

WIAA Football Player on Player Contact

There are five basic types of player on player contact:

Drill contact

Air – 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.

Wrap – Drills run at full speed until contact, which is above the waist with the players remaining on their feet.

Competition/Full Contact

Thud – Same as wrap but tempo is competitive with no pre-determined winner and the players are not tackling to the ground.

Live Competition or Full Contact – Full contact is defined as football drills or live game simulations where live action occurs – game speed where players execute full tackles at competitive pace taking players to the ground.

Limitations are the following:

Drill Contact (Air, Bags and Wrap) is unlimited. Competition/Full Contact (Thud and Live/Full) has limitations. The Acclimatization Regulations also apply.

Week 1 – Only Drill Contact (Air, Bags and Wrap) is allowed and it is unlimited. Competition/Full Contact is not allowed.

Week 2 – Drill Contact (Air, Bags and Wrap) is unlimited. Competition/Full Contact (Thud and Live) is limited to 75 minutes per week (excluding a scrimmage).

Week 3 and beyond - Drill Contact (Air, Bags and Wrap) is unlimited. Competition/Full Contact (Thud and Live) is limited to 60 minutes per week (excluding games).