

APPENDIX B

SUMMARY OF ALLOWED FOOTBALL ACTIVITIES OVER AN ENTIRE YEAR

Number	Date or Definition of Date	Description of Allowed Activity	Authority Reference
1	From the playing of the last contest of the previous year until Spring Ball.	Considered the off-season. NCS member schools may not conduct any sport-specific activity in any sport. Weight training, not a CIF approved sport, is considered conditioning and can be conducted. The NCS Practice and Conditioning guidelines outline what is allowed during the off-season. The Practice and Conditioning guidelines are interpretations adopted by NCS member schools based on NCS Sports & General Rulings Bylaws in the 100H and 200H bylaws. Conditioning activities may not be required and/or be mandatory. For the sport of football state law also does not allow activities such as live action and/or THUD drills. All activities are limited to grades 9-12 students at your school. Incoming 9 th graders must be enrolled and have completed and graduated from the 8 th grade.	State law (AB 2127), Education Code 35179.5 and NCS Sports & General Rulings Handbook Bylaws 100H, 200H and Appendix A, Practice and Conditioning Guidelines
2	Spring football practice shall not start earlier than the Monday four weeks prior to Memorial Day and must be completed before spring final examinations start. Spring practice shall not exceed ten (10) practice sessions, none of which may be held on Saturday or Sunday.	The only allowable football equipment for spring football shall be: football shoes, footballs, and blocking bags. During spring football CIF practice limitations are in place. During spring football state law does not allow live action or THUD contact. Only control activities are allowed and only if the equipment that players are allowed to wear makes control activities safe. As always, any high school allowed practice may only include students enrolled and attending your school, limited to grades 9-12.	NCS Sports & General Rulings Handbook Bylaw 206H, CIF 506, state law (AB 2127) and Education Code 35179.5.
3	June 1 every year until the NCS earliest practice date, considered the Summer Period.	The first day of summer activities. Each school is allowed to conduct sport specific activities and use school facilities if the principal and/or school district approve but may not make such activities mandatory. During the summer period there is greater flexibility concerning other CIF and NCS rules regarding contests, number of contests, practice with other schools, etc. However, these are school activities and each school and district are advised to set parameters for conduct of these activities. Language under CIF 2001 "other off-season activities are allowable with the following equipment only: footballs, bags, blocking sleds and football shoes." There can be no live action or THUD drills. Control drills are allowed.	NCS Sports & General Rulings Handbook Bylaw, state law (AB 2127), Education Code 35179.5 and CIF 1901.

4	June 1 every year until the NCS earliest practice date, considered the Summer Period.	Team Camps – CIF bylaws limit team camps as follows: “Team camps and other off-season activities are allowable with the following equipment only: footballs, bags, blocking sleds and football shoes.” Helmets and shoulder pads may not be used.	CIF 2001
5	July 22, 2019, removed at the September 28, 2018 Board of Managers meeting.	In the sport of football live action and THUD drills are allowed. July 22, 2019 (2019-20 school year) is the Official Starting Practice/Non-Mandatory Period date.	NCS Three-Year Calendar, state law (AB 2127) and Education Code 35179.5.
6	End of Summer Period Date, listed on the NCS Three-Year Calendar as the earliest date practice may be mandatory. For the 2019-20 school year the date is August 5, 2019	Most commonly referred to as the “Official Start of Practice.” From this date, fall sports may make practice mandatory for students. Winter and spring sports may not conduct sport specific activities until their sport’s official starting date. For the sport of football this date is when the school can start counting practices required for scrimmages and contests.	NCS Three-Year Calendar, CIF 506 and NCS Sports & General Rulings Handbook Bylaws under 200H series.
7	August 16 and/or 17	First allowed scrimmages in football assuming Saturday practice Aug. 10, 2019	CIF 2001
8	August 21	First possible game date in football assuming Saturday practices Aug. 10 and 17, 2019	CIF 2001
9	August 21-23	Zero week	NCS Three-Year Calendar
10	Nov. 2	Final date of competition for football other than teams that qualify to participate in the NCS Football Championships. Any team eliminated during competition has ended their season.	NCS Three-Year Calendar
11	December 13-14	Final date of competition for football teams that advance to the State CIF Championship game	NCS Three-Year Calendar
12	From Nov. 2 or final NCS or CIF Championship football game until the time frame of Box 1.	Once the football season is completed schools may not conduct sport specific activities until the start of Spring Ball – See #1.	State law (AB 2127), Education Code 35179.5 and NCS Sports & General Rulings Handbook Bylaws 100H, 200H and Appendix A, Practice and Conditioning Guidelines

Definition of terms:

Live Action – defined by USA Football and adopted by the CIF as a drill run in game like conditions and is the only time that players are taken to the ground.

