3. Arrive promptly and properly attired to every practice, competition, etc., unless the coach has granted an excused absence
4. Do not possess or use alcohol, any tobacco or tobacco-related products, including e-cigarettes/vaping
5. Demonstrate sportsmanlike behavior at all sporting events
6. Demonstrate a positive attitude
7. Be courteous and polite to others
8. Respect the possessions of others
9. Display academic integrity

Dress and Grooming

Athletes who participate in any sport shall comply with the district's policy on athlete dress and grooming and the coach's specific requirements for the activity in-season.

Try-Outs

There may be times when it will be necessary to have tryouts for teams and cuts may be made. If a student is not able to attend the entire tryout process arrangements need to be made with the coach prior. The coach still has the right and authority to require a student be in attendance for the entirety of the scheduled tryout period. Tryout process and decisions are final and made by the head coach and his/her staff.

Attendance

An athlete must be in attendance as a full-time student at a PfISD school in order to participate in any sport, including tryouts, at their PfISD campus of enrollment or in the case of an 8th grade athlete being promoted to high school, at their PfISD middle school campus of enrollment, which must be within the feeder pattern of the PfISD high school of enrollment during the athlete's 9th grade year.

Practice Regulations

Athletes are responsible for:

- Informing his/her coach of any anticipated absence prior to any practice or games. Unexcused absences and/or failure to communicate with a coach about any absence may result in loss of playing time at the next game, and excessive absences may result in suspension from the team.
- Following all expectations given by the coach
- Refraining from the use of profanity, vulgar, or disrespectful language
- Contributing their best at all times

Athletes engaged in extracurricular activities are expected to participate in all practices, competitions, and other events identified by the coach. Academically ineligible athletes can practice with other athletes, but are restricted from traveling to, dressing out, sitting on the bench, and participating in a competition.

Athletes' absences from extracurricular activities shall be excused only for those reasons set forth in the student handbook. Excessive unexcused absences may result in suspension or dismissal from the activity. Such decisions shall be made in consultation with the campus principal and are subject to appeal through PfISD Board Policy FNG (Local).

Athletes with injuries will be allowed to attend any practice, competition, or other events relating to the activity and allowed to participate only to the extent authorized by written

order of the athlete's physician. All documentation from a physician must be given to the athletic trainer or the coach at the particular campus.

Athletes will be excused from participation in any practice or competition if they are observing holy days, including days of travel to or from a site where the athlete will observe holy days. Excused days for travel shall be limited to not more than one day for travel to and one day for travel from the site where the athlete will observe the religious holy days. Athletes are responsible for notifying the coach of any need to be absent for religious reasons prior to the absence.

Athletes should make every effort to schedule health care appointments at times that will not interfere with school or activity participation. If a conflict is unavoidable, the athlete shall inform the coach prior to the appointment.

Travel

Athletes who have the opportunity to travel in connection with the PfISD athletic event are representatives of the district and must exhibit exemplary behavior at all times. Athletes who dress or act inappropriately while traveling to or from a PfISD activity may be suspended or removed from the event, depending on the nature. Be aware that coaches may ask to check the athlete's bags before leaving for the trip

All athletes who participate in school-sponsored trips are required to ride in transportation provided by the school to and from the event. It is expected that the Student-Athlete will travel to and from all away contests with the team. If an extenuating circumstance arises and an athlete needs to ride home with parents/guardians, this must be cleared with the coach before leaving for the contest (at least 24 hours in advance), and a written release must be given from one of your parents/guardians to the coach. Under no circumstances will you be released to ride with anyone other than your parents or a person designated by your family.

Overnight Travel

There may be times when teams will be allowed overnight trips. In these instances, the athlete must:

- Abide by the curfew set by the head coach
- Do not be in a different gender's room at any time
- Travel to AND from the event with the team
- Be aware that coaches may ask to check the athlete's bags before leaving for the trip
- Adhere to the expectations for students in the PfISD Student Code of Conduct
- Not consume or be in possession of alcohol, tobacco, or other drug use (including electronic cigarettes, vapes, or inhalants)

DISCIPLINARY PROCEDURES

An athlete who is involved in Serious Misconduct is subject to disciplinary consequences in accordance with the Student Code of Conduct and may also receive consequences or experience loss of privileges in athlete organization(s). Athletes who are removed from the home campus for disciplinary reasons are not eligible to represent their home campus during the period of removal. Athletes who are placed in In-School Suspension (ISS) may practice but may not participate in extracurricular activities until the completion of their ISS placement. Please note: It is at the campus principal's discretion.

An athlete shall lose the privilege of participation in extracurricular activities during any period of suspension, placement in a disciplinary Alternative Education Program, or Expulsion.

