

## **Week 0 Contests**

### **Monday, August 5<sup>th</sup> – 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 6<sup>th</sup> – 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 7<sup>th</sup> – 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 8<sup>th</sup> – 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 9<sup>th</sup> – 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 10<sup>th</sup> -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 11<sup>th</sup> -**

- No practice allowed

**Monday, August 12<sup>th</sup> – 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 13<sup>th</sup> – 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 14<sup>th</sup> – 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 15<sup>th</sup> – 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 16<sup>th</sup> – 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 17<sup>th</sup> – 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 18<sup>th</sup> –**

- No practice allowed

**Monday, August 19<sup>th</sup> -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 20<sup>th</sup> – 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 21<sup>st</sup>- 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 22<sup>nd</sup> -**

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

## **Week 1 Contests**

### **Monday, August 12<sup>th</sup> – 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 13<sup>th</sup> – 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 14<sup>th</sup> – 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 15<sup>th</sup> – 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 16<sup>th</sup> – 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 17<sup>th</sup>-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 18<sup>th</sup>-**

- No practice allowed

**Monday, August 19<sup>th</sup> – 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 20<sup>th</sup> – 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 21<sup>st</sup> – 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 22<sup>nd</sup> – 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 23<sup>rd</sup> – 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 24<sup>th</sup> – 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 25<sup>th</sup> –**

- No practice allowed

**Monday, August 26<sup>th</sup> -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 27<sup>th</sup> – 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 28<sup>th</sup> - 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 29<sup>th</sup> -**

- **First Legal Playing Date for any schools playing Week 1-**