



COMMUNICATIONS

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NFL OFFSEASON WORKOUT PROGRAM DATES ANNOUNCED

Voluntary offseason workout programs are intended to provide training, teaching and physical conditioning for players. The calendar for 2016 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.

Head coaches hired after the end of the 2015 season are entitled to conduct an additional voluntary veteran minicamp. Any voluntary minicamp for veteran players must be conducted prior to the NFL Draft (April 28-30), 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, six clubs will hold voluntary veteran minicamps, as noted below.

Each club may hold a rookie football development program for a period of seven weeks, which in 2016 may begin on May 9. 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 the post-draft rookie minicamps will be circulated at a later date.

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):

<u>ARIZONA</u>	First Day:	April 18
	OTA Offseason Workouts:	May 17-19, May 24-26, May 31, June 1-3
	Mandatory Minicamp:	June 7-9
<u>ATLANTA</u>	First Day:	April 18
	OTA Offseason Workouts:	May 23-24, May 26, May 31, June 1, June 3, June 6-9
	Mandatory Minicamp:	June 14-16
<u>BALTIMORE</u>	First Day:	April 18
	OTA Offseason Workouts:	May 24-26, June 1-3, June 6-9
	Mandatory Minicamp:	June 14-16
<u>BUFFALO</u>	First Day:	April 18
	OTA Offseason Workouts:	May 23-24, May 26, May 31, June 1, June 3, June 6-9
	Mandatory Minicamp:	June 14-16

<u>CAROLINA</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 25 May 24-26, May 31, June 1-2, June 6-9 June 14-16
<u>CHICAGO</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 24-26, June 1-3, June 6-9 June 14-16
<u>CINCINNATI</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 24-26, May 31, June 1-2, June 6-9 June 14-16
<u>CLEVELAND</u>	First Day: OTA Offseason Workouts: Voluntary Minicamp: Mandatory Minicamp:	April 4 May 17-19, May 24-26, May 31, June 1-2 April 19-22 June 7-9
<u>DALLAS</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 24-26, May 31, June 1-2, June 6-8 June 14-16
<u>DENVER</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 24-26, May 31, June 1-2, June 13-16 June 7-9
<u>DETROIT</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 24-26, May 31, June 1-2, June 6-9 June 14-16
<u>GREEN BAY</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 24-26, May 31, June 1-2, June 6-9 June 14-16
<u>HOUSTON</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 23-24, May 26, May 31, June 1-2, June 6-7, June 9-10 June 14-16
<u>INDIANAPOLIS</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 17-19, May 24-26, May 31, June 1-3 June 7-9
<u>JACKSONVILLE</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 23-24, May 26, May 31, June 2-3, June 6-7, June 9-10 June 14-16
<u>KANSAS CITY</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 24-26, May 31, June 1-2, June 7-10 June 14-16
<u>LOS ANGELES</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 31, June 1, June 3, June 7-8, June 10 June 14-16
<u>MIAMI</u>	First Day: OTA Offseason Workouts: Voluntary Minicamp: Mandatory Minicamp:	April 11 May 24-26, May 31, June 1-2, June 6-9 April 26-28 June 14-16
<u>MINNESOTA</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 24-26, May 31, June 1-2, June 6-9 June 14-16

<u>NEW ENGLAND</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 23-24, May 26, June 1-2, June 13-14, June 16 June 7-9
<u>NEW ORLEANS</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 24-26, May 31, June 1-2, June 6-9 June 14-16
<u>NEW YORK GIANTS</u>	First Day: OTA Offseason Workouts: Voluntary Minicamp: Mandatory Minicamp:	April 11 May 23-24, May 26, June 1-3, June 6-7, June 9-10 April 26-28 June 14-16
<u>NEW YORK JETS</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 24-26, May 31, June 1-2, June 6-9 June 14-16
<u>OAKLAND</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 24-26, May 31, June 1-2, June 6-9 June 14-16
<u>PHILADELPHIA</u>	First Day: OTA Offseason Workouts: Voluntary Minicamp: Mandatory Minicamp:	April 4 May 17-19, May 24-26, May 31, June 1-3 April 19-21 June 7-9
<u>PITTSBURGH</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 24-26, May 31, June 1-2, June 6-9 June 14-16
<u>SAN DIEGO</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 23-25, May 31, June 1-2, June 6-9 June 14-16
<u>SAN FRANCISCO</u>	First Day: OTA Offseason Workouts: Voluntary Minicamp: Mandatory Minicamp:	April 4 May 17-19, May 24-26, May 31, June 1-2 April 26-28 June 7-9
<u>SEATTLE</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 23-24, May 26, May 31, June 1, June 3, June 6-7, June 9 June 14-16
<u>TAMPA BAY</u>	First Day: OTA Offseason Workouts: Voluntary Minicamp: Mandatory Minicamp:	April 11 May 24-26, May 31, June 1-2, June 6-9 April 26-28 June 14-16
<u>TENNESSEE</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 24-26, May 31, June 1-2, June 6-9 June 14-16
<u>WASHINGTON</u>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 18 May 24-26, May 31, June 1-2, June 6-9 June 14-16

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