



UIL RMA Portal

Athletic Directors and Football Coaches,

We wanted to provide you a quick update regarding some helpful information as we head into the spring. Below is information addressing the requirement for all football coaches to complete the “Best Practices in Tackling” certification, Spring Training Practice Regulations (2024 – 2025, 5A & 6A only), Restricted/Non-Restricted Equipment, and new NCAA rule changes.

Best Practices in Tackling Certification - ATAVUS

Atavus Tackling certification will open April 1st, for coaches needing 1.0 or 2.0 Best Practice in Tackling training for the upcoming 2024 football season. We are advising coaches that are in need of training to complete the required training prior to spring training practices and/or the summer.

Who is required to complete certification?:

- NEW coaches (any coach new to Texas that has never completed Atavus Tackling Certification in Texas), you are required to complete Level 1 Tackling Certification.
- RETURNING coaches (any current coach who completed Level 1 in 2022 or prior and has not completed Level 2 yet), you are required to complete Level 2 Tackling Certification.

Any coach who completed Tackling Certification in 2023, will not complete certification in 2024 as each level of certification is valid for 2 years.

Coaches who have completed both certifications, 1.0 & 2.0, are fully certified and will NOT require any further Atavus certifications. Coaches that have completed both are considered in compliance as there is no current expiration for Level 2.

Atavus online procedures/directions for tackling training can be found at the following link,

- [Atavus Tackling Training](#)

Spring Training Practice Regulations

Any 2024-2025, 5A or 6A school participating in Spring Training shall be in accordance with the following regulations: [Spring Training Practice Regulations](#)

- No More than 18 practices over a 34-calendar day period.
- During the first two days of Spring Training, only t-shirts, shorts, and helmets may be worn, and no contact activities are permitted.
- A maximum of 12 of the allotted 18 practices may contain full-contact activities.
- Football players are not allowed to participate in more than ninety (90) minutes of full-contact practice per week.
- Only 3 practices per calendar week may contain full contact activities during Spring Training.

*Full Contact – Any football drill or live game simulation where players are at a “competitive” full-speed pace, and players are taken to the ground.

Restricted and Non-Restricted Football Equipment

We wanted to make you aware of a current Restricted and Non-Restricted Football Equipment document located on our website that provides more opportunities for coaches to teach safety throughout the year by having player-to-player contact. [Restricted and Non-Restricted Football Equipment](#)

- Restricted Equipment – may only be used once Shells/Full Pads are allowed.
- Non-Restricted Equipment – may be used anytime during the season or while school is in session.

New NCAA Rule Changes/UIIL Exceptions

After the NCAA finalizes the new rule changes for the 2024 football season, we will send correspondence to our UIL schools through the UIL Portal.

For any questions concerning football, please contact AJ Martinez, Director of Football,
ajmartinez@uiltexas.org

Thank you,
Ray Zepeda
UIL Director of Athletics