

## Practice Outside the School Year

- Preseason practice regulations for sports that begin practice prior to the school year are as follows.
- Student-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
- Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.
- Schools shall not schedule more than one practice on consecutive days and student-athletes shall not participate in multiple practices on consecutive days. Exception: Volleyball.
- The maximum length of any single practice session is three hours.
- On days when more than one practice is conducted, there shall be, at a minimum, two hours of rest/recovery time between the end of one practice and the beginning of the next practice.
- When determining how to count times spent as ‘practice activities’ or ‘practices’ please consult the following chart:

<b>What Counts</b>	<b>What Doesn't Count</b>
Actual on field/court practice	Meetings
Sport specific skill instruction	Weight training*
Mandatory conditioning	Film study
Water breaks	Injury treatment
Rest breaks	Voluntary conditioning*

\*Does not count towards practice time, but **cannot** be done during the two hour rest/recovery time.

In reference to the minimum two hours rest/recovery time between the end of one practice and the beginning of the next practice (on days when more than one practice is scheduled), there can be no practice or other physical activities at all during this time. This time is exclusively for students to rest/recover for the following practice session, whether that session is an actual on field/court practice or a mandatory conditioning period.

### **Additional Regulations for Football Practice**

All pre-season football practices shall begin with a four (5) day acclimatization period for all participants.

The first two days of practice shall be conducted without any contact equipment except helmets. Other contact equipment may be fitted and placed in lockers. During the first two days, however, only shoes, socks, T-shirts, shorts and helmets may be worn. On the third and fourth days of practice, helmets, shoulder pads and padded girdles (shells) may be worn, but no player to player contact is allowed. On day five of the acclimatization period, helmets, shoulder pads and padded girdles (shells) may be worn, and player to player contact is permitted. During the five-day acclimatization period, no full contact activities shall be permitted. All student-athletes who arrive after the first day of practice are required to undergo a five-day acclimatization period. During the five day acclimatization period and subject to the rules as noted in (A) (i-vi) above, if more than one practice is conducted on the same day, the second practice shall be a teaching period/walkthrough practice only with no conditioning or contact activities/equipment permitted. At a minimum, there must be two hours of rest/recovery time between the end of one practice and the beginning of the walkthrough.