

# 2021 Spring Football Proposal

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# Basic Structure

## Spring Season

8 Games

Sat February 27<sup>th</sup> 2021 – Sat April 17<sup>th</sup> 2021

## Fall Season

10 Games

Sat October 2<sup>nd</sup> 2021 – Sat December 11<sup>th</sup> 2021

*colors correspond to calendar on page 2*

- **■ Saturday January 16<sup>th</sup> 2021 – Friday January 29<sup>th</sup> 2021**
  - 2 Week Training Camp Buildup (6 weeks prior to game 1)
    - 16 hour week
      - 4 days a week
      - 8 hours strength and conditioning
      - 4 hours walk thru
      - 4 hours meetings and film
- **■ Saturday January 30<sup>th</sup> 2021 – Friday February 26<sup>th</sup> 2021**
  - 4 Week Training Camp
    - 2 days off per week (mandatory)
    - Maximum of 2 practices in full pads per week
- **■ Saturday February 27<sup>th</sup> 2021 – Saturday April 17<sup>th</sup> 2021**
  - 8 Game Season
    - No bye week
    - **■** 2 week prep before post-season begins
- **■ Saturday May 1<sup>st</sup> 2021 – Saturday May 15<sup>th</sup> 2021**
  - Plan B - 6 Team Playoff
  - Plan A
  - Power 5 Conference Champs + Wildcard **OR**
    - Big Ten Championship
    - Top 2 seeds have round 1 bye
    - Rose Bowl or 4 Team Playoff
- **■ Sunday April 18<sup>th</sup> 2021 (or end of season) to Sunday July 18<sup>th</sup> 2021**
  - Full discretionary period (up to 3 months off) - No mandatory workouts at this time
- **■ Monday July 19<sup>th</sup> 2021 – Friday August 27<sup>th</sup> 2021 (6 Weeks)**
  - 8 Hours per Week Summer Period
- **■ Saturday August 28<sup>th</sup> 2021 – Friday September 3<sup>rd</sup> 2021**
  - Extra 1 week discretionary/off week
- **■ Saturday September 4<sup>th</sup> 2021**
  - 4 Week Training Camp
    - 2 days off per week (mandatory)
    - Maximum of 2 practices in full pads per week
- **■ Saturday October 2<sup>nd</sup> 2021 – Saturday December 11<sup>th</sup> 2021**
  - 10 Game Season
    - 1 bye week
- **■ Saturday January 1<sup>st</sup> 2022 – Saturday January 15<sup>th</sup> 2022**
  - Plan B - 6 Team Playoff
  - Plan A
  - Power 5 Conference Champs + Wildcard **OR**
    - Big Ten Championship
    - Top 2 seeds have round 1 bye
    - Rose Bowl or 4 Team Playoff

# Proposed Calendar

**JANUARY 2021**

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**FEBRUARY 2021**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

**MARCH 2021**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**APRIL 2021**

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

**MAY 2021**

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**JUNE 2021**

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

**JULY 2021**

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**AUGUST 2021**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**SEPTEMBER 2021**

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**OCTOBER 2021**

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**NOVEMBER 2021**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**DECEMBER 2021**

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**JANUARY 2022**

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

# Proposed Spring Season Details

- Plan A
  - o 8 game spring season
    - 6 divisional games
    - 2 crossover games (rivalry where applicable)
- Plan B
  - o In an 8 game spring season the Big Ten would play the following:
    - 6 divisional games
    - 1 crossover game (rivalry where applicable)
    - 1 seeded game to determine conference champion
      - East #1 vs West #1
      - East #2 vs West #2
      - East #3 vs West #3
      - East #4 vs West #4
      - East #5 vs West #5
      - East #6 vs West #6
      - East #7 vs West #7
- In-season only 1 padded practice will be allowed per week
- First 2 weeks of spring season the northernmost teams would play away at the southernmost team's venue. Weeks 6 and 7 the southernmost teams would travel north for weather purposes
- Football games would be played on Saturdays and college basketball played on Sundays

*This idea was brought up by Coach Harbaugh and discussed among Big Ten coaches on several calls when talking about a fall plan. I think it has merit for the spring, as well.*

# Proposed 2021 Fall Season Details

- In-season only 1 padded practice will be allowed per week
- Following the 2021 Fall Season, no traditional spring practice for the calendar year of 2022
  - o 4-5 weeks of 20 hour weeks
  - o Only allow weight training, conditioning, walk thru
  - o Nothing in pads

# Health and Safety Factors

- **Developments in Covid prevention and treatment will occur**
  - **Vaccine**
  - Greater knowledge on how to prevent, treat, and handle the virus
  - Medical protocols will be set and all in place. Time to prepare and get ready for a smooth and efficient process for care and prevention
  - Better and faster testing will be developed and available
  - Study the NFL, NBA, MLB and other professional sports who are learning on the fly. Use their expertise to make our process better
  
- **More complete rest periods than a typical year**
  - After a typical season, teams play a bowl game at Christmas and start right back up 2 weeks later in early January with mandatory 8 hours per week lifting program. This plan provides **up to 3 months off from mid-April to mid-July – complete rest where all activities for the players are completely voluntary**
  
  - After a normal season, most teams start actual practices in the spring after sometimes only a 2-month period from their last game the season before (bowl in late December or January to a late February/early March start). This plan has **up to 4 ½ months of time between the last game in April and the first actual football practice in September**
  
