**IHSA Football Acclimatization Chart**

<table>
<thead>
<tr>
<th>Day</th>
<th>Heat Acclimatization Practice Plan</th>
<th>Equipment Allowed</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest</td>
<td>Helmet only</td>
</tr>
<tr>
<td>2</td>
<td>One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest</td>
<td>Helmet only</td>
</tr>
<tr>
<td>3</td>
<td>One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest</td>
<td>Helmet &amp; Shoulder pads</td>
</tr>
<tr>
<td>4</td>
<td>One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest</td>
<td>Helmet &amp; Shoulder pads</td>
</tr>
<tr>
<td>5</td>
<td>One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest</td>
<td>Helmet &amp; Shoulder pads</td>
</tr>
</tbody>
</table>
| 6-14| • Teams may conduct two practices per day.  
• Days with two practices must alternate with single practice days or rest days.  
• On days when teams practice twice in one day, total practice time cannot exceed 5 hours.  
  On days when teams practice twice in one day, individual practices are limited to a maximum of 3 hours.  
  3 hours of rest is required between practice sessions.  
• Single practice days are limited to a maximum of 3 hours with a 1-hour walkthrough following 3 hours of rest.  
• If a team practices on 6 consecutive days during the acclimatization period, one full day of complete rest is required on the 7th day (traditionally Sunday). | Full pads |

Football players must participate in a minimum of 1½ hours of on-field practice on 12 different days before they can participate in their first game.

**Q:** How is this policy different than the Football Acclimatization Policy we have followed the past few years?

**A:** The original policy required a 2-hour rest between on-field practice and a walk-through.  
The updated policy requires a 3-hour rest between on-field practice and a walk-through.

**Q:** On a day when a team can have one practice, does the following schedule meet the policy?

3 hours of practice – 3 hours of rest – 1-hour walk-through

**A:** Yes

**Q:** On a day when a team can have two practices, does the following schedule meet the policy?

3 hours of practice – 3 hours of rest – 2 hours of practice

**A:** Yes