

## MIAA Football Preseason Calendar 2023

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
|---|---|--|--|--|---|---|
| August 13   | 14  | 15   | 16   | 17   | 18<br><u>Day 1</u><br><b>1st Conditioning Practice</b><br><b>One session – 2 hours max</b><br><br><ul style="list-style-type: none"> <li>● Conditioning Only</li> <li>● Helmets Only</li> <li>● No direct contact with player or machine, but use of blocking pad is allowed in these circumstances:                             <ul style="list-style-type: none"> <li>▪ The drill is supervised by a coach.</li> <li>▪ The drill is in a controlled group, not a team period.</li> <li>▪ The drill has only one player active for each rep.</li> <li>▪ Contact is only made with the bag.</li> <li>▪ No drill will ends with a player on the ground</li> </ul> </li> </ul> <i>*Walkthroughs are not permitted until Day 6</i> | 19<br><u>Day 2</u><br><b>2nd Conditioning Practice</b><br><b>One session – 2 hours max</b><br><br><ul style="list-style-type: none"> <li>● Conditioning Only</li> <li>● Helmets Only</li> <li>● No direct contact with player or machine, but use of blocking pad is allowed in these circumstances:                             <ul style="list-style-type: none"> <li>▪ The drill is supervised by a coach.</li> <li>▪ The drill is in a controlled group, not a team period.</li> <li>▪ The drill has only one player active for each rep.</li> <li>▪ Contact is only made with the bag.</li> <li>▪ No drill will ends with a player on the ground</li> </ul> </li> </ul> <i>*Walkthroughs are not permitted until Day 6</i> |
| 20<br><b>MANDATORY DAY OFF</b>  | 21<br><u>Day 3</u><br><b>3rd Conditioning Practice</b><br><b>One session – 2 hours max</b><br><br><ul style="list-style-type: none"> <li>● Conditioning Only</li> <li>● Helmets Only</li> <li>● No contact with player</li> <li>● Contact allowed with machines and blocking pads</li> </ul>  | 22<br><u>Day 4</u><br><b>“Limited Contact” Practice</b><br><b>One session – 2 ½ hours max</b><br><br><ul style="list-style-type: none"> <li>● Uppers only</li> <li>● Limited contact with player</li> <li>● Contact allowed with machines and blocking pads</li> <li>● “Air” “Bags” and “Wrap” Only</li> </ul> | 23<br><u>Day 5</u><br><b>“Limited Contact” Practice</b><br><b>One session – 2 ½ hours max</b><br><br><ul style="list-style-type: none"> <li>● Uppers Only</li> <li>● Limited contact with player</li> <li>● Contact allowed with machines and blocking pads</li> <li>● “Air” “Bags” and “Wrap” Only</li> </ul> | 24<br><u>Day 6</u><br><b>“Full Contact” Practice</b><br><b>One session – 2 ½ hours max</b><br><br><ul style="list-style-type: none"> <li>● Full equipment</li> <li>● No more than 60 minutes of full contact-live action drills and game time simulations per athlete per day</li> <li>● “Thud” and “Live Action” Permitted</li> </ul> <b>Rest Period – Minimum 1 hour</b><br><br><i>“Walkthroughs” Permitted see definition next page</i> | 25<br><u>Day 7</u><br><b>“Full Contact” Practice</b><br><b>One session – 2 ½ hours max</b><br><br><ul style="list-style-type: none"> <li>● Full equipment</li> <li>● No more than 60 minutes of full contact-live action drills and game time simulations per athlete per day</li> <li>● “Thud” and “Live Action” Permitted</li> </ul> <b>Rest Period – Minimum 2 hours</b><br><br><b>“Light Contact” Practice</b><br><b>One session – 2 hours max</b><br><br><ul style="list-style-type: none"> <li>● Uppers only</li> <li>● No contact with player</li> <li>● “Air” and “Bags” Only</li> </ul>  | 26<br><u>Day 8</u><br><i>1<sup>st</sup> Potential Scrimmage Date (Rule 69.4.2)</i><br><br><b>“Full Contact” Practice</b><br><b>One session – 2 ½ hours max</b><br><br><ul style="list-style-type: none"> <li>● Full equipment</li> <li>● No more than 60 minutes of full contact-live action drills and game time simulations per athlete per day</li> <li>● “Thud” and “Live Action” Permitted</li> </ul> <b>Rest Period – Minimum 1 hour</b><br><br><i>“Walkthroughs” Permitted see definition next page</i>  |
| 27<br><b>MANDATORY DAY OFF</b>  | 28<br><u>Day 9-14</u><br><b>“Full Contact” Practice</b><br><b>One session – 2 ½ hours max</b><br><br><ul style="list-style-type: none"> <li>● Full equipment</li> <li>● No more than 60 minutes of full contact-live action drills and game time simulations per athlete per day</li> <li>● “Thud” and “Live Action” Permitted</li> </ul> <b>“Walkthroughs” are not Permitted</b> | Aug. 29  | Aug. 30  | Aug. 31  | Sept. 1   | Sept. 2   |
| <b>From the Monday before Labor Day (August 28, 2023) through the Saturday before Labor Day (September 2, 2023) 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).</b> |   |  |  |  |   |   |