Football Manual

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1. Sport Summary:

The SSAA football league is a high school championship sport sanctioned in the State of Florida by the SSAA. A school interested in participating in this league must become members of the SSAA.

2. Oversight

A. Sunshine State Athletic Association:

The **Sunshine State Athletic Association (SSAA)** is a Florida State Athletic Organization made up of private and charter schools located throughout Florida. The SSAA offers multiple sports focused on promoting good sportsmanship and fair play for participants, and strives to maintain high standards and a level playing field for all its members and student-athletes! The SSAA provides the opportunity for all to succeed!

The SSAA is "Competition without Compromise"

3. Eligibility / Membership Requirements

The SSAA has Policies and Procedures in place to address eligibility and membership requirements. Please review those requirements in the SSAA Policies and Procedures Manual to ensure that all your student-athletes are compliant with eligibility rules including required physicals and academic eligibility requirements (2.0 GPA)

A. All schools that wish to participate in football must be members of the SSAA in good standing. **B**. All Coaches (including volunteer coaches) and Student Athletes must meet eligibility requirements, prior to the date of the first day of practice.

1. **Coaches :** Must complete the below requirements prior to the first day of practice. . Any violation of this rule can cause the coach and school to be deemed ineligible for the season.
   - **A.** NFHS required concussion course
   - **B.** NFHS required sudden cardiac arrest course
   - **C.** NFHS required heat acclimation instruction
   - **D**. CPR/AED certification required
   - E. Any additional safety items as required

2. Athletes: All student athletes must be in grades 9-12 if at a high school only, or grade 6-12 if the school has all of the grades on the same campus and operates under the same DOE number.

C. All member schools must submit the **AP-1 form** to the SSAA by the Friday of the first week of

practice. This document must include a complete list of all players who will compete for your team during the season, including name, grade, birthday and non-traditional student information (if applicable).

> **8 Man Football Only:** You may **ONLY** have 25 players on your roster. Having a **D-League** team does not change the 25 roster limit.

D. All participating athletes must be fully enrolled students at a member school, and meet all eligibility requirements for athletic participation, unless a non-traditional student.

E. Homeschool/Non-Traditional students athletes wishing to participate for a member school **must be approved** by the Director of Operations **prior to the first day of practice** each season. Homeschool athletes must designate a member school as the **ONLY** school where that student athlete will participate in athletics. Non-Traditional athletes must complete the SSAA Non-Traditional student form (NT-1), or submit an approved EL7, and be approved by the SSAA prior to participating in any athletic activity at the member school.

F. All member schools must have a completed **CRF-1** form on file at the school for each participating athlete and submit them to the SSAA upon request. The form remains at your location for 1 year.

4. League Structure

A. SCHEDULES:
11 Man football: Teams will play at least (3) SSAA opponents prior to the playoffs. Teams may schedule a maximum of 10 games prior to the start of playoffs.

8 Man football: Teams will play in assigned Divisions and play a maximum of 10 regular season games prior to the playoffs.

B. PLAYOFFS:
All teams qualify for playoffs. The format for playoffs will be approved by participating members.

5. RULES OF PLAY / SAFETY

SSAA Heat Acclimation /Contact procedures 2026-2027 school year

A “practice” shall not exceed 3 hours in length, and at no time during a practice. Continuous access to water must be provided, and no student athlete shall be denied access to water. There shall not be more than 90 continuous minutes of strenuous exercise during practice.

All of our coaches must be familiar with and abide by the **Zachary Martin Act** requirements as it pertains to Heat Illness and injury. (See Section below)

For Spring and Fall Football Practice :
Days 1 & 2 – Helmets only
Days 3-5 – Helmets & Shoulder Pads with shorts
Day 6 – Full Gear, and first allowable day of body- to body contact.

