



Division III Football Practice Calendar Survey Results *April 23, 2021*

As you complete the survey, please consider the following definitions for “thud” and “tackle”:

Thud: Practice in which the players, wearing either full equipment or helmets and shoulder pads, hit each other, but remain on their feet.

Tackle: Players, wearing full equipment, stop a player carrying the ball, especially by forcing the player to the ground.

In which Division III football conference does your team compete?

Answer	n	% of Overall Responses
American Rivers Conference	10	5%
American Southwest Conference	9	4%
Centennial Conference	10	5%
College Conference of Illinois & Wisconsin	9	4%
Commonwealth Coast Football	6	3%
Eastern Collegiate Football Conference	5	2%
Empire 8	6	3%
Heartland Collegiate Athletic Conference	8	4%
Liberty League	7	3%
Massachusetts State Collegiate Athletic Conference	9	4%
Michigan Intercollegiate Athletic Association	6	3%
Middle Atlantic Conferences	10	5%
Midwest Conference	9	4%
Minnesota Intercollegiate Athletic Conference	8	4%
New England Small College Athletic Conference	5	2%
New England Women’s and Men’s Athl. Conference	7	3%
New Jersey Athletic Conference	6	3%
North Coast Athletic Conference	11	5%
Northern Athletics Collegiate Conference	7	3%
Northwest Conference	5	2%
Ohio Athletic Conference	6	3%
Old Dominion Athletic Conference	6	3%
Presidents’ Athletic Conference	9	4%
Southern Athletic Association	7	3%
Southern California Intercollegiate Athl. Conference	7	3%
Upper Midwest Athletic Conference	3	1%
USA South Athletic Conference	6	3%
Wisconsin Intercollegiate Athletic Conference	7	3%
Total	204	100%

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Part I. Preseason Practice.

Division III currently permits practice to begin 23 days before the first contest. Preseason practice must begin with a 5-day acclimatization period. Following the acclimatization period, student-athletes must have one day off of physical athletically related activities per week, and they shall not engage in more than three hours of on-field practice activities per day.

During preseason practice:

How many on field practice sessions (not including walk-throughs) do you use in a typical preseason, including the acclimatization period?

Answer	n	%
0-4	1	1%
5-9	7	3%
10-14	14	7%
15-21	181	89%

How long is a typical on-field preseason practice?

Answer	n	%
0-60 minutes	0	0%
60-90 minutes	2	1%
1.5-2 hours	74	36%
2-2.5 hours	95	47%
2.5-3 hours	33	16%

How many of the preseason practices are non-contact/minimal contact practices?

Answer	n	%
0-4	66	32%
5-9	89	44%
10-14	36	18%
15-21	12	6%

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Of the preseason practices you conduct:

How many include live tackling?

Answer	n	%
0-4	133	65%
5-9	55	27%
10-14	14	7%
15-21	2	1%

How many involve thud activities?

Answer	n	%
0-4	10	5%
5-9	36	17%
10-14	104	51%
15-21	54	27%

Of the contact practices, what is the typical amount of time spent on contact activities by linemen (offensive and defensive)?

Answer	n	%
0-30 minutes	65	32%
30-60 minutes	111	54%
60-90 minutes	23	11%
1.5-2 hours	4	2%
2-2.5 hours	0	0%
2.5-3 hours	0	0%

Of the contact practices, what is the typical amount of time spent on contact activities by mid-skill positions (e.g. tight end, fullback, linebacker)?

Answer	n	%
0-30 minutes	87	43%
30-60 minutes	103	50%
60-90 minutes	13	6%
1.5-2 hours	1	1%
2-2.5 hours	0	0%
2.5-3 hours	0	0%

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Of the contact practices, what is the typical amount of time spent on contact activities by skill positions (e.g. wide receiver, defensive back)?

