



## NCAA Division III Question and Answer Document 2018 Football Preseason

### **Blanket Waiver for 2018 Football Preseason.**

At its March 6 meeting, the NCAA Division III Administrative Committee reviewed and approved the NCAA Division III Football Committee's recommendation for blanket waivers applicable during the 2018 football preseason. Two of the three waivers were the same waivers approved by the governance structure and available during the 2017 preseason.

1. Allow athletically related activities during the administrative day and a half. The same waiver existed for the 2017 preseason. The current legislation uses a counting formula to calculate the first permissible practice date. While institutions may provide expenses a day and a half before the first permissible practice date to complete administrative tasks (e.g., compliance meetings, equipment issue, pictures, medical exams, etc.), current legislation precludes athletically related activity on those days. This waiver allows member institutions to practice on the administrative days.
2. Allow the use of footballs during walk-through sessions after the acclimatization period. The same waiver existed for the 2017 preseason.
3. Allow the flexibility to extend the walk-through session when contact practice on that same day is shorter than three hours. The current rule allows institutions to have a three-hour contact practice and a one-hour walk-through session per day. This waiver allows institutions that don't use the full three hours of contact practice to add the remaining time to the walk-through session on the same day (e.g., conduct a two-hour contact practice and two-hour walk-through session).

During its April 9-10 meeting, the NCAA Division III Management Council approved in concept noncontroversial legislation permanently implementing parts 2 and 3 of the waiver above (i.e. footballs during walk through sessions and flexibility to add unused practice time the walk-through session). The governance structure has proposed a 2019 Convention proposal establishing the first permissible start date as 23 days before the institution's first contest. This proposal would also mandate a day-off of physical athletically related activity each week of the preseason after the acclimatization period. The governance structure continues to seek feedback on that proposal to determine if amendments are necessary. The membership may sponsor alternative legislation as well and has until July 15 to do so.

1. **Allow institutions to conduct football practice on the two administrative days.**

**Question No. 1:** What does this provision of the blanket waiver accomplish?

**Answer:** Currently institutions may issue football equipment and take team pictures on the day prior to the first permissible practice date. Institutions may start providing expenses on the evening before the equipment issue day. However, athletically related activity may not occur on either of

those two days. The blanket waiver allows institutions to conduct athletically related activities on the equipment issue day as well as the day before. The waiver does not however change when an institution may provide expenses. Thus, institutions may first start providing expenses with an evening meal and lodging the evening before, what is currently considered, the equipment issue day.

**Question No. 2:** What type of athletically related activities may be conducted on those two administrative days?

**Answer:** Institutions may engage in team meetings, film review and weight training. If the team engages in an on-field activity, then it must comply with the acclimatization requirements (Bylaw 17.10.2.2) including applying three-hour recovery periods.

**Question No. 3:** Does this waiver change the calculation for the first permissible start date? (See attached chart)

**Answer:** The waiver does not change the calculation for the first permissible start date. Institutions will still use the counting method outlined in Bylaw 17.10.2.1. This waiver allows athletically related activity on the two administrative days.

**Question No. 4:** May an institution provide expenses to student-athletes prior to the two administrative days?

**Answer:** No. The waiver does not extend the provision of expenses. Therefore, institutions may only provide permissible expenses starting with the evening before the equipment issue day.

**Question No. 5:** May an institution conduct conditioning, speed, strength or agility tests prior to the start of the five-day acclimatization period?

**Answer:** No.

2. **Allow the use of footballs during walk-through sessions after the acclimatization period.**

**Question No. 6:** May student-athletes use footballs during walk-through sessions?

**Answer:** Yes. This waiver allows student-athletes to use footballs during walk-through sessions. It remains impermissible, however, to wear protective equipment (e.g., helmets, shoulder pads) or use other equipment related to football (e.g., blocking sleds).

**Question No. 7:** May student-athletes use footballs during walk-through sessions that occur during the acclimatization period?

**Answer:** No. The waiver only applies to the preseason period after the acclimatization period.

3. **Allow the flexibility to extend the walk-through session when contact practice on that same day is shorter than three hours.**

**Question No. 8:** How does this waiver provision change the structure of the allowable practice time?

**Answer:** Currently institutions are permitted no more than three continuous hours of on-field practice activities per day [Bylaw 17.10.2.3-(b)]. In addition to the three hour on-field practice, institutions may conduct a one-hour walk-through session. The waiver allows institutions that don't use the full three hours of on-field practice to increase the length of the walk-through session by the unused time. For example, an institution may conduct a two hour on-field practice and then a two hour walk through session.

4. **General preseason questions.**

**Question No. 9:** What are the recovery time requirements during the football preseason?

**Answer:** There must be at least three continuous hours of recovery time between an on-field session and the walk-through session. No athletically related activities may occur during this three-hour recovery period, which includes team meetings and film review. If an institution conducts a walk-through session first, student-athletes must still be provided three hours of recovery time before the on-field session (Bylaw 17.10.2.3.1).

**Question No. 10:** What are the parameters for conducting a walk-through session?

**Answer:** The walk-through session may not include protective equipment or equipment specific to the sport. Same as the 2017 waiver, the 2018 waiver allows the use of footballs during walk-through sessions that occur after the acclimatization period. Sprinting and competitive speed drills remain impermissible and the presence of the football does not change the speed of the walk-through session. The use of protective equipment, including helmet and shoulder pads, also remains impermissible.

