

MIAA Sports Medicine/Football Committees
Preseason, Practice and Contact Proposed Guidelines
To be reviewed by the MIAA Board of Directors in December 2015

Proposed Additions/Edits to MIAA Handbook Rules

35.1 (Current) – “Fall practice may begin for all teams as early as the second Thursday preceding Labor Day (August 25, 2016). No team may have more than ten single practice sessions (i.e., “double sessions” count as two single practice sessions) through and including the Friday prior to Labor Day. Football teams must precede their initial contact practice day with an additional three days of single non-contact sessions.”

35.1 (Proposed) – “Fall practice may begin for all teams as early as the second Thursday preceding Labor Day (August 25, 2016). No team may have more than ten single practice sessions (i.e., “double sessions” count as two single practice sessions) through and including the Friday prior to Labor Day. Football teams must precede their initial “full contact” practice with an additional five days of single conditioning and “limited contact” sessions. These practices can begin on the third Friday prior to Labor Day (August 19, 2016) and practice is not permitted on Sundays prior to Labor Day (August 21, August 28, and September 4, 2016).”

69.4.2 (Current) – “An intra-squad or interschool scrimmage is not to be allowed before the third day of “contact” practice.”

69.4.2 (Proposed) – “An intra-squad or interschool scrimmage is not to be allowed before the third day of “Full Contact” practice.”

69.5.1 (Current) – “The first three days of football practice must be non-contact conditioning sessions consistent with the limitations described below. Daily activities shall be limited to a single session of no more than two hours. Non-contact shall mean that there will be no contact by a player with another player, with a machine, or with stationary pads. Sleds are not allowed. Physical activity during these three days of pre-season practice shall be limited to non-contact conditioning drills. Neither football gear nor protective equipment other than head gear, shoes, and porous light-weight jerseys and pants shall be worn by players during the three-non-contact day period. - Violations of these rules will result in a letter of censure by the Board of Directors to the Superintendent of Schools and to the Chairman of the School Committee.”

69.5.1 (Proposed) – “The first five days of football practice must be single conditioning and “limited contact” sessions consistent with the limitations described below. Daily activities shall be limited to the definitions, equipment, time maximums and limitations described below. Violations of these rules will result in a letter of censure by the Board of Directors to the Superintendent of Schools and to the Chairman of the School Committee.” (SEE NEXT PAGE – Proposed MIAA Handbook Rule 69.5.1 Preseason Practice Chart)

69.5.2 (Current) – “High School football practices prior to the first day of classes shall not exceed the following:

69.5.2.1 – No more than four physical sessions per day, no more than two of which may involve physical contact.

69.5.2.2 – No physical session shall exceed two hours in length.

69.5.2.3 – No team shall conduct more than a total of four and one half hours of physical session in any one day. A physical session includes, but is not limited to, calisthenics, walking through plays, etc.”

69.5.2 (Proposed) – “High School football practices prior to the first day of classes and during the season shall not exceed the following:

69.5.2.1 - During preseason practice, athletes may only participate in full contact – live action drills and game time simulations no more than 60 minutes per athlete per day.

69.5.2.2 - From the Monday before Labor Day (August 29, 2016) through the Saturday before Labor Day (September 3, 2016) a coach may only conduct person-to-person 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).

69.5.2.3 - From Labor Day through the end of the season, including postseason play, a coach may only conduct person-to-person full contact drills up to 60 minutes per week (90 minutes during a week without a scheduled game). The intent of this rule is to limit full contact participation of each student to 60 minutes during a week of practice (90 minutes during a week without a scheduled game). During this time, full contact is allowed in no more than 2-3 practices per week, no more than 30 minutes per day, and consideration should also be given to limiting full contact on consecutive days.

69.5.2.4 - One day off every week (Definition of a week – MIAA Handbook Rule 34.4: Saturday through Friday, Exception: Thanksgiving and Friday evening games)

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Proposed MIAA Handbook Rule 69.5.1 Preseason Practice Chart

