The background features a large, faint, grey watermark of the UIL Spirit CCP logo. The logo consists of the letters 'UIL' in a stylized, blocky font. A red five-pointed star is positioned behind the 'I'. Below the 'UIL' letters is a stylized map of the state of Texas.

2023-24
UIL SPIRIT
CCP

UIL State Spirit Staff



UIL Director of Athletics
Ray Zepeda



UIL Spirit Director
Grace McDowell



State Event
Director
Jamie Graham

SPIRIT AGENDA

- UIL Information
- Spirit Specific
- Coaching Reminders
- Rules & Regulations
- Miscellaneous Information



LEAGUE GOVERNANCE

- **Legislative Council** – Rule making body, 32 superintendents, all regions, all conferences represented.
- **State Executive Committee (SEC)** – 12 school administrators appointed by the Commissioner of Education.
- **District Executive Committee (DEC)** – Consists of ONE voting member per school in a given UIL District.
- **Waiver Review Board** – 12 person committee, reviews decisions of the UIL Waiver Officer on appeals.



SPIRIT SPECIFIC INFORMATION



UIL SPIRIT/CHEERLEADING

UIL CONSTITUTION & CONTEST RULES

- **Section 1500** – Introduction to Spirit Contest & Events
- **Section 1501** – Spirit Contest Ethics Code
- **Section 1502** – General Regulations
- **Section 1503** – Health and Safety

****Review the rules on an annual basis.***



UIL ELIGIBILITY: CHEERLEADING

A student is eligible if the student...

- Is a full-time student at the school they will participate with
- Meets all other requirements of Section 400 of the C&CR
- Meets the academic eligibility standards of state law and UIL rules
- Home school students if allowed by the district



UIL CHEERLEADING

- **CHEER** falls under the **SPIRIT** tab for UIL – what does that mean?
 - It means that cheer/spirit squads have a set of *guidelines* which are *unique to just them*.
 - It also means that a few things that apply to students on a team that falls under Athletics Policy, **do not apply to cheer/spirit:**
 - Parent Residency Rule – cheerleaders must be a full-time student at the school they represent and be academically eligible. The location of a cheerleader's residence does not impact their eligibility.
 - PAPF – newly enrolled students who make the cheer team **do not** need to complete a Previous Participation Form.



UIL REQUIRED STUDENT PARTICIPATION FORMS

- **Concussion Acknowledgement Form**
- **Sudden Cardiac Arrest Awareness Form**
- *Check with your local school district policies regarding additional required documentation for students.*



UIL SPIRIT COACHES EDUCATION & TRAINING REQUIREMENTS

- **AED & CPR Certification**
- **UIL Concussion Education** – Two hours every two years
- **UIL Coaches Certification Program** – UIL Portal
 - Safety training for extracurricular activities
 - Spirit Specific module
- ***Cheer Specific Safety Course*** (not through UIL)

CCP must be completed by the first practice or start of school, whichever comes first.



PRACTICE REGULATIONS

- **School Week** – From the first day school is in session for the week until the end of instruction on the last instructional day.
- **Calendar Week** – 12:01 AM Sunday to midnight on Saturday.



PRACTICE REGULATIONS

- **Practice – When School is in Session (School Year)**
 - 8-hours (plus 60-minute athletic period) during school week
 - Unlimited outside the school week
 - **School Week** – From the first day school is in session for the week until the end of instruction on the last instructional day.
 - **Calendar Week** – 12:01 AM Sunday to midnight on Saturday.
- **Practice – When School is Not in Session (Summer)**
 - No rules limiting practice during summer
 - No rules limiting practice during school holidays



CONTEST REGULATIONS

Contests Per Week

- Can cheer at one contest during school week and one after the end of the school week.
- Example: Can cheer at volleyball on Tuesday and then again at volleyball on Friday or football on Friday.
- Would not be able to cheer at volleyball on Tuesday and football on Thursday.