THUD – defined as 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.

Control – defined as a drill 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.

Video reviewing Live Action, THUD and Control -

http://cifstate.org/sports/football/rules/Practice_Like_Pros

Week – A week is considered Monday through Sunday. During the majority of the calendar year one

day a week is the day or respite for a school and on that day there can be no practice as defined by NCS Sports & General Rulings Handbook Bylaw 201H. During the Summer Period CIF Bylaws are dark and CIF Bylaw 504.M is not in effect.

INDIVIDUAL PARTICIPATION

The new state law concerning full contact practice does not address the participation of individuals. Student athletes attending individual camps are not under the jurisdiction of the law. However, schools/districts must recognize that any arrangements made by a school, transportation by coaches, etc. may place the school in a position of being in violation of the rule and may subject the school to legal liability. Use of equipment is a school/district decision but the use of any equipment may subject the school to legal liability and each school/district must carefully consider how they monitor the use of school/district owned equipment.

CIF 506

PRACTICE ALLOWANCE/GUIDELINES

For the benefit of the physical and mental health of our student-athletes, all practices (as defined herein) under the auspices of the high school athletic program during the season of sport shall be conducted under the following conditions (See also Bylaw 504.M.):

- A. All teams will be allowed no more than eighteen (18) hours of practice time per week and no more than four (4) hours in any single day.
 - (1) **Multiple Practice Sessions:**
 - a. Double day practices shall not be held on consecutive days.
 - b. Must include a minimum of three (3) hours rest between practices.
 - (2) **Golf Only**
 - a. In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18-hole practice rounds. [Counts as four (4) hours]
- B. Any competition day would count as three (3) hours toward the allowable weekly and daily practice hours no matter the length of the contest(s). No practice may be held following the conclusion of any contest.
- C. **Definition of Practice**
 - (1) Any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport; AND/OR
 - (2) Any school team or individual activity that includes skill drills, game situation drills, inter-squad scrimmages or games, weight training, chalk talks, film review, meetings outside of school time (excluding parent meetings) that are implicitly/explicitly required by the coach; AND/OR
 - (3) Any other coach-directed or supervised school team or individual activity or instruction for a specific sport (private, small group or positional instruction, etc.) AND/OR
 - (4) Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the high school athletic program, team or school; AND
 - (5) Outside organization activity (club, etc.), shall not be used to circumvent these Bylaws.
- D. Other mandatory activities (including, but not limited to study hall, tutorial sessions, team dinners), shall not be considered part of practice time. These activities must be approved by the principal. Activities that would be included herein are exclusive to any activity already covered in number C.(1)-(5) above.
- E. This Bylaw shall not supersede any School/District/Section policies that may be more restrictive.
- F. **Penalties**

Following the determination of a violation of CIF Bylaw 506, a loss of practice day(s) and/or other sanctions, for each practice session infraction, shall be imposed by the Section as deemed appropriate to the level, extent, and duration of the infraction(s).

NOTE: For purposes of this Bylaw, the season of sport begins with each CIF Section's first allowable date of practice.

Frequently Asked Questions - (FAQ's will continue to be revised as needed and appropriate to assist schools in understanding the implementation of the Bylaw. Schools seeking additional clarification should contact their local CIF Section office.)

Q: Our football coach conducts a one-hour (1) before school weight lifting activity in the weight room for football players. Does this count in the three-hours per school day practice limitation?

A: Before school activities that are NOT part of the curricular day are subject to the practice limitations. If the activity is organized and/or directed and/or supervised by any of the football coaching staff and only open to football players then YES it is considered to be practice and counted in the daily limit.

Q: Our football coach conducts a one-hour (1) before school zero period weight lifting activity in the weight room for football players. Does this count in the daily practice limitation?

A: If Zero period IS considered part of the curricular day then it does not count against the practice duration limitations.

Q: We have a one-hour (1) before school; (2) zero period; general weight lifting activity in the weight room, advertised to all the athletes in the school who wish to participate. The football coach supervises this activity. While it is advertised to everyone in the school, it is primarily utilized by the football players. Does this count as practice activity in the daily practice duration limitation?

