



2024 IHSA Football Acclimatization Chart

Day	Heat Acclimatization Practice Plan	Equipment Allowed
1	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest	Helmet only
2	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest	Helmet only
3	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest	Helmet & Shoulder pads
4	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest	Helmet & Shoulder pads
5	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest	Helmet & Shoulder pads
6-14	<ul style="list-style-type: none"> Teams may conduct two practices per day. Days with two practices must alternate with single practice days or rest days. On days when teams practice twice in one day, total practice time cannot exceed 5 hours. On days when teams practice twice in one day, individual practices are limited to a maximum of 3 hours. 3 hours of rest is required between practice sessions. Single practice days are limited to a maximum of 3 hours with a 1-hour walkthrough following 3 hours of rest. If a team practices on 6 consecutive days during the acclimatization period, one full day of complete rest is required on the 7th day (traditionally Sunday). 	Full pads

Football players must participate in a minimum of 1½ hours of on-field practice on 12 different days before they can participate in their first game.

Q: How is this policy different than the Football Acclimatization Policy we have followed the past few years?

A: The original policy required a 2-hour rest between on-field practice and a walk-through. The updated policy requires a 3-hour rest between on-field practice and a walk-through.

Q: On a day when a team can have one practice, does the following schedule meet the policy?

3 hours of practice – 3 hours of rest – 1-hour walk-through

A: Yes

Q: On a day when a team can have two practices, does the following schedule meet the policy?

3 hours of practice – 3 hours of rest – 2 hours of practice

A: Yes

See Policy 13 in the IHSA Handbook for more information.