

# RFL PRACTICE GUIDELINES FOR COACHES 2014

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## PRACTICE AND TEAM MEETINGS

Team meetings are defined as practices, games, film sessions, conditioning sessions, scrimmages and any other football related activity conducted under the supervision of a member of a team's coaching staff.

1. Team meetings for the RFL season may not begin before August 1<sup>st</sup>.
2. Ankle Biter teams may meet three (3) times per week for a maximum of two (2) hours.
3. Pony, Pee Wee and Intermediate teams may meet four (4) times per week for a maximum of two and one half (2 ½) hours.
4. MSFL teams may meet five (5) times per week.

**All team meeting times and requirements are subject to limitation by the RFL Heat Guidelines. See Below.**

## PRACTICE GUIDELINES

All RFL coaches must adhere to this policy which has been enacted by the RFL Board of Directors to limit possible head injuries to RFL players.

1. Coaches are encouraged to limit full-speed, full-contact drills during practice.
2. In no event shall coaches have more than 1/3 of practice time dedicated to full-speed, full-contact drills.
3. Once the season starts, Coaches shall conduct no more than two (2) practices per week with contact.
4. No full-speed, full-contact drills in which players line up heads-up more than 3 yards apart are permitted.
5. Inter squad scrimmages must be at least 4 days apart..
6. If Coaches have any question about whether a particular drill or practice schedule complies with this policy, they are encouraged to contact their commissioner or the RFL Director of Football Operations.
7. Coaches violating this policy are subject to discipline under the applicable RFL Rules and Regulations.

All registered head and assistant coaches are required to attend on approved clinic on RFL practice policies.