**Question No. 11:** What are the limitations regarding weight training during the football preseason?

**Answer:** Weightlifting is "not considered an on-field activity..." [Bylaw 17.10.2.2-(b)]. However, the Year-Round Football Practice Contact Recommendations seek to minimize exertion in a second session of activity. For the best interests of student-athlete health and safety, strenuous activities, such as can occur with weightlifting, should be minimized or avoided completely. Institutional medical personnel should be consulted about appropriate activities in any second session of activity.

Weight training may not occur during the three-hour recovery period. Weight training sessions are not considered conditioning sessions if conducted for the purpose of strength training and performed in a deliberate and controlled manner that is consistent with the concept of walking or jogging. Weightlifting activities designed to enhance cardiorespiratory fitness are considered conditioning and not permitted.

The following chart is intended to provide some guidance for the 2018 preseason.

	<b>On-Field Practice Session</b>	<b>Walk-Through Session</b>	<b>Recovery Time</b>
<b>Duration/ Frequency</b>	<ul style="list-style-type: none"> <li>• One per day.</li> <li>• No longer than three hours.</li> </ul>	<ul style="list-style-type: none"> <li>• One per day.</li> <li>• No longer than one hour (maybe longer than one hour if on-field session is less than three hours).</li> </ul>	<ul style="list-style-type: none"> <li>• At least three continuous hours between an on-field practice and a walk-through session or a weight training session.</li> </ul>
<b>Permissible Activities</b>	<ul style="list-style-type: none"> <li>• Practice of any kind, including weight training or conditioning if part of a continuous session.</li> </ul>	<ul style="list-style-type: none"> <li>• Simulate plays and alignments with no protective or football-related equipment (e.g., helmets, shoulder pads, blocking sleds) other than footballs.</li> </ul>	<ul style="list-style-type: none"> <li>• Medical treatment.</li> <li>• Team meals.</li> </ul>
<b>Impermissible Activities</b>		<ul style="list-style-type: none"> <li>• Practice in any pads.</li> <li>• Live contact or live contact/thud practice.</li> <li>• Noncontact/minimal contact practice.</li> <li>• Conditioning.</li> <li>• Weightlifting.</li> </ul>	<ul style="list-style-type: none"> <li>• Athletically related activities, including practice of any kind.</li> <li>• Film review</li> <li>• Team meetings</li> <li>• Conditioning.</li> <li>• Weightlifting.</li> </ul>

**Question No. 12:** Would it be consistent with the Recommendations to permit an institution to divide the team into groups and conduct the on-field practice sessions for each group at different times if each student-athlete only has one on-field practice session per day?

**Answer:** Yes.

**Question No. 13:** May a student-athlete participate in separate on-field practice sessions (e.g., defensive back group and wide receiver group) if the total continuous time does not exceed three hours?

**Answer:** Yes. Provided the three hours spent in on-field practice (including any breaks) is continuous. For example, it would be permissible for a student-athlete to spend 1 to 2:15 p.m. with the defensive back group, break, and then return to on-field practice from 2:30 to 4 p.m. with the wide receiver group. This example is permissible because the total time from the start of on-field practice to the end of on-field practice is three continuous hours or fewer.

However, it would not be permissible for a student-athlete to engage in on-field practice with the defensive back group from 1 to 2:30 p.m., break, and then return for on-field practice with the wide receiver group from 4 to 5:30 p.m. This example is not permissible because the on-field practice activities do not occur within three continuous hours.

**Question No. 14:** Is there a legislative requirement to provide a day-off per week during the preseason?

**Answer:** No. Division III student-athletes are not legislatively required to have a day-off per week before the start of classes. A day-off, however, is one of the Interassociation Consensus Recommendations intended to provide the student-athlete rest and recovery including mental rest and recovery. The intent underlying this recommendation is to prohibit physical football related activity during this day off. Therefore, conducting activities such as leadership training, entertainment, team building community service, film review and team meetings on the day off during the preseason before classes have started would be consistent with the recommendations.



**2018 Football Preseason Start Date**

The charts below provide the first permissible practice date per the 2018 football preseason waiver for those institutions that conduct the first contest on either September 1st. or 8th.

<b>First Game</b>	<b>First Day of Class</b>	<b>First Practice Current Rule with waiver</b>
September 1	August 20	August 7
September 1	August 21	August 7
September 1	August 22	August 8
September 1	August 23	August 8
September 1	August 24	August 8
September 1	August 27	August 10
September 1	August 28	August 10
September 1	August 29	August 10
September 1	August 30	August 10
September 1	August 31	August 10
September 1	September 4	August 10
September 1	September 5	August 10
September 1	September 6	August 10
September 1	September 7	August 10

<b>First Game</b>	<b>First Day of Class</b>	<b>First Practice Current Rule with waiver</b>
September 8	August 20	August 11
September 8	August 21	August 11
September 8	August 22	August 12
September 8	August 23	August 12
September 8	August 24	August 12
September 8	August 27	August 14
September 8	August 28	August 14
September 8	August 29	August 15
September 8	August 30	August 15
September 8	August 31	August 15
September 8	September 4	August 17
September 8	September 5	August 17
September 8	September 6	August 17
September 8	September 7	August 17