

THE CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

Fall Season Contact is limited as follows:

- **Week 1**- Pre-season Conditioning - No Contact
- **Weeks 2 & 3** – Maximum 120 minutes per week- includes only 1 scrimmage per week (deduct 60 minutes from the 120 for each additional scrimmage)
- **Weeks 4-13** - Competition season - Maximum 90 minutes per week (**Must include a Bye week – No (zero) contact in practice allowed**)
- **Week 14** - 45 minutes of contact in practice per that week
- **Week 15TG & State Tournament** (starts the Sunday prior to TG) - zero contact in practice allowed
- (Note: Spring Practice = 120 minutes for the entire spring session- after the 3 day conditioning period)

All schools with football are required to participate in RIO Injury Surveillance Study- Football only.

Definition of Contact

1. *Full Contact*- Football drills or live game simulations where live action occurs- (11 on 11 or 7 on 7)
2. *Live Contact*- Contact at game speed where players execute full tackles at a competitive pace taking players to the ground
3. *Thud*, - initiation of contact at or up to full speed with no pre-determined winner and no take-down to the ground.*
* New Definition for contact, this drill was previously considered “non-contact”

Definition of Non-Contact

4. *Air*- Players run unopposed without bags or any competition
5. *Bags*- Activity is executed against a bag, shield or pad to allow for a soft contact-surface with or without the resistance of a teammate or coach standing behind the bag.
6. *Control*- Drill is run at an assigned speed (not full) until the moment of contact, one player is pre- determined the winner by the coach. Contact remains above the waist and players stay on their feet.

Questions and Answers

Q. How much contact can my football team have during the mid-season bye week?

A. The mid-season bye week has zero contact for the entire week. There is to be no contact in practice nor in a scrimmage or simulated game. You can run drills, condition and conduct a walk through but with no contact.

Q. What do I do if during my bye week for the varsity and JV the freshman team has a game?

A. All teams at all levels, therefore all athletes, are required to have a bye week in the mid-season. It does not have to be the same week.

Q. What day of the week does my weekly contact period begin?

A. The contact period for each week begins on Sunday and ends on Saturday.

Q. What if my contact period begins in the middle of the week?

A. You cannot use the full contact minutes allowed during a partial week. An adjustment should be made to correspond to the amount of contact that would have ordinarily have taken place during the partial week.

Q. What is my time frame if my team participated in spring football and my first contact day is on a Thursday?

A. You still have 2 week time period of 120 minutes per week during the preseason. You would adjust your time for the first 3 days (Thursday-Saturday) to correspond to the amount of contact that would have ordinarily taken place during the partial week and then start all over on Sunday with a new 120 minutes and the following Sunday start with the remaining time from the first partial week.

Q. What if I have 2 scrimmages scheduled in the same pre-season week?

A. The 120 minutes of contact is in addition to one (1) scrimmage. If a second scrimmage is needed than 60 minutes must be deducted from the 120 minutes. Therefore it would be 60 minutes of contact plus 2 scrimmages.

Q. What is the penalty or violating this regulation?

A. The CIAC Board of Control would consider a violation of this rule to be negligent behavior and therefore seriously consider a penalty which will include a fine, and may also result in the program being put on probation or prohibition from tournament participation. Violation of this regulation can have serious liability consequences.