Any players who start after the first day must still have 5 days of heat acclimation starting from their first day of participation, and must adhere to the same policy as listed above. Each Student-athlete must follow the (6) day procedure before being in full gear, and being allowed to have body to body contact. Just because a team has had (6) days of practice **DOES NOT** mean all student athletes are eligible for full gear and full contact.

During the initial five 5 days, Sleds, Dummies, Arm Shields and other devices may be used, but there is no intentional body-to -body contact prior to day (6) of practice.

Rules pertaining to Full/ Live Contact: Preseason-Spring Practice.
Day 6 through the Monday of the First Regular Season game or end of spring practice:

(a) Teams are only allowed (2) consecutive days of live contact
(b) During the preseason (from Day 6 thru Monday of week 1) only 30 minutes per day of live contact.
(c) There is no limit on reps vs bags/air or “thud”

Regular Season and Postseason

(a) There shall not be live contact in more than (3) days per practice per week
(b) Live contact is only allowed (2) consecutive days in practice per week
(c) The limit of Live Contact per day shall be limited to 30 minutes.
(d) The cumulative total of Live Contact will be NO MORE than 80 minutes
(e) Unlimited Air/Bags/Thud

Coaches must keep practice schedules for all activities.

The SSAA uses NFHS Football rules, except those noted below:

ALL TEAMS MUST HAVE HAD THEIR “WHITE-HAT”/ HEAD OFFICIAL IN ATTENDANCE TO BE CERTIFIED AT THE SSAA TRAINING IN PRE-SEASON.

A. Officials

11-Man Football: SSAA uses FHSAA and SSAA certified officials. Associations that are recognized by FHSAA and/or the SSAA are approved to officiate competitions.

1. All games shall be played utilizing (5) officials. They are: the referee, the umpire, the line judge, side judge and head linesman.
    1. No game may be played with less than (5) field officials.

2. When requested, an Electric Clock Operator shall be utilized and be responsible for the official game clock.

2. The ECO must be assigned by the LOA (local officials association). The management of the game clock shall be kept on the field if no ECO is assigned or at any time during the game the scoreboard clock becomes inoperable. ***Everyone is reminded that the official time of the game is kept by the Head Official, not necessarily by the Score Board***.

8-Man Football:

1. All games shall be played utilizing four (4) officials. They are: the referee, the umpire, the line judge and head linesman.
    1. No game may be played with less than three field officials.
    2. Games may be played with three (3) Refs if the school requested four (4), but only three (3) Refs showed up and the error was clearly the fault of the Refs Association. 3. When requested, an Electric Clock Operator shall be utilized and be responsible for the official game clock.
2. The ECO must be assigned by the LOA (local officials association). The management of the game clock shall be kept on the field if no ECO is assigned or at any time during the game the scoreboard clock becomes inoperable. ***Everyone is reminded that the official time of the game is kept by the Head Official, not necessarily by the Score Board***.
3. Every “White hat” or Head Official must be certified by the SSAA Head 8 man football official.

B. Field Size and Marking:

11-Man Football:

1. The field is 100 yards between goal lines and 53.4 yards wide.
2. Fields must have yard lines marked at least ***every 5 yards.***
3. When possible, fields should have Hash Marks placed perpendicular to those yard lines 45 feet in from the sidelines.
4. All fields must have a painted **Players Box**.
5. If a field does not have 2 field goal posts, both teams will attempt XP and FG on the same post.

8-Man Football:

1. The field is 80 yards between goal lines and 40 yards wide.
2. The home team may elect to use a 100 yard field instead of the 80 yard field- If using a full length field, teams will use the 40 yard width (use yard markers to play between the hashes, and have both coaches and officials agree before the game)
3. Fields must have yard lines marked at least ***every 5 yards.***
4. When possible, fields should have Hash Marks placed perpendicular to those yard lines 45 feet in from the sidelines.
5. All fields must have a painted **Players Box**.