Answer	n	%
0-30 minutes	129	63%
30-60 minutes	70	34%
60-90 minutes	5	3%
1.5-2 hours	0	0%
2-2.5 hours	0	0%
2.5-3 hours	0	0%

For each of the following equipment options (not including the acclimatization period), indicate the number of preseason practices which use:

	Answer	n	%
Helmet only	0-9	187	97%
	10-16	6	3%
Helmets and spider pads only	0-9	137	95%
	10-16	7	5%
Helmets and shoulder pads only	0-9	112	56%
	10-16	87	44%
Full equipment	0-9	146	73%
	10-16	54	27%

During the preseason do you engage in drills that create unavoidable direct contact (e.g., Oklahoma, Pods, Bull in the Ring) where players' movement is confined to a restricted area?

Answer	n	%
Yes	49	24%
No	155	76%

During the preseason do you engage in pods or half-line drills in absence of a run or pass read?

Answer	n	%
Yes	133	66%
No	69	34%

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How many practice sessions during the preseason include pods or half-line drills in absence of a run or pass read?

Answer	n	%
0-4	42	32%
5-9	53	40%
10-14	32	24%
15-21	5	4%

Part II. In-Season Practice.

Of the practices conducted in a typical week (Sunday to Saturday):

How many include contact?

Answer	n	%
0	2	1%
1	16	8%
2	93	46%
3	82	40%
4	7	3%
5	2	1%
6	2	1%

Of the contact practices, what is the typical amount of time spent in live tackling activities?

Answer	n	%
0-30 minutes	199	98%
30-60 minutes	5	2%
60-90 minutes	0	0%
1.5-2 hours	0	0%
2-2.5 hours	0	0%
2.5-3 hours	0	0%

Of the contact practices, what is the typical amount of time spent in “thud” activities?

Answer	n	%
0-30 minutes	73	36%
30-60 minutes	110	55%
60-90 minutes	17	8%
1.5-2 hours	2	1%
2-2.5 hours	0	0%
2.5-3 hours	0	0%

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How many are non-contact practices?

Answer	n	%
0	4	2%
1	39	19%
2	123	60%
3	26	13%
4	8	4%
5	4	2%
6	0	0%

Of the contact practices, what is the typical amount of time spent on contact activities by linemen (offensive and defensive)?

Answer	n	%
0-30 minutes	78	38%
30-60 minutes	108	53%
60-90 minutes	17	8%
1.5-2 hours	1	1%
2-2.5 hours	0	0%
2.5-3 hours	0	0%

Of the contact practices, what is the typical amount of time spent on contact activities by mid-skill positions (e.g. tight end, fullback, linebacker)?

Answer	n	%
0-30 minutes	101	49%
30-60 minutes	96	47%
60-90 minutes	6	3%
1.5-2 hours	1	1%
2-2.5 hours	0	0%
2.5-3 hours	0	0%

Of the contact practices, what is the typical amount of time spent on contact activities by skill positions (e.g. wide receiver, defensive back)?

Answer	n	%
0-30 minutes	145	71%
30-60 minutes	55	27%
60-90 minutes	3	2%
1.5-2 hours	0	0%
2-2.5 hours	0	0%
2.5-3 hours	0	0%

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During the in-season practice period do you engage in drills that create unavoidable direct contact (e.g. Oklahoma, Pods, Bull in the Ring) where players' movement is confined to a restricted area?

Answer	n	%
Yes	22	11%
No	182	89%

During the in-season practice period do you engage in pods or half-line drills?

Answer	n	%
Yes	122	60%
No	82	40%

How many practice sessions per week include pods or half-line drills?

Answer	n	%
0	1	1%
1	36	30%
2	73	59%
3	10	8%
4	1	1%
5	1	1%
6	0	0%

Part III. General Concepts

Would you support a limit to the overall number of practice sessions in which live tackling and full speed blocking is permitted if those sessions were replaced with non-contact skill development sessions at other times during the year?

Answer	n	%
Yes	73	36%
No	129	64%

Would you support an NCAA policy restricting drills with unavoidable direct contact that increase the probability of head impact exposure?

Answer	n	%
Yes	116	58%
No	85	42%