



STATE RULES – HEAT ACCLIMATION

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.**

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.**

CCYFL RULES

Pre-Season – Start of Practice

Organizations may begin practicing for the 2023 football season as follows:

- Conditioning Practice- Must follow Ohio HS Rules
 - July 17, 2023 – **All players must have 5 days of conditioning**
Prior to beginning full contact practice 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
- Full Contact Practice-provided players have acquired their conditioning
 - Beginning July 24, 2023
 - Only 30 minutes of ‘Full Contact’ permitted per day
 - Only 60 minutes of ‘Full Contact’ permitted per week

ALL LEAGUE PAPERWORK DUE Week of 8/1/23 Day will be specific for each Organization