

I'm not a bot



























BY Jeff GravelineThe Illinois High School Association released its latest round of preseason practice rules for football teams on Wednesday, May 22. The rules, which were released on the IHSA's website, dictate how long, what type and what equipment teams can wear during practices, according to a Sun Times Media report.Highlighted specifics on the new rules can be found below: As the National Governing Body, USA Football will select and train the Men's and Women's U.S. National Teams. Learn MoreUSA Football's National Practice Guidelines are the first comprehensive guide for under-18 football endorsed by leading medical organizations. They work hand-in-hand with our coach resources and the Football Development Model (FDM) while making it easy for any football coach to implement health and safety recommendations.Youth practice guidelines are a natural progression of the systems already established for college and high school football. Take advantage of fully defined youth Levels of Contact, detailed implementation instructions and medically sound safety guidance. These guidelines are inspired by USA Football's Recommendations for Youth Play, which you can read here.Download Youth Guidelines High school practice guidelines were developed by the National Federation of State High School Associations (NFHS) to create effective, consistent national standards. Guidelines can be downloaded directly from NFHS or by using the link above.Download High School GuidelinesYOUTH PRACTICE GUIDELINESAbout 90 percent of heat stroke cases occur during the first few days of practice, when athletes are unprepared to cope with environmental conditions and physiological demands.Spend the first two weeks of practice gradually increasing the length and intensity of practice as well as the amount of equipment worn. Athletes should have access to fluids at all times and have periods of rest throughout a practice.Practices interrupted by inclement weather or heat restrictions should only resume once conditions are safe. Modify work-to-rest ratio in extreme environmental conditions or reschedule to cooler parts of the day.Practice Time Guidelines & RecommendationsThis chart is strictly concerned with the frequency and duration of practices as it relates to age. The limits of contact are discussed below.Preseason practices should be limited to no more than 1 practice per day. No more than one live-action scrimmage is recommended per week. USA Football recommends that practices involving drills or activities considered to be full contact are not allowed on consecutive days. This includes the day following a game or live-action scrimmage. Full contact is defined as any drill or activity in which contact occurs at a competitive speed. Please refer to USA Football's Practice Time Guidelines for practice frequency.Schedule practices and activitiesKeep track of full contact limits. Share practice plan with others. No more than one full contact game or live-action scrimmage is recommended per week. In postseason, a minimum of three days should lapse between full contact games. USA Football recommends that practices involving drills or activities considered to be full contact are not allowed on consecutive days. This includes the day following a game or live-action scrimmage. StrategizePlan when to teach or compete and when to adjust contact to promote a better experience for players. Assign a level of contact to every drillPlan when to teach or compete and when to adjust. Proper usage of the Levels of Contact system helps players improve their contact skills at a high level while instilling confidence. Using these tools also help reduce player fatigue, which can advance player safety. PRACTICE PLANS & CONTACT LIMITS ARE INCLUDED WITHIN USA FOOTBALL'S COACH PLANNER APP FOR APPLE & ANDROIDWHAT EXPERTS ARE SAYING ABOUT THE YOUTH RECOMMENDATIONS"USA Football's recommendations for youth play, created with credentialed leaders of diverse expertise, hold myriad near- and long-term benefits for young athletes. Taking one of our most popular physical activities for children - youth football - and boldly reimagining it in this way is leadership one would expect from a National Governing Body of sport. The ACSM is proud to endorse these recommendations.'President - American College of Sports Medicine'It is critical that the health and safety of athletes is always the number one priority. The National Athletic Trainers' Association endorses USA Football's new 'Athlete Health and Wellness Recommendations' and applauds USA Football for its continued commitment to a smarter and safer approach to sport."President - National Athletic Trainers Association"Applying the best available science to seasoned insight and relevant, real-world experiences across medicine and sporting activities like football is exciting and uncommon - this is what USA Football has done. This is what I would want my child's youth league to teach, practice and play. And children in such leagues will have more fun, likely experience greater skill development and be more inclined to live healthy, active lifestyles as adults."Leadership Board Member - National Youth Sports Health & Safety Institute, USA Football Medical Advisory Council