



Football Practice Regulations – As listed in Section 7.15.1.B in the NMAA Handbook

B. Practice Regulations

1. **Start Date** - Practice may begin on Monday of Week #6.
2. **Minimum Practices before Participation** - Each team or individual must have at least eight (8) days of practice before participating in a scrimmage and ten (10) days of practice before competing in a game. The first regular season game may be played beginning Week #8.

The first four (4) days of practice for each participant shall be a time of conditioning without wearing full pads. The first two days of practice should be in shorts and helmets (no pads). During days three and four participants should be in shorts, shoulder pads, and helmets (“shells”). Full pads can then be worn during the remaining six (6) days.

A maximum of four (4) days of conditioning may be waived if verification is submitted in writing to the Director that the student has been enrolled in a fitness class/athletic period under the jurisdiction of school personnel. (Applies to the second grading period only)

3. Full Pads / Full Contact Regulations by Week

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 30 minutes per player on each day.

***Week 2** – Full contact is allowed for a total of no more than 120 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, one intra-squad or scrimmage would be allowed.

**NOTE – Per NMAA Bylaws, schools are allowed ONE scrimmage. Players must participate in a minimum of 8 days of practice prior to participating in a scrimmage and 10 days of practice prior to competing in a game.*

Weeks 3-End of Season – Full contact is allowed for a total of no more than 90 minutes per player per week. Also, on a single day, full contact should be limited to no more than 30 minutes per player.

Important Definitions

Full Contact – football drills or live game simulations where “live action” occurs.

Live Action – contact at game speed where players execute full tackles at a competitive pace taking players to the ground.

Shells – players are dressed in shorts, shoulder pads, and helmets

**NOTE* – It is assumed that when players are in “shells”, no live action will occur

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.