

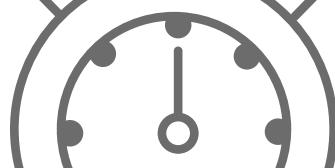
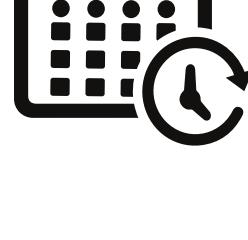
2024 OFF-SEASON GUIDELINES

PER THE COLLECTIVE BARGAINING
AGREEMENT

PHASE 1 VOLUNTARY WORKOUTS

DURATION

2 Weeks
4 Days Per Week



PHASE 1 VOLUNTARY WORKOUTS

DEAD BALL

QBs may elect to throw to receivers (NO DEFENDERS). Kickers, punters, holders, and long snappers may use footballs without the involvement of any other players. Returners may field punts and kickoffs provided they are not covered by any other player. JUGGS machine may be used for pass catching, and punt and kickoff returns. NO HELMETS except players using the JUGGS machine may elect to wear them.

TIME COMMITMENT

4 Hours Per Day
Club can ONLY specify
2hrs
90 mins MAX on Field
with
S&C Coaches ONLY



\$315/DAY
MUST COMPLETE
3 OF 4
WORKOUTS PER
WEEK

2024 OFF-SEASON GUIDELINES

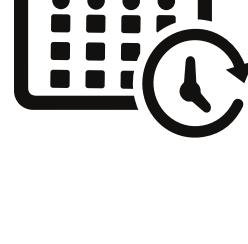
PER THE COLLECTIVE BARGAINING
AGREEMENT

PHASE 2 VOLUNTARY WORKOUTS

DURATION

3 Weeks

4 Days Per Week



PHASE 2 VOLUNTARY WORKOUTS

TIME COMMITMENT

4 Hours Per Day

Club can **ONLY** specify
2hrs

90 mins MAX on field.

All coaches allowed

WALK-THRU

NO HELMETS except
players using the JUGGS
machine may elect to wear
them.

No O-Vs-D. No 1-on-1's.

Individual periods

ALLOWED.

"Perfect Plays" ALLOWED
at WALKTHROUGH pace.
Returners may field punts
and kickoffs provided they
are not covered by any
other player.

JUGGS machine may be
used for pass catching, and
punt and kickoff returns.

**\$315/DAY
MUST COMPLETE
3 OF 4
WORKOUTS PER
WEEK**



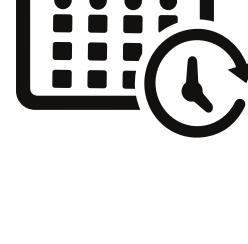
2024 OFF-SEASON GUIDELINES

PER THE COLLECTIVE BARGAINING
AGREEMENT

PHASE 3 VOLUNTARY OTAS/MANDATORY MINICAMP

OTA DURATION

4 Weeks
3 OTAs/week, Weeks 1 & 2
up to 4 OTAs Week 3 OR 4



MINICAMP DURATION

3 days



PHASE 3 VOLUNTARY OTAS/MANDATORY MINICAMP

OTA TIME COMMITMENT

6hrs Per Day
2hrs MAX on field.

MINICAMP TIME COMMITMENT

24hrs total for 3 day
minicamp
2.5hrs MAX/practice
3.5hrs MAX on field/day

HELMETS & PROTECTIVE JERSEYS

No live contact.
No 1-on-1s
11v11 O-vs-D & Special
Teams drills ALLOWED.



\$315/DAY
MUST COMPLETE 3 OF 4
WORKOUTS PER WEEK

**TEAM MUST PROVIDE
TRAVEL & LODGING FOR
"OUT OF TOWN"
PLAYERS FOR
MANDATORY MINI CAMP**