

IHSA Football Acclimatization Chart

Day	Heat Acclimatization Practice Plan	Equipment Allowed
1	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest	Helmet only
2	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest	Helmet only
3	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest	Helmet & Shoulder pads
4	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest	Helmet & Shoulder pads
5	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest	Helmet & Shoulder pads
6-14	<ul style="list-style-type: none"> • 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