In order for an athlete to be considered in violation, one or more of the following must occur:

- Athlete admits to the violation
- The parent of the athlete admits to the violation
- A PfISD staff member witnesses the athlete in violation
- A PfISD administrator has reason to believe that an athlete has committed an offense
- A local agency report or violation is filed
- A local agency of law makes a verbal report of a violation

*Athletes who transfer/move to another school in PfISD must serve any consequences issued at the previous school before being allowed to participate in any sport.

Ejection from a Contest

Any student-athlete ejected or removed from a contest by a game official will be ineligible for participation for the remainder of that contest and will also be subject to, at minimum, the next scheduled contest suspension in accordance with University Interscholastic League rules.

In addition to the minimum suspension required by UIL, further disciplinary action may be imposed based on the severity and circumstances of the incident. Pflugerville Independent School District reserves the right to extend the suspension, which may include multiple contests, removal from a team, or suspension for the remainder of the season or school year.

Student-Athlete Ejection Accountability and Growth Action Plan

Suspensions resulting from an ejection are not subject to appeal.

Unsportsmanlike behavior during a contest

Student-athletes are expected to demonstrate appropriate sportsmanship at all times. Any behavior deemed unsportsmanlike, potentially escalatory, or in violation of established bench protocol guidelines by the Campus Athletic Coordinator and/or the District Athletic Office may result in disciplinary action.

Violations may include, but are not limited to:

- Unsportsmanlike conduct toward officials, opponents, teammates, or spectators
- Actions that escalate or contribute to a conflict situation
- Failure to adhere to University Interscholastic League and Pflugerville Independent School District [bench protocol](#) expectations

Consequences for such actions may include suspension from athletic contests for a period of time determined by the severity of the incident and the student-athlete's role in the situation. The PfISD Athletic Office working with Campus Athletic Leadership and Campus Administration will determine the appropriate length of suspension.

In the event of a fight, any student-athlete who leaves the bench area or engages in any form of interaction with an opposing participant—whether physical or non-physical—will be subject to suspension. The length of the suspension will be determined based on the nature and extent of the student-athlete's involvement

Suspensions resulting from unsportsmanlike conduct are not subject to appeal

Suspension/Removal

Each coach will have the authority, after consulting with the campus athletic coordinator and/or school/district administration, to suspend, remove, or place on probation for an extended period of time any student-athlete for major or minor infractions of rules for that team.

Any student suspended or removed from athletics must be given:

1. The reason(s) for the suspension/removal.
2. The time and provisions of the suspension/removal.
3. The procedures for reentering the program, if applicable.
4. Information on class schedule changes or options.
5. The opportunity to appeal.

Parents of the suspended/removed athlete will be notified **within 24 hours of the suspension by the coach.**

Appeals

The student and/or parent shall have the right to appeal any decision to suspend a student or expel a student from the athletic program. A request for appeal must be submitted to the head coach within **3 days** of the suspension.

An appeal by the student and/or parent of suspension or expulsion from athletics shall be considered by the appropriate school personnel, not on the basis of individual judgment(s), but on the basis of:

1. Variation from printed policy, administrative procedures, regulations, or rules and standards from membership, and participation in athletics
2. Failure to establish reasonable documentation that the student's conduct/behavior has violated the standards for suspension or expulsion from athletics
3. Failure to give the student/parent due process (notice of the facts being alleged) about the conduct/behavior, and opportunity to refute the charges

Step 1 - Head Coach

- Conference with the athlete and the parent
- Suspension of activity
- Dismissal from the activity
- Other appropriate action (Ex, Community Service, Contract, extra conditioning, etc.)
- A request for appeal must be made within 3 school days

Step 2 - Campus Athletic Coordinator/Principal

- Accept the appeal and reduce the action
- Denial of appeal
- Add to action
- Other appropriate action
- A request for appeal must be made within 3 school days

Step 3 - District Athletic Director

***Only appeals of a permanent removal from the extracurricular activity may reach this level of the process.*

- Accept the appeal and reduce the action
- Denial of appeal
- Add to action

- Other appropriate action
- Cannot appeal this final decision

Theft (On Campus)

Taking things from other players, students, the school, etc., will not be tolerated. Punishment will be handled individually by the head coach and campus coordinator and may result in expulsion from all athletic activities for up to one calendar year from the date of the incident. At the end of one calendar year from the date of the incident, all parties concerned may review the case, and his/her conduct during the previous year will determine reinstatement into the athletic program. Theft on campus or at a school-sponsored event may also result in consequences issued by the campus administration.

