

# 2024 OFF-SEASON GUIDELINES

PER THE COLLECTIVE BARGAINING AGREEMENT

## PHASE 1 VOLUNTARY WORKOUTS

### DURATION

2 Weeks  
4 Days Per Week



## PHASE 1 VOLUNTARY WORKOUTS



### TIME COMMITMENT

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

## 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.



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

# 2024 OFF-SEASON GUIDELINES

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## 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

## PHASE 2 VOLUNTARY WORKOUTS

### 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

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## 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

## PHASE 3 VOLUNTARY OTAS/MANDATORY MINICAMP

### 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**