

MIAA Handbook - Football Preseason Practice Chart and Definitions

2026

Day	Practice Type	Equipment	Time Maximum	Limitations
Days 1 & 2	Conditioning	Helmets Only	2 Hours	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
Day 3	Conditioning	Helmets Only	2 Hours	No contact with player; Contact allowed with machines and blocking pads
Days 4 & 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
	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 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
	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 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

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.