A: (1) Before school is not part of the curricular day so activities during this time are subject to practice duration limitations. However, if the activity is a non-sport specific strength program, open to all athletes, it would be considered general conditioning and would not count as part of the practice duration limitations. As long as the school has done their best to advertise and make it open to everyone, and it is not a non-football hostile environment, or is not located in an area where female or other sport athletes do not have access (i.e. access only through the boys locker room), regardless of who attends or who is supervising, the activity would not be considered practice and would not, therefore, count in the daily practice limitation. (2) If Zero period IS considered part of the curricular day then it does not count against the practice duration limitations.

Q: A (1) Volleyball or Football; (2) Cross Country; Coach tells their team members "just go for an hour run" as a team (or as individuals) and then meet back in the gym to begin practice. Does that hour of just running count towards the practice duration limitation for that day?

A: Yes. This activity done as a team or as an individual and has been implicitly/explicitly required by the coach; directed and/or organized and/or supervised by the coach would count towards the daily practice duration limitations.

Q: A Basketball coach tells their team members that they are required to run a minimum number of miles each week on their own for conditioning. Does this count towards the practice duration limitations for any given day?

A: Yes, this would be considered an activity under C.(2) and (4) above because it was required and or implied by the coach for his/her basketball team members to participate. If it was not implicitly

or explicitly required by the Coach it would not count towards practice duration limitations.

Q: The Water Polo Coach establishes a swimming conditioning session (1) before practice each day (2) in the morning before school; (3) during zero period; Does this count towards the practice duration limitations for that day?

A: (1) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitations. (2) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitation. (3) If Zero period is considered part of the curricular day it does not count against the practice duration limitations.

Q: A student plays volleyball in the fall and basketball in the winter. During the overlap time of those two seasons is a student allowed to practice for four hours per day for volleyball and then another four (4) hours per day for basketball, for a total of eight (8) hours of practice on any given day?

A: No. During any season overlap period for any student-athlete, that student-athlete is still limited to a total practice time for both sports not to exceed the daily practice duration limitation [four (4) hours max per day and only 18 hours per week].

(Approved May 2014 Federated Council)

CIF 2001 – NUMBER OF FOOTBALL PRACTICE DAYS; NO SUNDAY PRACTICE

- A. There shall be no football games until the team has had 14 days of practice before the first game. Each individual student on the team must have had at least 10 days of practice before being allowed to compete in a game. (The opening date of football practice may be determined by each Section.) No Sunday practice is permitted (See Bylaw 504.M. for exception).
- B. Football teams are limited to two days per week of full contact practice, with no more than 45 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 players 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.
- C. Team camps and other off-season activities are allowable with the following equipment only; footballs, bags, blocking sleds and football shoes. NOTE: For policies related to definition of full-contact and allowable in-season, off-season and team camp activities please consult the football section in the blue pages and local Section Bylaws.

CIF STATE BYLAW 2001.B. & C. Policy

State statute mandates that football teams are limited to two days per week of full contact practice, with no more than 45 minutes of full contact on each of those days during the season of sport. For purposes of this CIF 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 players execute tackles and other activity that is typical of an actual tackle football game. Live action is defined by USA Football as 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).

The CIF has developed the following regarding full contact football practices:

Allowable Activities During the Season of Sport:

- A team is allowed two days per week of full contact practice, with no more than 45 minutes of full contact on each of those days. This includes live action and thud.
- 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:
 - o **Air-** Players run unopposed without bags or any opposition.
 - o **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.
 - o **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.
- For purposes of this Bylaw, the season of sport for each team is defined as the first day of practice, as allowed by the Section, until the final contest for that team.

Allowable Activities During the Off-Season:

- No full contact practice is allowed during the off-season. Please consult Section Bylaws for allowable off-season activities.
- For purposes of this Bylaw, the off-season is defined as the team's last football contest of the season until the first day of practice the following school year as set by the Section.

Allowable Activities for Team Camps:

- No full contact practice is allowed during the off-season.
- Team camps are considered practice.
- If allowed by the Section, a team may participate in air, bags/blocking sleds drills (see above for definitions of these activities) while attending a team camp. Please consult Section and School District rules regarding the use of school equipment in the off-season.
- For purposes of this Bylaw, the off-season is defined as the team's last football contest of the season until the first day of practice the following school year as set by the Section.

Questions and Answers for Bylaw 2001.B.

Q: What is the implementation date for this bylaw?

A: In order to comply with AB 2127, this bylaw will be implemented immediately.

Q: May teams continue to use Thud as a training drill?

