

## **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.