

## Fall Sports Practice Model

### **Fall Sports Practice Model – Football only**

During the fall football season, all student-athletes must adhere to the following practice regime.

1. Practice requirements
  - a. Schools may conduct multiple on-field practice sessions but student-athletes shall not engage in more than four hours of on-field practice activities each day. Two practices a day (two a days) on consecutive days will not be allowed after the fourth day of practice. Any two a day practices during the first four days must have a minimum of a one-hour break between practices.
  - b. Any practice session, after the fourth day, that is less than two hours in length must have at least two continuous hours of recovery time between the end of the first practice and the start of the next practice that day.
  - c. Each practice session will be a maximum of 2.5 hours in length, which starts as soon as the player is on the field, gym floor, weight room, etc. This includes all breaks, walkthroughs, conditioning, etc. Any practice, after the fourth day, that is more than two hours in length must have at least 2.5 continuous hours of recovery time between the end of the first practice and the start of the next practice that day.
  - d. There will be no more than 120 minutes of contact during practice per week. For the purposes of this rule, “contact” will be defined as drills run at the Thud and Live Action level. Drills run at the Air, Bags, and Control level would not be considered contact. Definition of levels of contact include:
    1. **Air** – Players run a drill unopposed without contact.
    2. **Bags** – Drill is run against a bag or another soft contact surface.
    3. **Control** – Drill is run at assigned speed until the moment of contact; one player is pre-determined the “winner” by the coach. Contact remains above the waist and players stay on their feet.
    4. **Thud** – Drill is run at assigned speed through the moment of contact; no pre-determined “winner”. Contact remains above the waist, players stay on their feet, and a quick whistle ends the drill.
    5. **Live Action** – Drill is run in game-like conditions and is the only time that players are taken to the ground.
  - e. During the recovery time, student athletes may not engage in other physical activities (e.g., weight training, conditioning or 7 on 7).
  - f. All practices shall allow for water breaks and general acclimatization to hot and/or humid weather.
  - g. During the first two days of practice, helmets shall be the only piece of protective equipment athletes may wear.
  - h. During the next two days of practice, helmets and shoulder pads shall be the only pieces of protective equipment athletes may wear.
  - i. Beginning on day five, athletes may participate in full pads.
2. Participation in Jamborees/Contests
  - a. An individual shall become eligible to participate in a jamboree or interscholastic contest after completing a minimum of ten days of actual on-field practice.

### **Fall Sports Practice Model – Cross Country / Soccer**

During the fall sports season, cross country, and soccer athletes must adhere to the following practice regime:

1. Schools may conduct multiple on-field practice sessions but student-athletes shall not engage in more than four hours of on-field practice activities each day.
2. Any practice session, after the fourth day, that is less than two hours in length must have at least two continuous hours of recovery time between the end of the first practice and the start of the next practice that day.
3. Each practice session will be a maximum of 2.5 hours in length. Any practice, after the fourth day, that is more than two hours in length must have at least 2.5 continuous hours of recovery time between the end of the first practice and the start of the next practice that day.
4. During the recovery time, student athletes may not engage in other physical activities (e.g., weight training, conditioning or 7 on 7).
5. All practices shall allow for water breaks and general acclimatization to hot and/or humid weather.