



1903. FOOTBALL 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. The state date for fall football practice, for each individual school, will be determined according to the following formula:

1903.1 **Week 0 Games – The first official day of football practice is August 1, 2016. The period of August 1 through August 3 is established as a physical conditioning period for prospective members of a high school team.**

1903.2 **Week 1 Games – The first official day of football practice is August 8, 2016. The period of August 8 through August 10 is established as a physical conditioning period for prospective members of a high school team.**

1903.3 These conditioning periods of August 1 through August 3 (zero week) and August 8 through August 10 (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 1 through August 3 and August 8 through August 10. There will be no equipment used such as blocking or tackling dummies, pads, etc.

1903.4 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 condition 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.

1903.5 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.

1903.6 **The first official day of practice in full pads is set as:
Week 0 Games –Thursday, August 4, 2016
Week 1 Games – Thursday, August 11, 2016**

1903.7 The three-week dead period is mandatory. Alternate dates may be requested as needed to accommodate the practice schedule.