



Fall pre-season practice guidelines

Schools are required to follow these practice guidelines or produce for the League office a local substitute policy which would apply to all students in the sports of Competitive Cheer, Cross Country, Field Hockey, Football and Volleyball.

(1) During their first six days of tryouts:

- (a) No practice session, full or walk-thru, should exceed three hours.
- (b) Total practice time per day should be limited to five hours.
- (c) Only one full practice session should be permitted per day; it may be broken into two sessions.
- (d) One walk-thru session is permitted on the day of a full practice.
- (e) Two walk-thru practices may be substituted for a full and a walk thru session(s).
- (f) A one-hour minimum recovery period should be included between sessions.

(2) For weeks two and three the following regulations should apply in addition to:

(a) through (f) above:

- (a) Two full practices are permissible per day provided they do not exceed five total hours, or three hours in a single session.
- (b) No more than three full practices should be conducted in two consecutive calendar days.

(3) For the purpose of the regulations above, a full practice is defined as a session allowing the use of any available equipment, involving all levels of activity permitted in the specific sport and includes necessary conditioning and weight training. A walk-thru session is a limited exertion session that includes skill-based, educational technique and oriented activities using sports appropriate equipment. Conditioning and weight training should not be included as part of a walk-thru session. Recovery period is defined as a session in which the athlete is not involved in physical activity.

Note: The following restrictions are in place for football only: Day 1-3 helmets only; Day 4-5 helmets and shoulder pads; Day 6 + full pads.