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Below is a comparison table of the changes to the football practice and equipment timetable

### CURRENT (PRE 2015) RULES REGARDING ACCLIMATIZATION AND ACCLIMATION

(1) Acclimatization and Acclimation Starting July 22

1. July 22, First date of OFFICIAL practice. This is the day the catastrophic insurance is officially in place. Only helmets may be issued to players. No other equipment is permitted.
2. First three days on or after July 22 (minimum), helmet only.
3. Next three days (but not until the completion of three helmet-only days), helmet and shoulder pads may be worn. No contact with players against players, only with sleds and dummies. Once the first of these practices has been held, no 7-on-7 or other game simulations against other teams can be held.
4. Remainder of gear can be handed out to players for use on or after August 1, which is first day that full gear can be worn, provided that the three days of helmet only and three days of helmet and shoulder pads have been completed.

(2) Requirements for Individual Players before playing against another school (game or scrimmage).

### PROPOSED REVISIONS TO ACCLIMATIZATION AND ACCLIMATION

(1) Acclimatization and Acclimation Starting July 10

1. July 10, First date of OFFICIAL practice in helmet only. Only Level 0 – “Air” and Level 1 – “Bags” drills can be conducted. The catastrophic insurance is in place for these drills and practice sessions.
2. July 22, First date of practice in shells (shorts, helmets, shoulder pads) for each player who has had at least five days in helmets only. Only Level 0 – “Air”, Level 1 – “Bags” and Level 2 – “Control” drills can be conducted. The catastrophic insurance is in place for these drills and practice sessions.
3. August 1, First practice in full gear for all players who have had at least three practices wearing helmets and shoulder pads. Level 0 – “Air”, Level 1 – “Bags”, Level 2 – “Control”, Level 3 – “Thud” and Level 4 – “Live action” drills can be conducted. Level 3 – “Thud” and Level 4 – “Live action” drills can only be conducted in one practice per day. Once the first of these practices has been held, no 7-on-7 or other game simulations against other teams can be held.

(2) Requirements for Individual Players before playing against another school (game or scrimmage).

1. These are required of each player, and this listing is vital for those coming out for the team after practice starts.

1. These are required of each player, and this listing is vital for those coming out for the team after practice starts.
2. Three days of helmets only in sessions with the rest of the team.
3. Three days of helmet and shoulder pads with the team. During these days, no contact with other players, only sleds and dummies.
4. Five days of full practice in pads with team. The fifth day cannot be the day of the first desired game.
5. If playing other sports after July 15 and electing to come out for football later, the three days in helmet only (acclimatization) can be waived, but three days of helmet and shoulder pads with the team, followed by five full days of practice with the team would be required before playing against another school.

(3) Once contact practice (practice in all equipment) begins on or after August 1:

1. Cannot have multiple contact practices on consecutive days;
2. On days when two contact practices are held, a total limit of 5 hours per day of practice, not including the mandatory break;
3. A 3-hour break is required after each contact practice during which no activity can be held;
4. Meetings, film study, water breaks, rest breaks and injury treatment shall not count against the 5-hour limit;
5. Weight training, voluntary conditioning without coaching, and teaching period/walk through simulations without equipment do not count against 5-hour limit provided they are not conducted during the three-hour required break.
6. If only one contact practice during a day, 3 hours per day is the limit for contact.
7. In any noncontact (non-equipment) session, no equipment, except the helmet, can be worn, and no contact

2. Five days of helmets only in sessions with the rest of the team. Only Level 0 – “Air” and Level 1 – “Bags” drills can be conducted.
3. Three days of helmet and shoulder pads with the team. During these days, no contact with other players, only sleds and dummies. Only Level 0 – “Air”, Level 1 – “Bags” and Level 2 – “Control” drills can be conducted.
4. Three days of full practice in pads with team. The third day cannot be the day of the first desired game. Level 0 – “Air”, Level 1 – “Bags”, Level 2 – “Control”, Level 3 – “Thud” and Level 4 – “Live action” drills can be conducted.
5. If playing other sports after July 15 and electing to come out for football later, the five days in helmet only (acclimatization) can be waived, but three days of helmet and shoulder pads with the team, followed by five full days of practice with the team would be required before playing against another school.

(3) Once contact practice (practice in all equipment and drills using Level 3 – Thud and Level 4 – Live Action Level) begins on or after August 1:

1. Cannot have multiple contact practices on any day where Level 3 – “Thud” and Level 4 – “Live action” drills are conducted;
2. On days when two practices of any type are held, a total limit of 5 hours per day of practice, not including the mandatory break. Water breaks, rest breaks and injury treatment shall not count against the 5-hour limit;
3. A 3-hour break is required after a contact practice where Level 3 – “Thud” and Level 4 – “Live action” drills are conducted during which no activity can be held;
4. Weight training, conditioning, meetings, film study, and teaching period/walk through simulations without equipment shall count against 5-hour limit and may not be conducted during the three-hour required break.
5. If only one practice is held during a day, 3 hours per day is the limit.
6. Schools must maintain heat index records which will be randomly audited.

