



**MID-EASTERN ATHLETIC CONFERENCE
FOOTBALL PRE-SEASON PRACTICE**

Institution: _____

Date: _____

17.10.2.1 First Practice Date. A member institution shall not commence official preseason football practice sessions, for the varsity, junior varsity or freshman team, prior to the date that will permit a maximum of 40 units prior to its first scheduled intercollegiate game. During the preseason practice period, institutions may not engage in more than 29 on-field practice sessions. The Athletics Compliance Office shall be responsible for reviewing this form for accuracy and compliance with NCAA regulations and submission to the Conference Office prior the Evening Report Date for preseason football practice.

Evening Report Date	29 total practices between Acclimatization Period (AP) 1 and first contest						First Date of Classes	First Contest Date	
	Five (5) day acclimatization for all student-athletes								
	Six (6) hours of academic orientation for newcomers								
	One three-hour practice per day								
	Helmets Only		Helmets and Shoulder Pads Only		Full Pads				
	AP1 Date	APR 2 Date	AP3 Date	AP4 Date	AP5 Date				

Use the calendar below to show your work in determining the preseason practice start and evening report dates counting back 40 practice units before the first contest. Put **(1)** under the date to represent one practice unit or **(2)** to represent two practice units.

JULY/AUGUST/SEPTEMBER 2016						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	August 1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	September 1	2	3
4	5	6	7	8	9	10

Head Coach Signature: _____

Date: _____

Compliance Coordinator Signature: _____

Date: _____



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Please note the following proposals regarding the academic orientation period and five-day acclimatization period that were adopted for football.

PROPOSALS 2015-77: PLAYING AND PRACTICE SEASONS -- FOOTBALL -- PRESEASON PRACTICE -- FIVE-DAY ACCLIMATIZATION PERIOD -- ACADEMIC ORIENTATION -- FCS (Status: Adopted - Final / Effective Date: Immediate)

Intent: In championship subdivision football, to specify that an institution may conduct the academic orientation period prior to the start of the five-day acclimatization period and may use institutional orientation programs available to all students to meet the academic orientation requirement.

17.10.2.3 Academic Orientation -- First-Time Participants -- Championship Subdivision. In championship subdivision football, an institution must establish an academic orientation period for those student-athletes who are beginning their initial season of eligibility for football practice at the institution. The period shall include not less than six hours of academic orientation. The academic orientation period requirement may be satisfied through the following options:

- a) An institution may conduct the required academic orientation period any time prior to or during the five-day acclimatization period for student-athletes enrolled in summer classes or participating in summer conditioning activities prior to the student-athlete's first season of eligibility in football at the certifying institution;
- b) An institution may establish an academic orientation day on the day prior to the start of the five-day acclimatization period. On the day designated for the sole purpose of academic orientation, student-athletes may engage only in academic-related activities, which may include compliance-related activities (e.g., reviewing NCAA eligibility requirements, signing the Student-Athlete Statement and Drug-Testing Consent Form). An institution may conduct medical examinations, issue equipment and take individual photographs of participating student-athletes after the evening meal on the academic orientation day;
- c) An institution may conduct the academic orientation period during the five-day acclimatization period. The orientation activities may be conducted on more than one day during the five-day period but must be conducted for the equivalent of one day (not less than six hours); or
- d) Student-athletes may participate in an institutional orientation session open to all incoming students at any time prior to or during the five-day acclimatization period. The session must be conducted in-person and must include a minimum of six hours of academic content.

PROPOSAL 2015-78-FCS: PLAYING AND PRACTICE SEASONS -- FOOTBALL -- FIVE-DAY ACCLIMATIZATION PERIOD -- APPLICATION TO PLAYING SEASON -- FCS (Status: Adopted -- Final / Effective Date: August 1, 2016)

Intent: In championship subdivision football, to specify that student-athletes who begin practice at any point in the playing season are required to undergo the five-day acclimatization period.

17.10.2.4 Five-Day Acclimatization Period. In football, preseason practice shall begin with a five-day acclimatization period for both first-time participants (e.g., freshmen and transfers) and continuing student-athletes. All student-athletes, including walk-ons, who arrive to preseason practice after the first day of practice or who begin practice at any other point in the playing season, are required to undergo a five-day acclimatization period. The five-day acclimatization period shall be conducted as follows:

- a) An institution may not conduct administrative activities (e.g., team pictures, etc.) other than those permitted before or on the academic orientation day (e.g., compliance-related activities, medical examinations, individual photographs) before the first permissible date of practice. Conditioning, speed, strength or agility tests may not occur on any day before the start of the five-day acclimatization period.
- b) During the five-day period, participants shall not engage in more than one on-field practice per day, not to exceed three hours in length.
 - (1) Exception—During the five-day acclimatization period, an institution has the option of conducting one on-field practice per day, not to exceed three hours in length, or one on-field testing session (speed, conditioning or agility tests) per day, not to exceed one hour in length and one on-field practice, not to exceed two hours in length. In addition, an institution may conduct one one-hour walk-through session per day of the acclimatization period, provided protective equipment (e.g., helmets, shoulder pads) is not worn, equipment related to football (e.g., footballs, blocking sleds) is not used and conditioning activities do not occur. Student-athletes must be provided with at least three continuous hours of recovery time between any sessions (testing, practice or walk-through) occurring that day. During this time, student-athletes may not attend any meetings or engage in other athletically related activities (e.g., weight lifting); however, time spent receiving medical treatment and eating meals may be included as part of the recovery time. If an institution conducts only a walkthrough on a particular day during the acclimatization period, that day does not count



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toward the required five days of acclimatization, but the walk-through counts toward the limit of 29 on-field practices for the preseason practice period.

- c) First-time participants and continuing students shall not be required to practice separately.
- d) During the first two days of the acclimatization period, helmets shall be the only piece of protective equipment student-athletes may wear. During the third and fourth days of the acclimatization period, helmets and shoulder pads shall be the only pieces of protective equipment student-athletes may wear. During the final day of the five-day period and on any days thereafter, student-athletes may practice in full pads.