

## DIVISION III FOOTBALL PRESEASON PRACTICE PERIOD

| Day one and two<br>-Single Practice Day-<br>Acclimatization   | Day three and four<br>-Single Practice Day-<br>Acclimatization | Day five<br>-Single Practice Day-<br>Acclimatization | Single<br>Practice Days   | Multiple<br>Practice Days   | Three-hour<br>Recovery Period   |
|---|--|--|---|---|---|
| Helmets only  | Helmets and shoulder<br>pads                                   | Full pads  | <ul style="list-style-type: none"> <li>- No more than three hours of on-field practice activities.</li> <li>- Weight training permitted and need not be counted in hourly on-field practice.</li> </ul> | <ul style="list-style-type: none"> <li>- No more than five hours of on-field practice activities.</li> <li>- Three hours of recovery between the end of the first practice and the start of the last practice.</li> </ul> | <ul style="list-style-type: none"> <li>- No weight training.</li> <li>- No film review.</li> <li>- No walk-through.</li> <li>- Training room treatments and meals permissible.</li> </ul> |
|   |  |  | <i>Multiple practices precluded on consecutive days</i>   |   |   |
| Can a student-athlete report the evening prior to the first day of the five-day acclimatization period and receive lodging and a meal?  |  |  |   |   | YES   |
| Can non-football related meetings (e.g., to sign compliance forms, to administer medical exams) and other non-football related activities (e.g., checking into dorms) be conducted on the day before the first day of the acclimatization period? |  |  |   |   | YES   |
| Can student-athletes participate in academic orientation activities, the issuance of equipment, squad pictures or other football-related administrative activities on the day before the first day of the acclimatization period?                 |  |  |   |   | YES   |
| Is weightlifting counted as part of the hourly limitations for on-field practice?   |  |  |   |   | NO  |
| Can weight training occur during the three-hour recovery period between practices on days with multiple practices?  |  |  |   |   | NO  |
| Is the five-day acclimatization period included within the 25 practice opportunities?   |  |  |   |   | YES   |
| Is the acclimatization period extended if a day off occurs during this period?  |  |  |   |   | YES   |
| Can student-athletes wear protective equipment (e.g., helmets, shoulder pads) or use equipment related to football (e.g., footballs, blocking sleds) during a walk through?   |  |  |   |   | NO  |
| During the recovery period between practices on days that permit multiple practices, are walk-throughs permitted?   |  |  |   |   | NO  |
| Is it permissible to review film during the three-hour recovery time on multiple practice session days?   |  |  |   |   | NO  |
| Is any student-athlete that reports later in the preseason required to go through the five-day acclimatization period?  |  |  |   |   | YES   |

- This chart is to be used only as a reference; please check the manual for specific information.