Day	Practice Type	Equipment	Time Maximum	Limitations
Day 1	Conditioning	Helmets Only	2 Hours	No contact with player, machine or blocking pads
Day 2	Conditioning	Helmets Only	2 Hours	No contact with player, machine or blocking pads
Day 3	Conditioning	Helmets Only	2 Hours	No contact with player Contact allowed with machines and blocking pads
Day 4	Limited Contact	Uppers Only	2 ½ Hours	Limited contact with player – “Air”, “Bags” and “Wrap” Contact allowed with machines and blocking pads
Day 5	Limited Contact	Uppers Only	2 ½ Hours	Limited contact with player – “Air”, “Bags” and “Wrap” Contact allowed with machines and blocking pads
Day 6	Full Contact	Full Equipment	2 ½ Hours	No more than 60 minutes of full contact-live action drills and game time simulations per athlete per day
	Walkthrough	Helmets Only	1 Hour	No intense physical activity and no contact Use of Footballs permitted
<i>Minimum 1 hour rest period between the end of a walkthrough/practice and the beginning of the next walkthrough/practice.</i>				
Day 7	Full Contact	Full Equipment	2 ½ Hours	No more than 60 minutes of full contact-live action drills and game time simulations per athlete per day
	Walkthrough	Helmets Only	1 Hour	No intense physical activity and no contact Use of Footballs permitted
<i>Minimum 1 hour rest period between the end of a walkthrough/practice and the beginning of the next walkthrough/practice.</i>				
Day 8*	Full Contact	Full Equipment	2 ½ Hours	No more than 60 minutes of full contact-live action drills and game time simulations per athlete per day
	Light Contact	Uppers Only	2 Hours	No contact with player “Air” and “Bags” only
<i>Minimum 2 hour rest period between the end of a practice and the beginning of the next practice.</i> <i>*First Potential Scrimmage Date – Third day of “Full Contact” Practice</i>				
Day 9-14	Full Contact	Full Equipment	2 ½ Hours	No more than 60 minutes of full contact-live action drills and game time simulations per athlete per day

Proposed Definitions

“Practice” is defined as the time a participant engages in physical activity. Warm-up, stretching, and cool down activities are to be included as part of practice time. Meetings, weight training and film study do not count toward practice activities.

“Walkthrough” is defined as a teaching opportunity with no intense physical activity and no contact. Helmets are permitted to be worn and the use of footballs is permitted. A walkthrough cannot be longer than 1 hour in duration. A walkthrough is not considered a practice session. Walkthroughs are not permitted until Day 6.

“Rest Period” is defined as the time between the end of a walkthrough/practice and the beginning of the next walkthrough/practice. During this time, no physical activity is permitted.

“Light Contact” means a team may participate in “Air” and “Bags” drills and simulations at any point.

“Limited Contact” means a team may participate in “Air,” “Bags,” and “Wrap” drills and simulations at any point.

“Full Contact” is contact at game speed where players execute full tackles at a competitive pace taking players to the ground. For purposes of these rules, “Full Contact” consists of both “Thud” and “Live Action” using the USA Football definitions of *Levels of Contact*.

Air – Players should run unopposed without bags or any opposition

Bags – Activity is executed against a bag, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.

Wrap (Control) – Drills run at full speed until contact, which is above the waist with the players remaining on their feet.

Thud – Same as wrap but tempo is competitive with no pre-determined winner and the players are not tackling to the ground.

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Proposed Preseason Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 14	15	16	17	18	19 <u>Day 1</u> 1st Conditioning Practice One session – 2 hours max •Conditioning Only •Helmets Only •No contact with player, machine or blocking pads <i>*Walkthroughs are not permitted until Day 6</i>	20 <u>Day 2</u> 2nd Conditioning Practice One session – 2 hours max •Conditioning Only •Helmets Only •No contact with player, machine or blocking pads
21 <i>MANDATORY DAY OFF</i>	22 <u>Day 3</u> 3rd Conditioning Practice One session – 2 hours max •Conditioning Only •Helmets Only •No contact with player •Contact allowed with machines and blocking pads	23 <u>Day 4</u> “Limited Contact” Practice One session – 2 ½ hours max •Uppers only •Limited contact with player •Contact allowed with machines and blocking pads •“Air” “Bags” and “Wrap” Only	24 <u>Day 5</u> “Limited Contact” Practice One session – 2 ½ hours max •Uppers Only •Limited contact with player •Contact allowed with machines and blocking pads •“Air” “Bags” and “Wrap” Only	25 <u>Day 6</u> “Full Contact” Practice One session – 2 ½ hours max •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 7</u> “Full Contact” Practice One session – 2 ½ hours max •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>	27 <u>Day 8</u> <i>1st Potential Scrimmage Date (Rule 69.4.2)</i> “Full Contact” Practice One session – 2 ½ hours max •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 •Uppers only •No contact with player •“Air” and “Bags” Only
28 <i>MANDATORY DAY OFF</i>	29 <u>Day 9-14</u> “Full Contact” Practice One session – 2 ½ hours max •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 <i>“Walkthroughs” are not Permitted</i>	30	31	September 1	2 <i>MIAA Handbook Rule 35.1 Beginning on August 25, a team may have no more than ten single practice sessions through and including this day.</i> <i>• Double sessions count as two single practice sessions</i> <i>• Scrimmages count as a practice session</i>	3
From the Monday before Labor Day (August 29, 2016) through the Saturday before Labor Day (September 3, 2016) a coach may only conduct person-to-person 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).						