


# 2019-2020 PRACTICE CALENDAR/EQUIPMENT RESTRICTIONS – FOOTBALL

NOTE: Highlighted days reflect Heat Acclimatization Period

## FCPS General Guidelines:

- On single practice days, one walk-through is permitted.
- Double practice days (beginning no earlier than practice day 6) must be followed by a single-practice day or rest day. When a double-practice day is followed by a rest day, another double-practice day is permitted after the rest day.
- All practices and walk-through sessions must be separated by at least 3 hours of continuous rest.
- If a practice is interrupted by inclement weather or heat restrictions, the practice should recommence once conditions are deemed safe, but total practice time should not exceed its limitations.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
<b>AUGUST</b>						
4	5	6	7	8	9	10
11	12	13	<b>DAY 1 14</b>	<b>DAY 2 15</b>	<b>DAY 3 16</b>	<b>DAY 4 17</b>
			Helmets only & shorts/t-shirts Single Practice Day	Helmets only & shorts/t-shirts Single Practice Day	Helmets & shoulder pads only. Contact w/ blocking sleds & tackling dummies may begin Single Practice Day	Helmets & shoulder pads only. Contact w/ blocking sleds & tackling dummies allowed Single Practice Day
18	<b>DAY 5 19</b>	<b>DAY 6 20</b>	<b>DAY 7 21</b>	<b>DAY 8 22</b>	<b>DAY 9 23</b>	<b>DAY 10 24</b>
REST DAY- Sunday practice is prohibited by MPSSAA	Helmets & shoulder pads only. Contact w/ blocking sleds & tackling dummies allowed Single Practice Day	Full protective equipment & full contact may begin. Single/ <b>Double</b> Practice Day	Single/Double Practice Day – double practice day must be followed by single practice day	Single/Double Practice Day – double practice day must be followed by single practice day	Single/Double Practice Day – double practice day must be followed by single practice day	<b>First Scrimmage Day</b> Single/Double Practice Day – double practice day must be followed by single practice day
25	<b>DAY 11 26</b>	<b>DAY 12 27</b>	<b>DAY 13 28</b>	<b>DAY 14 29</b>	30	30
REST DAY- Sunday practice is prohibited by MPSSAA	Single/Double Practice Day – double practice day must be followed by single practice day	Single/Double Practice Day – double practice day must be followed by single practice day	Single/Double Practice Day – double practice day must be followed by single practice day	Single/Double Practice Day – double practice day must be followed by single practice day		<b>*Note: First Play Date is Friday, September 6, 2019</b>

### Practice Days 1-5:

- Team is limited to 1 practice per day (must not exceed 3 hours in length)
- 1 walk-through per day (no longer than 1 hour in duration)

### Practice Days 6-14:

- Total practice & walk-through timer per day should be limited to 5 hours with no single session longer than 3 hours in duration
- Team may participate in full contact practices with all protective equipment worn

