

Acclimatization FAQ

Q: Is Acclimatization an individual rule not a team rule?

A: Correct. Every player must complete acclimatization individually. On page 12 of the Fall Season Regulations, it states:

e. The minimum days of practice prior to the first competition is a team requirement. While it is desirable for each participant to satisfy this requirement, schools will determine when students may begin competition, **after their 5 days of acclimatization.**

Q: Can we break up the practices and recovery period to shorter periods?

A: The recovery period must be one half-hour and cannot be broken into shorter segments such as two 15 minute periods. It is in addition to any hydration breaks, etc. Because the recovery period must be within two hours, no segment may be longer than two hours during the acclimatization plan (first 14 days of practice).

Q: I have told coaches that time outside including warm-ups and stretching, whether done at the beginning or end of practice, counts as part of the 2 hr. block or 2-1/2 hours of practice. My understanding is that if those activities are done inside during weigh room time, inside, they don't count. Is that a correct understanding? I was also asked if an entire practice was done indoors does that count. I didn't know the correct response to that question. Anything that can be done to clarify for coaches stretching and warm-ups would be greatly appreciated.

A: Any physical activity or physical nature associated with football practice will start the clock. Warm-up, stretching, speed and agility rules, and cool down are all considered part of a practice. The only exception provided for this time period is for weight room. There is no distinction with inside or outside. The activities such as stretching inside or in the weight room or additional practice in the gym would be considered being used as a means to circumvent the intention of the rule to acclimatize to the weather and gear in order to create more practice time.

Q: Does the acclimatization plan apply to summer contact?

A: Yes. The rule was passed by the member schools at the 2014 Annual Meeting stating when the school is involved then the acclimatization plan must be followed. Restated: (1) If you use school resources such as funds, transportation, etc., you must follow the acclimatization plan. That is unrestricted. (2) If you don't use those resources, then you can coach (as part of your five contact days) your athletes and they would not have to follow the acclimatization plan.

Q: Does this mean the contact days are not "unrestricted"? Also, what about the teams that have signed up for the college sponsored "team camps"? Is there a summary of this decision anywhere?

A: If you don't use school monies, transportation, etc., coaches could work with their kids at the camps and the athletes who attend voluntarily on their own and pay all costs would not have to follow the

acclimatization plan.

Q: We have three contact days in June and two in July. We typically do a Tuesday-Wednesday-Thursday and then a Tuesday-Thursday format. I assume that we would have to start over for the second two days and would not be able to have helmets or pads for the contact days, correct?

A: The days do not have to be consecutive. Therefore, days one and two are helmets only. Days three through five can be helmet/shoulder pads.

Q: If you only have one practice a day, you still must have a 30-minute recovery period which must occur no later than 2 hours into practice. Is this an accurate statement?

A: Yes. If you practice for 2.5 hours, you must take a one-hour recovery break at 2 hours. The limit for practice is 3 hours total physical activity.

Q: What if a football player comes out late on August 11 rather than August 5? Do they have to follow the acclimatization plan individually?

A: Yes. The plan is implemented for each athlete. It used to be a team rule. It is not just a team rule any longer.

Q: My staff and I are looking at the situation and are trying to avoid the "long day" scenario with our kids - due to jobs (including some farm kids), etc., with the idea of having to bring them back or keep them around for three hours during the break.

Please clarify the following things for me.

On "short days" can the break come after one hour of practice/coaching contact, and then have two hours of practice/coaching contact following the break? Are we restricted to helmets only during any part of those days (days 3-14)?

If I read the materials correctly, on "long days" we can have practice/coaching contact for three hours (with no break required), and then don't have to bring the kids back in after a 3 hour break for 1.5 hours with helmets only. Is that correct?

I'm also confused by the language of the numbering of the days. Assuming that equipment issuing on August 4 is Day 0, and the first practice on Tuesday, August 5 is Day 1 - the acclimatization goes INTO the week of practice before our first game? I guess I thought we would be onto our "regular season" practice schedule that week. The start of the regular season happens (in my mind) at Day 11 or Day 12 (depending if you "practice" on Saturday, August 16) - the Monday of our week 1 game.

Here is what I was thinking:

Day 1 (Tuesday) - (helmets only - short)

1 hour of agility drills, conditioning, technique, form, skills.

1 hour break - classroom to go over installs of offense/defense/special teams

2 hours of periods installing offense/defense/special teams

Day 2 (Wednesday) - (helmets only - long)

1 hour of agility, conditioning, technique, form, skills

2 hours - install and review from Day 1 ****Missing Recovery Period**

45 min lifting

45 min film of practice session

Day 3 (Thursday) - (helmets & shoulder pads - short)

1 hour of agility drills, conditioning, technique, form, skills.