  - **2 days off per week in each 4-week training camp** (compared to 1 day off/week in a typical training camp)
  
- **Significantly less padded practices for a 2-season period**
  - Bowl teams
    - **64 total padded practices vs. 144 total padded practices (chart below)**
  - Non-Bowl Teams
    - **52 total padded practices vs. 114 total padded practices (chart below)**
  - **Only 1 padded practice per week during each regular season**
  - Less contact and less hits absorbed by the body
  - Reduces the wear and tear and toll on the body
  - Games are not the only measure of preserving physical health. The accumulation of contact between practices and games must be taken into account. As much as possible, this plan focuses the bodily impact of contact and hits to game situations. Overall, the physical toll on the body is reduced from a typical 2-season period.
  - Similar to the NFL model of less contact, pads, and more time off

- **No Spring Practice following the Fall 2021 season**
  - Results in approximately a **7-month break from any physical contact** or wear and tear on the body before the 2022 fall training camp and season begins
- **Number of games per month is similar to a normal 2-season timeframe**
  - Typical 2 season period (September through November/December of Season 2)
    - No Bowl
      - 24 games in 15 months – 1.6 games per month
    - National Champions
      - 30 games in 16 months – 1.875 games per month
  - Proposed Plan
    - No playoff berth
      - 18 games in 10 months – 1.8 games per month
    - National Champions
      - 22 games in 11 months – 2 games per month
- While we realize they are professionals, from a physical wear and tear standpoint, 21-23 year old rookies in the NFL usually play anywhere from 18 up to even 24-25 games in a 5-month span (August - early February). This plan consists of 18-22 games over approximately an 11 month period for 19-22 year olds - actually a considerably less compacted schedule than for an NFL rookie in a similar age group.

## Other Spring Season Advantages

- **Higher probability of fans in the stands.** Creates an excitement and normal game day atmosphere for our players and fans. Revenue opportunities available for our athletic departments
- **Television buzz and must-see energy will abound.** TV windows and sports vacuums exist in parts of the spring. Little TV competition in April and early May. **Possibly play college football on Saturdays and college basketball on Sundays**
- **Average temperature is the same** in March as November throughout the Big Ten
- Opportunity for players to **improve their NFL draft status** and have a **meaningful senior season.**
- **Eligibility and Scholarship issues are essentially resolved.** That huge potential issue for student-athletes and athletic departments is basically off-the-table

# Statistics

## Padded Practice Analysis

	<b>Current Format</b> Aug 2020 - Dec 2021/Jan 2022 17 Months	<b>Proposed Format</b> Feb 2021 - Dec 2021/Jan 2022 11 Months
Pre-Season Prep	25 Padded Practices Fall Camp 2020	8 Padded Practices February 2021 Camp
In-Season	26 Padded Practices Fall 2020	16 Padded Practices Spring 2021
Bowl Prep	15 Padded Practices Fall 2020	6 Padded Practices Spring 2021
Spring Ball	12 Padded Practices March 2021	0 Padded Practices Discretionary Period
Pre-Season Prep	25 Padded Practices Fall Camp 2021	8 Padded Practices September 2021 Camp
In-Season	26 Padded Practices Fall 2021	20 Padded Practices Fall 2021
Bowl Prep	15 Padded Practices Fall 2021	6 Padded Practices Fall 2021
<b>Totals</b>	<b>144 Padded Practices</b> For teams who made back to back bowl games	<b>64 Padded Practices</b> For teams who played the maximum amount of games
	<b>114 Padded Practices</b> For teams who did not make a bowl game either year	<b>52 Padded Practices</b> For teams who did not make the playoffs

- This new format would take teams padded practices from 8.47 per month to 5.82 per month if they played the maximum amount of games
- If they played the minimum number of games the padded practices go from 7.12 per month down to 4.72 per month

## Weather in the Big Ten

Average temp in March almost identical to November

### **Minneapolis, MN**

March Average: Hi: 42 Low: 24

November Average: Hi: 44 Low: 27

### **West Lafayette, IN**

March Average: Hi: 50 Low: 31

November Average: Hi: 51 Low: 34

### **Columbus, OH**

March Average: Hi: 52 Low: 31

November Average: Hi: 53 Low: 34

### **Piscataway, NJ**

March Average: Hi: 52 Low: 32

November Average: Hi: 55 Low: 36

### **Lincoln, NE**

March Average: Hi: 49 Low: 29

November Average: Hi: 50 Low: 29

### **Iowa City, IA**

March Average: Hi: 49 Low: 29

November Average: Hi: 50 Low: 30

### **Bloomington, IN**

March Average: Hi: 53 Low: 32

November Average: Hi: 54 Low: 35

### **College Park, MD**

March Average: Hi: 55 Low: 35

November Average: Hi: 58 Low: 38

## NFL Games per Month Analysis

<b>NFL Games Per Month</b>				
	<b>2 Seasons</b>	<b>Max Games Played</b>	<b>Total Months</b>	<b>Games Per Month</b>
<b>Pre-Season + Playoffs</b>	Aug - Jan	48	18	2.66
<b>Season + Playoffs</b>	Sept - Jan	40	17	2.35
<b>Regular Season Only</b>	Sept - Dec	32	16	2