Bullying

Bullying is prohibited by the district and could include hazing, threats, taunting, teasing, confinement, assault, demands for money, destruction of property, theft of valued possessions, name-calling, rumor-spreading, or ostracism. If a student believes that he or she has experienced bullying or has witnessed bullying of another student, it is important for the student or parent to notify a teacher, counselor, principal, or other District employee as soon as possible to obtain assistance and intervention. The administration will investigate any allegations of bullying or other related misconduct. Any bullying reported to a coach will be turned over to campus administration to investigate.

Hazing

Hazing is defined as an act that subjects a student to potential harm and is affiliated with initiation into a student organization or team. Hazing may involve an act committed against a student or a situation in which a student is coerced into committing an act. These acts run counter to the educational mission of athletics, regardless of the victim's willingness to participate. The list below provides examples of some types of hazing.

This list is not meant to be comprehensive.

- Being yelled at, cursed, or sworn at
- Being publicly harassed
- Being expected to act as a personal servant to an older group member
- Being coerced/forced to eat certain foods
- Being thrown or forced to go into a pond, ocean, toilet, or other body of water
- Being pressured to be tattooed, pierced, or shaven
- Being coerced/forced to participate in drinking contests to the point of intoxication
- Being forced/coerced to participate in any physical or illicit activity that causes the victim to pass out
- Being forced/coerced to destroy or vandalize property

- Being forced/coerced to inflict pain on yourself or others

Any hazing reported to a coach will be turned over to campus administration to investigate.

Arrests/Citations

Citations or arrests on and off campus may result in suspension or dismissal from the program. Any member of an extracurricular organization must notify the head coach immediately upon any arrest or citation. Failure to notify the head coach may result in suspension or dismissal from the program.

Tobacco/Alcohol/Illegal Drugs

The following infractions are strictly prohibited:

(Please also refer to H.B. No. 114 on page 20)

1. Using, possessing, or being under the influence of marijuana, a controlled substance, a dangerous drug, abusable glue, aerosol paint, steroids, or any other mood-changing, mind-altering, or behavior-affecting drug, to include vapors
2. Using, possessing, or being under the influence of an alcoholic beverage
3. Engaging in lewd, disruptive, or other offensive conduct that affronts school district standards of propriety

Upon the administration's determination that a PfISD athlete has violated any one of the three infractions enumerated above, the athlete shall be subject to disciplinary action as outlined in the Student Code of Conduct and shall lose the privilege of further participation in that activity as provided below:

- **1st Offense** in athlete's attendance at PfISD (measured from Grade 7): 30 hours of community service approved by the campus coordinator and a minimum 3-week suspension from competition

****Note:** *On a first offense only, if a student self-reports, the community service will be reduced to 15 hours.*

- **2nd Offense** in athlete's attendance at PfISD (measured from Grade 7): 100 hours of community service approved by the campus coordinator and a minimum 6-week suspension
- **3rd Offense** in athlete's attendance at PfISD (measured from Grade 7): the athlete shall be suspended from further participation for one calendar year. An athlete may be referred to counselors, and/or drug and alcohol education programs, as appropriate. An athlete or parent may appeal the athlete's loss of extracurricular privileges through the PfISD Board Policy FNG

Loss of Privilege - Selling or Delivering

Selling or delivering marijuana, alcohol, a controlled substance, a dangerous drug, abusable glue, aerosol paint, steroids, or any other mood-changing, mind-altering, or behavior-altering drug is strictly prohibited and will result in consequences as outlined in the **PfISD Student Code of Conduct** and an athlete's elimination from further participation in all extracurricular activities for:

- **1st Offense**, one calendar year
- **2nd Offense**, for the remainder of the athlete's school career

Loss of privilege - Deferred Adjudication, Felony or Class A Misdemeanor

An athlete shall lose the privilege of participation in extracurricular activities during any period of:

- Deferred adjudication in connection with either a felony or any offense punishable as a Class A Misdemeanor, whether the felony or offense was committed on or off campus
- While under indictment for a felony, or while awaiting a final determination of guilt or innocence in connection with either a felony or any offense punishable as a Class A Misdemeanor, whether the felony or offense was committed on or off campus

Extracurricular OC/JJAEP Placement Return Policy

Student-athletes assigned to either the Opportunity Center (OC) or the Juvenile Justice Alternative Education Program (JJAEP) are subject to loss of extracurricular privileges.

General Requirements (OC and JJAEP)

- The student-athlete must complete the full assigned period of placement.
- Additional reinstatement requirements will be determined on a case-by-case basis.
- All suspensions from competitions will begin upon the student-athlete's return to campus.
- **Reinstatement is not guaranteed and at the discretion of the Campus Coordinator and Head Coach.**

Felony and Class A Misdemeanor Cases

In cases involving felony or Class A misdemeanor charges, student-athletes will lose all extracurricular privileges from the time charges are filed until all legal obligations are fulfilled. This includes, but is not limited to:

- Release from incarceration (if applicable)
- Payment of fines and/or restitution
- Completion of probation or deferred adjudication

At the conclusion of the OC or JJAEP placement, the Athletic Director, Campus Athletic Coordinator, and Head Coach will develop an individualized reinstatement plan.

