



FOOTBALL PRACTICE & TRAINING GUIDELINES

Organized Practice An organized practice in football is defined as an athletic situation involving a coach and 5 or more players where instruction, correction, drills, and/or skills associated with that sport are taking place. An organized practice can only take place during the defined season, spring practice, or as one of the 12 summer workouts.

SPRING PRACTICE GUIDELINES

1. Football Teams are allowed up to ten (10) days in the Spring for organized practice. The last date for spring practice is June 1.
2. Spring practice shall be restricted to no more than two (2) hours of total contact time. (Contact time: practice, drills, conditioning, video, weight room...)
3. Spring practice is to consist of helmets only. Practice sleds and dummies may be used.

FOOTBALL SUMMER WORKOUTS:

1. Teams are allowed unlimited practices/games. Teams practices/games should not last no more than 1 1/2 hours per session..
2. Football is restricted from contact. Air-type or foam-filled dummies are permitted.
3. Closed Dates: One week associated with July 4th; 3 weekdays prior to 1st practice date
4. Passing Leagues/Games-Players may not wear padding during 7-on-7 passing league competitions. Players may wear helmets, pants, jerseys, shoes, and socks.

FOOTBALL PRACTICE POLICIES

The First Day for Fall football Practice is determined yearly at the May Athletic Directors Meeting (*July 29, 2024*)

AAMSL requires a five (5) day acclimatization period.

- First two days - helmets only.
- 3rd & 4th days - helmet & shoulder pads only.
- 5th Day: Full Pads/Full contact).
- 3 days of full pads required before conducting a scrimmage.

WBGT Requirement: all schools will be required to use a wet bulb globe thermometer to determine safe conditions for practice or competition during times of high heat and humidity.



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A team cannot have more than 2.5 hours of total contact time. This includes on-field practice & conditioning. Exception: Weight room training only (not to include conditioning). — A school may not conduct multiple on-field practice sessions on the same day

FOOTBALL SEASON GUIDELINES

It is recognized that preseason practices may require more full-contact time than practices occurring in the regular season to allow for teaching fundamentals with sufficient repetition to prepare for the season. Coaches are encouraged to introduce contact through a progressive manner to ensure they are using proper technique before full-contact (Thud & Live Action) drills are allowed.

LEVELS OF CONTACT (USA FOOTBALL)

Levels of Contact focus on varying intensity levels throughout practice to build players' confidence, ensure their safety, and prevent both physical and mental exhaustion. Five intensity levels are used to introduce players to practice drills which position them to master the fundamentals and increase skill development.

Contact	Intensity	Description
Air	0	Players run a drill unopposed without contact
Bags	1	Drill is run against a bag or another soft-contact surface
Control	2	Drill is run at assigned speed until the moment of contact; one player is predetermined the “winner” by the coach. Contact remains above the waist and players stay on their feet.
Thud	3	Drill is run at full speed through the moment of contact. No predetermined “winner.” Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.
Live Action	4	Drill is run in game-like conditions and is the only time that players are taken to the ground.

The first three levels of Contact “Air,” “Bags,” and “Control” are considered no- or controlled contact, and thus no limitations are placed on their use in practice.

By definition, “Thud” involves initiation of contact at full speed with no predetermined winner, but no take-down to the ground. Initial contact, particularly with linemen, is just as physical with “Thud” as with “Live Action.” “Live Action” likely carries a higher injury risk to the body than does “Thud.”



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These guidelines are intended to provide football coaches with guidelines for establishing consistent methods designed to limit the chance of injury during structured practice sessions.

- AAMSL is committed to advancing player safety to protect the health and well-being of every child.
- In addition to coaching education, a key element of player health and safety is the responsibility of all coaches to conduct organized practices and teach proper fundamentals in a safe environment.
- The following practice restrictions are designed to enhance player safety.
- On practice fields across America, coaches are recognizing the importance of conducting smarter, safer practices by limiting the amount of full contact.
- We remain committed to adopting the best evidence-based practices.
- We recognize that even with the latest research available, there is no clear consensus in this area.
- Accordingly, we will update these recommendations and guidelines in accordance with the evidence.
- Ideally, this emerging data will help us understand the potential for long-term adverse cognitive, emotional, and/or neurological effects from concussions and/or other repeated head contact without associated symptoms.
- Based on what is known about concussions today, the guiding principles in developing these recommendations were to reasonably limit head contact and thus concussion risk (USA Football).