

**NOTE: For High School Football Only*



Football Offseason Workout Bylaws

**As listed in Sections 7.15.1.B & 7.5.2.G of the NMAA Handbook*

7.15.1.B. Practice Regulations

4. The use of helmets/pads is mostly prohibited during the off-season/summer. If approved by school/district administration, helmets/pads may be used in a limited capacity beginning the Monday of week #47 through the Saturday of week #3 of the following NMAA calendar year. See Bylaw 7.5.2.G for exact regulations.

7.5.2.G. Football Specific

1. If approved by school/district administration, helmets and/or pads are permitted for a period of no more than two consecutive weeks (Monday-Saturday) beginning the Monday of week #47 through the Saturday of week #3 of the following NMAA calendar year. If a school opts to conduct off-season/summer workouts in this capacity, the following regulations must be followed:

Week 1 – The first two days of practice should be in shorts and helmets (no pads). During days three and four players should be in shorts, shoulder pads, and helmets (“shells”). Full pads can then be worn during days five and six – during this time full contact is allowed but should be limited to no more than 20 minutes per player on each day.

Week 2 – Full contact is allowed for a total of no more than 90 minutes per player for the week. Also, on a single day, full contact should be limited to no more than 30 minutes per player. In addition, schools could utilize this second week as an opportunity for students to attend a full padded camp if approved by local administration.

Note – As is the case with all sports, football workouts/camps held during the off-season/summer cannot be mandatory for student-athletes.

2. Outside of the above two-week helmeted/padded practice opportunity, the following provisions shall apply.
 - a. Equipment such as, but not confined to football helmets, pads, etc. is prohibited in school sponsored off-season and summer programs.
 - b. Schools may use dummies, blocking sleds, and hand shields for conditioning and instructional purposes during the off-season and summer programs.
 - c. Schools are prohibited from attending full contact team camps during the off-season and summer programs.
 - d. Individuals may attend full contact summer position camps. They may utilize school owned football safety equipment if approved by the local school district.

Q & A

- 1) Q: If my school conducts a summer workout utilizing helmets/pads and full contact, do we still have to go through the acclimation process in Week #6 when the official football season starts?
A: Yes. Schools will need to follow NMAA practice regulations for the regular season regardless of what workouts are conducted during the summer.
- 2) Q: What is the last day that offseason workouts with helmets/pads and full contact can take place?
A: The Saturday of Week #3.
- 3) Q: The regulations state that schools can participate in team camps during the second week of these workouts. Can we hold a scrimmage at that time as well?
A: No. Schools cannot schedule scrimmages or combined workouts with other schools/teams. Participation against other schools/teams is only allowed in a team camp setting.