



SUMMARY OF INDIANA HIGH SCHOOL ATHLETIC ASSOCIATION PRESEASON HEAT ACCLIMATIZATION AND CONTACT PROTOCOL (RULE 15-3 and RULE 54-4)

Indiana Athletic Trainers' Association

In 2014, the Indiana Football Coaches Association (IFCA) proposed guidelines accepted by the Indiana High School Athletic Association (IHSAA) for preseason heat acclimatization and football practice contact. These new rules will go into effect for the 2014 football season.

The purpose of this document is to provide a summary of relevant information to Indiana high school athletic trainers. Detailed information and definitions are available by consulting the IHSAA rule book, accessible at www.ihsaa.org. You can access each individual rule by clicking here: [Rule 15-3](#) (Summer) and [Rule 54-4](#) (Preseason).

In the Summer:

- Full contact is not allowed.
- A total of 12 Football Activity Days are allowed, 5 of these may be Football Competition Days.
 - Practice on a Football Activity Day may be no more than 1 session with a maximum time of 2 hours per day.
 - The maximum time allowed in a Football Competition Day is 3.5 hours over a 5-hour period. This time limit is restricted to those contests held at member school facilities.
 - Football equipment is limited to helmet, shoes, shoulder pads, a girdle and a mouthpiece.
- Specific Football Activity Days and Competition Days must be designated prior to the first day of summer.

In the Preseason:

- Preseason practices may begin Monday of week 5 and conclude the end of week 6 on the IHSAA calendar.
- Full contact is not allowed on the first day of football practice. Protective equipment is limited to helmet, shoes, girdle and mouthpiece.
- Full contact is also not allowed on the second and third days of football practice, shoulder pads may be added to the player's protective equipment worn during these days.
- If multiple practice sessions are held on days 1-3, total time on the field cannot exceed 3 hours, if there is only 1 practice session, the total time on the field cannot exceed 2½ hours.
- Full contact may begin on the fourth day of football practice, and players can wear full pads.
 - If multiple practices are held on day 4 or later, total time on the field cannot exceed 5 hours, if there is only 1 practice session, the total time on the field cannot exceed 3 hours.
- There can be no more than 2 practice-sessions per day.
- Teams are not allowed to have back to back calendar days having 2 practice sessions on a single day.
- After the third day of preseason practice, if there are 2 practice-sessions on a single days :
 - Only 1 session can be full contact/full padded practice.
 - The break between practices must be at least 3 hours in duration and during the break there cannot be player physical exertion.
 - During the break a classroom instruction session, not to exceed 45 minutes, is permitted.
 - During the break an indoor walkthrough session in a climate controlled environment, not to exceed 45 minutes, is permitted.
- Outdoor walkthrough practice sessions are permitted on single practice days with no protective equipment worn for up to 45 minutes.
 - The walkthrough session must end at least 3 hours before the practice begins, or starts no sooner than 3 hours after the practice ended.

“This statement is intended to provide guidance only. It should not be substituted for the interpretation of IHSAA rules by a school administrator or IHSAA official.”



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SUMMER

KEY DEFINITIONS	GUIDELINES
Summer defined as the time period from the end of the school calendar to the beginning of the next school calendar year or Monday of Week 5 on the IHSAA calendar (whichever is first).	A total of 12 Football Activity Days are allowed per summer. A school's Football Activity Days may include up to 5 Football Competition Days
Football Activity = participation in any football related activities while wearing helmets or shoulder pads	Football Activity Days may not exceed 2 hours in length. One session allowed per day.
Football Activity Days = a day when a School's football coaching staff coaches two (2) or more players from the school's football team engaged in Football Activities	Football equipment during Summer Football Activities is limited to a helmet, shoes, shoulder pads, a girdle and a mouthpiece. No full contact is permitted during the summer.
Football Competition Day = a day when a School's football coaching staff takes two (2) or more players from a school's football team to either practice with or compete against one (1) or more players from another school or program	Football Competition Days may not exceed 3.5 hours over a 5-hour timeframe. This time limit is restricted to those contests held at member school facilities.
Full Contact = any intentional football activity by a player where the goal is to take one or more competing players to the ground as the result of a collision	Calendar of Football Activity Days must be submitted to AD or Principle prior to summer.

PRESEASON

KEY DEFINITIONS	GUIDELINES	CALENDAR	PRACTICE TIMES
Preseason begins Monday of week 5 and concludes the end of week 6 on the IHSAA calendar.	No more than 2 practice sessions per day is allowed. No back to back calendar days of double practices.	Day 1: No full contact; helmet, shoes, girdle and mouthpiece only.	Day 1-3: Total time on the field cannot exceed 3 hours if multiple practices are held.
	Only 1 full contact practice is allowed on a day double practices are held.	Day 2: No full contact; helmet, shoulder pads, shoes, girdle and mouthpiece allowed.	Day 1-3: If there is only 1 practice session, the total time on the field cannot exceed 2½ hours.
	The break between practices must be 3 hours in duration with no physical exertion permitted. Classroom instruction, up to 45 minutes, is permitted during the break.	Day 3: No full contact; helmet, shoulder pads, shoes, girdle and mouthpiece allowed.	
	An indoor walkthrough in a climate controlled environment of up to 45 minutes is permitted during the break.	Day 4: Full contact may begin; full pads allowed.	Beginning on Day 4: Total time on the field cannot exceed 5 hours if multiple practices are held.
	An outdoor walkthrough practice is permitted on single practice days with no protective equipment worn for up to 45 minutes. A 3 hour break between the walkthrough and practice must occur.	Beginning Day 5: Full contact allowed; all practice guidelines must be followed.	Beginning on Day 4: if there is only 1 practice session, the total time on the field cannot exceed 3 hours.

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