



## Heat Acclimation Chart

Preseason and Regular Season practices shall follow USA Football recommended conditioning:

Day	Equipment	Contact Allowed	Duration Limit
<b>WEEK 1</b>			
1	Helmet, T-shirt, shorts, cleats, mouthpiece, and water bottle	No player to player contact allowed	90 Minutes
2	Helmet, T-shirt, shorts, cleats, mouthpiece, and water bottle	No player to player contact allowed	90 Minutes
3	Helmet, shoulder pads, shorts, cleats, mouthpiece, and water bottle	No FULL contact allowed (includes Thud and Live)	120 Minutes
4	Helmet, shoulder pads, shorts, cleats, mouthpiece, and water bottle	No FULL contact allowed (includes Thud and Live)	120 Minutes
*5	Helmet, shoulder pads, shorts, cleats, mouthpiece, and water bottle	No FULL contact allowed (includes Thud and Live)	120 Minutes
<b>WEEK 2 through WEEK 4</b>			
	Full Equipment, mouthpiece, and water bottle	FULL – Limited to 30 minutes per day and 120 minutes per week	*120 Minutes per practice and 5 practices per week
* Modified by RCYFL			



<b>REGULAR SEASON</b>			
	Full Equipment, mouthpiece, and water bottle	FULL – Limited to 30 minutes per day and 90 minutes per week	120 Minutes per practice and 3 practices per week