

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, Connecticut 06410

TO: High School Athletic Directors and Varsity Football Coaches  
FROM: CIAC Office  
RE: **Spring Football Election**  
DATE: March 12, 2009

The CIAC Board of Control in March 2008 voted to maintain spring football for member schools, however; the Board also approved an alternative to traditional spring football which allows member schools the choice of electing traditional spring football or to add four (4) days to the start of practice in August. Schools **must** elect one or the other, but not both by **April 1** each year via the online selection form under the football options in the CIAC Online Eligibility Center.

**SCHOOLS ELECTING TRADITIONAL SPRING FOOTBALL** will comply with the following regulations:

1. Spring football practice may begin on the Friday (before Memorial Day).
2. Conditioning Practice:
  - a. Each participant in spring football practice must have three days of conditioning before the participant may wear full equipment.
  - b. No pads or protective equipment other than a helmet may be worn, and **no contact** will be permitted.
  - c. Only one session per day, each session is not to exceed two hours.
  - d. Footballs may be used during spring conditioning sessions.
  - e. A coach must be present at all practice sessions.
  - f. Spring sport participants must have completed their season before joining spring practice.
3. The maximum of ten (10) days of spring football practice is permitted, however; spring practice cannot be carried past the date on which the school closes for summer recess. The ten (10) days includes both conditioning and contact practice.
4. Only 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> grade students will be permitted to participate in spring football practice. **(No 8<sup>th</sup> or 12<sup>th</sup> grade students.)**
5. Only intra-squad scrimmages will be allowed. Interscholastic scrimmages and games are not allowed.
6. Known violations of these regulations should be reported to the CIAC.

**Schools conducting spring football** will adhere to the following season limitations for 2009:

1. **Fall Football Conditioning Practices 2009**
  - a. Football physical conditioning practice **must be** conducted for at least five (5) sessions prior to contact practice and no earlier than **August 24, 2009** for those schools who conducted traditional spring football practice.
  - b. No pads or protective equipment other than a helmet may be worn, and **no contact** will be permitted.
  - c. Only one session per day on each of the days selected is permitted. Each session is not to exceed two hours.
  - d. Footballs **are not** to be used during the first full hour of conditioning. After one hour of conditioning footballs may be used during the second hour of conditioning.
  - e. A coach must be present at all conditioning sessions.

2. **Contact – Practice with Pads and Contact**

- a. Teams may start practice with pads and contact beginning **Saturday, August 29, 2009** for those schools that conducted traditional spring practice provided the minimum number of conditioning sessions have been held. No contact is permitted prior to this dates.
- b. A coach must be present at all practice sessions.

**SCHOOLS THAT ELECT NOT TO CONDUCT SPRING PRACTICE BUT ADD FOUR (4) DAYS TO THE START OF PRACTICE IN AUGUST** will adhere to the following season limitations for 2009:

1. **Fall Football Conditioning Practice 2009**

- a. Football physical conditioning practice must be conducted for at least five (5) sessions prior to contact practice and begin no earlier than **Wednesday, August 19, 2009**.

**Note: Contact – Practice with pads cannot begin until Tuesday, August 25, 2009. Schools can conduct an additional day of conditioning on Sunday, August 23 if they wish, however; the date to start contact will remain as August 25. A school would then have six (6) days of conditioning prior to contact.**

- b. No pads or protective equipment other than a helmet may be worn, and no contact will be permitted.
- c. Only one session per day on each of the days selected is permitted. Each session is not to exceed two hours.
- d. Footballs are not to be used during the first full hour of conditioning. After one hour of conditioning footballs may be used during the second hour of conditioning.
- e. A coach must be present at all conditioning sessions.

2. **Contact – Practice with Pads and Contact**

Teams may start practice with pads and contact beginning **Tuesday, August 25, 2009**, provided the minimum number of conditioning sessions have been held. No contact is permitted prior to this date.

The following calendars illustrate the dates for schools electing traditional spring football practice and those that do not.

ALL SCHOOLS WITH FOOTBALL MUST ELECT WHICH OPTION THEY WILL TAKE BY **APRIL 1, 2009**. The online election form can be found under the football options in the CIAC Online Eligibility Center.

# Football Practice Calendar - August 2009

## Schedule for Schools That Do Not Conduct Spring Practice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			19	20	21	22
			Conditioning Day 1	Conditioning Day 2	Conditioning Day 3	Conditioning Day 4
23	24	25	26	27	28	29
Optional: Extra Conditioning	Conditioning Day 5	<b>PADS NO EARLIER THAN THIS DATE</b>	Pads	Pads	Pads	

## Schedule for Schools That Conduct Spring Practice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			19	20	21	22
23	24	25	26	27	28	29
	Conditioning Day 1	Conditioning Day 2	Conditioning Day 3	Conditioning Day 4	Conditioning Day 5	<b>PADS NO EARLIER THAN THIS DATE</b>