6. If a field does not have 2 field goal posts, both teams will attempt XP and FG on the same post.
7. If a field has no field goal posts, both teams will go for 2 points after each score from the 5 yard line.

C. Penalties: See NFHS Rules for penalty details. Except as noted below.

8-Man Football exception: Major penalties will be 10 yards instead of 15 yards if played on an 80-yard field

D. Illegal Personal Contact: Focus on these 4 components of NFHS Rule 9-4

Illegal Contact:

Targeting: Targeting is an act of taking aim and initiating contact to an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulders.

Spearing: An act by any player who initiates contact against an opponent at the shoulders or below with the crown (top portion) of his helmet

Blind Side Block: A block against any opponent other than the runner, outside the free blocking zone, who does not see the blocker approaching. If the block is initiated with open hands this is NOT a penalty.

Excessive contact to a defenseless player: Make any contact with an opponent, including a defenseless player which is deemed unnecessary or excessive and which incites roughness.

If the foul is determined to be Flagrant it may lead to a disqualification.

E. Player's box

MUST be clearly painted onto the field

1. Will extend from the 25 to the 25 yard line
2. Will be 3 yards from the sideline.
3. No more than two coaches may be between the player box and the sidelines. 4. Only persons with a permission from the home administration and/ or SSAA will be allowed on the game field area or player box.

F. Mandatory Fencing - Field without permanent fencing around the perimeter of the playing field:

1. Schools must use, at a minimum, a temporary barrier between the field and the spectators viewing the game.
2. This barrier must run parallel to the sidelines from the end zone to end zone. 3. The home team is responsible to make sure no one enters the playing area other than approved players, coaches, officials and staff.
4. It must be at least 15 feet from the back of the players box and end zones. At no point may a spectator be closer than 15 feet to the field.

G. Roster Size

11-Man Football:

Schools may have a total of 75 players maximum on their Roster. There are no exceptions. Any team who is found to be playing with more than the (75) rostered players will be ruled immediately ineligible. This includes 6-12th grade. Teams with a sub-varsity team may not use that as an advantage to get around the roster limits. There must be a separate roster for the sub-varsity team. Players are limited to (6) quarters a week. Violation of this can result in being ruled ineligible for postseason and future SSAA play.

All teams will dress a maximum of (60) eligible players that are listed on the submitted roster on Bound. Allowing an ineligible player to dress and participate in a competition will result in forfeiting the game, plus additional sanctions as determined by the Director of Operations

8-Man Football:

Schools may have a total of 25 players maximum on their Roster. There are no exceptions. Any team who is found to be playing with more than the 25 rostered players will be ruled immediately ineligible. This includes 6-12th grade. Teams with a D-league team may not use that as an advantage to get around roster limits. There must be a separate roster. Players are limited to (6) quarters a week. Violation of this can result in being ruled ineligible for postseason and future SSAA play.

All teams will dress a maximum of 25 eligible players that are listed on the submitted roster on Bound. Allowing an ineligible player to dress and participate in a competition will result in forfeiting the game, plus additional sanctions as determined by the Director of Operations.

H. Minimum Number of Players

11-Man Football:

The game is played with (11) offensive and (11) defensive players

1. The game must start with eleven (11) eligible players on each team.
2. No game may be played if a team cannot field eleven (11) eligible players at game time. 3. If either team has less than eleven (11) players at any time once the game has started, they may elect to:

A. Stop the game at that point from continuing, the team with less than(11) players would lose the game by forfeit with the actual score recorded.

