



NFL PLAYERS
ASSOCIATION

TRAINING CAMP GUIDE

Compensation:

- Vets~ \$1700/wk
- Rookies~ \$925/wk

Day 1: Physicals, Testing, Meetings (no on-filed activities except running and conditioning)

Day 2: No pads and no contact

Day 3: No pads and no contact

Day 4 through end of camp:

- 1 padded practice for no more than 3 hours + 1 walk through
 - 3 hours between practices
 - 4 hours total on the field
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- ❖ A padded practice that goes more than 60 minutes and is then cancelled counts as a full practice
 - ❖ 25 Days from release to file an injury grievance
 - ❖ **Mandatory days off: 1 in every 7 days, at least 5 days off during camp**
 - ❖ **HGH Population Study blood sample to be done during Training camp**
 - **Date TBD**

DEFINITION OF WALK THROUGH:

(Article 23 sec. 6)

The second practice on the same day may only be for a maximum of the remaining available on-field time, and shall be limited to only "walk-through" instruction

(i.e., **no helmets**, full-speed pre-snap, and walking pace after the snap).