AHSAA Guidelines For Full-Speed Contact during Football Practices

Summary: The Alabama High School Athletic Association's (AHSAA) bylaw governing the amount of full-speed contact practice during the football season. This bylaw regards the amount of time during which full-speed contact practice is allowed.

AHSAA Regulations: During the regular season, including championship play, and the allowed 10-day spring evaluation period, AHSAA member schools must restrict the amount of full-speed contact football practice. These guidelines are intended to limit the amount of full-speed contact and not to limit the number of practices in full pads.

Week 1 – In accordance with the AHSAA Fall Football Practice Rule (*Rule III*, *Section 18*), only shorts and helmets are allowed the first two days of fall football practice. Shoulder pads and helmets are allowed on the third practice day for a period not to exceed 90 minutes of total practice time and not exceed 120 (2 hours) minutes on the fourth day.

On the fifth practice day, one full-speed contact practice, in full gear, is allowed not to exceed 90 minutes.

- Week 2 Alternating days of full-speed contact practice, not to exceed a combined total of 120 minutes of full-speed contact is allowed. In addition, one intra-squad scrimmage is allowed in week 2.
- Week 3 Alternating days of full-speed contact practice, not to exceed a combined total of 120 minutes of full contact is allowed. One interscholastic scrimmage <u>or contest</u> is allowed in week 3.
- **Week 4 through End of Season** A total of 90 minutes of full-speed contact practice per week is allowed.

Spring Evaluation – Alternating days of full-speed contact practice, not to exceed a combined total of 120 minutes of full-speed contact per week is allowed during the 10 allowable days for evaluation. One interscholastic scrimmage contest is allowed during the spring evaluation and counts as one of the 10 allowable days.

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

Actions that require contact limitations:

Live Action – Contact at game speed in which players execute full blocking and tackling at a competitive pace, taking players to the ground.

Full-speed contact - Any simulations in which live action occurs.

Thud – Any live action or full-speed contact with no pre-determined winner or without taking a player to the ground.

Actions that do NOT require contact limitations:

 ${\bf Air}-{\bf Players}$ should run unopposed without bags or any opposition.

Bags – Activity is executed against a bag, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.