



WESTERN PENNSYLVANIA YOUTH FOOTBALL LEAGUE

www.wpyfl.org

WPYFL HEAT ACCLIMATION WEEK

- A. The League Director shall designate a date, no earlier than the three weeks before the pre-Season Kickoff, as the official start date for practice.
- B. The first week of practice shall be known as “Heat Acclimation Week” and the following protocols will be strictly enforced:
 1. Days 1 – 2: Helmets only
 2. Days 3 – 5: Helmets and Shoulder Pads only – contact only with blocking dummies and sleds
 3. Day 6 – Full Equipment – Full 100% live contact permitted
 4. Only one (1) practice permitted per day during “Heat Acclimation Week”
 5. Practice shall be no more than two (2) hours in length during “Heat Acclimation Week”
 6. Any player who misses a practice after beginning the “Heat Acclimation” process will restart the “Heat Acclimation” process from the point they missed practice (ex. Player goes through days 1-3 of “Heat Acclimation” and misses 5 days due to vacation. Upon return to practice player will restart the “Heat Acclimation” process at day #4.)
 7. Regardless of when a player begins practicing that player must go through the “Heat Acclimation” process
- C. The following penalties shall be assessed for any organization who fails to adhere to the “Heat Acclimation Week” protocols:
 1. Ineligible for the playoffs for the current season (all division levels)
 2. A \$500 organizational fine will be assessed
- D. Any team may conduct “conditioning” workouts prior to “Heat Acclimation Week.” Only shorts and t-shirts may be worn, no protective football equipment shall be worn.