

Policy No. 008
Issue No. 3
Date 7/29/25

Practices Policy



Objective	To establish guidelines for practices.
Policy	This policy defines the conditions of practices within the Post Falls Junior Tackle & Cheer (PFJT&C) program. This policy applies to all athletes, coaches, spectators, and volunteers.
Policy Guidelines	Guidelines for practices are as follows:
Unauthorized Practices	No member, team, or coach may begin practices prior to the official start date set by PFJT&C Executive Board. Any instructing of three or more athletes is considered an organized practice and subject to suspension.
Athlete Eligibility	A completed parent/participant contract and PASSING sports physical is required to be submitted to the Team Manger before the athlete can step onto the field (including non-padded practices). The Head Coach will be suspended if this is not followed.
Times (Start/End) and Duration	Practices are not to start any earlier than 4:30 pm and end no later than 7:45 pm or dark.
3-4th Grade	<ul style="list-style-type: none">● Pre-Season Practices (before school starts): Regular practices are to be no more than four (4) – 2 hour practices OR 8 hours maximum per week. Minimum pre-conditioning requirements for each athlete are as follows.<ul style="list-style-type: none">○ Helmets shall be worn the first day of practice.○ A minimum of six (6) hours of conditioning in helmets prior to full contact, shoulder pads, etc. (tackle dummies are permitted). Attendance at the PFJT&C BBQ (if held) counts as 1 of the conditioning practices.● In-Season Practices (after school starts): Regular practices are to be no more than three (3) – 2 hour practices.
5-8th Grade	<ul style="list-style-type: none">● Pre-Season Practices (before school starts):<ul style="list-style-type: none">○ Regular practices are to be no more than five (5) – 2 hour practices OR 10 hours maximum per week. Minimum pre-conditioning requirements for each athlete are as follows:<ul style="list-style-type: none">▪ Helmets shall be worn the athletes first 3 days of practice.▪ Shoulder pads may be worn starting the athletes 4th day of practice.▪ Full pads may be worn starting the athletes 6th day of practice.

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- A minimum of ten (10) hours of conditioning in helmets prior to full contact, shoulder pads, etc. (tackling dummies are permitted. Attendance at the PFJT&C BBQ (if held) counts as 1 of the conditioning practices.
 - In-Season Practices (after school starts): Regular practices are to be no more than four (4) – 2 hour practices and one (1) – 1 hour no-contact walk through per week OR no more than 9 hours per week.
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**Associated
Policies,
Procedures, and
Forms**

[Player Attendance Log](#)

**Approving
Authority**

PFJT&C Executive Board