Reinstatement is not guaranteed and at the discretion of the Campus Coordinator and Head Coach.

The plan will address:

- Return to the athletic period
- Return to team participation
- Required suspension from contests

Opportunity Center (OC) Placement

OC placements allow for a structured and supervised return to athletics once the student returns to campus.

- Student-athletes will serve a **minimum three (3) week suspension** from inter-school competition, beginning upon their return to campus.
- The student-athlete must complete **30 hours** of assigned school-approved community service hours and any additional requirements outlined in the reinstatement plan before full reinstatement. Community service must be approved by Campus Coordinator and Head Coach
- and any additional requirements outlined in the reinstatement plan before full reinstatement.
- **Reinstatement is not guaranteed and at the discretion of the Campus Coordinator and Head Coach.**

Programs With Tryouts

- If tryouts occur during the OC placement, the student-athlete may not be added to a team for that season.

- If the student returns prior to tryouts, they may participate in tryouts while completing reinstatement requirements; however, they may not participate in inter-school competition (including scrimmages) until all requirements are fulfilled.

Programs Without Tryouts

- The student-athlete may participate in practices and intra-school activities while serving their suspension and completing reinstatement requirements.
- Participation in inter-school competition is reinstated only after the three-week suspension and all additional requirements are completed.

JJAEP Placement

Due to the severity of offenses resulting in JJAEP assignment, the following additional restrictions apply:

- Student-athletes may not participate in any athletic activities, including practices, workouts, or team functions, during their placement.
- Upon return to campus, student-athletes must complete all reinstatement requirements before any level of participation is permitted, including practice.
- Student-athletes placed in JJAEP during a sport season will not be permitted to return to that team for the remainder of the season.
- Future participation in athletics is not guaranteed and will be determined through the reinstatement plan.
- **Reinstatement is not guaranteed and at the discretion of the Campus Coordinator and Head Coach.**

Programs with and without tryouts(JJAEP)

- Student-athletes will serve a minimum six (6) week suspension from inter-school competition, beginning upon their return to campus.
- The student-athlete must complete 100 hours of assigned school-approved community service hours and all reinstatement requirements before returning to any level of participation. Community service must be approved by Campus Coordinator and Head Coach
- Inter-school competition eligibility will only be restored after the six-week suspension and all additional requirements are completed.

UIL ELIGIBILITY (High School)

[PFISD 26-27 Eligibility Calendar](#)

The University Interscholastic League (UIL) is the governing body for public school interscholastic athletics in Texas. The following guidelines are from the University Interscholastic League Constitution and Contest Rule Manual.

First 6 Weeks

UIL participants are eligible to participate in contests during the first 6 weeks of the school year, provided the following standards have been met:

- Students beginning grade 9 and below must have been promoted from the previous grade prior to the beginning of the current school year.
- Students beginning their second year of high school must have earned 5 credits, which count toward state high school graduation requirements.
- Students beginning their third year of high school must either have earned a total of 10 credits, which count toward state high school graduation credits, or have earned a total of 5 credits, which count toward state high school graduation requirements during the 12 months preceding the first day of the current school year.
- Students beginning their fourth year of high school must either have earned a total of 15 credits that count toward state high school graduation credits or have earned a total of 5 credits that count toward state high school graduation requirements during the 12 months preceding the first day of the current school year.

**Exceptions:*

- A. When a migrant student enrolls for the first time during a school year, all criteria cited above apply. All other students who enroll too late to earn a passing grade for a grading period are ineligible.
- B. High school students transferring from out-of-state may be eligible for the first six weeks of school if they meet the criteria cited above or school officials are able to determine that they would have been eligible if they had remained in the out-of-state school from which they are transferring. Students who are not in compliance with these provisions may request a hardship appeal of their academic eligibility through the UIL state office. Local school boards may elect to adopt these standards for all activities in order to avoid having different standards for student participants (e.g., football, drill team, cheerleading, and all other extracurricular activities as defined by the Commissioner of Education rule [19 TAC Chapter §76]).

After First 6 Weeks

A student who receives, at the end of any grading period (after the first six weeks of the school year), a grade below 70 in any class (other than an identified class eligible for exemption) or a student with disabilities who fails to meet the standards in the

Individual Education Plan (IEP) may not participate in extracurricular activities for 3 school weeks. An ineligible student may practice, however. The student regains eligibility after the 7-calendar-day waiting period has ended following a grading period or the 3-school-week evaluation period when the principal and teachers determine that he or she has earned a passing grade (70 or above) in all classes, other than those that are exempted.

