

Proposed Recommendations on Contact for the 2015-16 Season

CHSAA Football/Sports Medicine Committees

During the “**Pre-Season**” (all practices leading up to the first contest); football practice (exclusive of 1 scrimmage) per team shall not exceed more than (3) days of contact per week with no more than a total of ninety (90) minutes of contact practice over the course of those three (3) days. No team shall allow for more than forty (40) minutes of contact on any one day. This will also include summer camp.

During the “**Regular-Season**” and “**Post-Season**” (all practices that take place after the first official contest); football practice per team shall not exceed more than (2) days of contact per week with no more than a total of seventy-five (75) minutes of contact practice over the course of those two (2) days. No team shall allow for more than forty (40) minutes of contact on any one day.

The CHSAA proposes to adopt USA Football’s “**Level of Contact**” for the purposes of defining contact in CHSAA football practices:

Definition of Levels of Contact:

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

For the purposes of this recommendation, “contact” will be defined as drills run at the **Thud** and **Live** Action Level. Drills run at the Air, Bags and Control level would not be considered contact.

Interpretation – During the regular-season a team may continue to dress in full pads for practice, but may only participate in “**Thud**” drills, “**Live Action**” drills and game time simulations no more than seventy-five minutes per team per week and no more than two days during that week. It is assumed that when players are in shells (shorts, shoulder pads, and helmets) no contact or simulations will occur. A team may participate in “air,” “bags,” and “control” drills and simulations at any point.

The Pre-Season will simply expand this to ninety minutes per team per week and no more than three days during that week.

At no time shall any team allow “contact” in excess of forty minutes on any one day.