

# **NOFA PRACTICE POLICY\***

*\*This abbreviated information is from NOFA Rules #5 – practices. It is the responsibility of Commissioners and Coaches to read the full rules. This is an “at a glance” version ONLY.*

- Each **Individual** Football Player & Cheerleader must have completed a minimum of (5) practices before they are eligible to play in their first game.
- Each TEAM must complete 11 practices to play in scrimmage or games.
- No practices before July 30<sup>th</sup>.
- All practices will adhere to NYS Heat Index & Hydration Guidelines.
- All “camps” must be open to ALL NOFA organizations.
- Saturday / Sunday practicing only if practice was cancelled due to weather – NOFA Secretary MUST be notified prior to holding a weekend practice.
- Maximum of (4) practices per week during summer vacation.
- Maximum of (3) practices per week once school resumes session.
- ALL practices have a (2) hour maximum duration.

## **Important Practice Guidelines (from Rule 5 - paragraph 5)**

### **Days 1 & 2 (or individual player’s 1<sup>st</sup> 2 practices):**

- Helmets only **MAY** be worn. No other protective equipment allowed.
- No Contact whatsoever, this includes blocking dummies.
- Cones, ropes, ladders, step-over dummies, soft hand shields allowed.

### **Days 3, 4, & 5 (or individual player’s next 3 practices):**

- Helmets & Shoulder Pads only **MAY** be worn.
- No PLAYER to PLAYER contact, no tackling drills, no scrimmages.
- Blocking dummies are permitted.

### **Days 6, 7, 8, 9, 10, & 11 (and all practices there-after):**

- Full contact practices
- Full protective equipment
- Full use of all training devices

### **Day 12:**

- Interscholastic scrimmages may begin. Good Luck and Have FUN!