

NATIONAL FOOTBALL LEAGUE

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COMMUNICATIONS

FOR IMMEDIATE RELEASE

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<http://www.twitter.com/NFL345>

NFL OFFSEASON WORKOUT PROGRAM DATES ANNOUNCED

Voluntary offseason workout programs are intended to provide training, teaching and physical conditioning for players. The calendar for 2017 is below.

As per Article 21 of the Collective Bargaining Agreement, each club’s official, voluntary nine-week offseason program is conducted in three phases:

Phase One consists of the first two weeks of the program with activities limited to strength and conditioning and physical rehabilitation only.

Phase Two consists of the next three weeks of the program. On-field workouts may include individual player instruction and drills as well as team practice conducted on a “separates” basis. No live contact or team offense vs. team defense drills are permitted.

Phase Three consists of the next four weeks of the program. Teams may conduct a total of 10 days of organized team practice activity, or “OTAs”. No live contact is permitted, but 7-on-7, 9-on-7, and 11-on-11 drills are permitted.

Article 22 of the Collective Bargaining Agreement stipulates that clubs may hold one mandatory minicamp for veteran players. This minicamp, noted below, must occur during Phase Three of the offseason program.

New head coaches are entitled to conduct an additional voluntary veteran minicamp. Voluntary minicamps for veteran players were conducted prior to the NFL Draft, but no earlier than week three of the club’s offseason workout program and after at least one week of the two weeks of Phase One activities that the clubs may hold pursuant to Article 21. This year, five clubs held voluntary veteran minicamps, as noted below.

Each club may hold a rookie football development program for a period of seven weeks, which in 2017 may begin on May 15. During this period, no activities may be held on weekends, with the exception of one post-NFL Draft rookie minicamp, which may be conducted on either the first or second weekend following the draft. The dates of each club’s post-draft rookie minicamps are noted below.

For specific information and detailed offseason program rules, please see Articles 21 and 22 of the Collective Bargaining Agreement (beginning on page 131), available on nflcommunications.com.

The NFL Offseason Workout Program calendar (dates are tentative and subject to change at the discretion of individual clubs):

ARIZONA

First Day: April 17
OTA Offseason Workouts: May 16-18, May 23-25, May 30-31, June 1-2
Mandatory Minicamp: June 6-8
Rookie Minicamp: May 12-14

ATLANTA

First Day: April 17
OTA Offseason Workouts: May 30, June 1-2, June 5-6, June 8-9
Mandatory Minicamp: June 13-15
Rookie Minicamp: May 12-14

BALTIMORE

First Day: April 18
OTA Offseason Workouts: May 22, May 24-25, May 30, June 1-2, June 5-6, June 8-9
Mandatory Minicamp: June 13-15
Rookie Minicamp: May 5-7

<u>BUFFALO</u>	First Day: OTA Offseason Workouts: Voluntary Minicamp: Mandatory Minicamp: Rookie Minicamp:	April 3 May 16-18, May 23-25, June 5-8 April 18-20 June 13-15 May 12-14
<u>CAROLINA</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 17 May 23-25, May 30-31, June 1, June 6, June 8-9 June 13-15 May 5-6
<u>CHICAGO</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 18 May 22-23, May 25, May 30, June 1-2, June 5-6, June 8-9 June 13-15 May 12-14
<u>CINCINNATI</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 17 May 23-25, May 30-31, June 1, June 5-8 June 13-15 May 5-7
<u>CLEVELAND</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 17 May 23-25, May 30-31, June 1, June 5-8 June 13-15 May 12-14
<u>DALLAS</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 17 May 23-25, May 30-31, June 1, June 5-7 June 13-15 May 12-14
<u>DENVER</u>	First Day: OTA Offseason Workouts: Voluntary Minicamp: Mandatory Minicamp: Rookie Minicamp:	April 10 May 23-25, May 30-31, June 1, June 5-8 April 25-27 June 13-15 May 12-13
<u>DETROIT</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 17 May 23-25, May 30-31, June 1, June 5-6, June 8-9 June 13-15 May 12-14
<u>GREEN BAY</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 18 May 22-24, May 31, June 1-2, June 6-9 June 13-15 May 5-6
<u>HOUSTON</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 17 May 22-23, May 25, May 30-31, June 1, June 5-6, June 8-9 June 13-15 May 12-14
<u>INDIANAPOLIS</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 17 May 22-23, May 25, May 31, June 1-2, June 5-8 June 13-15 May 12-14
<u>JACKSONVILLE</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 17 May 23, May 25-26, May 30, June 1-2, June 5-6, June 8-9 June 13-15 May 12-14
<u>KANSAS CITY</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 17 May 23-25, May 30-31, June 1, June 6-9 June 13-15

