

IHSAA FOOTBALL SUMMER RULES (Effective 2014)

KEY DEFINITIONS:	GUIDELINES:
*Summer defined as from the end of your school calendar to the beginning of the next school calendar year or Monday of Week 5 (whichever comes first)	*12 Football Activity Days allowed per summer.
*Football Activity Day = Coaching two or more players from your own school with them wearing Helmets and/or Shoulder Pads	*A maximum of 5 Football Activity days may be used as Competition Days/Interscholar Activities
*Competition Days – Practicing with / Competing against another school in any setting	*The remainder of Football Activity Days include only players from your school. Workout time may not exceed 2 hours in length. One session allowed per day.
*Full Contact defined as Contact that intentionally takes one or more players to the ground as a result of a collision	*Any Football Activity Day workouts may be conducted in helmets and/or shoulder pads
*Total time is based on gate to gate time. The clock starts when the team takes the field.	*No Full Contact is permitted during the Summer.
	*Calendar of FB Days submitted to AD and/or Principal prior to summer.

IHSAA FOOTBALL PRESEASON RULES (Effective 2014)

KEY DEFINITIONS:	GUIDELINES:	CALENDAR:	TIME CONSIDERATIONS:
*Preseason Begins with Monday of Week 5 and concludes with Week 6 according to IHSAA calendar.	*No back to back calendar days of double practices	*Day 1 – Helmets only, no full contact* Day 1 = 1 practice allowed only	First 3 Days: *If multiple practices are held in a day, the total time on the field must not exceed 3 hours.
*Full Contact = Contact that intentionally takes one or more players to the ground as a result of a collision	*Only One full contact practice per day allowed on a day double practices are held.	*Day 2 – Helmets and Shoulder pads only (no full contact)	*If one practice only, the total time on the field must not exceed 2 ½ hours
*Preseason Non Full Padded Practices beginning Day 4: - Helmets and/or Shoulder Pads may be worn	*Only One full padded practice per day allowed on a day double practices are held.	*Day 3 – Helmets and Shoulder pads only (no full contact)	Beginning on Day 4: *If multiple practices are held in a day, the total time on the field must not exceed 5 hours.
*Total time is based on gate to gate time. The clocks starts when the team takes the field.	*A practice day with 3 sessions will not be allowed	*Day 4 – Full Pads may be worn, Full Contact may begin.	*If one practice only, the total time on the field can not exceed 3 hours.
	*The break between practices must be three hours in duration with no physical exertion permitted. *Classroom instruction, not to exceed 45 minutes, is permitted during the break.	*Beginning Day 5 through Controlled Scrimmage Date. – Listed Guidelines must be followed.	
	*An indoor walkthrough in a climate controlled environment is permitted, not to exceed 45 minutes, during the break.		
	*Outdoor Walkthrough Practices are permitted on a single practice day following (or prior to) the mandatory 3 hour break lasting no more than 45 minutes with no protective equipment worn.		