



# Football Spring Practice

## Practice Information:

- a. A school shall not permit contact practice in pads between its last game and August 1. Pads include padding of any kind on the shoulders, hips or thighs.
- NOTE:** High schools are permitted twenty days of practice **May 1-31** (when pads may be worn - maximum of 10 days).
- The first three (3) days of spring practice (For fall practice this is two (2) days) will be in helmets only.
  - No hand shields, arm shields, and/or stand up dummies of any kind may be used during the first three (3) days of spring or two (2) days of fall (*pre-season*) practice.
  - During any practice(s) beyond the first 3 days of spring practice, a coach may equip his players in any combination of pads that he prefers for a period of **up to ten (10) days. (Ten (10) days is the maximum amount of time in pads.)** Schools are not required to be in helmets only or in full pads only; any combination may be used. During the time of practice in pads (full or combination of pads) the use of all football equipment is permitted.
  - Middle school students may **NOT** take part in the high school practices, if players are wearing any equipment other than helmets. If players are equipped with more than helmets, middle school athletes must hold their practices apart from the high school. (*They could be on the same field, but away from the high school practices.*) Middle school students may not be equipped in pads or have contact drills during spring practice.
  - Rising 9<sup>th</sup> graders, (8<sup>th</sup> graders), are **NOT** 9<sup>th</sup> graders until school is out for the year, thus they may **NOT** take part in contact drills of the high school.
  - Schools **MAY NOT** charge admission for a spring practice (game)
- b. High school programs may practice in full gear and use all field equipment beginning August 3.
- c. Air type or foam filled dummies will be permitted during any practice between June 1, 2016 and July 23, 2016.
- d. Sub-varsity teams must complete their schedule prior to the day of the first round of play-offs in that sport.
- e. Passing Leagues**
- Players may not wear padding of any kind during the 7 on 7 passing league competition. (i.e. no girdles, hip, thigh or tailbone protection) Only helmets, pants, jerseys, shoes and socks may be worn. **Middle school teams may not participate in passing leagues.**
- f. Pre-season Football Practice Opportunities**
- \* See schsl.org for pre-season practice guide.
  - 1. Any practice session over three hours constitutes two practices. (Exception: three way scrimmages)
  - 2. Any scrimmage or jamboree constitutes a practice.
  - 3. Practices on Saturday and Sunday also count
  - 4. A full-contact practice is defined as football pants, pads and shoulder pads
  - 5. This will in no way affect the starting date of fall practice as set by the High School League