

# 2017 NJSIAA Football League & Conference Committee Report

## 1. Football Summer Period for 2017

- A. Sunday June 11 thru Sunday August 6.
- B. On field practice per day restricted to 2 ½ hours.
- C. Weight room lifting session, classroom sessions NOT INCLUDED.
- D. Football helmets/mouthpieces permitted.
- E. Protective equipment may be issued for attendance at prospect camps or 7v7 (third party camps) with board approval.

## 2. Official Football Practice Start Date

- A. Monday, August 7, 2017
- B. Mandatory Heat Acclimatization Protocol Begins
  - No Early Heat Acclimatization Permitted
- C. **HEAT ACCLIMATIZATION PROTOCOL**
  - DAYS 1-2: Helmets ONLY
  - DAYS 3-5: Helmets and Shoulder Pads ONLY
  - DAY 6: ALL Equipment may be worn

## 3. Blackout Period

The NJSIAA should recommend that all Leagues & Conferences implement a *Blackout Week* during the summer session. All summer practices and related workouts at/or on school facilities would be discontinued for the two (2) weekends surrounding their *Blackout Week*.