

### NJSIAA Football Contact Log

School:

Year:

Pre-Season - 6 Hours Total Permitted												
Pre-Season Total Minutes:												
Week:	Monday		Tuesday		Wednesday		Thursday		Friday		Total	
	Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:	
Week:	Monday		Tuesday		Wednesday		Thursday		Friday		Total	
	Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:	
Week:	Monday		Tuesday		Wednesday		Thursday		Friday		Total	
	Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:	
Week:	Monday		Tuesday		Wednesday		Thursday		Friday		Total	
	Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:	
In-Season - 15 Minutes Per Week												
Week:	Monday		Tuesday		Wednesday		Thursday		Friday		Total	
	Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:	
Week:	Monday		Tuesday		Wednesday		Thursday		Friday		Total	
	Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:	
Week:	Monday		Tuesday		Wednesday		Thursday		Friday		Total	
	Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:	
Week:	Monday		Tuesday		Wednesday		Thursday		Friday		Total	
	Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:	
Week:	Monday		Tuesday		Wednesday		Thursday		Friday		Total	
	Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:	
Week:	Monday		Tuesday		Wednesday		Thursday		Friday		Total	
	Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:	
Week:	Monday		Tuesday		Wednesday		Thursday		Friday		Total	
	Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:	
Week:	Monday		Tuesday		Wednesday		Thursday		Friday		Total	
	Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:	
Week:	Monday		Tuesday		Wednesday		Thursday		Friday		Total	
	Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:	
Week:	Monday		Tuesday		Wednesday		Thursday		Friday		Total	
	Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:	
Week:	Monday		Tuesday		Wednesday		Thursday		Friday		Total	
	Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:	
Week:	Monday		Tuesday		Wednesday		Thursday		Friday		Total	
	Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:		Minutes Full Contact:	

Full contact is defined as tackling a player to the ground (grass or artificial turf).  
 No full contact allowed during spring / summer recess.  
 Pre-season full contact is limited to a total of 6 hours.  
     A scrimmage counts as 1 hour of full contact.  
     A maximum of 3 scrimmages are now allowed in pre-season  
 In-season full contact is limited to 15 minutes per week  
 There is no limit to "Thud", tackling to the ground onto a tackling pad, or use of tackling dummies