

## **AHSAA Guidelines For Full-Speed Contact during Football Practices**

**Summary:** The Alabama High School Athletic Association's (AHSAA) bylaw governing the amount of full-speed contact practice during the football season. This bylaw regards the amount of time during which full-speed contact practice is allowed.

**AHSAA Regulations:** During the regular season, including championship play, and the allowed 10-day spring evaluation period, AHSAA member schools must restrict the amount of full-speed contact football practice. These guidelines are intended to limit the amount of full-speed contact and not to limit the number of practices in full pads.

**Week 1** – In accordance with the AHSAA Fall Football Practice Rule (Rule III, Section 18, Page 51 of the 2018-19 Handbook), only shorts and helmets are allowed the first two days of fall football practice. Shoulder pads and helmets are allowed on the third practice day for a period not to exceed 90 minutes of total practice time and not exceed 120 (2 hours) minutes on the fourth day.

On the fifth practice day, one full-speed contact practice, in full gear, is allowed not to exceed 90 minutes.

**Week 2** – Alternating days of full-speed contact practice, not to exceed a combined total of 120 minutes of full-speed contact is allowed. In addition, one intra-squad scrimmage is allowed in week 2.

**Week 3** – Alternating days of full-speed contact practice, not to exceed a combined total of 120 minutes of full contact is allowed. One interscholastic scrimmage or contest is allowed in week 3.

**Week 4 through End of Season** – A total of 90 minutes of full-speed contact practice per week is allowed.

**Spring Evaluation** – Alternating days of full-speed contact practice, not to exceed a combined total of 120 minutes of full-speed contact per week is allowed during the 10 allowable days for evaluation. One interscholastic scrimmage contest is allowed during the spring evaluation and counts as one of the 10 allowable days.

The following definitions describe the different levels of contact in football practice:

### **Actions that require contact limitations:**

**Live Action** – Contact at game speed in which players execute full blocking and tackling at a competitive pace, taking players to the ground.

**Full-speed contact** - Any simulations in which live action occurs.

**Thud** – Any live action or full-speed contact with no pre-determined winner or without taking a player to the ground.

**Actions that do NOT require contact limitations:**

**Air** – Players should run unopposed without bags or any opposition.

**Bags** – Activity is executed against a bag, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.

In all sports, two-a-day practice may not be conducted on consecutive days. When two-a-day practices are conducted, a four (4) hour break is required between the end of the first practice and the beginning of the second practice. In football, only one practice per day may be in full pads. The other practice that day can only be in helmets and shoulder pads.

Between the close of the football season and the end of that school year, any football practice is prohibited except during the allowable spring practice period. A student who participates in an illegal practice may be declared ineligible for interscholastic football. (Rule III. Section 18 Fall Football Practice Regulations)