

MIAA Preseason Football Calendar 2026 – BOD Approved 11/12/25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug. 23	Aug. 24 <u>Day 1</u> 1st Conditioning Practice One session – 2 hours max <ul style="list-style-type: none"> Conditioning Only Helmets Only No direct contact with player or machine, but use of blocking pad is allowed in these circumstances: <ul style="list-style-type: none"> The drill is supervised by a coach. The drill is in a controlled group, not a team period. The drill has only one player active for each rep. Contact is only made with the bag. No drill will end with a player on the ground <p>*Walkthroughs are not permitted until Day 6</p>	Aug. 25 <u>Day 2</u> 2nd Conditioning Practice One session – 2 hours max <ul style="list-style-type: none"> Conditioning Only Helmets Only No direct contact with player or machine, but use of blocking pad is allowed in these circumstances: <ul style="list-style-type: none"> The drill is supervised by a coach. The drill is in a controlled group, not a team period. The drill has only one player active for each rep. Contact is only made with the bag. No drill will end with a player on the ground <p>*Walkthroughs are not permitted until Day 6</p>	Aug. 26 <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 	Aug. 27 <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 	Aug. 28 <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 	Aug. 29 <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 <p>Rest Period – Minimum 1 hour</p> <p>“Walkthroughs” Permitted <i>see definition next page</i></p>
Aug. 30	<p>MANDATORY DAY OFF</p>	Aug. 31 <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 <p>Rest Period – Minimum 2 hours</p> <p>“Light Contact” Practice One session – 2 hours max <ul style="list-style-type: none"> Uppers only No contact with player “Air” and “Bags” Only </p>	Sept. 1 <u>Day 8</u> <p>1st Potential Scrimmage Date (Rule 69.4.2)</p> <p>“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 <p>Rest Period – Minimum 1 hour</p> <p>“Walkthroughs” Permitted <i>see definition next page</i></p> </p>	Sept. 2 <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 <p>“Walkthroughs” are not Permitted</p>	Sept. 3	Sept. 4
Sept. 6	<p>MANDATORY DAY OFF</p>	Sept. 7 Labor Day	Sept. 8	Sept. 9	Sept. 10 Earliest possible day for first initial competition day (<i>if practice is held on Labor Day, Sept. 7</i>)	Sept. 11 Earliest possible day for first initial competition day, <i>without practice on Labor Day</i> .
	From the Monday before Labor Day (August 31, 2026) through the Saturday before Labor Day (Sept. 5, 2025) a coach may only conduct full contact drills for up to 90 minutes. <i>(The intent of this rule is to limit full contact participation of each student to 90 minutes during this six-day period).</i>					