

**\*\*\*UPDATED OHSAA RULES REGARDING PRACTICE CONTACT\*\*\***  
**Effective August 1, 2015**

The changes, which are listed below, become effective immediately, beginning with the start of football practices in Ohio on August 1. The NFHS is the governing body of high school sports in this country and Ohio follows its playing rules.

**Preseason Practice (all practices prior to the first regular-season game)**

Note: the following regulations apply to individual student-athletes. Position groups, etc., can alternate contact to adhere to the regulations. Also, contact with soft equipment such as bags, shields, sleds, etc., does not count toward contact limitations. Additionally, the task force noted that preseason practices may require more full-contact time than practices occurring later in the regular season to allow for teaching fundamentals with sufficient repetition:

1. **Physical Examinations:** Already the rule in Ohio, a medical examiner must certify each individual's physical fitness no less than once each calendar year and these signed forms must be on file at the school before any candidate for a team may participate in practice.
2. **Acclimatization Period:** Already the rule in Ohio, a five-day acclimatization period is mandatory prior to any contact drills. Only helmets are permitted on the first and second days of practice. Shoulder pads may be added on days three and four. Full pads may be worn on the fifth day. Full contact is permitted on the sixth day.
3. **Full Contact Limited during Two-A-Day Practices:** When more than one practice takes place in a day, full contact is permitted only during one of the practices. With the importance of recovery time to help minimize concussion risks, consideration should also be given to the timing of full contact during the next day (i.e. if full contact occurs during session 2 of two-a-days, there should not be full contact in session 1 of two-a-days the following day).

**Practice during the Season (all practices after the first regular-season game)**

Note: the following regulations apply to individual student-athletes. Position groups, etc., can alternate contact during the week to adhere to the regulations. Also, contact with soft equipment such as bags, shields, sleds, etc., does not count toward full contact limitations:

1. Consider limiting full-contact on consecutive days.
2. A student-athlete is limited to 30 minutes of full contact in practice per day.
3. A student-athlete is limited to 60 minutes of full contact in practice per week.
4. A student-athlete can be involved in full contact in a maximum of two practices in a seven-day span.

<http://www.ohsaa.org/news/20150713OHSAAmodifiesFootballPracticeGuidelines.pdf>