



May 1, 2019

Dr. Karissa Niehoff  
Executive Director  
National Federation of State High School Associations  
690 W. Washington Street  
Indianapolis, IN 46204

Dear Dr. Niehoff:

I am writing you in response to your inquiry about USA Football's position on our level of contact termed, "thud."

As stated in our football practice guidelines, we define "thud" as, "Drill run at assigned speed to competitive speed through the moment of contact; no predetermined 'winner.' Contact remains above the waist, players stay on their feet and a quick whistle ends the drill."

USA Football defines full-contact as drills being run at "Thud" and "Live" tempo.

During the **preseason**, our medically endorsed practice guidelines state that coaches are to limit the amount of full-contact to no more than 30 minutes per day and no more than 120 minutes per week. No two-a-day practices should be allowed at any point throughout the preseason.

During the **regular season**, USA Football recommends the number of practices per week be decreased to three to account for the weekly game. Coaches are to limit the amount of full-contact to no more than 30 minutes per day and no more than 90 minutes per week.

USA Football's position on our levels of contact has not changed. We believe it is vitally important to clearly define levels of contact and the time allotted for "full-contact" during practice sessions.

Consistent with our history, USA Football will continue to evaluate our programs and processes, including our practice guidelines and follow the best available science.

Thank you for your inquiry to ensure clarity. I would be pleased to answer any additional questions that you or your team may have.

Sincerely,

A handwritten signature in black ink that reads "Scott Hallenbeck". The signature is written in a cursive, flowing style.

Scott Hallenbeck  
Chief Executive Office