



GUIDELINES FOR MINIMIZING RISK IN FOOTBALL PRACTICE CONTACT DRILLS

National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)

The NFHS SMAC recommends the following guidelines for member state associations and their member schools to minimize risk with regard to football contact drills in football practice:

1. Prohibit any drill that promotes one-on-one tests of strength within an artificially confined area that does not permit the defensive player to angle their approach, shed the blocker, or take other evasive action.
2. Prohibit Bull Rush when both the rusher and the blocker are aligned more than four yards apart in an effort to reduce closing speeds and unnecessary helmet contact.
3. Prohibit full speed head-on blocking or tackling drills in which the players line up more than four yards apart are not permitted.
4. Prohibit drills such as, but not limited to, Bull in the Ring/King of the Circle, Oklahoma Drill, Offensive Line/Defensive Line In-Line Run Blocking/Board-Drill where there is a vertical push with the defensive player making no attempt to evade the block.

The intent of these guidelines is to minimize risk and to reduce closing speeds in football contact drills and unnecessary helmet-to-helmet contact in football practice.

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