

# TSSAA FOOTBALL PRACTICE REGULATIONS

The following definitions describe the different levels of contact in football practice.

- a. **Full Contact** – Contact which meets the parameters described in Live Action or Thud definitions below.
- b. **Live Action** – Contact at game speed where players execute full tackles at a competitive pace, taking players to the ground.
- c. **Thud** – Same as a Wrap, but the tempo is competitive with no pre-determined winner and the players are not tackling to the ground.

## TSSAA/TMSAA Policy for Pre-Season Acclimatization

Helmets and shoulder pads may be worn starting NFHS Week 3. Each individual athlete must practice in helmets and shoulder pads for three days prior to practicing in full pads, regardless of when they start practicing.

## Practice Regulations for Football

1. Practice in pads may begin NFHS Week 4.
2. Practice time in pads may not exceed 3 hours in a single practice.
3. If there are multiple practices in pads on a single day, only one session per day should include **full contact**. The total practice time in pads may not exceed 5 hours, with practices separated by at least three hours of rest in a cool environment.
4. No student shall participate in multiple practices in pads on consecutive days. Helmets may be worn at any time. A practice would be considered a practice in pads if shoulder pads and/or football pants with or without pads are worn. If weather postpones a practice in pads, the practice may resume after conditions are deemed safe and the remainder of the allotted practice time may be completed.

## Limitations for Full Contact Football Practices During the Regular and Post-Season

1. **Full Contact** shall be allowed no more than 3 practices per week.
2. **Full Contact** in practice shall not last more than 30 minutes per day per group.
3. **Full Contact** in practice shall not be permitted on 3 consecutive days.
4. No player shall be permitted to participate in more than 8 quarters in one week, on the offensive or defensive side of the ball. Participation on special teams does not count toward the 8 quarter limitation.
5. When possible, an athletic trainer should be present at all practices and games.
6. An Emergency Action Plan (EAP) with clearly defined written and practiced protocols should be developed and placed at every high school. A customized emergency action plan, can be developed at the following link: <http://www.anyonecansavealife.org/>