

## Practice Policies:

- Prior to any competition, each player must have practiced 3 days for golf and 9 days for each remaining sport *except* football. ***Ten days of practice are required for football.*** You cannot practice and participate in a game on the same day in order to get in the required number of practices. No practice is permitted on Sunday. The first three (3) days of football practice must be with helmets only and then full pads and full contact is allowed following the three (3) days.
- Practice will take place after the school day has been completed and on Saturdays with the permission of a school administrator. Exceptions must be cleared with the AAF or school administrator. **Practices and competitions on Sundays or national holidays will not be allowed.**
- All practices will be completed by 9:00 p.m. However, on Wednesday's the dressing room and activity area will be cleared by 6:00 p.m.
- Coaches are expected to practice every school day unless they are participating in a contest. The AAF must clear exceptions and changes prior to the start of the school day or event.
- Morning practices must be cleared prior to practice by the AAF or school administrator.