

**NATIONAL FOOTBALL LEAGUE**

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**COMMUNICATIONS**

FOR IMMEDIATE RELEASE  
4/3/14  
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**NFL OFFSEASON WORKOUT PROGRAM DATES ANNOUNCED**

Following is the NFL Offseason Workout Program calendar for 2014. 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 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 2013 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 2014 may begin on May 12. 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 nflmedia.com and nflcommunications.com.

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

<b><u>ARIZONA</u></b>	First Day:	April 21
	OTA Offseason Workouts:	May 20-22, May 27-29, June 2-5
	Mandatory Minicamp:	June 10-12
<b><u>ATLANTA</u></b>	First Day:	April 21
	OTA Offseason Workouts:	May 27-29, June 2-4, June 10-13
	Mandatory Minicamp:	June 17-19
<b><u>BALTIMORE</u></b>	First Day:	April 21
	OTA Offseason Workouts:	May 28-30, June 3-5, June 9-10, June 12-13
	Mandatory Minicamp:	June 17-19
<b><u>BUFFALO</u></b>	First Day:	April 22
	OTA Offseason Workouts:	May 28-30, June 2, June 4-5, June 9-12
	Mandatory Minicamp:	June 17-19
<b><u>CAROLINA</u></b>	First Day:	April 21
	OTA Offseason Workouts:	May 27-29, June 3-5, June 9-12

Mandatory Minicamp: June 17-19

**CHICAGO**

First Day: April 22  
OTA Offseason Workouts: May 27-28, May 30, June 2-3, June 5, June 9-12  
Mandatory Minicamp: June 17-19

**CINCINNATI**

First Day: April 21  
OTA Offseason Workouts: May 27-29, June 3-5, June 16-18  
Mandatory Minicamp: June 10-12

**CLEVELAND**

First Day: April 7  
OTA Offseason Workouts: May 20-21, May 23, May 27-28, May 30, June 2-3, June 5-6  
Voluntary Minicamp: April 29-May 1  
Mandatory Minicamp: June 10-12

**DALLAS**

First Day: April 21  
OTA Offseason Workouts: May 27-29, June 2, June 4-5, June 9-12  
Mandatory Minicamp: June 17-19

**DENVER**

First Day: April 21  
OTA Offseason Workouts: May 28-30, June 2-4, June 16-19  
Mandatory Minicamp: June 10-12

**DETROIT**

First Day: April 7  
OTA Offseason Workouts: May 20-22, May 27-29, June 2-5  
Voluntary Minicamp: April 22-24  
Mandatory Minicamp: June 10-12

**GREEN BAY**

First Day: April 22  
OTA Offseason Workouts: May 28-30, June 3-5, June 10-13  
Mandatory Minicamp: June 17-19

**HOUSTON**

First Day: April 7  
OTA Offseason Workouts: May 27-29, June 2-3, June 5, June 9-10, June 12-13  
Voluntary Minicamp: May 6-8  
Mandatory Minicamp: June 17-19

**INDIANAPOLIS**

First Day: April 21  
OTA Offseason Workouts: May 27-29, June 2-4, June 9-12  
Mandatory Minicamp: June 17-19

**JACKSONVILLE**

First Day: April 21  
OTA Offseason Workouts: May 27-29, June 2-3, June 5, June 9-10, June 12-13  
Mandatory Minicamp: June 17-19

**KANSAS CITY**

First Day: April 21  
OTA Offseason Workouts: May 27-29, June 3-5, June 10-13  
Mandatory Minicamp: June 17-19

**MIAMI**

First Day: April 21  
OTA Offseason Workouts: May 27-28, May 30, June 2-3, June 5, June 9-12  
Mandatory Minicamp: June 17-19

**MINNESOTA**

First Day: April 7  
OTA Offseason Workouts: May 28-30, June 3-5, June 9-12  
Voluntary Minicamp: April 29-May 1  
Mandatory Minicamp: June 17-19

**NEW ENGLAND**

First Day: April 21  
OTA Offseason Workouts: May 27, May 29-30, June 2-3, June 5, June 9-10, June 12-13  
Mandatory Minicamp: June 17-19

**NEW ORLEANS**

First Day: April 21  
OTA Offseason Workouts: May 27-29, June 3-5, June 16-19  
Mandatory Minicamp: June 10-12

<b><u>NEW YORK GIANTS</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 21 May 28-30, June 2-3, June 5, June 9-10, June 12-13 June 17-19
<b><u>NEW YORK JETS</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 21 May 27-28, May 30, June 2, June 4-5, June 9-12 June 17-19
<b><u>OAKLAND</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 22 May 27-28, May 30, June 2-3, June 5, June 9-12 June 17-19
<b><u>PHILADELPHIA</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 21 May 27-29, June 2-3, June 5, June 9-12 June 17-19
<b><u>PITTSBURGH</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 22 May 27-29, June 3-5, June 9-12 June 17-19
<b><u>ST. LOUIS</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 21 June 3, June 5-6, June 9-10, June 12, June 16-17, June 19-20 None
<b><u>SAN DIEGO</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 22 May 27-29, June 2-4, June 9-12 June 17-19
<b><u>SAN FRANCISCO</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 21 May 27-29, June 2-3, June 5, June 9-10, June 12-13 June 17-19
<b><u>SEATTLE</u></b>	First Day: OTA Offseason Workouts: Mandatory Minicamp:	April 21 May 27-29, June 2-3, June 5, June 9-12 June 17-19
<b><u>TAMPA BAY</u></b>	First Day: OTA Offseason Workouts: Voluntary Minicamp: Mandatory Minicamp:	April 7 May 20-22, May 27-29, June 2-5 April 22-24 June 10-12
<b><u>TENNESSEE</u></b>	First Day: OTA Offseason Workouts: Voluntary Minicamp: Mandatory Minicamp:	April 7 May 27-29, June 2-3, June 5, June 9-12 April 29-May 1 June 17-19
<b><u>WASHINGTON</u></b>	First Day: OTA Offseason Workouts: Voluntary Minicamp: Mandatory Minicamp:	April 7 May 27-29, June 2-4, June 9-12 April 29-May 1 June 17-19

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