

IHSAA FOOTBALL CONTACT LIMITATION POLICY

Adopted by the IHSAA Board Policy on March 13, 2015:

To adopt USA Football terminology and limit “Thud” and “Live Action” to a maximum of 30-minutes of “engagement” per day and a maximum of 90-minutes of “engagement” per week, with the exception of week 2 of the preseason football schedule when the 90-minutes of “engagement” per week limit may be waived to allow for teaching of fundamentals with sufficient repetition.

USA Football Levels of Contact terminology:

Level 1 - "Air" - Players run a drill unopposed without contact.

Level 2 - "Bags" - Drill is run against a bag or another soft-contact surface.

Level 3 - "Control: - Drill is run at assigned speed until the moment of contact; one player is pre-determined the 'winner' by the coach. Contact remains above the waist and players stay on their feet.

Level 4 - "Thud" - Drill is run at competitive speed through the moment of contact; no pre-determined "winner." Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.

Level 5 - "Live Action" - Drill is run in game-like conditions and is the only time that players are taken to the ground.