



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.