

South Carolina Football Contact Limitations

During the regular season and post season, no football player is allowed to participate in more than ninety (90) minutes of full contact practice per week.

- For the purpose of this rule, “Full Contact” is defined as football drills or live game simulations where **“Live Action”** occurs.
- **“Live Action”**, as defined by USA Football, is contact at game speed where players execute full tackles at a competitive pace taking players to the ground.
- A team may continue to dress in full pads for practice, but may only participate in **“Live Action”** drills and game time simulations no more than ninety (90) minutes per athlete per week.
- If a player is dressed in shells (shorts, shoulder pads, and helmets) no **“Live Action”** drills or simulations can occur.
- This rule is intended to limit **“Live Action”** drills and simulations and not the number of practices a team may participate in full pads.
- A team MAY participate in **“Air”, “Bags”, “Control”, and “Thud”** drills and simulations at any point

Contact Levels

1. **“Air”**: Players should run unopposed without bags or any opposition
2. **“Bags”**: Activity is executed against a bag, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag
3. **“Control”**: Drill is run at an assigned speed until the moment of contact. One player is designated by the coach ahead of time as the pre-determined winner. Contact remains above the waist and players stay on their feet.
4. **“Thud”**: Drill is run at competitive speed through the moment of contact with no predetermined winner. Contact remains above the waist, players stay on their feet, and a quick whistle ends the drill
5. **“Live Action”**: Contact at game speed where players execute full tackles at a competitive pace taking players to the ground