Glenn, Greg and Leroy,

The Eastern Connecticut Conference would like to officially request a consideration to add 11v11 Tackle Football to the second semester (Early Spring of 2021), as an extension to the current Fall Football season. The current Fall Football season could continue in a capacity that remains in compliance with the Department of Public Health. This extension request would only be considered due to the current Fall CoVid-19 conditions and not be considered a new norm.

As a league we believe it is our obligation to do all that we can to provide all our membership athletes an opportunity to participate in their sports. This plan is thorough, includes dates and time frames for the safe integration of the sport of football. Additionally, it minimizes the impact on the current CIAC winter and spring seasons.

I have attached what the ECC believes to be a valuable and achievable plan.

Sincerely,

Bryan P. Morrone, ECC Chairman

Bryan P. Morrone

Gary Makowicki, ECC Commissioner

Gary Makowicki

**FALL FOOTBALL PRACTICE CONDITIONING / CONTACT – SECOND SEMESTER 2021**

Regular Season Practice Guidelines

1. Football physical conditioning practice must be conducted for at least five (5) days prior to contact and no earlier than Monday, February 22, 2021.
2. On days 1-5 there cannot be more than 1 practice session per day AND the total practice time must not exceed 3 hours in any one day.
3. On days 1 and 2, footballs may not be used for the first hour on either day. Only helmets may be used on both days.
4. On days 3-5 footballs may not be used for the first hour on each day. Only helmets and shoulder pads may be used AND contact ONLY with sleds and tackling dummies may be initiated.
5. A coach must be present at all conditioning sessions.

**Contact Practice with Pads**

6. Teams may start practice with pads and contact beginning Saturday, February 27 provided the minimum number of conditioning sessions have been held. No contact is permitted prior to these dates 7. A coach must be present at all practice sessions

8. Live contact in full gear may not begin before the 6th day.

9. On days 6-14, live person-to-person contact is limited to a maximum of 60 minutes plus one full team scrimmage. There will be no contact during practices if teams conduct a second scrimmage.

10. On days 6-14, a single practice is only allowed. Warm-up, stretching, cool down, walk through, conditioning and weight room activities are included as part of the practice time. Total practice time is 3 hours.

12. Team must have a minimum of five (5) days of practice prior to scheduling a full team scrimmage. In football five days of conditioning practice plus five days of practice in full pads is required before a full team scrimmage. All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy.

13. Teams found in violation of the above rules will be subject to disciplinary review by the CIAC Board of Control.

14. Coaches are required to review with their players the suggestions for reducing head and neck injuries and follow all emergency cold weather plans/guidelines.

**Football Practice Calendar---Second Semester February 2021**

Conditioning—February 22 –February 26

First day of Full Pads—February 27

Scrimmage Dates—March 6 and March 12/13

Week 1—March 19/20

Week 2—March 26/27

Week 3—April 2/3

Week 4—April 9/10

Week 5—April 16/17

*Key Notes:--Winter Regular season ends the week of Feb 22 and tournament play begins (winter varsity level only players). Spring Season officially has first contest date on April 3. Student-athletes do not have to be listed on the spring roster until they compete in a regular season spring contest. Football Schedules will remain in-league and regionalized. Schools may opt to not play a full 5 game football schedule.*