Week 0 Contests

Monday, August 5th – First Legal Day of Practice for any schools playing Week 0
- No Contact
- Helmets and mouth guards are permitted
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Tuesday, August 6th – Second Legal Day of Practice for any schools playing Week 0
- No Contact
- Helmets and mouth guards are permitted
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Wednesday, August 7th – Third Legal Day of Practice for any schools playing Week 0
- Contact above the waist is permitted (form tackling)
- Helmets, mouth guards and shoulder pads are permitted
- Contact with blocking sleds and tackling dummies may begin
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Thursday, August 8th – Fourth Legal Day of Practice for any schools playing Week 0
- Contact above the waist is permitted (form tackling)
- Helmets, mouth guards and shoulder pads are permitted
- Contact with blocking sleds and tackling dummies may begin
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed
Friday, August 9th – Fifth Legal Day of Practice for any schools playing Week 0
  ➢ Contact above the waist is permitted (form tackling)
  ➢ Helmets, mouth guards and shoulder pads are permitted
  ➢ Contact with blocking sleds and tackling dummies may begin
  ➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Saturday, August 10th -Sixth Legal Day of Practice for any schools playing Week 0
  ➢ Full person-to-person contact may begin
  ➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Sunday, August 11th -
  ➢ No practice allowed

Monday, August 12th – Seventh Legal Day of Practice for any schools playing Week 0
  ➢ Full person-to-person contact is allowed
  ➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Tuesday, August 13th – Eighth Legal Day of Practice for any schools playing Week 0
  ➢ Full person-to-person contact is allowed
  ➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Wednesday, August 14th – Ninth Legal Day of Practice for any schools playing Week 0
  ➢ Full person-to-person contact is allowed
  ➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed
Thursday, August 15th – Tenth Legal Day of Practice for any schools playing Week 0
  ➢ Full person-to-person contact is allowed
  ➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Friday, August 16th – Eleventh Legal Day of Practice for any schools playing Week 0
  ➢ Scrimmage against another school is permissible on this date.
  ➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Saturday, August 17th – Twelfth Legal Day of Practice for any schools playing Week 0
  ➢ Full person-to-person contact is allowed
  ➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Sunday, August 18th –
  ➢ No practice allowed

Monday, August 19th -Thirteenth Legal Day of Practice for any schools playing Week 0
  ➢ Full person-to-person contact is allowed
  ➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Tuesday, August 20th – Fourteenth Legal Day of Practice for any schools playing Week 0
  ➢ Full person-to-person contact is allowed
  ➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed
Wednesday, August 21st - Fifteenth Legal Day of Practice for any schools playing Week 0

- First day schools are allowed to lift weights/walk-through in the morning and then have one practice, maximum of three hours after school.
- Full person-to-person contact is allowed

Thursday, August 22nd -

- First Legal Playing Date for any schools playing Week 0-
- Implementation of Scholarship Rule begins
Week 1 Contests

Monday, August 12th – First Legal Day of Practice for any schools playing Week 1
➢ No Contact
➢ Helmets and mouth guards are permitted
➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Tuesday, August 13th – Second Legal Day of Practice for any schools playing Week 1
➢ No Contact
➢ Helmets and mouth guards are permitted
➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Wednesday, August 14th – Third Legal Day of Practice for any schools playing Week 1
➢ Contact above the waist is permitted (form tackling)
➢ Helmets, mouth guards and shoulder pads are permitted
➢ Contact with blocking sleds and tackling dummies may begin
➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Thursday, August 15th – Fourth Legal Day of Practice for any schools playing Week 1
➢ Contact above the waist is permitted (form tackling)
➢ Helmets, mouth guards and shoulder pads are permitted
➢ Contact with blocking sleds and tackling dummies may begin
➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed
Friday, August 16th – Fifth Legal Day of Practice for any schools playing Week 1

- Contact above the waist is permitted (form tackling)
- Helmets, mouth guards and shoulder pads are permitted
- Contact with blocking sleds and tackling dummies may begin
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Saturday, August 17th – Sixth Legal Day of Practice for any schools playing Week 1

- Full person-to-person contact may begin
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Sunday, August 18th –

- No practice allowed

Monday, August 19th – Seventh Legal Day of Practice for any schools playing Week 1

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Tuesday, August 20th – Eighth Legal Day of Practice for any schools playing Week 1

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Wednesday, August 21st – Ninth Legal Day of Practice for any schools playing Week 1

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed
Thursday, August 22nd – Tenth Legal Day of Practice for any schools playing Week 1
  ➢ Full person-to-person contact is allowed
  ➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed
  ➢ Implementation of Scholarship Rule begins for all football playing schools

Friday, August 23rd – Eleventh Legal Day of Practice for any schools playing Week 1
  ➢ Scrimmage against another school is permissible on this date.
  ➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Saturday, August 24th – Twelfth Legal Day of Practice for any schools playing Week 1
  ➢ Full person-to-person contact is allowed
  ➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Sunday, August 25th –
  ➢ No practice allowed

Monday, August 26th -Thirteenth Legal Day of Practice for any schools playing Week 1
  ➢ Full person-to-person contact is allowed
  ➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Tuesday, August 27th – Fourteenth Legal Day of Practice for any schools playing Week 1
  ➢ Full person-to-person contact is allowed
  ➢ One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed
Wednesday, August 28th - Fifteenth Legal Day of Practice for any schools playing Week 1
  ➢ First day schools are allowed to lift weights/walk-through in the morning and then have one practice, maximum of three hours after school.
  ➢ Full person-to-person contact is allowed

Thursday, August 29th -
  ➢ First Legal Playing Date for any schools playing Week 1