



New Fall Heat Acclimatization Rules Effective August 13, 2018

Rule 30-1-8:

Art. 8: Beginning Monday of SCW #7, the following practice rules apply to football, boys and girls cross country, boys soccer, girls volleyball, girls gymnastics, girls tennis and girls golf:

- a. Only one practice per day is permitted the first 5 days of practice. All individuals shall only practice once per day for the first five days the individual practices, no matter when the person joins the team or if the person misses days due to injury/illness.
- b. No single practice may last longer than 3 hours. All warm-up, stretching, conditioning and weight lifting is included as part of the 3 hour limit.
- c. A separate walkthrough is permitted in addition to the single practice. The walkthrough cannot be longer than 1 hour and must be separated from practice by at least 3 hours of rest. A walkthrough is defined as a teaching opportunity with the athletes in which no protective equipment is worn. No physically exerting activity, including any conditioning or weight lifting, may take place during the walkthrough.
- d. Beginning on practice day 6, double practice sessions are permitted for any individual who has completed 5 days of single practices. Double practice sessions cannot be held on consecutive days. The day following a double practice day would be either a single practice day or a rest/recovery day.
- e. On days of multiple practices, no single practice may last longer than 3 hours and total practice time combined shall not exceed 5 hours.
- f. To be deemed a practice, a majority of the squad members must participate in the organized team training session.

Changes to Football Rule 35-1-1:

- e. Players must have a minimum of one day of rest/recovery during any week (Sunday- Saturday), beginning Monday of SCW #7 through SCW #21. Only injury treatments are ~~team meetings, walk-throughs (no equipment, including helmets), conditioning or weight lifting~~ is permitted on a rest/recovery day.
- f. Week One Guidelines (SCW #7):
 - Days 1 & 2 of practice: Helmets only (Air and Bags only are permitted.)
 - ~~Day 2 of practice: Helmets and shoulder pads are permitted. (Air and Bags only are permitted.)~~
 - Days 3 & 4 of practice: Helmets and shoulder pads are permitted. (Day 3: Control permitted; Day 4: Thud permitted ~~Air, Bags, and Control are permitted.~~)
 - ~~Day 4 of practice: Helmets and shoulder pads are permitted. (Air, Bags, Control and Thud are permitted.)~~
 - Day 5 through Saturday of SCW #9 of practice: Full Contact (Air, Bags, Control, Thud and Live Action are permitted) may begin with the following guidelines: On any day involving multiple practices, only one practice may involve Thud and/or Live Action.

New Fall Heat Acclimatization Rules Frequently Asked Questions

- Q:** Is my team required to practice for 3 hours on a single practice day?
A: NO. 3 consecutive hours is the maximum time allowed. Coaches are free to use their discretion to determine practice length under 3 hours.
- Q:** When does the 3 hour clock begin for a practice?
A: At the beginning of the first scheduled practice activity.
- Q:** Is warm-up and stretching time considered part of the 3 hour window of practice time?
A: YES
- Q:** Is conditioning considered part of the 3 hour window of practice time?
A: YES
- Q:** Is weight lifting considered part of the 3 hour window of practice time?
A: YES
- Q:** Can I have a 30 minute conditioning session in the morning and a 2 ½ hour practice in the afternoon?
A: Beginning on practice Day 6 this would be permitted. The conditioning session is considered a practice, so this would only be allowed on double practice days. The above scenario is NOT permitted on practice days 1-5 or any other designated single practice day.
- Q:** On a single practice day, can I choose to divide a 3 hour practice into two 1 ½ hour practices?
A: NO. The 3 hour clock begins at the start of practice and is consecutive. The time may not be divided.
- Q:** On a single practice day, can I have a 1 ½ hour practice, followed by a 30 minute break and then have weights and conditioning?
A: YES, but the 30 minute break and the weights and conditioning time would all count as part of the consecutive 3 hour window of practice time.
- Q:** Can I use the 1 hour walkthrough on a single practice day as conditioning time for my athletes?
A: NO. Walkthroughs must be non-exertional. Walkthroughs are strictly teaching/learning time on the field/court. No conditioning or weight lifting can take place during a walkthrough.
- Q:** Can my football athletes wear their helmets during a walkthrough?
A: NO. Protective equipment may not be worn during a walkthrough.
- Q:** On a single practice day, can my football athletes play catch during a walkthrough?
A: NO. Sports equipment, including balls may NOT be used during a walkthrough.
- Q:** On a permitted double practice day, can I have two 2 ½ hour practices?
A: YES. Total practice time on a double practice day cannot exceed 5 hours.

Q: On a permitted double practice day, can I have one 3 ½ hour practice and one 1 ½ hour practice?

A: NO. Any single practice may never exceed 3 hours.

Q: On a permitted double practice day, can I have a walkthrough, but use a ball during the walkthrough?

A: YES. The walkthrough would be considered a practice and count as part of the 5 total hours of allowed practice time. Only one other practice would be allowed on this day.

Q: If a student doesn't join the team until Day 3 of the preseason, can that student practice twice a day on Day 6 with the remainder of the team?

A: NO. Every individual is allowed only 1 practice per day for their first 5 days of practice.

Q: If a student is injured on Day 3 of practice and doesn't return until later in the preseason, can that student begin practicing twice a day upon their return?

A: NO. This student would still be required to go through two more days of single practice only.

Q: If a student participates in both Cross Country and Boys Soccer can he practice with both squads the first week of the preseason?

A: YES. The coaches from each sport would need to work together to ensure this student's total combined practice time on days 1-5 of the preseason did not exceed 3 hours.

Q: Can a coach have 2-a-days on 2 consecutive days of the week?

A: NO. A double practice day must be followed by a single practice day or a rest day.

Q: Can a coach have a double practice day, followed by a day off and then another double practice day?

A: YES.