

Policy No. 008  
Issue No. 1  
Date 7/17/18

## Practices Policy



<b>Objective</b>	To establish guidelines for practices.
<b>Policy</b>	This policy defines the conditions of practices within the Post Falls Junior Tackle & Cheer (PFJT&C) program. This policy applies to all athletes, coaches, spectators, and volunteers.
<b>Policy Guidelines</b>	Guidelines for practices are as follows:
<b>Unauthorized Practices</b>	No member, team, or coach may begin practices prior to the official start date set by PFJT&C Executive Board. Any instructing of three or more athletes is considered an organized practice and subject to suspension.
<b>Athlete Eligibility</b>	A completed parent/participant contract and PASSING sports physical is required to be submitted to the Team Manger before the athlete can step onto the field (including non-padded practices). The Head Coach will be suspended if this is not followed.
<b>Times (Start/End) and Duration</b>	Practices are not to start any earlier than 4:30 pm and end no later than 7:45 pm or dark.
<b>3-4<sup>th</sup> Grade</b>	<ul style="list-style-type: none"><li>• Pre-Season Practices (before school starts): Regular practices are to be no more than two (2) – 2 hour practices OR 4 hours maximum per week. Minimum pre-conditioning requirements for each athlete are as follows.<ul style="list-style-type: none"><li>○ Helmets shall be worn the first day of practice.</li><li>○ A minimum of six (6) hours of conditioning in helmets prior to full contact, shoulder pads, etc. (tackle dummies are permitted). Attendance at the PFJT&amp;C BBQ counts as 1 of the conditioning practices.</li></ul></li><li>• In-Season Practices (after school starts): Regular practices are to be no more than two (2) – 2 hour practices.</li></ul>
<b>5-8<sup>th</sup> Grade</b>	<ul style="list-style-type: none"><li>• Pre-Season Practices (before school starts):<ul style="list-style-type: none"><li>○ Regular practices are to be no more than five (5) – 2 hour practices OR 10 hours maximum per week. Minimum pre-conditioning requirements for each athlete are as follows:<ul style="list-style-type: none"><li>▪ Helmets shall be worn the athletes first 2 days of practice.</li><li>▪ Shoulder pads may be worn starting the athletes 4<sup>th</sup> day of practice.</li><li>▪ Full pads may be worn starting the athletes 6<sup>th</sup> day of practice.</li></ul></li><li>○ A minimum of ten (10) hours of conditioning in helmets prior to full contact, shoulder pads, etc. (tackling dummies are permitted). Attendance at the PFJT&amp;C BBQ counts as 1 of the conditioning practices.</li></ul></li></ul>

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- In-Season Practices (after school starts): Regular practices are to be no more than three (3) – 2 hour practices and one (1) – 1 hour no-contact walk through per week OR no more than 7 hours per week.
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**Associated Policies, Procedures, and Forms** [Player Attendance Log](#)

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**Approving Authority** PFJT&C Executive Board