



Summer Dead Period Change – Football Only

Effective Immediately

2021.3 A Summer Dead Period must be declared by the school principal for all sports. The dates of the dead period must be forwarded to the Southern Section Commissioner. The dead period must be the same for all levels and must be three (3) consecutive weeks between the end of school or the last Friday in May, whichever is first, and prior to the start of fall practice (Wood O games – July 30, 2018, week 1 games August 6, 2018) No class could be offered which could circumvent the rule. There are no exceptions to the summer dead period.

All Other Sports:

A Summer Dead Period must be declared by the school principal for all sports. The dates of the Dead Period must be forwarded to the Southern Section Commissioner. The dead period must be the same for all levels and must be three (3) consecutive weeks between the end of school or the last Friday in May, whichever is first, and the last Monday in August. No class could be offered which could circumvent the rule. There are no exceptions to the summer dead period.



CHANGES TO THE PHYSICAL CONDITIONING PRACTICE RULES FOR FOOTBALL

BLUE BOOK RULE 2003

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

2003.1 Week 0 Games – The first official day of football practice is July 30, 2018. The period of July 30 through August 1, 2018 is established as a physical conditioning period for prospective members of a high school team.

2003.2 Week 1 Games – The first official day of football practice is August 6, 2018. The period of August 6 through August 8 is established as a physical conditioning period for prospective members of a high school team.

2003.3 These conditioning Periods of July 30 through August 1 (zero week) and August 6 through August 8 (week 1) may include various facets of football training (teaching techniques, calk 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 July 30 through August 1 and August 6 through August 8. There will be no equipment used such as blocking or tackling dummies, pads, etc.

Schools will have the option to allow their players to wear full pads on the first day of their fall practice, if their summer dead period is arranged in a way that allows for a minimum of three days of conditioning in helmets, t-shirts and shorts only, prior to their first day of practice.

Question: can a football team conduct a conditioning day on the Sunday prior to the official start of football practice?

Answer: No, Sunday practice is not allowed for the use of conditioning days prior to the start of official football practice as outlined in 2003.1 and 2003.2



CHANGES TO FOOTBALL FULL CONTACT PRACTICE RULES

Blue Book Rule 2001.B

Football teams are limited to two days per week of full contact practice with no more than **45** ~~90~~ minutes of full contact on each of those days during the season of sport. For purposes of this Bylaw. Each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. All full contact practices are prohibited in the off-season which includes team camps. Full contact practice is defined by state statute as a practice where drills or live action is conducted that involves collisions at game speed where player execute tackles and other activity that is typical of an actual tackle football game. For the purposes of this Bylaw, refer to the definition of "Live Action" as defined by USA Football (see below for excerpt from CIF Blue Pages).

Live Action as defined by USA Football (as taken from the CIF Blue Pages):

A drill run in game like conditions and is the only time that players are taken to the ground. Thud is a drill run at an assigned speed through the moment of contact with no pre-determined winner. Contact remains above the waist and players stay on their feet. Thud is considered full-contact by the national Federation of State High School Associations (NFHS).

Question: What are the allowable activities that would NOT be considered full-contact?

Answer: All of the activities below are NOT considered full-contact and would NOT count against the day/time limitations:

A team may participate in air, bags/blocking sleds and control drills at any time unless the Section has implemented more restrictive rules. A team may continue to dress in full pads for practice when conducting any of these drills defined below:

- **Air** – Players run unopposed without bags or any opposition.
- **Bags/Blocking Sleds** – Activity is executed against a bag/blocking sleds shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.
- **Control**: Drill is run at assigned speed until the moment of contact with a pre-determined winner. Contact remains above the waist and players stay on their feet allowing an exit for the ball carrier when one is involved in the drill.