Rookie Minicamp: May 6-8

LA CHARGERS

First Day: April 3
OTA Offseason Workouts: May 16-18, May 23-25, June 5-6, June 8-9
Voluntary Minicamp: April 25-27
Mandatory Minicamp: June 13-15
Rookie Minicamp: May 12-14

LA RAMS

First Day: April 10
OTA Offseason Workouts: May 23-25, May 30-31, June 1, June 5-8
Voluntary Minicamp: April 25-27
Mandatory Minicamp: June 13-15
Rookie Minicamp: May 12-14

MIAMI

First Day: April 17
OTA Offseason Workouts: May 23-25, May 30-31, June 1, June 5-8
Mandatory Minicamp: June 13-15
Rookie Minicamp: May 5-7

MINNESOTA

First Day: April 17
OTA Offseason Workouts: May 23-25, May 30-31, June 1, June 5-8
Mandatory Minicamp: June 13-15
Rookie Minicamp: May 5-7

NEW ENGLAND

First Day: April 17
OTA Offseason Workouts: May 22-23, May 25, May 31, June 1, June 12-13, June 15
Mandatory Minicamp: June 6-8
Rookie Minicamp: May 5-7

NEW ORLEANS

First Day: April 17
OTA Offseason Workouts: May 23-25, May 30-31, June 1, June 5-8
Mandatory Minicamp: June 13-15
Rookie Minicamp: May 12-14

NY GIANTS

First Day: April 18
OTA Offseason Workouts: May 22-23, May 25, May 30-31, June 2, June 5-6, June 8-9
Mandatory Minicamp: June 13-15
Rookie Minicamp: May 12-14

NY JETS

First Day: April 17
OTA Offseason Workouts: May 23-25, May 30-31, June 1, June 5-8
Mandatory Minicamp: June 13-15
Rookie Minicamp: May 5-7

OAKLAND

First Day: April 17
OTA Offseason Workouts: May 22-23, May 25, May 30-31, June 2, June 5-6, June 8-9
Mandatory Minicamp: June 13-15
Rookie Minicamp: May 5-7

PHILADELPHIA

First Day: April 17
OTA Offseason Workouts: May 23-25, May 30-31, June 1, June 5-6, June 8-9
Mandatory Minicamp: June 13-15
Rookie Minicamp: May 12-14

PITTSBURGH

First Day: April 17
OTA Offseason Workouts: May 23-25, May 30-31, June 1, June 5-8
Mandatory Minicamp: June 13-15
Rookie Minicamp: May 12-14

SAN FRANCISCO

First Day: April 10
OTA Offseason Workouts: May 22-23, May 25, May 30-31, June 2, June 5-6, June 8-9
Voluntary Minicamp: April 25-27
Mandatory Minicamp: June 13-15
Rookie Minicamp: May 5-7

SEATTLE

First Day: April 18
OTA Offseason Workouts: May 30, June 1-2, June 5-6, June 8-9
Mandatory Minicamp: June 13-15
Rookie Minicamp: May 12-14

TAMPA BAY

First Day: April 17
OTA Offseason Workouts: May 23-25, May 30-31, June 1, June 5-8
Mandatory Minicamp: June 13-15
Rookie Minicamp: May 5-7

TENNESSEE

First Day: April 17
OTA Offseason Workouts: May 23-25, May 30-31, June 1, June 5-8
Mandatory Minicamp: June 13-15
Rookie Minicamp: May 12-14

WASHINGTON

First Day: April 17
OTA Offseason Workouts: May 23-25, May 30-31, June 1, June 5-8
Mandatory Minicamp: June 13-15
Rookie Minicamp: May 12-14

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