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RECOMMENDATIONS

March 30, 2015

Football Blog Updates

Below is a comparison table of the changes to Bylaw 23, Section 6 (Football)

OLD VERSION (2014)

Sec. 6) Sports Specific Limitations- Football

a) Organized practice shall be structured in football as follows:

(1) From the end of the season through the day prior to the first day of spring practice; and from the day after spring practice through July 21, schools may not issue football equipment including helmets, with the exception of an all-star game or individual camp as detailed.

(2) From the end of the season through the day prior to the first day of spring practice; and from the day after spring practice through July 21, schools may not organize or participate in any football activities that involve “full contact” or allow players to be in full pads, even if “full contact” doesn’t occur. “Full contact” is defined as football drills or live game simulations where ‘live action’ occurs.

(3) During the period beginning on the day immediately following the dead period (Bylaw 24) and through July 31, member schools may participate in non-contact simulations (i.e. 7 on 7) and such participation does not count against scrimmage limitations provided that the first practice in full pads has not been conducted. The school issued helmet may be used during these activities, but no other equipment included in NFHS Rule 1-5 may be issued prior to the dates detailed in subsection (a)(2) of this section. The KHSAA catastrophic insurance is not in effect for these simulations if other schools are involved;

(4) Preseason and during season practice in football shall be as follows:

a. The first legal organized practice wearing a helmet only shall be no earlier than July 22;

NEW VERSION (2015)

Sec. 6) Sports Specific Limitations- Football

a) Organized practice shall be structured in football as follows:

(1) Football drill work and practice activity shall be defined in the following five categories:

Level 0-“Air”-Players run a drill unopposed without contact.

Level 1-“Bags” – Drill is run against a bag or another soft-contact surface.

Level 2-“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.

Level 3-“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.

Level 4-“Live Action”-Drill is run in game-like conditions and is the only time that players are taken to the ground.

(2) Contact and non-contact shall be defined as follows: “Contact” will be defined as drills run at the Level 3- Thud and Level 4-Live Action Level, and Drills run at the Level 0-Air, Level 1-Bags and Level 2-Control level shall be defined as “Non-Contact”

All drills in shells (shorts, shoulder pads and helmets) shall be “Non-Contact”.

In helmets- only, only Level 0-“Air” and Level 2-“Bags” drills may be conducted

(3) From the end of the season through the day prior to the first day of spring practice; and from the last day after spring practice through July 9, schools may not issue football equipment including helmets, with the

- b. The first three (3) days of organized practice shall be in helmets only and the next three (3) days shall be in helmets and shoulder pads for acclimatization and acclimation;
- c. For the three practice days in shoulder pads and helmets, there can be no contact with other players, only with sleds and dummies;
- d. Provided such activity is conducted and supervised by coaches meeting all qualifications of Bylaw 25, these practice sessions shall be covered by KHSAA Catastrophic insurance;
- e. The remainder of the gear specified in NFHS Rule 1-5 can be issued and practice in pads can begin no earlier than August 1 or the week day following the completion of the required three (3) days of practice in helmets and shoulder pads if such date is after August 1; and
- f. Any practice period on or after August 1 where any equipment other than the helmet and shoulder pads are worn shall be referred to as contact practice, and shall adhere to the following restrictions:
 - i. After contact practice has begun, a non-contact simulation as detailed in sub-section 1 above may not be held;
 - ii. After contact practice has begun and prior to the first day of classes for the students, a school shall not conduct multiple on-field practice sessions in pads (e.g., two-a-days or three-a-days) on consecutive days (e.g., two-one-two-one format);
 - iii. After each contact practice, there shall be a three-hour break. During this break, there can be no gear worn, and no activity that in any way simulates football or football drills. This restriction is in place regardless of where the practice occurs including camps, home practices, or other workout areas. This period is solely for rest/recovery;
 - iv. The total practice time on any day where two contact practices are conducted shall not exceed five (5) hours, with no single contact practice exceeding three (3) hours. The total practice time on any day where only one contact practice is conducted shall not exceed three (3) hours. Meetings, film study, water breaks, rest breaks and injury treatment shall not count against the five hour limits. Weight training, voluntary conditioning and teaching period/walk through simulations without equipment shall not count against the five hour limit provided the three-hour break required for cool down is conducted prior to the additional activity following the contact practice;
 - v. After the opening day of the school year, a school shall not conduct multiple on-field practice sessions in pads (e.g., two-a-days or three-a-days); and
 - vi. All schools shall upon request, submit any required documentation to verify the proper execution of the

exception of an all-star game or individual camp as detailed. During these periods, schools may not organize or participate in any football activities that allow players to be in football gear, even if contact does not occur.