ELIGIBILITY: 1ST SIX WEEKS OF SCHOOL YEAR

- Grades nine and below – promoted
- Second Year of High School – five accumulated credits
- Third Year of High School – ten accumulated credits or five credits within the last twelve months
- Fourth Year of High School – fifteen accumulated credits or five credits within the last twelve months



The logo for UIL Spirit features the letters 'UIL' in a bold, blue, sans-serif font. A red five-pointed star is positioned above the 'I'. To the right of the 'UIL' is the word 'SPIRIT' in a bold, black, sans-serif font, followed by 'FAQs' in a slightly smaller, bold, black, sans-serif font.

UIL SPIRIT FAQs

“Can you tell me what the UIL try-out requirements are for cheerleading?”

- A: None exist. The try-out process is up to the discretion of the local school / district and coach.

“Does a new student who transferred in need to wait 15 days before they participate?”

- A: No, cheer does not fall under the transfer rule that athletic teams fall under. As long as a student is enrolled full-time in your school and is academically eligible, they are able to cheer.

The logo for UIL Spirit features the letters 'UIL' in a bold, blue, sans-serif font. A red five-pointed star is positioned above the 'I'. To the right of the 'UIL' logo, the words 'SPIRIT FAQs' are written in a large, bold, black, sans-serif font.

UIL SPIRIT FAQs

“My daughter/son was on varsity as a junior, that means they are entitled to be on varsity as a senior, correct?”

- **A: Incorrect. A coach can require students to try-out each year to ensure the varsity team is as good as it can possibly be.**

“My superintendent did not select 'SPIRIT' on the varsity acceptance form in January. Does that mean we cannot participate in the state spirit contest?”

- **A: No. The varsity acceptance form has nothing to do with the State Spirit competition. In order for a team to compete in the state event, they must register using the link that will be on the Spirit State Championship page in September.**

The logo features the letters 'UIL' in a stylized blue font. The 'U' contains a white outline of the state of Texas. A red five-pointed star is positioned above the 'I'. To the right of the 'UIL' logo, the words 'SPIRIT FAQs' are written in a large, bold, black sans-serif font.

UIL SPIRIT FAQs

“Does the school’s cheerleading coach/sponsor need to be a full-time employee in order to coach and instruct a cheerleading team or spirit squad?”

- **A: No.** The local school district has the discretion over who will be designated to serve as the cheerleading coach or sponsor.

“Can a school hire a cheer coach and allow them to coach their students in the summer or in a non-school program?”

- **A: Yes.** Cheerleading coaches and sponsors will be allowed to instruct the participants anytime during the school year with local district approval. During the regular academic school year, a school coach is subject to the eight hours of practice limitation per school week.



2023-2024

SPIRIT RULE CHANGES:

- **Rule 1: Definitions** – The definition of *hanging pyramid* was revised to *hanging stunt* for clarification.
 - *Rationale:* Diamond Heads and Whirlybirds are technically not pyramids, since they are not connected to other stunts. This change would clarify that they are subject to the restrictions dealing with Hanging Stunts.



2023-2024

SPIRIT RULE CHANGES:

- **3-3-5d** – New language was added to clarify the connection required for a bracer in a flip inversion pyramid, where the connection is not hand to hand/arm. The bracer with non-arm contact must be at prep level or below.
 - *Rationale:* This change clarifies the requirement for a bracer that does not have hand to hand contact with the top person. As the inversion rule has evolved and the connection between the top person and the bracer has changed from two arms to one arm, there is a need for further clarification for bracers who do not have hand to hand contact with the flipping top person.



2023-2024

SPIRIT RULE CHANGES:

- **3-3-6a** – Allows inversions to release to non-inverted dismount, loading position, or stunt with no more than a full twist.
 - *Rationale:* Allows for a consistent rule for the same twisting allowance for each type of landing.
- **3-3-6b, 4-3-6b** – Clarified requirements for the contact between stunt personnel for inversion that begin and remain below prep.
 - *Rationale:* Would enable a wider variety of below prep level inversions to be performed legally, mirroring the language in prep level inversions. The change clarifies the rule that was changed in 2018.



