

New Guidelines Effective Immediately For Football Practice:

Full pads – Full pads equate full contact practice or games in full pads with players taken to the ground. Full pads are leg pads and pants as well as shoulder pads and helmets.

Half pads – Half pads are thud pace. Helmets and shoulder pads only. No full contact to the ground.

Pre-season Guidelines – Schools cannot have consecutive practices of full contact after Day 5.

In-season Guidelines – Team can have three days of full-contact practice; included in those days are junior varsity and varsity level contests. This period shall begin six days prior to the first regular season contest and continue through the state championships.

Spring Guidelines – Team are allowed three full contract practices per week with no full contact practices to occur on consecutive days. A spring game will count as a full contact practice.