

CHSAA SPORTS MEDICINE COMMITTEE REQUIREMENTS

Information Prepared by:

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**” or 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, players 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.

Heat Acclimatization and Early-Season Football

Acclimatization period is from the 1st day of formal practice in the fall through Labor Day to include summer camp.

Football requirements during the acclimatization period.

- Practice is defined as time on the field including warm-up, stretching, practice and conditioning.
- Any single practice should not exceed 2 hours in length with an additional 25 minutes added for water breaks. A minimum 2 water breaks should be incorporated each hour. Water should be readily available at all times.
- If a 2nd practice takes place on the same day, this practice should only be walk-through and no protective gear (with the exception of a helmet) should be worn. A walk-through is defined as time dedicated to reviewing plays and field positions and should not exceed 1 hour.
- A minimum of 2 hours should separate practices on the same day.
- Total practice time should not exceed 2 hours for one practice and 3 hours total practice (on days when 2 practices are scheduled). This does not include water breaks.
- Helmets should be removed for water breaks during warm weather conditions or after intense or prolonged exercise. This will help cool the core body temperature.
- Every coaching staff should have a heat index application downloaded so they may monitor heat conditions at every practice.
- See the USA Football Heads up link provided for detailed information on heat, hydration and concussion. <http://usafootball.com/health-safety/heat-preparedness>

Sports Medicine Committee Members

Jenn Roberts-Uhlig, CHSAA Assistant Commissioner

Larry Bull, District Athletic Director for Cherry Creek Schools

Eddie Hartnett, District Athletic Director for Adams 12 School District

H. Andrew Motz, MD-Advanced Orthopedics and Sports Medicine Specialists, P.C.

Karen McAvoy, PsyD-Director, Center for Concussion/Rocky Mtn. Youth Sports Medicine

Dr. Aaron Provance, MD-Children's Hospital Colorado

Darryl Miller, MS, ATC, CSCS, EMT-DPS District Athletic Trainer

Chad Schmidt, MA, ATC-Sports Medicine/Orthopedic Spine Center of the Rockies

Invited Guests

CHSAA staff member

Michael Krueger, District Athletic Director for Aurora Public School/Football Committee Chair

Wayne Voorhees, Head Football Coach at Legacy HS/CHSCA President for Football/Master

Trainer for USA Football Heads Up Program