

Heat Acclimatization Guidelines per Great Plains Youth Football 2022v1 rule book

GPYF1000.1 - Great Plains Youth Football team practices will follow this format:

Days 1 through 5 of formal practices are considered Heat Acclimatization days. The following heat acclimatization guidelines must be followed:

1. During days 1 and 2 of the Heat Acclimatization period a helmet is the only piece of protective equipment that should be worn.
2. During days 3 through 5 only helmets and shoulder pads should be worn. Contact with blocking sleds and blocking dummies is permitted.
3. Beginning on day 6 all protective equipment may be worn and all full contact drills may begin.
4. No player shall play in a game without having attended practice and observed the Heat Acclimatization guidelines.

GPYF1000.1a – Levels of Contact and Contact Guidelines during Heat Acclimatization Days:

1. **Air:** Players run a drill unopposed without contact and with a coach pre-determined outcome. Air drills can be run at any practice throughout the season.
2. **Bags:** Drill is run against a bag or another soft-contact surface with a coach pre-determined outcome. Bag drills can be run at any practice throughout the season.
3. **Control:** Drill is run at assigned speed until the moment of contact; one player is pre-determined, the “winner” by the coach. Contact remains above the waste and players stay on their feet. Control drills can be run beginning on Day #3 and continue at any practice throughout the season.
4. **Thud:** The drill is run at assigned speed through the moment of contact; no pre-determined “winner”. Contact must remain above the waist; players stay on their feet and a quick whistle ends the drill. Thud drills can begin on Day #6 of practices and can be run at any practice throughout the season. Thud drills can only be run for a maximum of 30 minutes per practice.
5. **Live Action:** Games, scrimmages and drills run in game-like situations with no pre-determined “winner”. These are the only times that players are taken to the ground. Live Action Drills can begin on Day #6 of practices and can be run at any practice throughout the season. Live Action Drills can only be run for a maximum of 30 minutes per practice. If scrimmaging, for a maximum of 90 minutes per practice.

GPYF1000.2 – Players that miss practices, join late, etc. can make those practices up to complete the Heat Acclimatization requirements. Coaches are allowed to hold a separate practice for only those players that have not completed the 6 Heat Acclimatization practices. These practices must be on days the full team does not practice and must be a minimum of 1-hour in length and no more than 2 hours in length. The progression of these practices must follow GPYF1000.1 and GPYF1000.1a.