Additional UIL rules and regulations may be found in the [TEA-UIL Side by Side](#)

Advanced Courses for Possible Waivers

High School students who fail a Pre-AP/AP course with a grade between 60 and 69 may apply for a waiver, which will allow them to continue to participate in extracurricular activities. Waiver requests require parent and teacher signatures. The principal may approve the waiver and communicate with the appropriate coach. Courses for which a waiver may be requested are as follows:

- English Language Arts – Pre/AP classes
- Languages Other than English – Pre/AP classes
- Mathematics – Pre/AP classes
- Science – Pre/AP classes
- Social Studies – Pre/AP classes

Extracurricular Absences

The district shall make no distinction between absences for UIL activities and absences for other extracurricular activities approved by the Board. A student shall be allowed in a school year 17 extracurricular absences; however, the campus principal shall have the authority to approve up to five additional absences in accordance with administrative regulations.

****This section on eligibility does not include all eligibility standards. Additional explanation of eligibility requirements can be found in the UIL Side by Side publication or the UIL Constitution and Contest Rules. ****

UIL ELIGIBILITY (Middle School)

- Students are eligible so long as they have been in attendance and are passing all classes in accordance with state law and rules of the State Board of Education and the Texas Education Agency.
- Eighth-grade students who are over age for eighth-grade athletics may participate on the freshman team at the high school in their attendance zone.
- A player on the eighth-grade team may not have reached his/her fifteenth birthday on or before September 1 of the current school year.
- A player on the seventh-grade team may not have reached his/her fourteenth

birthday on or before September 1 of the current school year. Only over-age seventh-grade students may compete on the eighth-grade team. In addition, a student must meet the following academic requirements:

- Beginning in the seventh year, has been promoted from the sixth grade to the seventh grade.
- Beginning in the eighth year, they have been promoted from the seventh grade to the eighth grade.

TESTING

STARR Testing – State Board of Education

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

Extracurricular Activities During Final Exams

For grades 7-12, they shall try not to schedule school-sponsored extracurricular activities scheduled the day before or during final examination days in the fall and spring semesters, except those of advancing state playoff teams. Care and consideration should be taken to avoid conflicts whenever possible.

PHYSICAL GUIDELINES

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

- All required forms must be completed in their entirety and returned to the athlete's head coach or athletic trainer before a student participates in any try-out, practice, athletic competition, travels, etc., with an athletic team for any purpose.
- All Physicals with a Date of Examination PRIOR to April 15, 2026, will EXPIRE at the end of the 2026-2027 school year.
- All Physicals with a Date of Examination after April 15, 2026, will cover the athlete for the FULL 2026-2027 school year.

The required forms include:

High School

- UIL Pre-Participation Physical
- Steroid Acknowledgement Form

- UIL Cardiac Awareness Form
- Concussion Acknowledgement Form
- UIL Acknowledgement of Rules
- Athletic Student Handbook Signature Page
- Medical Records Release
- Emergency Release Form

Middle School

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

TRAINING ROOM GUIDELINES

1. Treatments are to be administered only to athletes from a PfISD high school or middle school who are injured during certain school-sponsored activities.
2. Only athletes who are involved in a UIL activity will be treated.
3. Any athlete who is under the care of a physician must provide written documentation of treatment protocol, restrictions, and/or release for return to play.
4. Athletes who are members of a school-sponsored activity who are injured in non-UIL activities will only receive first aid care until they are evaluated by a physician. The physician must provide, in writing, a treatment protocol for the athletic trainer to follow.

Non-Athletic Injuries

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

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

HEALTH AND WELFARE

Every athlete involved in extracurricular athletics must obtain an annual Pre-Participation physical, recorded on the UIL-designated form, a Medical History

Form, and the Rank One Online Participation Forms completed, before practicing or participating in any sport.

Participation in sports involves a certain degree of risk of injury. Pre-season conditioning, skills and technique acquisition, and knowledge of rules and safety procedures will help an athlete have a healthy season.

However, any time a student-athlete sustains an injury, he/she should immediately notify the coach or activity supervisor. The severity of injury will be determined based on all available information. From that assessment, proper treatment will be administered or recommended.

In the event the student-athlete seeks outside medical assistance, for any reason, he/she must present the Athletic Trainer (High School) or Coach (Middle School) with written notification clearing them to participate again after the injury. Once this written clearance from the treating physician has been obtained, the student athlete may rejoin their team for full participation.

HEAT AND HYDRATION GUIDELINES

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

General Considerations for Risk Reductions

1. Encourage proper education regarding heat illnesses (for athletes, coaches, parents, medical staff, etc.) Education about risk factors should focus on hydration needs; acclimatization, work/rest ratio, signs and symptoms of exertion related heat illnesses, treatment, dietary supplements, nutritional issues, and fitness status.
2. Assure that onsite medical staff has the authority to alter work/rest ratios, practice schedules, amount of equipment, and withdrawal of individuals from participation based on the environment and/or athlete's medical condition.

