

Football Practice Regulations Overview

FIRST PERMISSIBLE REPORTING DAY TO CAMPUS

Friday, August 4

Only meals, physicals, equipment distribution, non-football related activities can occur

FIRST PERMISSIBLE DATE OF PRACTICE

Monday, August 7

FIVE DAY ACCLIMIZATION PERIOD

Still remains the same

2 days no more than helmet

2 days no more than helmet/shoulder pads

1 day full pads permitted

ONE PRACTICE SESSION PER DAY

Throughout preseason practice a team may only have one practice session per day not to exceed three hours. This 3 hour session may be broken into parts (ie 2 hours of 'practice' + 1 hour of 'conditioning'), but must be a continuous period of time.

WALK THROUGH

A team may have a walk through for no longer than 1 hour per day. The walk through may have no equipment other than a football. 'WALK' is the key word to follow. No sleds, no bags, no shields may be used and players may not wear protective equipment (helmets, shoulder pads, etc). The use of a football during a walk through is only a waiver for this year and will be reviewed for future consideration.

WEIGHTLIFTING

Weightlifting may be conducted separately and not count against the 3 hours of practice or 1 hour of walk through. The program for weightlifting should not have a 'conditioning' component, designed for cardiovascular endurance, but rather for maintenance of the athlete's strength. Sessions should not be designed to last for hours.

THREE HOURS REST

There must be 3 hours of rest between any physical activity. This means: no conditioning and no weightlifting. Only medical treatment, film review, meals, and meetings are permitted during this three hours of rest.

DAY OFF

The Great Midwest will require institutions to use the NCAA recommended Day Off formula.

The NCAA recommends a Day Off formula. The formula is as follows:

Following the Five Day Acclimatization period, a team must take one day off in the next 7 days. This means that from Day 6 to Day 12, one day must be given "off" from ANY physical activity. From Day 13 to Day 19 another "off" day must be given.

A "Day Off" may include Film Session and Team Meetings, however prudence should be used in not making these sessions any longer than the normal amount of practice time. The intent is to give players a day off to recuperate and recover.

TESTING

Every team usually conducts "testing" of some kind in the first days of preseason practice. Any "testing" session should be counted against the normal 3 hours of practice as it is likely a measure of cardiovascular endurance or muscle strength and therefore is likely as stressful as a practice. It might be best to use one hour of the first practice session to conduct necessary testing for conditioning and strength.