



**INDIANA STATE UNIVERSITY ATHLETICS
FOOTBALL SPRING PRACTICE DECLARATION FORM**



FOOTBALL COACHES: This form is to be completed and returned to the Compliance Office prior to the beginning of the Football Spring Practice Period and no later than March 1 each academic year.

NCAA Bylaw 17.11.6 Out-of-Season Athletically Related Activities and Bylaw 17.9.6(b) Spring Practice

Fifteen (15) postseason practice sessions [including intrasquad scrimmages and the spring game permitted in Bylaw 17.9.5.2(a)] are permissible. An institution is not required to count as one of its 15 designated days any day during which countable athletically related activities are limited solely to required conditioning activities and/or review of game film. Practice sessions must meet the following conditions:

- All practice sessions are conducted within a period of 34 consecutive calendar days, omitting vacation and examination days officially announced on the institution's calendar and days during which the institution is closed due to inclement weather.
- Any such practice sessions held during vacation days may not be of longer duration than those normally held when academic classes are in session.
- Only 12 of the practice sessions may involve contact, and such contact shall not occur prior to the third practice session.
- The non-contact practice sessions may involve headgear as the only piece of protective equipment.
- Of the 12 permissible contact sessions, eight sessions may involve tackling, and no more than three of the eight tackling sessions may be devoted primarily (greater than 50 percent of practice time) to 11-on-11 scrimmages.
- Tackling shall be prohibited in four of the 12 contact sessions. An institution has the discretion to determine the practice activities (other than tackling) that may occur during the four contact non-tackling sessions as well as the protective equipment to be worn by the student-athletes.
- If an institution conducts a "spring game" per Bylaw 17.11.5.2(a), the game shall be counted as one of the three sessions that can be devoted primarily to 11-on-11 scrimmages.
- The amount of time that a student athlete may be involved in such post-season countable athletically related activities shall be limited to a maximum of four (4) hours per day and twenty (20) hours per week.

Please identify the following dates pertaining to spring football practice:

Date 34 Consecutive Calendar Days Begins Date 34 Consecutive Calendar Days Ends

List 15 Practice Dates

List 12 Contact Dates

List 8 Tackling Dates

3 Dates of 11-11 Scrimmages (including spring game)

ACCEPTANCE

I have attached a copy of my spring practice schedule and I certify that it is in compliance with applicable NCAA Playing and Practice Season regulations for the corresponding academic year.

Head Coach Signature

Date

Compliance Approval

Date

PLEASE RETURN COMPLETED FORM TO:
Assistant Athletic Director for Compliance
Indiana State University Athletics, Arena, Room 104E