



MHSAA Football Guidance- July 31, 2020

Acclimatization Week- August 10-16

See Page 121 of the *MHSAA Handbook* for more details on Football Practice Policies.

Remember that no single practice may exceed three hours, and the total practice time for days with multiple practice sessions may not exceed five hours.

- Warm-up, stretching, speed and agility drills and cool down are all considered part of practice. Neither strength/weight training activities nor video/classroom sessions are considered practice for the purposes of the three- or five-hour limits.

Allowed Equipment/Activities from August 10-16:

- Footballs
- Helmets
- Agility equipment- bags, ropes, balls, boxes, chutes and gauntlet machines.
- Hand shields/ hand-held dummies.
- Blocking and tackling sleds.
- Skill work that can include 7-on-7, handoffs, QB-C exchanges, etc.
- Any team, group or positional meetings should be held outdoors with physical distancing or be held virtually until indoor facilities are open (see the guidance on video/classroom sessions above).
- **ALL EQUIPMENT SHOULD BE SANITIZED AS FREQUENTLY AS POSSIBLE DURING ALL PRACTICE SESSIONS!** This includes before and after all practices and during the practice session when possible at the discretion of the coaching staff.

Prohibited Equipment/Activities until August 17:

- Shoulder pads
- Lower body pads with football pants.

Prohibited Activities All Fall Season:

- Scrimmages with students from other schools.
- Practice sessions with students from other schools.

General Guidance:

- Physical distancing shall maintained when participants are not engaged in active participation in the drill/activity.
- Mask should be worn by all individuals when arriving to and departing from the practice facility/area.