



MID-EASTERN ATHLETIC CONFERENCE FOOTBALL SPRING PRACTICE DECLARATION

Institution: _____

Date: _____

Per NCAA Bylaw 17.9.6.4, a member institution is allowed fifteen (15) postseason practice sessions (including intra-squad scrimmages and the spring game). 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. The Athletics Compliance Office shall be responsible for reviewing this form for accuracy and compliance with NCAA regulations and submission to the Conference Office two weeks prior to the start of spring practice.

Practice sessions must meet the following conditions:

- a) 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.
- b) Any such practice sessions held during vacation days may not be of longer duration than those normally held when academic classes are in session.
- c) Only 12 of the practice sessions may involve contact, and such contact shall not occur prior to the third practice session.
- d) The noncontact practice sessions may involve headgear as the only piece of protective equipment.
- e) Of the 12 permissible practice sessions, eight sessions may involve tackling, and not more than three of the eight tackling sessions may be devoted primarily (greater than 50 percent of practice time) to 11-on-11 scrimmages.
- f) 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.
- g) If an institution conducts a "spring game" per Bylaw 17.9.2-(a), the game shall be counted as one of the three sessions that may be devoted primarily to 11-on-11 scrimmages.
- h) The amount of time that a student-athlete may be involved in such postseason countable athletically related activities shall be limited to a maximum of four hours per day and 20 hours per week.

Please provide the following information as it applies to the requirements listed above:

34-Day Spring Period: _____

Date of Spring Game: _____

Please list the dates of your 15 practice sessions and provide the information requested:

	DATE	CONTACT (Yes/No)	TACKLING (Yes/No)	11-ON-11 SCRIMMAGES (Yes/No)
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				

Head Coach Signature: _____

Date: _____

Compliance Coordinator Signature: _____

Date: _____