

The following plan was approved by the KSHSAA Executive Board and Board of Directors for implementation with the 2018 football season for all KSHSAA member high schools and middle/junior high schools. The plan was derived from information provided by the NFHS Concussion Summit Task Force, the KSHSAA Sports Medicine Committee, staff and national data, as a proactive approach to help minimize risk for member-school athletes participating in interscholastic football at both the senior high and middle/junior high school level. Beginning Monday of SCW #7 (August 17, 2020), the following practice rules apply:

- a. Only one practice per day is permitted for the first 5 days of practice. All individuals shall only practice once per day for the first five days the individual practices, no matter when the person joins the team or if the person misses days due to injury or illness.
- b. No single practice may last longer than 3 hours. All warm-up, stretching, conditioning and weight lifting is included as part of the 3 hour limit.
- c. A separate walkthrough is permitted in addition to the single practice. The walkthrough cannot be longer than 1 hour and must be separated from practice by at least 3 hours of rest. A walkthrough is defined as a teaching opportunity with the athletes in which no protective equipment is worn. No physically exerting activity, including any conditioning or weight lifting, may take place during the walkthrough.
- d. Beginning on practice day #6, double practice sessions are permitted for any individual who has completed 5 days of single practices. Double practice sessions cannot be held on consecutive days. The day following a double practice day would be either a single practice day or a rest/recovery day.
- e. On days of multiple practice sessions, no single practice may last longer than 3 hours and total practice time combined shall not exceed 5 hours.
- f. To be deemed a practice, a majority of the team members must participate in the organized team training session.

Each member school will follow the same levels of contact, which have been defined by USA Football. The levels of contact focus on varying levels of intensity throughout practices to build confidence and to ensure risk minimization. Five intensity levels of contact will be used.

#### I. Level of Contact Defined by USA Football:

- a. **Air** = Players run drills unopposed without contact.
- b. **Bags** = Drills are run against a bag or another soft-contact surface.
- c. **Control** = Drills are run at an 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.
- d. **Thud** = Drills are run at assigned speed through the moment of contact; no pre-determined winner. Contact remains above the waist, and the players stay on their feet and a quick whistle ends the drill.
- e. **Live Action** = Drills are run in game-like conditions and are the only time players are taken to the ground.

#### II. Practice Limitations:

1. Players must have a minimum of one day of recovery during any week (Sunday-Saturday), beginning on Monday of SCW #7 and continuing through SCW #21. Only team meetings, walk-throughs (no equipment, including helmets), conditioning or weight lifting is permitted on a recovery day.
2. Week one Guidelines: (SCW #7)
  - o **Days 1 & 2 of practice:** Helmets only are permitted (Air and Bags only are permitted)
  - o **Days 3 & 4 of practice:** Helmets and shoulder pads are permitted (Day 3: Control permitted; Day 4: Thud permitted)
  - o **Day 5 of practice through Saturday of SCW #9:** Full pads are permitted (Air, Bags, Control, Thud and Live Action are permitted). On any day involving multiple practices, only one practice may involve Control, Thud or Live Action.
3. Beginning Monday of SCW #10 and continuing through the remainder of the football season:
  - o Full Contact (Live Action and/or Thud combined) is permitted, but may account for no more than 90 minutes total per week of team practice.
  - o Players may participate in Air, Bags, Control or Thud only practice periods the day after playing in a game. No Live Action is recommended for those student-athletes.
  - o Players may not participate in football games on consecutive days.