(4) Offseason Timeline for Issuance and Usage of Equipment

1. Team must submit Spring Practice Dates on or

against another player may be done, only against pads and dummies;

8. Schools must maintain heat index records which will be randomly audited.

#### (4) Offseason Timeline for Issuance and Usage of Equipment

5. Team must submit Spring Practice Dates on or before December 15.
6. From the last game of the season to the first day of spring practice, no equipment (including helmet) may be issued except as detailed in the all-star game/individual camp exception to be detailed later.
7. First three days of previously submitted spring practice period are helmet and shoulder pads for any player who has not been on a winter sports eligibility list or has not participated in a minimum of eight (8) conditioning workouts.
8. From last day of spring practice through June 24, no football equipment (including helmet) can be used for any reason except as detailed in the all-star game/individual camp exception to be detailed later.
9. From last day of spring practice through June 24, no session can be held where attendance is taken or any other implied or explicit required activity.
10. June 25 to July 9, including June 25 and July 9, Dead Period, no workouts can be conducted, no use of facilities, equipment, etc. due to Bylaw 24.
11. July 10 to July 21, permitted to issue helmets, and play noncontact game simulations (such as 7-on-7). There is no catastrophic insurance coverage during this period. No full contact camps for teams or issuing other equipment to individuals except as detailed in the all-star game/individual camp exception to be detailed later.

(5) Restrictions and allowances after July 9 prior to first contact practice (practice in full gear):

before December 15.

2. From the last game of the season to the first day of spring practice, no equipment (including helmet) may be issued except as detailed in the all-star game/individual camp exception to be detailed later.
3. First two days of previously submitted spring practice period are helmet and shoulder pads for any player who has not been on a winter sports eligibility list or has not participated in a minimum of eight (8) conditioning workouts.
4. During the spring practice period, a team may participate in Level 3- "Thud" or Level 4 – "Live Action" drills and game time simulations for no more than six of the practice sessions, and that the practice sessions be structured as follows:
  1. Two days Non-Contact (Air, Bags, Control)
  2. Two days Contact (Thud, Live Action)
  3. One day Non-Contact (Air, Bags, Control)
  4. Two days Contact (Thud, Live Action)
  5. One day Non-Contact (Air, Bags, Control)
  6. Two days Contact (Thud, Live Action)
5. From last day of spring practice through June 24, no football equipment (including helmet) can be used for any reason except as detailed in the all-star game/individual camp exception to be detailed later. Any activity during this period, there is no catastrophic insurance coverage.
6. From last day of spring practice through June 24, no session can be held where attendance is taken or any other implied or explicit required activity.
7. June 25 to July 9, including June 25 and July 9, Dead Period, no workouts can be conducted, no use of facilities, equipment, etc. due to Bylaw 24.
8. July 10 to July 31, schools may play noncontact game simulations (such as 7-on-7) against other schools. Provided that the play is between schools, the catastrophic insurance coverage is In place during this period.

1. 7-on-7 and other simulations are allowed from July 10 to the first day any other pads are worn. Catastrophic insurance is not valid during these simulations, and the helmet is the only equipment allowed to be issued.
2. No other pads can be issued to players prior to the first date.
3. There is no opportunity for any team activity in full gear prior to the first date of wearing gear on August 1. (not new, has not been allowed in past)

(6) All-star game/individual camp exception

1. Gear may be issued to a player who has previously played for the team to participate in an individual camp or all-star game between the last day of the previous season and before July 21.
2. No individual camp (not a single postseason all-star game) may be held at a KHSAA member school, or at a facility utilized for games by a member school if that camp includes more than five (5) individuals from the same school during the entire camp. This includes camps sponsored by outside entities if a member school's coaches are present or any equipment is issued to participants.
3. The gear must be returned by the individual immediately following the camp.
4. Penalty for violation will be BOTH institutional, and against the coach, which may include multiple contest suspension.

9. There is no opportunity for any team activity in football gear at camps where representatives of any other school are present except for the noncontact game simulations as detailed above. There is no allowance for full contact camps for teams or issuing other equipment to individuals except as detailed in the all-star game/individual camp exception to be detailed later.

(5) All-star game/individual camp exception

1. Gear (including shoulder pads and other protective gear) may be issued to a player who has previously played for the team to participate in an individual camp or all-star game between the last day of the previous season and before July 31 provided no more than four players from any school participate in the same sessions at that camp. The gear must be returned by the individual immediately following the camp.
2. No gear (including shoulder pads and other protective gear) may be issued for any event involving any person not enrolled at that school that is held at a KHSAA member school or at a facility utilized for games by a member school except for the all-star game/individual camp exception detailed above. This includes camps sponsored by outside entities if a member school's coaches are present or any equipment is issued to participants.

d. Penalty for violation will be BOTH institutional, and against the coach, which may include multiple contest suspension.

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