Football Contact Practice Regulations

DEFINITION OF CONTACT PRACTICE:

-Contact Practice:
  - Drill or scrimmage is run in game-like conditions and is the only time that players are taken to the ground.
  - Drill is run at assigned speed through the moment of contact.

-Restricted Contact/Non Contact:
  - Teaching safe and proper techniques (block, shed, tackle) involving shoulder pads, and wearing helmets for protection.
  - Contact above the hips only with hands, shoulders and chest.
  - Keep the head out.
  - Use quick whistle; no gang-tackling or cut blocking/low tackling.
  - Players stay on their feet when involved with contact.
  - Drill is run at assigned speed until the moment of contact.
  - Drill is run against a bag or another soft-contact surface.

PRESEASON:
- A maximum of four Contact Practices per week, with unlimited Restricted Contact/Non Contact practices per week. Contact Practices are only allowed once a day on days with two practice sessions.
- These regulations are in addition to the prior preseason regulation: The first three days for each individual are for conditioning and while shoulder pads and helmets can be worn, there shall be no inter-player contact.

INSEASON:
- A maximum of two Contact Practices per calendar week.

Approved: 1/26/15