

**NATIONAL FOOTBALL LEAGUE**

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**COMMUNICATIONS**

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**NFL OFFSEASON WORKOUT PROGRAM DATES ANNOUNCED**

Following is the NFL Offseason Workout Program calendar for 2013, including rookie minicamp dates. Voluntary offseason workout programs are intended to provide training, teaching and physical conditioning for players.

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 permissible.

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 2012 season are also entitled to conduct an additional voluntary veteran minicamp.

Each club may hold a rookie football development program for a period of seven weeks, which in 2013 may begin on May 13. 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.

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 nflmedia.com and nflcommunications.com.

The NFL Offseason Workout Program calendar (dates are tentative and subject to change):

**ARIZONA**

First Day: April 2  
OTA Offseason Workouts: May 14-16, May 21-23, June 3-6  
Voluntary Minicamp: April 23-25  
Mandatory Minicamp: June 11-13  
Rookie Minicamp: May 10-12

**ATLANTA**

First Day: April 22  
OTA Offseason Workouts: May 28-30, June 4-6, June 11-14  
Mandatory Minicamp: June 18-20  
Rookie Minicamp: May 3-5

**BALTIMORE**

First Day: April 15  
OTA Offseason Workouts: May 21-23, May 29-31, June 4-7  
Mandatory Minicamp: June 11-13  
Rookie Minicamp: May 3-5

<b><u>BUFFALO</u></b>	First Day: OTA Offseason Workouts: Voluntary Minicamp: Mandatory Minicamp: Rookie Minicamp:	April 2 May 13-15, May 20-21, May 23, May 28-31 April 16-18 June 11-13 May 10-12
<b><u>CAROLINA</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 15 May 21-23, May 28-30, June 3-6 June 11-13 May 10-12
<b><u>CHICAGO</u></b>	First Day: OTA Offseason Workouts: Voluntary Minicamp: Mandatory Minicamp: Rookie Minicamp:	April 2 May 13-14, May 16, May 20-21, May 23, June 3-6 April 16-18 June 11-13 May 10-12
<b><u>CINCINNATI</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 15 May 21-23, May 28-30, June 3-6 June 11-13 May 10-12
<b><u>CLEVELAND</u></b>	First Day: OTA Offseason Workouts: Voluntary Minicamp: Mandatory Minicamp: Rookie Minicamp:	April 1 May 14-16, May 21-23, May 28-31 April 16-18 June 4-6 May 10-12
<b><u>DALLAS</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 15 May 21-23, May 28-30, June 3-6 June 11-13 May 10-12
<b><u>DENVER</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 15 May 20-22, May 29-31, June 3-6 June 11-13 May 10-12
<b><u>DETROIT</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 15 May 21-23, May 28-29, May 31, June 3-4, June 6-7 June 11-13 May 10-12
<b><u>GREEN BAY</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 15 May 20-22, May 28-30, June 11-14 June 4-6 May 10-12
<b><u>HOUSTON</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 15 May 20-21, May 23, May 28-30, June 3-6 June 11-13 May 10-12
<b><u>INDIANAPOLIS</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 15 May 20-22, May 28-30, June 3-6 June 11-13 May 10-12
<b><u>JACKSONVILLE</u></b>	First Day: OTA Offseason Workouts: Voluntary Minicamp: Mandatory Minicamp: Rookie Minicamp:	April 2 May 13-15, May 20-21, May 23, June 4-7 April 16-18 June 11-13 May 3-5

<b><u>KANSAS CITY</u></b>	First Day: OTA Offseason Workouts: Voluntary Minicamp: Mandatory Minicamp: Rookie Minicamp:	April 1 May 14-16, May 21-23, May 28-31 April 16-18 June 4-6 May 10-12
<b><u>MIAMI</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 15 May 21-23, May 29-31, June 3-6 June 11-13 May 3-5
<b><u>MINNESOTA</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 22 May 28-30, June 4-6, June 10-13 June 18-20 May 3-5
<b><u>NEW ENGLAND</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 15 May 20-21, May 23, May 28-30, June 3-4, June 6-7 June 11-13 May 3-5
<b><u>NEW ORLEANS</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 15 May 21-23, May 28-30, June 10-13 June 4-6 May 10-12
<b><u>NEW YORK GIANTS</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 15 May 22-23, May 29-31, June 3-7 June 11-13 May 10-12
<b><u>NEW YORK JETS</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 15 May 20, May 22-23, May 28, May 30-31, June 3-6 June 11-13 May 10-12
<b><u>OAKLAND</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 15 May 20-21, May 23, May 28-30, June 3-6 June 11-13 May 10-12
<b><u>PHILADELPHIA</u></b>	First Day: OTA Offseason Workouts: Voluntary Minicamp: Mandatory Minicamp: Rookie Minicamp:	April 1 May 13-15, May 20-22, May 28-31 April 16-18 June 4-6 May 10-12
<b><u>PITTSBURGH</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 15 May 21-23, May 28-30, June 3-6 June 11-13 May 3-5
<b><u>ST. LOUIS</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp: Rookie Minicamp:	April 15 May 21, May 23-24, June 3-4, June 6-7, June 11, June 13-14 None May 10-12
<b><u>SAN DIEGO</u></b>	First Day: OTA Offseason Workouts: Voluntary Minicamp: Mandatory Minicamp: Rookie Minicamp:	April 1 May 13-15, May 20-22, June 3-6 April 16-18 June 11-13 May 10-12

**SAN FRANCISCO**

First Day: April 15  
OTA Offseason Workouts: May 21-23, May 28-30, June 3-6  
Mandatory Minicamp: June 11-13  
Rookie Minicamp: May 10-12

**SEATTLE**

First Day: April 15  
OTA Offseason Workouts: May 20-21, May 23, May 28-29, May 31, June 3-6  
Mandatory Minicamp: June 11-13  
Rookie Minicamp: May 10-12

**TAMPA BAY**

First Day: April 15  
OTA Offseason Workouts: May 20-21, May 23, May 29-31, June 3-4, June 6-7  
Mandatory Minicamp: June 11-13  
Rookie Minicamp: May 3-5

**TENNESSEE**

First Day: April 22  
OTA Offseason Workouts: May 29-31, June 3-4, June 6, June 10-11, June 13-14  
Mandatory Minicamp: June 18-20  
Rookie Minicamp: May 10-12

**WASHINGTON**

First Day: April 15  
OTA Offseason Workouts: May 20, May 22-23, May 28-30, June 3-6  
Mandatory Minicamp: June 11-13  
Rookie Minicamp: May 3-5

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