(4) During the period beginning on the day immediately following the dead period (Bylaw 24) and through July 31, member schools may participate in non-contact interscholastic simulations (i.e. 7 on 7) and such participation does not count against scrimmage limitations provided that the first practice in full gear has not been conducted and drills using Level 3-Thud and Level 4-Live Action Level have not been conducted. The school issued helmet may be used during these activities, but no other equipment included in NFHS Rule 1-5 may be used. The KHSAA catastrophic insurance is in effect for these simulations if other schools are involved;

(4) Preseason and during season practice in football shall be as follows:

a. Beginning July 10, the first legal organized practice wearing a helmet may be conducted. The first five (5) days of organized practice shall be in helmets 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;

b. Beginning July 22, practice may be conducted 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.

c. Beginning August 1, practice may be conducted in full gear for all players who have had at least three practices wearing shells (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 however Level 3-“Thud” and Level 4-“Live action” drills can only be conducted in one practice per day.

d. Once full gear practice and drills using Level 3-Thud and Level 4-Live Action Level have begun, practice shall adhere to the following restrictions:

i. Cannot have multiple contact practices on any day where Level 3-“Thud” and Level 4-“Live action” drills are conducted;

ii. 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 shall be allowed, with no single practice exceeding three (3) hours. Water breaks, rest breaks and injury treatment shall not count against the 5-hour limit. Weight training, conditioning, meetings, film study, and teaching period/walk through simulations without equipment shall count against 5-

practice regulations, including scrimmage, contact, and Heat/Humidity Measurement and Compliance Programs.

b) After August 1 and prior to the opening varsity game of the season, there shall be no more than two (2) scrimmages or practice games per member school (grades 9-12) with players other than members of the squad.

c) The first game shall not take place prior to the Friday eleven (11) weeks prior to the week of the first round of the football playoffs.

d) The season shall consist of a maximum of ten (10) regular season games and the opportunity to play regular season games shall conclude at the end NFHS corresponding week 17. Any school may play one of the allowable regular season games during Week 0 (normally NFHS corresponding week 7) provided that the total schedule does not exceed ten (10) regular season games and that the allowable number of scrimmages is reduced to one.

e) Provided that at least one classification within the KHSAA conducts playoffs that last five (5) weeks, any school that chooses to compete for a district title and is placed in a classification where only four (4) weeks are needed to complete the playoffs may play an additional regular season contest (total of 11 contests), the last of which can be played during the first round of the playoffs for the other classifications.

f) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

g) Each player, in order to be eligible to participate against another school and to become acclimatized and acclimated, shall have taken part in a minimum of three (3) practices over three (3) days in helmets only, three (3) practices in helmet and shoulder pads over three (3) days followed by five (5) contact practices over five days.

h) Each football school may conduct ten (10) spring practice periods of not more than two (2) hours in length and not more than one practice per day over ten (10) days during three consecutive calendar weeks, which shall be chosen by the school on or before December 15. Failure to submit the schedule by this date will result in a loss of the ability to conduct spring football practice. The three consecutive calendar weeks shall not begin prior to the Monday following the school's elimination from postseason play in basketball,

hour limit;

iii. On days when only one practice of any type is held, a total limit of 3 hours per day of practice shall be allowed. Water breaks, rest breaks and injury treatment shall not count against the 3-hour limit. Weight training, conditioning, meetings, film study, and teaching period/walk through simulations without equipment shall count against 3-hour limit;

iv. 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 and the athletes are located where cooling and recovery is possible. During this break, there can be no gear worn, and no activity that in any way simulates football or football drills. This restriction is in place regardless of where the practice occurs including camps, home practices, or other workout areas. This period is solely for rest/recovery;

v. Weight training, conditioning, meetings, film study, and teaching period/walk through simulations without equipment may not be conducted during the three-hour required break.

vi. Each school may participate in “Thud” or “Live Action” drills and game time simulations (not including contests or legal scrimmages) for no more than ninety-minutes per team, per week.

vii. A non-contact simulation (7 on 7) or any other type of competition against another school in any form may not be held with the exception of the two (2) allowed scrimmages, and the allowable games;

viii. After the opening day of the school year, a school shall not conduct multiple on-field practice sessions; and

ix. All schools shall upon request, submit any required documentation to verify the proper execution of the practice regulations, including scrimmage, contact, and Heat/Humidity Measurement and Compliance Programs.

b) After August 1 and prior to the opening varsity game of the season, there shall be no more than two (2) scrimmages or practice games per member school (grades 9-12) with players other than members of the squad.

c) The first game shall not take place prior to the Friday eleven (11) weeks prior to the week of the first round of the football playoffs.

d) The season shall consist of a maximum of ten (10) regular season games and the opportunity to play regular season games shall conclude at the end NFHS corresponding week 17. Any school may play one of the allowable regular season games during Week 0 (normally NFHS corresponding week 7) provided that the total schedule does not exceed ten (10) regular season games and that the allowable number of

and shall not conclude later than the last day of school on the original school calendar. Any period of time when school is not in session on a week day, including testing and breaks, shall not count as one of the ten (10) permitted days, and practice shall not be conducted on those days. All equipment authorized by the football playing rules may be used during this period. There shall be no interscholastic competition during this period, and all participants shall be eligible according to all KHSAA eligibility rules. Once dates are established by the school, the dates may not be changed except by request of the member school Principal, and only if the newly requested period begins not later than the Monday following the conclusions of the originally scheduled school spring break. In order to conduct these spring practice sessions:

- (1) A student below grade nine or in grade 12 shall not participate;
 - (2) Only students currently eligible by all KHSAA rules including Bylaws 2 through 12 may participate;
 - (3) Intrasquad games may be held but shall be counted as one of the ten practice sessions; and
 - (4) Any student who has neither participated in organized competition in a KHSAA sanctioned winter or spring sport, nor has documentation of supervision by a coach qualified under Bylaw 25 in a minimum of 8 conditioning workouts after the previous season and before the start of spring practice (including competition on a competitive weight lifting team at the school), shall have three (3) days of practice in helmets and shoulder pads for acclimation prior to wearing the remainder of the allowable football gear;
 - (5) There shall be no mandatory participation (including school or coach imposed penalty) by any person on a spring sports eligibility list (or entering any spring sport scrimmage or contest) or any other student desiring not to participate.
- i) Following the season and until organized practice begins for the next season, no football gear other than the helmet may be issued used by a member of the team for any activity except for the approved spring football practice period and issuance of gear to a specific individual for attendance/participation in a specific event at an off campus facility.
- j) The Board of Control may waive provision(s) (b) or (d) of this Bylaw to allow member schools to participate in Hall of Fame and Museum contests. Rules on participation in the Classic shall be made by the Board of Control and published in the Athlete Magazine as a part of the official record of the Association.

scrimmages is reduced to one.

- e) Provided that at least one classification within the KHSAA conducts playoffs that last five (5) weeks, any school that chooses to compete for a district title and is placed in a classification where only four (4) weeks are needed to complete the playoffs may play an additional regular season contest (total of 11 contests), the last of which can be played during the first round of the playoffs for the other classifications.
- f) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.
- g) Each player, in order to be eligible to participate against another school and to become acclimated and acclimated, shall have taken part in a minimum of three (3) practices over three (3) days in helmets only, three (3) practices in helmet and shoulder pads over three (3) days followed by five (5) contact practices over five days.
- h) Each football school may elect to conduct spring football practice under the following conditions:
- (1) A school may conduct ten (10) spring practice periods of not more than two (2) hours in length and not more than one practice per day over ten (10) days during three consecutive calendar weeks, which shall be chosen by the school on or before December 15;
 - (2) Failure to submit the schedule by December 15 will result in a loss of the ability to conduct spring football practice.
 - (3) The three consecutive calendar weeks shall not begin prior to the Monday following the school's elimination from postseason play in basketball, and shall not conclude later than the last day of school on the original school calendar.
 - (4) Any period of time when school is not in session on a week day, including testing and breaks, shall not count as one of the ten (10) permitted days, and practice shall not be conducted on those days.
 - (5) All equipment authorized by the football playing rules may be used during this period.
 - (6) There shall be no interscholastic competition during this period, and all participants shall be eligible according to all KHSAA eligibility rules.
 - (7) Once dates are established by the school, the dates may not be changed except by request of the member school Principal, and only if the newly requested period begins not later than the Monday following the conclusions of the originally scheduled school spring

break.

(8) Practice sessions shall conform to the following rotation of types of practice:

- a. Two days Non-Contact (0-“Air”, 1-“Bags”, 2-“Control”)
- b. Two days Contact (3-“Thud”, 4-“Live Action”)
- c. One day Non-Contact (0-“Air”, 1-“Bags”, 2-“Control”)
- d. Two days Contact (3-“Thud”, 4-“Live Action”)
- e. One day Non-Contact (0-“Air”, 1-Bags, 2-“Control”)
- f. Two days Contact (3-“Thud”, 4-“Live Action”)

(9) A student below grade nine or in grade 12 shall not participate;

(10) Only students currently eligible by all KHSAA rules including Bylaws 2 through 12 may participate;

(11) Intrasquad games may be held but shall be counted as one of the ten practice sessions; and

(12) Any student who has neither participated in organized competition in a KHSAA sanctioned winter or spring sport, nor has documentation of supervision by a coach qualified under Bylaw 25 in a minimum of 8 conditioning workouts after the previous season and before the start of spring practice (including competition on a competitive weight lifting team at the school), shall have two (2) days of practice in helmets only and two (2) additional days in shells (helmets and shoulder pads) for acclimation prior to wearing the remainder of the allowable football gear;

(13) There shall be no mandatory participation (including school or coach imposed penalty) by any person on a spring sports eligibility list (or entering any spring sport scrimmage or contest) or any other student desiring not to participate.

i) Following the season and until organized practice begins for the next season, no football gear other than the helmet may be issued used by a member of the team for any activity except for the approved spring football practice period and issuance of gear to a specific individual for attendance/participation in a specific event at an off campus facility.

j) The Board of Control may waive provision(s) (b) or (d) of this Bylaw to allow member schools to participate in Hall of Fame and Museum contests. Rules on participation in the Classic shall be made by the Board of Control and published in the Athlete Magazine as a part of the official record of the Association.

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