

FOOTBALL PRE-SEASON REGULATIONS

1. Football practice may begin on Monday of week #5.

2. Practice on days 1 and 2 of week #5;
 - a. Shall be conducted without any contact equipment except helmets,
 - b. 1 practice with a maximum of 3 hours in length,
 - c. no contact,
 - d. 1 hour walk through is permitted following practice but must be separated by a 1 hour rest and recovery period.

3. Practice on days 3 – 5 of week #5;
 - a. Shall be conducted with helmets and shoulder pads as the only contact equipment,
 - b. 1 practice with a maximum of 3 hours in length,
 - c. contact can be with blocking sleds/dummies only,
 - d. 1 hour walk through is permitted following practice but must be separated by a 1 hour rest and recovery period.

4. Practice after day 5;
 - a. Schools can practice with full equipment.
 - b. Schools cannot have consecutive days of “two-a-day” practices.
 - c. Student athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
 - d. Student athletes shall not engage in more than five hours of practice activities on those days when more than one practice is conducted.
 - e. The maximum length of any single practice session is three hours.
 - f. On days when more than one practice is conducted, there shall be, at a minimum, one hour of rest/recovery period between the end of one practice and the beginning of the next practice.

*Any team or student that starts practice after day 1 of week #5, must follow the procedures above for practice on; days 1-2, days 3-5, and after day 5.

When determining how to count time spent as “practice activities” please consult the following chart:

What Counts	What Doesn't Count
Actual on field/court practice	Meetings
Sport specific skill instruction	Weight training
Mandatory conditioning	Film Study
Voluntary Conditioning	Water breaks
	Rest breaks
	Injury treatment

No activities (including meetings, weight training, and film study) can occur during the one hour rest/recovery time between the end of one practice and the beginning of the next practice or walkthrough (on days when more than one practice is scheduled). **This time is exclusively for students to rest/recover for the following practice session.**