



## Tackle Football Guidelines

Every tackle football team is permitted to practice for approximately 180 minutes each week (2-90 minute practices). Practices are expected to be geared more toward teaching time and player/skill development, than they should be about game play execution. Our goal is to help players become well-rounded and skillful football players. Minimally, players should learn 1 offensive and 1 defensive position in a season

Coaches should keep safety at the forefront when designing practices. To help with this, STARS will implement the following guidelines on the intensity of practices utilizing **USA Footballs “Levels of Contact”**, which are defined below:

Intensity	Contact	Description
0	AIR	Players run a drill unopposed with no contact
1	BAGS	Drills run against a bag or another soft-contact surface
2	CONTROL	Drills are run at an assigned speed until the moment of contact; one player is pre-determined by the coach as the “winner”.
3	THUD	Drill is run at assigned speed to competitive speed through the moment of contact; no pre-determined “winner.” Coach uses a “quick whistle”
4	LIVE ACTION	Drill is run in game-like conditions.

- **Practices 1 and 2 (Week 1):**
  - Helmets only. No form of player-to-player contact permitted
- **Practices 3 and 4 (Week 2):**
  - Can wear full pads. Intensity levels 3 and 4 not permitted. Player-to-player contact should be closely monitored and proper techniques enforced.
- **Practices ongoing (Week 3-12):**
  - Intensity levels 3 and 4 limited to no more than 30 minutes (1/3 of practice time) each practice.
    - 15 minutes or less of level 4, “live action”

***Every activity in practice should have an ‘intensity’ and ‘contact’ assigned to it, and it is the responsibility of the head coach to ensure these guidelines are being followed.***