

MIAA Football Preseason Calendar 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 11	12	13	14	15	16 <u>Day 1</u> 1st Conditioning Practice One session – 2 hours max <ul style="list-style-type: none"> ● Conditioning Only ● Helmets Only ● No direct contact with player or machine, but use of blocking pad is allowed in these circumstances: <ul style="list-style-type: none"> ▪ The drill is supervised by a coach. ▪ The drill is in a controlled group, not a team period. ▪ The drill has only one player active for each rep. ▪ Contact is only made with the bag. ▪ No drill will end with a player on the ground. <i>*Walkthroughs are not permitted until Day 6</i>	17 <u>Day 2</u> 2nd Conditioning Practice One session – 2 hours max <ul style="list-style-type: none"> ● Conditioning Only ● Helmets Only ● No direct contact with player or machine, but use of blocking pad is allowed in these circumstances: <ul style="list-style-type: none"> ▪ The drill is supervised by a coach. ▪ The drill is in a controlled group, not a team period. ▪ The drill has only one player active for each rep. ▪ Contact is only made with the bag. ▪ No drill will end with a player on the ground. <i>*Walkthroughs are not permitted until Day 6</i>
18 MANDATORY DAY OFF	19 <u>Day 3</u> 3rd Conditioning Practice One session – 2 hours max <ul style="list-style-type: none"> ● Conditioning Only ● Helmets Only ● No contact with player ● Contact allowed with machines and blocking pads 	20 <u>Day 4</u> “Limited Contact” Practice One session – 2 ½ hours max <ul style="list-style-type: none"> ● Uppers only ● Limited contact with player ● Contact allowed with machines and blocking pads ● “Air” “Bags” and “Wrap” Only 	21 <u>Day 5</u> “Limited Contact” Practice One session – 2 ½ hours max <ul style="list-style-type: none"> ● Uppers Only ● Limited contact with player ● Contact allowed with machines and blocking pads ● “Air” “Bags” and “Wrap” Only 	22 <u>Day 6</u> “Full Contact” Practice One session – 2 ½ hours max <ul style="list-style-type: none"> ● Full equipment ● No more than 60 minutes of full contact-live action drills and game time simulations per athlete per day ● “Thud” and “Live Action” Permitted Rest Period – Minimum 1 hour <i>“Walkthroughs” Permitted see definition next page</i>	23 <u>Day 7</u> “Full Contact” Practice One session – 2 ½ hours max <ul style="list-style-type: none"> ● Full equipment ● No more than 60 minutes of full contact-live action drills and game time simulations per athlete per day ● “Thud” and “Live Action” Permitted Rest Period – Minimum 2 hours “Light Contact” Practice One session – 2 hours max <ul style="list-style-type: none"> ● Uppers only ● No contact with player ● “Air” and “Bags” Only 	24 <u>Day 8</u> 1st Potential Scrimmage Date (Rule 69.4.2) “Full Contact” Practice One session – 2 ½ hours max <ul style="list-style-type: none"> ● Full equipment ● No more than 60 minutes of full contact-live action drills and game time simulations per athlete per day ● “Thud” and “Live Action” Permitted Rest Period – Minimum 1 hour <i>“Walkthroughs” Permitted see definition next page</i>
25 MANDATORY DAY OFF	26 <u>Day 9-14</u> “Full Contact” Practice One session – 2 ½ hours max <ul style="list-style-type: none"> ● Full equipment ● No more than 60 minutes of full contact-live action drills and game time simulations per athlete per day ● “Thud” and “Live Action” Permitted “Walkthroughs” are not Permitted	Aug. 27	Aug. 28	Aug. 29	Aug. 30	Aug. 31
From the Monday before Labor Day (August 26, 2024) through the Saturday before Labor Day (August 31, 2024) a coach may only conduct full contact drills up to 90 minutes. (The intent of this rule is to limit full contact participation of each student to 90 minutes during this six-day period).						