B. Continue with ten (10) players

C. It is not a requirement that the opponent play with ten players to match their opposition

8-Man Football:

The game is played with 8 offensive and 8 defensive players

1. The game must start with eight (8) eligible players on each team.
2. No game may be played if a team cannot field eight (8) eligible players at game time. 3. Once a game has started, either team may play with less than eight (8) players. 4. If either team has less than eight (8) players at any time once the game has started, they may elect to:
   B. Stop the game at the point from continuing, the team with less than 8 players would lose the game by forfeit with the actual score recorded.
   B. Continue with Seven (7) players
   C. It is not a requirement that the opponent play with seven players to match their opposition

I. Game Clock

1. Each varsity game shall be played with four (4) twelve (12) minute quarters. 2. Half-time shall consist of a total of fifteen (15) minutes with both teams to report back to their respective sidelines for a three (3) minute warm-up at the twelve (12) minute mark. 3. A team on offense or in a free kick shall be allotted twenty-five (25) seconds in which to snap or free kick the football following the referee's ready for play signal.
4. The new NFHS 40 second play clock will be enforced.

J. Wearable Technology

Member schools may utilize one-way wearable communication technology during SSAA football games for the purpose of transmitting in-game play calls to student-athletes. Permissible devices may include wearable watches, wristbands, belt-pack systems, or similar wearable communication technology.

The following regulations shall apply:

1. Coach-to-player communication may only occur through one-way wearable technology systems.
2. Helmet communication systems and voice transmission communication are prohibited.
3. Communication transmissions may originate from the press box/press box area and/or the sideline.
4. There shall be no restriction on the number of student-athletes permitted to wear approved wearable communication devices during competition.
5. There shall be no restriction on the transmission of data from coach to player.
6. Game officials shall not be responsible for actively enforcing sideline restrictions related to wearable technology use. However, officials are expected to report any known or suspected violations through the official game report process.
7. Violations of this policy shall be reviewed in accordance with SSAA procedures by the appropriate Sport Coordinator and/or Director of Athletic Operations and may result in penalties, including the possibility of contest forfeiture.

K. Water Breaks

1. During each game, the officials shall stop play as close to the mid-way mark of each quarter to allow teams to exercise a mandatory water break. The break should not be taken if it clearly gives one team an advantage because of positioning on the field (ie- team driving and about to score in the red zone, allow drive to finish before water break)
2. The water break does not count against team timeouts

3. The mandatory water break will be done throughout the regular season, playoffs and championship games.

L. Exchange of Game Tapes. The opposing teams must exchange game film of their previous game by 5 p.m. EST on the Saturday on the week preceding their game. If a game is played on a Saturday, film must be exchanged by 3PM Sunday.

M. Starting the Game/ Post Scoring/ Safeties :

11-Man Football: See NFHS Rules for kickoff details. Except as noted below.

8-Man Football: There will be no kickoffs in SSAA 8 man football.

1. To begin the game, the ball will be placed on the 25 yard line (on a 100 yard field), and the 20 yard line (on an 80 yard field). If a team chooses to go for what would have been an onside kick, they must declare it to the official in advance. The team attempting the on-side kick will have a 4th and 15 at their own 35 yard line (on a 100 yard field), or from their own 25 yard line (on an 80 yard field). If they convert the 4th down attempt for a first down, they will continue on their offensive possession from the spot of the ball. If the attempt is not successful, the opposing team will then take possession at the spot the ball was advanced. (ie: Offense had 4th and 15 at the 35 and gained 10 yards, the defense gets the ball at the 45 yard line going in)

2. There will be 1 minute after a scoring play before the 40 second play clock begins for the offense's next possession.

3. **Safeties**: After a safety occurs during play, the defensive team that scores the safety will take possession of the ball at their own 35 yard line (on a 100 yard field), or at their own 30 yard line (on an 80 yard field).

N. Earning First Downs

First downs require forward progress from the original line of scrimmage of at least 10 yards in a maximum of four downed plays from the offense not including penalty yardage (if any).

O. Offense Formation:

11-Man Football: See NFHS Rules for offense details. Except as noted below.

8-Man Football:

Must have a minimum of 5 players on the line of scrimmage at the time of the snap.

A. LOS. The basic offensive line will consist of:

1. **The three down linemen that are not eligible to receive a pass and may wear any numbered jersey**

2. The two Ends (uncovered on LOS) who are eligible to receive a pass. They may be lined up in a tight formation or in a spread formation.

