



## WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION

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### 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).