MULTIPLE SPORT PARTICIPATION

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

SEPARATION FROM TEAM (QUITTING)

There will be times when an athlete finds it necessary to quit playing a sport before, during, or after the season. It will be classified as quitting a program if the parent removes them from the program. If an athlete stops attending the class period, practice, games without proper communication prior with the Head Coach it can be considered quitting. The following steps should be taken in order to quit a sport:

- The athlete should meet with the coach. If needed, the coach should also have a face-to-face conversation with the athlete's parent regarding this decision.
- The student may need to be placed into a Physical Education class in order to complete the credit begun in athletics or stay in the athletic period until such time as a schedule change can occur, which could be the next semester.
- All equipment issued must be returned or paid for.
- It shall be the coach's decision whether to allow that student to return to the sport in the future.
- An athlete shall not join another sport until the end of the season of the sport he/she has quit.
 - If an athlete chooses to begin a new sport during the next season, there must be a mutual decision between both sport's coaches.

EQUIPMENT

Any district equipment issued to an athlete is the financial responsibility of the athlete and for the athlete's use while participating in a school-related activity. At no time is district equipment for personal use. Athletes must care for district-issued equipment as if it were their own. Equipment must be stored in a proper location and shall be kept clean and maintained. Athletes who lose or damage district equipment due to negligence will be required to pay for the cost of replacement. All district equipment must be returned at the end of the season or school year, as directed by the coach.

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

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

AWARDS/LETTERING

All awards to athletes for participation in any sport must meet criteria set forth in the individual activity guidelines, as established by the coach leading the activity and approved by the appropriate district-level official. Awards must be in accordance with UIL guidelines for those activities governed by the UIL. This information will be distributed to athletes and parents before the season begins.

If at any time an athlete quits or is eliminated from athletics in or out of season, he/she gives up all rights to any honors/awards which he/she has earned, but not yet received. Any athlete may receive a letter in any one of the four years in high school if they fulfill the lettering requirement for that sport. A participant may letter at the coach's discretion if the participant is considered to have been of exceptional value to the team.

General requirements for lettering:

- Must complete season and school year at the Varsity level, following all school and athletic procedures and policies.
- All issued equipment must be accounted for.
- Severe disciplinary action can forfeit letter award.
- Special consideration will be given to injured players and seniors not receiving proper playing time.
- Head coaches may add additional requirements if necessary.

Middle School Program

A participation certificate may be awarded to each athlete for every sport he/she participates. Criteria for these awards will be set by each campus coordinator.

DIGITAL CITIZENSHIP

Everything posted in social media is public information – any text or photo placed online is completely out of your control the moment it is placed online, even if security settings are listed as “private”. Information (including pictures, videos, and comments) may be accessible even after removed. Once a photo or comment on a social networking site has been posted, that photo or comment becomes the property of the site and may be searchable even after being removed.

Similar to comments made in person, Pflugerville ISD will not tolerate disrespectful comments and behavior online, such as:

- Derogatory language or remarks that may harm other teammates, coaches, athletes, or representatives of other schools, including comments that may disrespect opponents.
- Incriminating photos or statements depicting violence; hazing; sexual harassment, full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
- Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
- Indicating knowledge of an unreported school or team violation, regardless of whether the violation was unintentional or intentional.

Violations of the Student Code of Conduct will also be handled by campus administration in conjunction with the PfISD athletic discipline process.

ATHLETIC BOOSTER CLUBS

Booster clubs can be extremely important when managed correctly. Athletic booster clubs are under the supervision of the campus athletic coordinator and director of athletics. Booster clubs must operate within the guidelines and procedures as set forth by PfISD. Head coaches will be held responsible for UIL/PfISD compliance.

UIL Rules and Regulations:

[UIL Website](#)

PARENT/COACH RELATIONSHIPS

Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents have the right to know and understand the expectations placed on them and their children. Coaches have the right to know that if parents have a concern, they will discuss it with the coach at the appropriate time and place.

Communication parents should expect from their child's coach:

1. Coach's philosophy.
2. Expectations the coach has for your son or daughter, as well as for other players on the team.
3. Locations and times of practices and contests.
4. Team requirements, i.e., fees, special equipment needed, school & team rules, off-season expectations.
5. Procedures that will be followed if your child becomes injured during participation.

Communication coaches expect from parents:

1. Concerns regarding their son or daughter are expressed directly to the coach at the appropriate time and place.
2. Specific concerns in regard to the coach's philosophy and/or expectations.
3. Notification of any schedule conflicts well in advance.

