



Spring Practice Guidelines:

- 18.2 Spring Football Practice
- 18.2.1 Spring Football practice is a continuation of the regular fall football season. Consequently, a student who transfers schools and does not meet one of the provisions in Bylaw 9.3.2, is not eligible to participate in a spring jamboree or spring classic game at the new school.
- 18.2.1.1 Exception. A student who transfers schools coinciding with the change of semester may be eligible to participate in a spring jamboree or spring classic game at the new school.
- 18.2.2 Spring practice is confined to a maximum of 20 sessions commencing with the Monday of Week 44 or the last 20 days of the school year, whichever comes first, inclusive of the spring jamboree or classic.
- 18.2.3 Students who are seniors may not participate in spring football practice.
- 18.2.4 Only those students who are enrolled and in attendance in a school may participate in spring football practice at that school.
- 18.2.5 Eighth grade students may participate in spring football practice at the public high school for which the students are zoned or at the private school at which the student has been accepted and will attend in the ninth grade the following school year under the following conditions:
 - 18.2.5.1 The students may practice on or in the high school facility only if such practice is approved in writing to the FHSAA Office by the district school superintendent or head of school for private schools.
 - 18.2.5.2 The students may be instructed in practice by high school coaches only if such instruction is approved in writing to the FHSAA Office by the district school superintendent or head of school for private schools.
 - 18.2.5.3 The principal/head of school of both schools must give their permission in writing to the FHSAA Office for the students to participate in such practice.
 - 18.2.5.4 The students must have catastrophic insurance coverage for such practice.
 - 18.2.5.5 The students must have the written permission of their parents or legal guardians to participate in such practice on file in the school office.
 - 18.2.5.6 The students must have undergone a physical examination within the last calendar year.
 - 18.2.5.7 The students must not suffer any loss of time from school.
 - 18.2.5.8 The students may not participate in a spring football jamboree or spring classic game.
 - 18.2.5.9 The students may not participate in practice or have physical contact in any manner with student-athletes in the 9th, 10th or 11th grades who are members of the high school team

HEAT ACCLIMAZATION

- 41.4.1 Prior to participation in any preseason practice activities, all student-athletes are required to undergo a Pre-Participation Physical Evaluation (see Bylaw 9.7, Form EL 2) administered as required by state law.
- 41.4.2 The student and parent or legal guardian, duly appointed by a court of competent jurisdiction, must submit release forms provided by the association (Form EL3 – Consent and Release from Liability Certificate and Form EL3CH – Concussion & Heat Related Illness Information Release Form).
- 41.4.7 Football only (including spring): Due to the protective equipment required in football, these additional procedures apply: the first two (2) days of practice are restricted to helmets only, days 3-5 can introduce shoulder-pads with shorts and then beginning day six (6) of practice, full gear can be utilized and body-to-body contact is permitted. Student-athletes who begin practice with a team after the start of official practice will be required to follow this same 6 day procedure. During the initial five (5) days, the use of arm shields, tackling and blocking dummies, sleds and other devices can be used for instructional purposes, however, deliberate body-to-body contact is prohibited