2023-2024

SPIRIT RULE CHANGES:

- **3-4-5** – Revised rule to reflect new definition of hanging stunts.
 - *Rationale:* A true hanging pyramid would be subject to this rule just like an extension in a braced pyramid and would still require a spotter. Letter “c” is no longer necessary. The revised rule reflects the new definition of a hanging stunt.
- **3-5-4** – Allows a toss to be caught in a horizontal or vertical stunt by the original bases. The toss must not go significantly higher than the point of contact with the bases.
 - *Rationale:* Allows a toss to be caught in a horizontal or vertical stunt by the original bases while clarifying only a ball up position is allowed during the release of a toss caught in a non-inverted stunt.



2023-2024

SPIRIT RULE CHANGES:

- **3-5-6, 4-5-4** – Allows a helicopter to be performed by three bases.
 - *Rationale:* Decreasing the number of tossers/catchers brings the personal requirement in line with similar skills. Helicopters will continue to require a tosser/catcher to be in position to support the top person's head and shoulders at the beginning and end of the skill.
- **3-5-7** – Deleted redundant log roll rule. The criteria for a log roll is addressed in the release transition rule (3-5-5).
 - *Rationale:* 3.5.7.a is unnecessary, as that is the normal rotation for a single base. 3.5.7.b conflicts with popping from a cradle or flat back and performing a half twist to the prone position.



2023-2024

SPIRIT RULE CHANGES:

- **4-4-4** – Allows a top person to pass through an extended position when moving from a vertical position to a horizontal or cradle position.
 - *Rationale:* Allows for a skill in Dance that has been proven effective with minimal risk in a corresponding Cheer skill.

UIL 2023-2024 SPIRIT STATE CHAMPIONSHIP TENTATIVE DATES

- **September 1:** Registration Opens
- **October 20:** Registration Closes
- **November 10:** Registration Payment Due
- **November 18:** 1st Order of Performance Posted
- ***January 4-6: 2024 Spirit State Championships***
– *Fort Worth Convention Center*



2024 SPIRIT STATE CHAMPIONSHIPS

- January 4-6, 2024
 - **will return to “normal” week in 2025*
- Max team size increase in 4A to 24 participants
- All contest information and details will be available on the [UIL Spirit Page](#)
- Recorded MARCHING BAND music is required



STATE SPIRIT CONTACTS



UIL Director of Athletics
Ray Zepeda
281-594-9893



UIL Spirit Director
Grace McDowell
214-236-9279



State Event Director
Jamie Graham
Spirit@uiltexas.org

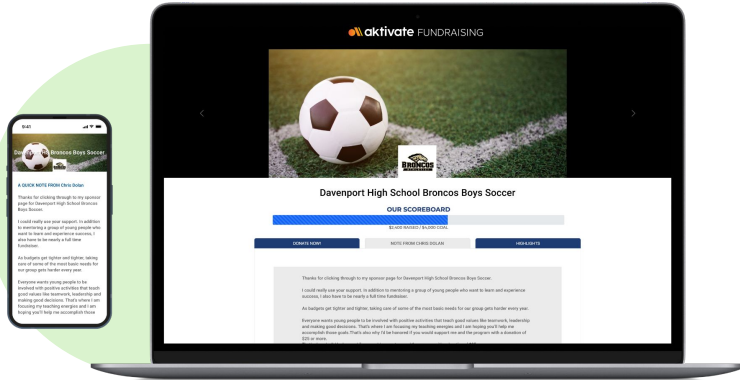


Spirit Assistant
Dillon Bankston
dbankston@uiltexas.org



Fundraising, but Better!

LET AKTIVATE HELP YOU BUILD YOUR BEST EVER FUNDRAISING CAMPAIGN



Make your best call this season! Email

fundraising@aktivate.com

to find out more!



RAISE MORE, KEEP MORE, WIN MORE!

- Keep up to 90% of funds raised - No other major provider offers the same returns
- No Upfront costs
- Money collected digitally, so no physical handling of cash
- We're an official sponsor of the UIL, partnering with them to support UIL member schools



LESS TIME PLANNING, MORE TIME COACHING

- We build your campaign for you in minutes
- Custom Donation Pages
- Automated messaging to potential donors
- One-to-one support before, during and after your campaign