



| Type of Team | 1st PRACTICE DATE | WEEKLY LIMIT | TIME LIMIT | RESTRICTIONS | CHANGES |
|------------------|---------------------|---------------|--------------------------|--|---|
| 1st & 2nd Grades | Can Begin July 16th | 2 day maximum | 1.5 hour maximum per day | No Wed or Sun NO Friday when High School has Home Football game. | September 15th – change to 1 day per week maximum |
| 3rd & 4th Grades | Can Begin July 16th | 2 day Maximum | 2 hours maximum per day | No Wed or Sun NO Friday when High School has Home Football game. | If squad competes one (1) additional day <i>may</i> be added after September 15th. |
| 5th – 7th Grades | Can Begin July 16th | 2 day maximum | 2 hours maximum per day | No Wed or Sun NO Friday when High School has Home Football game. | If squad competes two (2) additional days <i>may</i> be added after September 15th |