



Recommended Fall Practice Guidelines

Schools are encouraged to consider the following practice guidelines which would apply to all students in the sports of Competitive Cheer, Cross Country, Field Hockey, Football and Volleyball; these guidelines are highly recommended by the VHSL Sports Medicine Advisory Committee and an Ad Hoc Coaches Task Force.

1. During their first six days of tryouts:
 - a. No practice session, full or walk-thru, should exceed three hours.
 - b. Total practice time per day should be limited to five hours.
 - c. Only one full practice session should be permitted per day; it may be broken into two sessions.
 - d. One walk-thru session is permitted on the day of a full practice.
 - e. Two walk-thru practices may be substituted for a full and a walk thru session(s).
 - f. A one-hour minimum recovery period should be included between sessions.

2. For weeks two and three the following regulations should apply in addition to (a) through (f) above:
 - a. Two full practices are permissible per day provided they do not exceed five total hours; or three hours in a single session.
 - b. No more than three full practices should be conducted in two consecutive calendar days.

For the purpose of the regulations above, a full practice is defined as a session allowing the use of any available equipment, involving all levels of activity permitted in the specific sport and includes necessary conditioning and weight training. A walk-thru session is a limited exertion session that includes skill-based, educational technique and oriented activities using sports appropriate equipment. Conditioning and weight training should not be included as part of a walk-thru session. Recovery period is defined as a session in which the athlete is not involved in physical activity.

Note: The following restrictions are in place for football only:
Day 1-3 helmets only;
Day 4-5 helmets and shoulder pads;
Day 6 + full pads.