As your child becomes involved in interscholastic athletics, they will experience some of the most rewarding moments of their lives. It's important to understand that there may be times when things do not go the way you or your child wishes. These are the times when discussion with the coach is encouraged.

Appropriate concerns to discuss with a coach:

1. The mental and physical treatment of your child.
2. What your child needs to do to improve.
3. Concerns about your child's behavior.

It is very difficult to accept that your child is not playing as much as you may hope. Coaches make decisions based on what they believe is in the best interests of all students participating. As you can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

Issues NOT appropriate for discussion with your child's coach:

1. How much playing time each athlete is getting.
2. Team strategy.
3. Play calling.
4. Any situation that deals with other student-athletes.

There are situations that may require a conference between the coach and the parent. These are not discouraged, as it is important for each party to have a clear understanding of the other's position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.

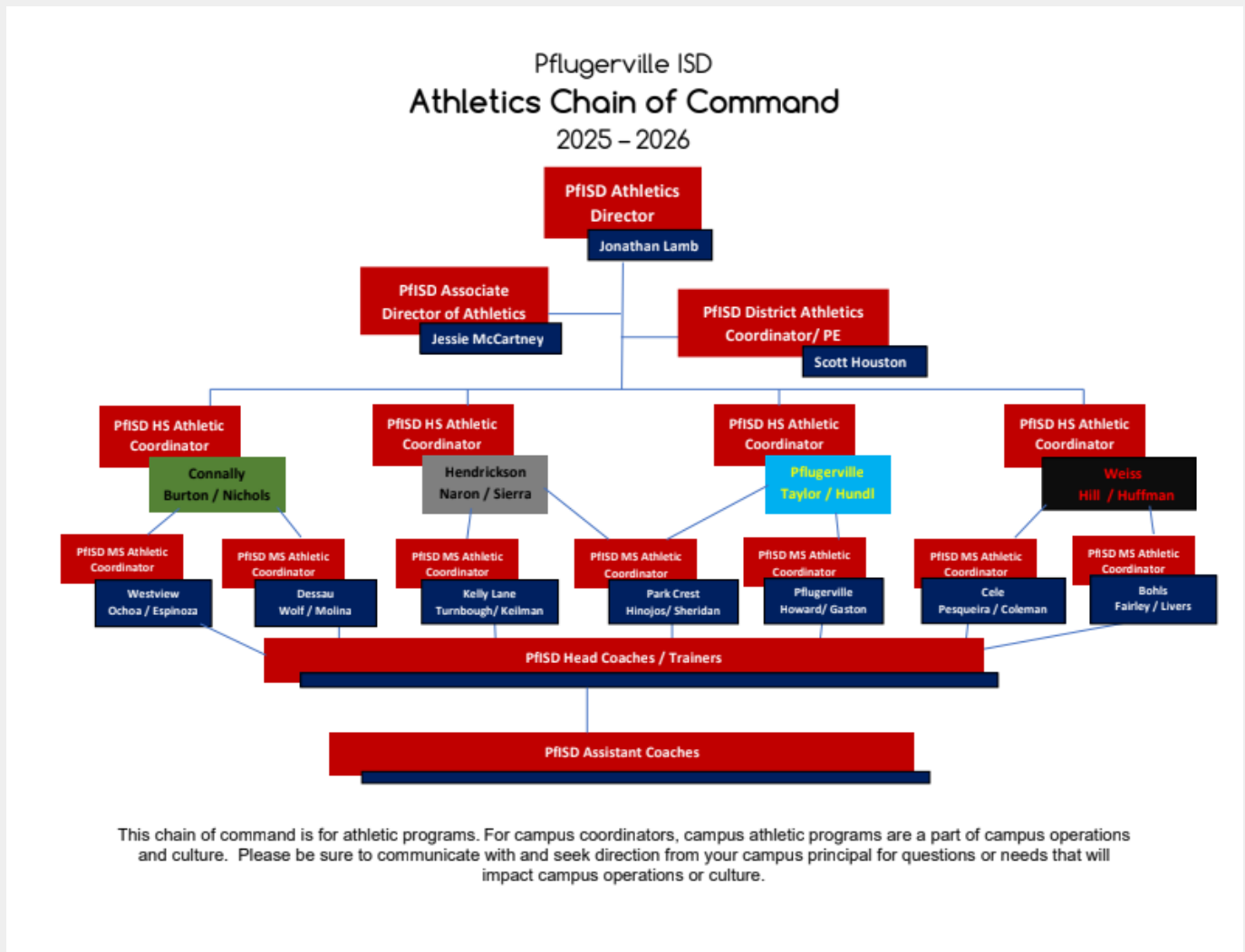
If a parent has a concern to discuss with the coach, the following procedure should be followed:

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the athletic coordinator and ask him or her to set up a meeting with the coach for you.
3. Think about what you expect to accomplish as a result of the meeting.
4. Stick to discussing the facts, as you understand them.
5. Do not confront the coach before, during, or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.
 - a. Wait 24 hours before contacting the coach.

