

MIAA Football Preseason Calendar 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 13	14	15	16	17	18 <u>Day 1</u> 1st Conditioning Practice One session – 2 hours max <ul style="list-style-type: none"> • Conditioning Only • Helmets Only • No contact with player, machine or blocking pads <i>*Walkthroughs are not permitted until Day 6</i>	19 <u>Day 2</u> 2nd Conditioning Practice One session – 2 hours max <ul style="list-style-type: none"> • Conditioning Only • Helmets Only • No contact with player, machine or blocking pads
20 MANDATORY DAY OFF	21 <u>Day 3</u> 3rd Conditioning Practice One session – 2 hours max <ul style="list-style-type: none"> • Conditioning Only • Helmets Only • No contact with player • Contact allowed with machines and blocking pads 	22 <u>Day 4</u> “Limited Contact” Practice One session – 2 ½ hours max <ul style="list-style-type: none"> • Uppers only • Limited contact with player • Contact allowed with machines and blocking pads • “Air” “Bags” and “Wrap” Only 	23 <u>Day 5</u> “Limited Contact” Practice One session – 2 ½ hours max <ul style="list-style-type: none"> • Uppers Only • Limited contact with player • Contact allowed with machines and blocking pads • “Air” “Bags” and “Wrap” Only 	24 <u>Day 6</u> “Full Contact” Practice One session – 2 ½ hours max <ul style="list-style-type: none"> • Full equipment • No more than 60 minutes of full contact-live action drills and game time simulations per athlete per day • “Thud” and “Live Action” Permitted Rest Period – Minimum 1 hour <i>“Walkthroughs” Permitted see definition next page</i>	25 <u>Day 7</u> “Full Contact” Practice One session – 2 ½ hours max <ul style="list-style-type: none"> • Full equipment • No more than 60 minutes of full contact-live action drills and game time simulations per athlete per day • “Thud” and “Live Action” Permitted Rest Period – Minimum 1 hour <i>“Walkthroughs” Permitted see definition next page</i>	26 <u>Day 8</u> 1st Potential Scrimmage Date (Rule 69.4.2) “Full Contact” Practice One session – 2 ½ hours max <ul style="list-style-type: none"> • Full equipment • No more than 60 minutes of full contact-live action drills and game time simulations per athlete per day • “Thud” and “Live Action” Permitted Rest Period – Minimum 2 hours “Light Contact” Practice One session – 2 hours max <ul style="list-style-type: none"> • Uppers only • No contact with player • “Air” and “Bags” Only
27 MANDATORY DAY OFF	28 <u>Day 9-14</u> “Full Contact” Practice One session – 2 ½ hours max <ul style="list-style-type: none"> • Full equipment • No more than 60 minutes of full contact-live action drills and game time simulations per athlete per day • “Thud” and “Live Action” Permitted “Walkthroughs” are not Permitted	29	30	31	September 1 <u>MIAA Handbook Rule 35.1</u> <i>Beginning on August 24, a team may have no more than ten single practice sessions through and including this day.</i> <ul style="list-style-type: none"> • <i>Double sessions count as two single practice sessions</i> • <i>Scrimmages count as a practice session</i> 	2
From the Monday before Labor Day (August 28, 2017) through the Saturday before Labor Day (September 2, 2017) a coach may only conduct full contact drills up to 90 minutes. (The intent of this rule is to limit full contact participation of each student to 90 minutes during this six-day period).						