



FHSAA Football Contact Procedure

The purpose of this procedure is player safety. This procedure is intended to limit live action drills and simulations and not the number of practices a team may participate in full pads. A team may participate in "AIR," "BAGS," AND "THUD" during any point after the acclimatization period.

For purposes of this Administrative Procedure, the following definitions shall apply:

- **AIR** - Players run a drill unopposed without contact
- **BAGS** - Players run a drill against a bag or another soft-contact surface
- **THUD** - contact above the waist only, after initial contact each player takes his first two or three steps, then both relax and nobody goes to the ground. There is no winner or loser. Coaches are not grading physical domination in "thud." Teammates are merely trying to give each other a simulation of game action. Thud is not "live contact" format. "Thud" is an alternative to "Live Contact."
- **LIVE CONTACT** - Players run a drill in game-like conditions and is the only time that players are taken to the ground
- **HELMETS**- Helmet, shirt/practice jersey, shorts- NO SHOULDER PADS OR LEG PADS
- **SHELLS**- Helmet, Shoulder pad, Thigh pad, shorts
- **FULL**- Helmet, Shoulder pads, pants with all pads

PRESEASON/SPRING

Preseason is defined as Day 1 through the Monday of the First Regular Season game

Acclimatization

Day 1	Helmets	Air	3 Hour max	Walk thru permitted with minimum 1 hour rest in between
Day 2	Helmets	Air	3 Hour max	Walk thru permitted with minimum 1 hour rest in between
Day 3	Shells	Air/Bags	3 Hour max	Walk thru permitted with minimum 1 hour rest in between
Day 4	Shells	Air/Bags	3 Hour max	Walk thru permitted with minimum 1 hour rest in between
Day 5	Shells	Air/Bags	3 Hour max	Walk thru permitted with minimum 1 hour rest in between

Day 6 through the Monday of the First Regular Season game or end of spring practice

- Live Contact shall be allowed in no more than 2 consecutive practice days
- LIVE CONTACT IS LIMITED TO 40 MIUNTES EACH DAY DURING THE PRESEASON
- Air/Bags/Thud unlimited

Twice Daily Practice Regulations:

- Cannot have two practices a day until day 8
- 2-1-2-1 must be followed
- Only one session per day shall include live contact not to exceed 40 minutes.

REGULAR SEASON AND POST SEASON

- Live contact during practice shall be allowed in no more than three (3) practice days per week;
- Live contact during practice shall not be allowed on more than two (2) consecutive days;
- Live contact during practice shall be limited to not more than 30 minutes per day;
- Live contact during practice shall be limited to not more than 80 minutes per week.
- Unlimited Air/Bags/Thud

Written Practice Plans: A written practice plan in compliance with this Administrative Procedure shall be prepared in advance by the head coach prior to every practice and maintained by the school for a period of at least twelve (12) months. Such practice plans shall be made available upon request.