

Korey Stringer Institute Heat Acclimatization Guidelines

The CIAC Board of Control has adopted the Korey Stringer Heat Acclimatization Guidelines in the sport of football and all coaches are required to follow the guidelines.

Spring Football Practice Guidelines

1. Spring Football may begin on the Friday before Memorial Day, but not before this date.
2. Conditioning Practice:
 - a. Each Participant in spring football practice must have three days of conditioning before the participant may wear full equipment.
 - b. On days 1 and 2: Total practice time should not exceed 3 hours on any one day AND Footballs may not be used for the first hour on either day. Helmets may be used on both days.
 - c. On day 3: Total practice time should not exceed 3 hours and Footballs may not be used for the first hour. Helmets and shoulder pads may be used on the third day AND contact ONLY with sleds and tackling dummies may be initiated.
 - d. Warm-up, stretching, cool down, walk through, conditioning and weight room activities are included as part of the 3 hour practice time.
 - e. On Days 4- 10 all other present regulations regarding spring remain the same.
 - f. Only one practice session per day will be permitted.
 - g. A coach must be present at all practice sessions.
 - h. Spring Sports participants must have completed their season before joining spring practice.
3. A maximum of ten (10) days of spring football practice is permitted; however, spring football cannot be carried over past the date on which the school closes for summer recess. The ten (10) days includes the three (3) condition days and the seven (7) contact days.
4. Only 9th, 10th, and 11th grade students will be permitted to participate in spring practice. (No 8th or 12th grade students)
5. Only intra-squad scrimmages will be allowed. Interscholastic scrimmages and games are not allowed.

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 August 19, 2013 for those who conducted traditional spring football practice or Wednesday, **August 14, 2013 for those schools who chose not to conduct traditional spring football practice.**
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. Live contact in full gear may not begin before the 6th day.
6. On days 6-14 a double practice day in full gear must be followed by a single practice day in full gear. On single practice days, one walk through without full gear is permissible as long as it's separated from the full practice by at least 3 hours. When a double practice day in full gear is followed by a day of rest then another double practice day in full gear is permitted after the rest day.
7. On any double practice day, neither practice should exceed three hours in duration, and no more than five total hours of practice in the day. Warm-up, stretching, cool down, walk through, conditioning and weight room activities are included as part of the practice time. The two practices should be separated by at least three continuous hours in a cool environment.
8. A coach must be present at all practice sessions.
9. Teams must have a minimum of three (3) days of practice in full gear prior to a full team interscholastic scrimmage.
10. All teams must practice a minimum of 14 days as a team before they can enter into a competition.
11. An individual must practice a minimum of 10 days before they can enter into a competition.

Questions and Answers:

1. Q – May a coach run a 3 hour conditioning practice during the spring or fall preseason followed by a 1 hour weight room session?
A. - No, any one day during conditioning cannot exceed 3 hours of practice time.
2. Q. – May a coach run a 3 hour conditioning practice during the spring or fall preseason conditioning period followed by a 1 hour chalk talk or film session in a classroom?
A. – Yes, the practice does not exceed 3 hours of physical activity.
3. Q. – May a coach run two 3 hour practices with players in full gear during days 6-14 of the fall preseason period?
A. – No, total practice time for double sessions cannot exceed 5 total hours.
4. Q. - May a coach run two 2 hour practices with players in full gear during days 6-14 of the fall preseason period?
A. – Yes, provided the two practices are separated by at least a 3 hour rest period.
5. Q. – May a coach run a 3 hour single practice in full gear followed by a 2 hour walk through in helmets only as long as there are 3 hours of rest time separating the two sessions during days 6-14 of the fall pre-season?
A. – Yes.

6. Q. - May coaches run a one 5 hour practice during days 6-14 of the fall pre-season period?
A. – No, no one practice session can exceed 3 hours in length at any time. The 3 hour session includes warm-up, stretching, cool down, walk through, conditioning and weight room activities.
7. Q. – May teams have a full scrimmage against another school on the first day of full contact in full gear?
A. – No, teams must practice for 3 days in full gear before having an interscholastic scrimmage.
8. Q. - May teams attend a camp beginning the 6th day of the fall preseason and practice in full gear against another team at the camp?
A. - Yes, provided it's not a full team scrimmage and it's practicing against matched athletes from another team.
9. Q. – May an individual join the football team for the first time on the teams 14th day of practice and compete the next day in the school's first regular season game?
A. - No, individuals must have 10 days of practice prior to competition.
10. Q.- May an athlete who has been injured and being held out from practice during the season for a period of 2 weeks rejoin the team when medically cleared and play immediately?
A. - Yes, provided during that 2 week period the athlete was attending practice and doing some prescribed light conditioning workouts on uninjured areas.