Exceptions: A center may be eligible to receive a pass if: He is **uncovered** on the line of scrimmage.

B. In a basic 5-man LOS formation, there will be 3 players in the backfield. All players who are backs must be clearly established behind the line of scrimmage at the time of the snap. C. All backs are eligible pass receivers if they are legally behind the line of scrimmage at the snap.

P. Blocking Zone

The Free Blocking Zone will apply:

1. The free-blocking zone is a square area extending laterally 3 yards either side of the spot of the snap and 3 yards behind each line of scrimmage.
2. The zone shall diminish once the ball leaves the area.
3. To block anyone below the waist, both players involved must be in the zone at the snap. There is NO blocking in the back allowed.

Q. Substitution rule

11-Man Football: See NFHS Rules for substitution details. Except as noted below.

8-Man Football:

After the ball is marked ready for play, each player on offense who participated in the previous down, and each substitution player for the offensive team must have been, momentarily, within 7-yard of the football, before the snap. **Offense may not break the huddle with more than 8 players.**

R. Time Outs

Each team is allotted three (3) time-outs per half not to exceed one (1) minute each. Up to 1 Unused time-outs from the second half may carry over to any overtime period.

S. Authorized Time Out Conferences

11-Man Football: See NFHS Rules for time out details. Except as noted below.

8-Man Football:

1. During charged and official timeouts, teams may choose to use one of two approved procedures. They may choose to: 1. confer with one (1) coach and not more than four (4) water personnel on the field between the hash marks. Not more than eight (8 players may participate. Or, the head coach may bring his team to the sideline between the 25-yard line, and confer with his team with unlimited coaches and water personnel.
2. However, no field player may leave the field and enter the team box without being replaced.

3. If a player leaves the field and then returns during a charged or officials timeout, he will be guilty of illegal substitution and penalized five (5) yards.

T. Head Coach / Referee Conference

1. At any time during a game, the head coach may request and will be granted a timeout in order to confer with game officials regarding any issues that are of concern to the head coach. 2. This may include penalty enforcement, rule clarification, timing etc. Discussions on official's judgment calls will not be entertained.
3. During this conference, both teams will have full time out privileges.
4. The timeout is charged to the team that requests the conference (assuming they have timeouts remaining in the half).
5. If it is proven that game officials were in error on penalty enforcement, timing or other documented rules, the timeout will not be charged to the team and will be ruled as an official's timeout.

U. Methods of Scoring:

Touchdown - 6 points
Field goals - 3 points
Safety – 2 points
<u>Point after Touchdown (P.A.T.) -</u>
11-Man Football: See NFHS Rules for scoring details. Except as noted below.

8-Man Football:
<u>If the field has no goalposts:</u>
A. Successful run or pass from the 5-yard line is worth 2 points
B.. Successful run or pass from the 3-yard line is worth 1 point

<u>If the field has goalposts:</u>
A. Successful run or pass into the end zone from the 3-yard line is worth 2 points
B.. Successful Kick from the 3-yard line is worth 1 point

The defense may not score on a try. During a try after touchdown the ball becomes dead when Team B gains possession or it is obvious that a kick is unsuccessful.

V. Defense Formation

11-Man Football:
1. Must have (11) players
2. Defenses may line up in any formation with no required number of down linemen.

8-Man Football:
1. Must have (8) players
2. Defenses may line up in any formation with no required number of down linemen.

W. Man in Motion

11-Man Football: See NFHS Rules for motion details. Except as noted below.