What should a parent do if the meeting with the coach didn't provide a satisfactory resolution?

1. Schedule a meeting with the campus athletic coordinator, coach, and parent present.
2. At this meeting, an appropriate next step can be determined, if necessary.

Pflugerville ISD Athletic Chain of Command



This chain of command is for athletic programs. For campus coordinators, campus athletic programs are a part of campus operations and culture. Please be sure to communicate with and seek direction from your campus principal for questions or needs that will impact campus operations or culture.

BEHAVIOR EXPECTATIONS FOR SPECTATORS

Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition—not to intimidate or ridicule the other team or its fans.

Remember that school athletics are a learning experience for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.

Learn the rules of the game so that you may understand and appreciate why certain situations take place.

Show respect for the opposing players, coaches, spectators, and support groups.

Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.

Recognize and show appreciation for an outstanding play by either team. Use only cheers that support and uplift the teams involved.

Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

Parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.

Game officials can ask that school administrators have unruly fans removed from a contest facility.

The school is responsible for the behavior of their spectators. The school district can be and will be punished for actions of patrons in violation of UIL standards and rules.

Student Handbook Acknowledgement Form

H.B. No. 114 A BILL TO BE ENTITLED AN ACT

Relating to the possession, use, or delivery of marihuana or e-cigarettes on or near public school property or at certain school events.

BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF TEXAS:

SECTION 1. Section 37.006, Education Code, is amended by amending Subsection (a) and adding Subsection (d-1) to read as follows:

(a) A student shall be removed from class and placed in a disciplinary alternative education program as provided by Section 37.008 if the student:

(1) engages in conduct involving a public school that contains the elements of the offense of false alarm or report under Section 42.06, Penal Code, or terroristic threat under Section 22.07, Penal Code; or

(2) commits the following on or within 300 feet of school property, as measured from any point on the school's real property boundary line, or while attending a school-sponsored or school-related activity on or off of school property:

(A) engages in conduct punishable as a felony;

(B) engages in conduct that contains the elements of the offense of assault under Section 22.01(a)(1), Penal Code;

(C) sells, gives, or delivers to another person, or possesses or uses, or is under the influence of:

(i) [marihuana or] a controlled substance, as defined by Chapter 481, Health and Safety Code, or by 21 U.S.C. Section 801 et seq.; or

(ii) a dangerous drug, as defined by Chapter 483, Health and Safety Code;

(C-1) sells, gives, or delivers marihuana to another person;

(D) sells, gives, or delivers to another person an alcoholic beverage, as defined by Section 1.04, Alcoholic Beverage Code, commits a serious act or offense while under the influence of alcohol, or possesses, uses, or is under the influence of an alcoholic beverage;

(E) engages in conduct that contains the elements of an offense relating to an abusable volatile chemical under Sections 485.031 through 485.034, Health and Safety Code;

(F) engages in conduct that contains the elements of the offense of public lewdness under Section 21.07, Penal Code, or indecent exposure under Section 21.08, Penal Code; or

(G) engages in conduct that contains the elements of the offense of harassment under Section 42.07(a)(1), (2), (3), or (7), Penal Code, against an employee of the school district.

(d-1) In addition to Subsections (a), (b), (c), and (d), a student may be removed from class and placed in a disciplinary alternative education program under Section 37.008 if the student possesses, uses, or is under the influence of marihuana on or within 300 feet of school property, as measured from any point on the school's real property boundary line, or while attending a school-sponsored or school-related activity on or off of school property. A school district shall require a student who engages in conduct described by this subsection, not later than 30 days after the date the conduct occurs, to complete an agency-approved drug and alcohol awareness program, which may be offered in-person or online.

SECTION 2. Section 38.006, Education Code, is amended by adding Subsection (c) to read as follows:

(c) If a school administrator, school resource officer, or school district peace officer observes the use, possession, or delivery of an e-cigarette by a student on school property or at a school-related or school-sanctioned activity on or off school property, the administrator or officer may:

(1) confiscate and dispose of the e-cigarette; and

(2) notify the appropriate local law enforcement agency of the student's conduct constituting an offense under Section 161.252, Health and Safety Code, or Section 48.01, Penal Code.

SECTION 3. Not later than October 1, 2024, the Texas Education Agency shall approve one or more drug or alcohol awareness programs for purposes of Section 37.006(d-1), Education Code, as added by this Act.

SECTION 4. This Act takes effect September 1, 2024.