



MHSA AD HOC COMMITTEE

Changes to the Football Section of the MHSA Handbook for the 2015-16 Season

(7) No football player shall be allowed to participate in more than ~~Ten (10)~~ **Eight (8)** quarters per week (Sunday to Sunday) nor in more than two (2) games within a 48 hour period.

INTERPRETATION - Participation in one play in a game would constitute one (1) quarter.

(8) During the regular season and post season, football practice per team shall not exceed more than ninety (90) minutes of contact practice per week.

The MHSA proposes to adopt USA Football's "Levels of Contact" for the purposes of defining contact in MHSA 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 rule, "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 - 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 ninety minutes per team per 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.