8-Man Football:

1. There must 5 players on the line of scrimmage at the snap
2. Motion player cannot be one of the players on the line of scrimmage and must be clearly in the back field. And must be set for one second prior to going in motion.
3. Motion player cannot turn up field prior to snap

X. Mercy Rule:

1. If one team is ahead by a margin of 35 points or more at any point in a 8-man game or in the second half of an 11-man game, the clock automatically becomes a running clock. 2. Once the running clock is initiated, it shall run continuously except for during any timeout taken by a team or officials, injuries, unsportsmanlike conduct penalties, a score by either team, and during the period between quarters.

8-Man Football: (Only)

3. No onside kick (possession) attempts may happen if ahead by 14 points or more.

Y. Overtime Period

1. A coin toss takes place at midfield to determine which team will get first possession of the ball.
2. The coin-toss losing team can select the end of the field on which overtime will take place. Once an end of field is decided, all overtime periods will take place at that end. 3. Possession is then given to the coin-toss winner at the opponent's 10 - yard line. 4. The team with possession of the ball is given four downs to score a field goal or touchdown. 5. In the event of a touchdown, an extra point kick or two-point conversion is attempted. The offensive team's possession ends when it scores, fails to score or fails to gain a first down. 6. If, at the end of each teams' first possession, the score remains tied, another overtime period takes place.
7. If, at the end of two overtime periods the score remains tied, teams must attempt 2 point conversions after a touchdown.
8. If after four (4) overtime periods during a regular season game, the game will end in a tie unless that game is to determine a playoff berth or is a playoff game.

Z. Disqualified Players & Non-Players (UNSPORTSMANLIKE CONDUCT) 1. If at any time a player is ejected from the game, he must leave the playing field and sideline area, and the "white hat" must submit a report to the SSAA, the Head Coach or Athletic Director must submit a (UC-1) to SSAA staff within 24 hours via email.

2. If a non-player (coach, parent, spectator, etc.) is ejected during a game, they must leave the playing area immediately and completely and cannot have any physical or verbal contact with the team, (including half-time) until the conclusion of the game. This includes video, or any form of communication.

3. If the head coach is ejected, an assistant coach must identify themselves to the referee indicating that he is now assuming the duties of the head coach for the remainder of the game.
4. If a disqualified player or coach violates the provisions of this section, game officials will penalize the team and may suspend or stop the game from the point of the violation. ***5. Any instance of a player, coach or school representative being ejected from a game will automatically require an investigation by the SSAA, which may result in additional discipline prior to the next scheduled event, including additional games suspension. 6. ANY UNSPORTSMANLIKE INCIDENT MUST BE REPORTED TO SSAA STAFF ON THE (UC-1) FORM WITHIN 24 HOURS.***

AA. SSAA Required Game Football

1. Big Game USA is the official game football of the SSAA. This will go into effect for the 2026 regular season and playoffs.

BB. Reporting of Scores:

All home teams are required to report the score of their games to the SSAA by 9am the morning after the competition. This can be done via email, text or phone call. Failure to report scores could result in disciplinary action.

6. Regular Season Play

11 Man football: Teams will play at least (3) SSAA opponents prior to the playoffs. Teams may schedule a maximum of (10) games prior to the start of playoffs.

8 Man football: Teams are divided into divisions. Each team will compete against the other teams in their division and are required to:

1. Schedule, and play a game against each team in their division during the regular season. The first game against each division opponent will count towards divisional standings, unless mutually agreed upon IN ADVANCE by both coaches that a subsequent regular season game will count. The SSAA must also be notified in writing if a change is made prior to the game being played.

11-Man and 8-Man Football: Any team canceling a game or forfeiting a game for reasons other than an "act of God" will be fined a minimum of $500, or if the visiting team will pay the home team an amount equal to average ticket sales, parking and concession revenue, for a home game as well as, additional disciplinary action, which could be up to and including removal from the league. All cancellations/changes to a game must be approved by the SSAA office in advance. This includes match-up/playoff games weeks 10-12. All fines would go to the team affected by the cancellation.

