



The intent of this rule is to place limits on the number of days (including seven-on-seven) coaches may coach their players during the summer and to establish practice requirements for player safety.

57.2.0 HIGH SCHOOL FOOTBALL PRACTICE REQUIREMENTS, page 79

57.1.0 SENIOR HIGH SCHOOL FOOTBALL

Year	First Practice	Minimum Practice Days Per Individual	Regular Season Contest Limit	End Season
2012-13	August 15	12	10 + Jamboree	December 1
2013-14	August 21	12	10 + Jamboree	December 7

57.1.1 SENIOR HIGH SUMMER FOOTBALL

Year	First Practice	Minimum Practice Days Per Individual Before Contact	Summer Coaching Limit Per Individual	End Season
2012-13	May 26	3	20 days	July 31
2013-14	June 1	3	20 days	July 31

57.2.0 PRACTICE DURING THE REGULAR SEASON

57.2.1 The first three (3) days of practice for each player shall be without shoulder pads (helmets are the only protective gear allowed) and contact is not allowed.

57.2.2 Schools may schedule a maximum of five (5) two-a day workouts per individual participant. Each two-a-day workout shall count as only one (1) practice day.

57.3.0 PRACTICE DURING THE SUMMER -Each player is allowed to have 20 football practice days during the summer.

57.3.1 The first three (3) days of practice for each player shall be without shoulder pads (helmets are the only protective gear allowed) and contact is not allowed.

57.3.2 After four (4) practices with full pads, players are allowed to compete against other schools.

57.3.3 A maximum of ten (10) practices with full pads are allowed.

57.3.4 Practice day summary for each player

Three (3) days without pads

Four (4) days with pads

Six (6) additional days with pads and competition allowed

Seven (7) additional days with no pads and competition allowed

57.3.5 The athletic director at each school is required to maintain the summer practice schedule.

Definition of summer: Though references are commonly made for “spring football, the Sunday following the WIAA spring state championships is the first day of summer for high school students. Summer for middle school students is the first day following the final spring league event. Whether a student is participating or not in a spring sport, or if a school has a contest or not on that final league contest date, summer does not begin until the day following that final middle level league contest date. It is important for high school coaches to know when summer begins for incoming freshman, because it most likely is not the same date as it is for upper class students already members of that high school, and incoming freshmen may be coming from different middle schools, so the first day of summer may be different for each of them.

WIAA practice regulations that apply:

17.11.0 The physical examination rule applies.

17.12.5 One day is equal to one practice.

17.12.7 Practice on a game day shall not allow an athlete to compete on that day. To clarify: All precontest practices must be completed at least the day before an athlete would be allowed to compete against another school.

FREQUENTLY ASKED QUESTIONS

1. Is each coach or each player limited to 20 days of coaching?

The 20 day limit is per player, not collectively for the team.

2. I plan to work with the high school players beginning the Monday after the high school spring tournaments. Since the middle level spring season does not end until mid-June, incoming freshman will not be allowed to practice until that next day. I could run separate practices for the incoming freshman beginning that next day, correct?

Yes. The 20 days of coaching is per player, not a total number for the team. Each player is allowed a maximum of 10 practice days in full pads and 20 practice days total.

3. Do the WIAA eligibility rules apply during summer football?

WIAA eligibility rules do not apply during the summer. Each school district, however, has the authority to determine what eligibility criteria must be met for the students that will participate in the summer school-sponsored programs.

4. What is considered full pads or full contact practices?

The three (3) days without pads and four (4) days with pads are treated the same as the regular season pre-contest practice requirement.

5. If my team practices twice in a day, that will count as two practices completed, right?

No, one day is equal to one practice, regardless of the number of times the team practices that day.

6. If in early June my team completes the three days with no pads, four days with pads, then participates in a week long seven-on-seven league, how many practices are required if we don't come back together as a team until team camp in mid-July?
Once the summer precontest practice requirement has been met, each school has the authority to determine the minimum practice requirements before the resumption of play. This same interpretation applies during the regular season.
7. If one of the players misses the first few days of practice because he is playing baseball or attending a basketball camp, can he just pick up with where the rest of the football players are with practice so he will be able to participate in the scrimmage?
The three (3) days without pads and four (4) days with pads prior to scrimmaging against another school are required for player safety. Each player must complete the minimum practice requirements before participating in a scrimmage. There will be no exceptions.
8. Could a school issue equipment to players and then have the coach direct community members (non-school coaches) to conduct practices so those practices would not count towards the summer limits?
No, each practice that is sponsored, promoted or directed by a school or school coaching staff must count towards the summer 20 practice day limit.
9. Would an athlete's eligibility be in jeopardy if he chose to participate in an individual full contact camp at a college even though he had not met the summer minimum practice requirements beforehand?
What individual athletes do on their own time is entirely up to them. If an athlete chooses to attend a full contact camp that is not school sponsored and with no school coach involvement, that is up to the family and would not affect that athlete's eligibility during the high school season.
10. If a community member volunteers to help coach the football team during the 20 days for summer football, is that person then considered to be a school coach and subject to the WIAA out-of-season coaching rules and coaching standards?
Yes.