IHSA Football Acclimatization Chart

<table>
<thead>
<tr>
<th>Day</th>
<th>Heat Acclimatization Practice Plan</th>
<th>Equipment Allowed</th>
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</thead>
</table>
| 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 | • 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 walkthrough.  
The updated policy requires a 3-hour rest between on-field practice and a walkthrough.

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 walkthrough
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