7. PLAYOFF FORMAT

All playoffs will culminate in a State Championship games as follows:

<u>Atlantic League</u>
State Championship-Top 16 ranked teams
1A Championship-4 remaining teams

<u>11 Man Football:</u>
State Championship Bracket- Top 8 from North and top 8 from South
4A Bracket- 9-16 from North/South
3A- 17-20 from North/South
2A- 21-24 from North/South
1A- 25 from North/South

All teams are required to play a playoff game
<u>8 Man Football:</u>
State Championship: 6 division winners and 10 wild card teams using the CCI ranking system
Class AA: The next 8 ranked teams
Class A: The next 5 ranked teams

All teams are required to play a playoff game

8. TIEBREAKERS
Our tiebreakers as approved in our policy & bylaws are:

- **Head-to-Head competition**
- **Records vs Common SSAA opponent outside the division**
- **Combined point DIFFERENCE for the games played between the teams tied for a playoff spot.**
- **Coin Flip if still tied**

9. RANKINGS

A CCI (Comparative Competitive Index) ranking will be done at the end of the regular season to determine seeding for the playoffs.

10. IMPORTANT DATES

First Day of Practice July 27th
First Day in Pads (allowed after 5 days of heat acclimation) Week 0 regular season August 14
Final Week regular season October 23
Week 1 Playoffs October 30
State Championship Games November 19-21 (11-man, 8-man and Atlantic)

11. ZACHARY MARTIN ACT:

The Governor has signed the Zachary Martin Act into law, which provides many standards and protocols for ALL High School Athletics to prevent heat illness and injury. These are state mandated requirements that teams must comply with. There are several items that will be detailed in this document, but they are centered around the (2) primary components of this law:

1. **Monitoring Heat Stress in student-athletes.**
    - **Outside Temperature MUST be measured with a Wet Bulb Globe Thermometer.**
        - **This must be taken before any outdoor:**
            - **Game events or contests**
            - **Practices, workouts or conditioning**

WBGT	*ACTIVITY GUIDELINES*
< 82.0	*Normal Activities* *Provide a minimum of 3 rest/ water breaks of NO LESS than 3 minutes each during the workout*
82.2-86.9	*Discretion required for prolonged or intense exercise.* *Provide a minimum of 3 rest/ water breaks of NO LESS than 4 minutes each.*
87.1-90.0	*Max practice time is 2 hours.* *For Football: Players are restricted to helmet, shoulder pads and shorts during practice. If the WBGT rises to this level DURING practice, players may continue to workout wearing football pants without changing to shorts.* *All Sports: must provide a minimum of 4 rest/water breaks each hour of NO LESS than 4 minutes each.*

90.1-91.9	***Maximum practice time is 1 hour.*** ***For Football: No protective equipment may be worn during practice, and there may be no conditioning activities.*** ***For All Sports: There must be 20 min of rest breaks during the hour of practice.***

Included in Monitoring Heat Stress, schools must have "Cooling Zones":

Each school is responsible to provide cooling zones for each outdoor activity (conditioning, games, events, workouts, practice).

- **Cold Water Immersion must be IMMEDIATELY available to student-athletes.**
- **Additional items include: Tarps, Ice Towels or sponges to create an "Ice Taco" for the athletes suffering heat related illness.**
- **Emergency Action Plan: Each School must have an EAP**

A key is to cool prior to the student athlete being transported by EMS. Your school MUST have someone who is trained in cold water immersion.

Rest Breaks must be REST- providing unlimited hydration and no activity!

2. AED Requirements:

AED:

- **MUST be available, and clearly marked for all contests, practices, workouts and any conditioning sessions.**
- **Keep in mind many athletic activities occur after office hours – school administration must notify those involved with the teams of the locations, and how to access them.**
- **Effective June 1, 2021 – there must be a school employee or volunteer who is trained in CPR and AED usage present at ALL athletic activities.**

Once again – please read the full Zachary Martin Act to make sure you are in full compliance with all of the requirements