A: Yes. However, the time spent in Thud drills is considered full-contact and would count against the team's allotment in both for both days and minutes.

Q: Does unused time carry over to the 2nd day of allowable full-contact?

A: No. Teams are allowed 2 days per week of full-contact with no more than 45 minutes on each of those days. If a team does not use the entire 45 minutes of full-contact on one day, it may not carry over those unused minutes to the next day.

Q: Is a team allowed any type of contact outside of the two days per week with no more than 45 minutes on each of those days?

A: Yes. A team may still engage in Control drills. See the Policy Page for Bylaw 2001 for the definition of Control.

Q: Is full-contact or control allowed in the off-season?

A: No. According to AB 2127, team camps are considered practice so full-contact would be prohibited. ***Control is also prohibited in the off-season as only the following pieces of equipment may be used: footballs, bags, blocking sleds and football shoes.***

Q: Is full-contact or control allowed at team camps?

A: No. According to AB 2127, team camps are considered practice so full-contact would be prohibited. Control is also prohibited in the off-season as only the following pieces of equipment may be used: footballs, bags, blocking sleds and football shoes.

Q: May teams attend a team camp that only utilizes activities that do not involve contact?

A: Yes. Teams may attend a team camp and participate in drills that are not considered contact such as air ***and*** bags/blocking sleds ***drills***.

Q: May teams attend a full-contact team camp outside of California?

A: No. AB 2127 and CIF Bylaw 1901 apply no matter where the team camp is conducted.

Q: Are players allowed to attend individual camps and participate in full-contact drills?

A: Yes. However, schools should consult their Section and School District (or school) policies regarding the use of school equipment by individuals. Also, schools may not use individual camps to circumvent AB 2127 and Bylaw 2001 regarding team camps.

Q: Does a scrimmage count against the full-contact limitation of two days per week/no more than 45 minutes on each of those two days?

A: No. For purposes of this bylaw only, a scrimmage between two or more schools is considered a contest and would not be counted as one of the two allowable full-contact days. However, an intra-squad scrimmage (i.e. scrimmage involving one school no matter how many levels of classification), would count against the weekly full-contact allowance.

Education Code 35179.5

35179.5. (a) (1) If a school district, charter school, or private school elects to offer an athletic program, it shall comply with all of the following:

(A) A high school or middle school football team shall not conduct more than two full-contact practices per week during the preseason and regular season.

(B) The full-contact portion of a practice shall not exceed 45 minutes in any single day.

(C) A high school or middle school football team shall not hold a full-contact practice during the off-season.

(2) For purposes of this section, a team camp session shall be deemed to be a practice.

(b) The California Interscholastic Federation is urged to develop and adopt rules to implement this section.

(c) As used in this section:

(1) "Full-contact practice" means a practice where drills or live action is conducted that involves collisions at game speed, where players execute tackles and other activity that is typical of an actual tackle football game.

(2) "Off-season" means a period extending from the end of the regular season until 30 days before the commencement of the next regular season.

(3) "Preseason" means a period of 30 days before the commencement of the regular season.

(4) "Regular season" means the period from the first interscholastic football game or scrimmage until the completion of the final interscholastic football game of that season.

(d) This section shall not prohibit the California Interscholastic Federation, an interscholastic athletic league, a school, a school district, or any other appropriate entity from adopting and enforcing rules intended to provide a higher standard of safety for athletes than the standard established under this section.

Education Code concerning cleaning of football equipment (provided as information)

17578. The governing board of each district maintaining a high school shall provide for the annual cleaning, sterilizing, and necessary repair of football equipment of their respective schools pursuant to Sections 17579 and 17580.

17579. All football equipment actually worn by pupils shall be cleaned and sterilized at least once a year. Football equipment used in spring training shall be cleaned and sterilized before it is used in the succeeding fall term.

17580. Any contract with a dealer or craftsman for the repair of football equipment belonging to the district or the state college shall specifically state or describe the materials to be used by the dealer or craftsman in repairing such equipment.

17581. (a) The Legislature finds and declares that the quality of protective equipment worn by participants in high school interscholastic football is a significant factor in the occurrence of injuries to such participants and that it is therefore necessary to insure minimum standards of quality for the equipment in order to prevent unnecessary injuries to such participants.

(b) No football helmets shall be worn by participants in high school interscholastic football unless the equipment has been certified for use by the National Operating Committee on Standards for Athletic Equipment or any other recognized certifying agency in the field. This section shall not be construed as relieving school districts from the duty of maintaining football protective equipment in a safe and serviceable condition.