1 hour break - classroom to go over installs of offense/defense/special teams

2 hours of periods installing offense/defense/special teams

Day 4 (Friday) - (helmets & shoulder pads - long)

1 hour of agility, conditioning, technique, form, skills

2 hours - install and review from Day 3 ****Missing Recovery Period**

45 min lifting

45 min film of practice session

Day 5 (Saturday) - (helmets & shoulder pads - short)

2 hours of periods working installation and review of Day 4

30 minute break

45 minutes - traditional running of the hill at River Hill Park followed by picnic lunch

Day 6 (Monday) - (full pads - long)

3 hour practice ****Missing Recovery Period**

Day 7 (Tuesday) - (full pads - short)

2 hours on field

1 hour in classroom

1 hour on field

Day 8 (Wednesday) - (full pads - long)

3 hour practice ****Missing Recovery Period**

Day 9 (Thursday) – (full pads - short)

2 hours on field

1 hour in classroom

1 hour on field

Day 10 (Friday) - (full pads - long)

Scrimmage ****Must follow acclimatization plan with Recovery Period**

Day 11 (Saturday)

Run & stretch
Film of scrimmage

Day 12-15 (Monday through Thursday) **Missing Recovery Period****
Practice for up to 2.5 hours, max. JV game on Thursday.

A: You can divide the 3 hours up as you wish, but one session should not be longer than 2 hours without the one-half hour recovery break. You must take the recovery break. It is required anytime you go over two hours in one practice not longer than 3 hours.

- 1.5 (half hour break) 1.5,
- 1 hour (15 min break) 1 hour (half hour break) 1 hour,
- 1 hour (half hour break) 2 hours,
- 2 hours (half hour break) 1 hour.

The first 2 days with helmets only, the next 3 days with helmets and shoulder pads. After that you get 3 hours in full pads and anything more (not more than 1.5 hours) is restricted to helmets only.

Your days 2, 4, 6 and 8 would have to have the half hour recovery break.

Only with practice 15 do you not have to take the recovery break and are limited to 2.5 hours. Your days 12-15 would need the break. So you could go half hour, half hour in classroom, 2 hours full pads.

Q: Just to make sure I have this straight. No matter whether a long day or a short day, we cannot have a period on the field of more than 2 hours without having at least a 30 minute break.

I'm still not certain on the first week of the regular season. We still must have the break after 2 hours, even though we are into the regular season - Correct? So what we do in Week 1 of the regular season may (likely) be different than what we do in Week 2 of the regular season?

I think that part will need LOTS of clarification. I don't think most coaches are going to track the day numbers as much as figure that the 2 hours and required break ends after the scrimmage and that all practices after that are under the 2.5 hour limit.

A: Correct until the Day 15 physical activity is limited to 3 hours plus .5 hour recovery break. First week of regular season is the third week. You have the above limitations. After your 14 days are in, it's 2.5 hours no recovery period required.

Q: Is there anything that says what constitutes a "day" in this numbering system? I know that some coaches give their kids the weekend off after a game - and that may be the same with their scrimmage, if they scrimmage on Friday.

One last thing - During Days 1-14, the only difference between a "long" day and a "short" day is if you bring the kids back after the 3 hour break? Otherwise all days are considered "short" days, with 3 hours of total on-field time with a max of 2 hours in one stretch, which then must have at least a 30 minute break.

A: Days are days.

You have to have 8 days of practice before a scrimmage.

You have to have 14 days of practice before the first game.

On the 15th day of practice, you change to 2.5 hours without a recovery period.

All days are short and every other day could be long if you can come back after 3 hours for 1.5 hours of helmet only.

Q: The question I have is in regards to the Acclimatization in respect to our Summer Team camp we take our student-athletes to in July. You mentioned about us not being able to provide transportation for them. I have a couple questions about that.

In the past we have had our school bus company (which is not associated with the school-Student Transit) bus our kids down. Since that is not a school owned busing company and instead is essentially a chartered bus company, is that ok or do we need to look elsewhere?

Secondly, I have gathered that we can't provide financially, the funding for this bus. Could our Booster Club pay for that or could we have parents donate to that cause?

We would like to continue to get our kids there together on a bus. It is a safer option than our kids driving and it also offers peace of mind for parents...although we want to make sure we do things the right way!

A: If the unrestricted contact is school related, transportation, funds, etc. may be used.

Unrestricted Contact

Students on your school teams can assemble with coaches, school monies and resources can be used, schools can sponsor the events/activities.

- Contact is limited to 5 days from the last day of school until July 31.
- Days do not need to be consecutive but must be the same for all levels within a program.

However, you must follow all other rules including the acclimatization passed by the schools in April. If you don't want to use the acclimatization rules, then you cannot use school resources which would include funds to pay a private bus company. Students would have to pay for all camp and clinic costs.

It does not matter whether the buses are owned by the district or by a private company. Booster clubs could not pay for transportation outside the five unrestricted school contact days. Basically, in

order to use funds to pay for camp, you must follow the acclimatization plan.

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