

## **Proposed Amendment to Bylaw 208.00 – Non-School Competition and Training (Team and Individual Sports)**

(deleted language, proposed language)

**Submitted by: Minnesota State High School League Board of Directors**

### **Bylaw 208.71 - Definitions**

**Practice** is defined as the period of time a participant engages in coach-supervised, school approved, sport or conditioning-related physical activity, including stretching, running, conditioning or physical training in the skills and fundamentals. All conditioning and strength training activities are considered as part of the practice time. Team meetings and video sessions do not count as a practice for the purpose of this policy.

**Contact Practice** is defined as a practice during which there is contact of a physical nature between players in the act of blocking and or tackling. Contact with sleds or dummies, as well as minimum risk, close range contact, used to teach form blocking, form tackling and shed techniques is not considered to be physical contact.

**Recovery Period** is defined as the time between the end of one practice or walk-thru and the beginning of the next practice or walk-thru. During these time athletes should rest in a cool environment (65-80 degrees F), with no sport or conditioning-related activity permitted. Team meetings and video may be part of this recovery period if conducted in a cool environment.

### **POLICY:**

#### **Contact Practice:**

- 1) Only allowed after a minimum of:
  - One day of practice with only helmets and mouth guards, followed by:
  - Two days of practice with shoulder pads and helmets, followed by:
  - One day of practice with full pads.
- 2) These four days do not need to be consecutive, but, if more than three consecutive days pass without a practice as defined above, a new four day acclimatization period is required before a contact practice can be held.
- 3) Contact practices do not need to be consecutive days, but if more than three consecutive days pass without a practice a new four day acclimatization period is required before a contact practice can be held.
- 4) During the Summer Coaching Waiver period (June and July) an individual or team may not participate in more than **6 days of Contact Practices** as defined above. Contact practices at a team camp count toward this limit.

#### **Length of Practice:**

- 1) During the summer waiver period, a practice, as defined above, is:
  - Restricted to 2.5 hours or less for each individual player, including all strength training and conditioning activities.

- A second practice or training session of 2 hours or less may be held in the same day, but there must be at least a 2 hour recovery period between practices.
- If 2 practices are held in one day, only 1 practice may be held the next day if practices are conducted on consecutive days. (team camps with no more than three consecutive days of practice are not subject to this bullet point).
- Up to an additional hour can be spent in video sessions and/or team meetings.
- A student may not participate in more than a total of 5 hours of practice, team meetings, video sessions, or other type of training in one day.

**Note:** 7 on 7 – (no pads, no contact) – is considered to be a practice session and must count toward the number of practices as allowed for in this policy.

### **Number of Days of Contact Practices:**

- 1) During the summer coaching waiver period, an individual or team may not participate in more than 6 days of contact practices, as defined above.

### **Penalty:**

Penalties will be dependent upon the seriousness of the offense and could include, but are not limited to: censorship of the Head Coach, suspension of the coach or other staff members from coaching one or more games, or suspension from the post-season.

### **Rationale:**

Minnesota currently has the most liberal rules in the country in regard to what is allowed during the summer in regard to football practice. Coaches are in agreement that there needs to be limitation on the amount of physical contact. This policy does not restrict the number of days that coaches can have contact with their player. This does require an acclimatization period before allowing full pads and full contact; limits the length of practices; prescribes rest when there is more than one practice in a day and limits the number of days of contact. Research has shown that six days of full contact will not restrict coaches from what they are currently doing, but does prevent further increases. This will require teams to have an acclimatization period primary to participating in a team camp that has full contact. Individuals attending camps on their own accord would not be covered by this policy. This policy has been reviewed and approved by the MSHSL Sports Medicine Advisory Committee.