

NCHSAA Memorandum

TO: North Carolina High School Head Football Coaches & Athletic Directors
FROM: Tra Waters, Director of Sports & Championships
SUBJECT: Football Skill Development Policy
DATE: December 5, 2014

As you are aware, the NCHSAA Board of Directors approved a new skill development policy for all football programs at NCHSAA member schools. The new policy states:

“10 days of ‘unlimited number’ skill development sessions will be allowed immediately prior to the last 5 student days of the school year; during this period, the 21-player limitation will be lifted.

- *2.5 Hour Limit (including flex time – stretching/cool-down)*
- *Monday-Friday (Saturdays within the established skill development period may be used as make-up days)*
- *LAT/1st Responder Required to be present*
- *No “body-to-body” contact, live action, wrapping, or thudding is allowed (per USA Football defined terms)*
- *Any student-athlete still involved in a spring sport will not be allowed to participate until the end of that sport’s season*
- *No other skill development sessions, in football, are allowed during the school year*
- *This policy becomes effective on **DECEMBER 8, 2014***

The policy, as approved by the NCHSAA Board of Directors, requires that all football skill development sessions cease after December 6, 2014. After this date, the policy, as approved, will be the new regulation.

As a reminder, in accordance with rule 2.3.14 (e) of the NCHSAA Handbook, “on a given day, an athlete is limited to skill development (*excludes football outside of the allowable skill development period*) or open facility or weight training/conditioning during the academic school year calendar, inclusive of all weekends, holidays, work days, etc.”

If an open facility session is held, no football related equipment (helmet, shoulder pads, football pants) may be worn, and remember the following stipulations as provided by rule 2.3.14 (g) (1-4):

- Open facility sessions are open only to students enrolled at that school
- Open facility sessions may not be held during a dead period
- Eighth graders are not permitted to participate in open facility sessions on high school campuses
- Facilities may be used for out-of-season athletic play on a strictly voluntary basis, open to all students and required of none
- For safety purposes, school administrators or other school personnel should be present as supervisors during open facility

Thank you for your attention and compliance with this new regulation. Please call us if you have any questions.

NCHSAA Sports Department