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TO: Athletic Directors and Football Coaches
FROM: Glenn Martinez, Assistant Commissioner
DATE: May 1, 2015

RE: NEW FOOTBALL PHYSICAL CONDITIONING PRACTICE RULES

At the April 29, 2015, Southern Section Council Meeting, new rules went into effect that govern the start of football practice for the 2015-2016 season. **The 25 practice opportunity formula has been replaced.** Please review this new rule on the following page. Pay special attention to the allowable equipment and drills for the three conditioning days.

Keep in mind that the Practice Allowance Blue Book Rule 506 is in effect during the season of sport which begins with this summer practice.

If you have any questions after reviewing this, please feel free to contact our office.

1903. PHYSICAL CONDITIONING PRACTICE

A high school shall not conduct a physical conditioning practice session during the summer prior to the opening date of authorized football practice, unless so authorized by the appropriate CIF Section.

1903.1 The start date for fall football practice, for each individual school, will be determined according to the following:

1. **Week 0 Games – The first official day of football practice is August 3, 2015. The period of August 3 through August 5 is established as a physical conditioning period for prospective member of a high school team.**
2. **Week 1 Games – The first official day of football practice is August 10, 2015. The period of August 10 through August 12 is established as a physical conditioning period for prospective members of a high school team.**
3. **These conditioning periods of August 3 through August 5 (zero week) and August 10 through August 12 (week 1) may include various facets of football training (teaching techniques, chalk talks, pass patterns, etc.) but MAY NOT include any body contact such as tackling or blocking. Football shoes, helmets and footballs will be the only equipment allowed during the conditioning periods of August 3 through August 5 and August 10 through August 12. There will be no equipment used such as blocking or tackling dummies, pads, etc.**
4. **All conditioning sessions will be held at the schools regular practice field. No workouts will be permitted at beaches, mountain resorts, or military sites.**

QUESTION: When will schools be allowed to fit equipment?

ANSWER: Schools may fit equipment prior to the conditioning period as long as it is during the summer and not during the dead period. Uniforms may not be issued prior to the conditioning period.

5. **Schools will be permitted to issue uniforms and equipment on the first day of conditioning after which a time may be designated for individual and team photos. No conditioning in any type of uniform will be permitted.**
6. **The first official day of practice in full pads is set as:
Week 0 Games Thursday August 6, 2015
Week 1 Games Thursday August 13, 2015**
7. **The three-week dead period is mandatory. Alternate dates may be requested as needed to accommodate the practice schedule.**