



Heat Acclimatization and Practice Guidelines

The following practice intensity levels are defined by USA Football:

0 (Air)	Unopposed drill, no contact / film study / walkthroughs
1 (Bags)	Drills run against bags or other soft contact surfaces
2 (Control)	Drills run at assigned speed until moment of contact / pre-determined winner / contact above waist / players stay on feet
3 (Thud)	Drills run at assigned speed through competitive speed until moment of contact / contact above waist / players stay on feet
4 (Live)	Drills run in game conditions / players may be taken to the ground / scrimmages

Practices that SOLELY utilize contact levels 0-1 shall be considered to be non-contact practices. Practices during which any portion occurs at an intensity level of 2-4 shall be considered to be contact practices.

Practices during the heat acclimatization period

All practices occurring before the date specified by Ute Conference bylaw 17.1.1 shall be non-contact practices limited to a maximum of 1.5 hours in length. At least two such non-contact practices shall occur before any contact practices are allowed.

The first two contact practices shall be limited to a maximum of 2 hours in length, and shall occur in helmet and shoulder pads only with contact limited to level 2 (control) or below.

Prior to the official pre-season game, only 3 contact practices per week shall be allowed, with a rest or non-contact day between contact practices.

Regular season practices

Subsequent to the official preseason game, only 2 contact practices per week shall be allowed, with a rest or non-contact day between contact practices.

Best practice recommendation

During all contact practices, coaches are encouraged to design non-contact drills or drills which limit contact to intensity levels 2-3 rather than spending a significant amount of time performing level 4 activities. Coaches are encouraged to adopt a timed practice schedule in order to closely monitor the amount of time spent in contact drills during practice.