



2025 MEDIA POLICY

(For Media Information Only; Not for Distribution)

The Los Angeles Chargers' Communications Department has put together this Media Policy Guide to assist you in covering the Chargers throughout the 2025 season. Contact a member of our department if you have any questions.

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General Practice Access Policy

- ⚡ Video and still photography may be shot during the team stretch and individual periods only. Media must remain behind the designated markers at all times. At the direction of the Communications staff, additional shooting locations may be available. All video must be tight/individual shots on the ball/players; no wide shots. Communications staff will advise media when the shooting period is over. At that time, all cameras must be shut off and removed from their tripods or directed away from the field.
- ⚡ During the regular season, only media members regularly assigned to cover the Chargers/NFL are allowed to attend practice unless otherwise prearranged through Chargers Communications.
- ⚡ Following the individual periods of open OTAs, Mini Camp and Training Camp practices, media may watch the remainder of practice from designated observation areas at The Bolt.
- ⚡ Video and/or still photography of players' on-field rehab are not permitted at any time.
- ⚡ Texting and tweeting are allowed ONLY during stretch and individual periods, as well as during entire sessions that are open to the public. All texts and tweets must be in accordance with the reporting guidelines below.
- ⚡ Members of the media are not permitted to talk to players or coaches during practice.
- ⚡ Phone conversations are not permitted at any time on the practice field during practice or during any open media period.

Reporting Guidelines

- ⚡ May report non-strategy and non-game plan observations.
- ⚡ May report which players are or are not practicing during the open period. For players not practicing, may only report they are not practicing and, if applicable, "working off to the side." No additional details or descriptions pertaining to the nature of the player's rehab or physical appearance are reportable.
- ⚡ May NOT report or shoot video/stills of anything related to injured players and their rehab.
- ⚡ No speculation concerning injuries/participation level during closed practice prior to receiving the team's practice/injury report or comment/confirmation by the head coach.
- ⚡ No reporting of specific play structure (play result (TD, sack, etc.) and other tendencies (pass, run, etc.) are permitted).
- ⚡ No detailed play-by-play reporting of practice periods (general results of drives, player performance, etc. are permitted).
- ⚡ No reporting of anything involving general strategy – formations, plays run, blitz schemes, gimmick plays, coach/player dialogue, etc.
- ⚡ No reporting of which players are practicing with particular personnel groups (i.e. starters/first-team, goal-line offense, nickel defense, etc.), including perceived tendencies of when and how those groupings and specific players are being utilized.
- ⚡ No wide shots of formations/personnel groupings. Shots must be tight on the player/ball.
- ⚡ No audio of quarterback cadence, keywords, audibles, etc.
- ⚡ All cell phones must be turned to 'silent' or 'vibrate' mode.

Live Internet Streaming

Open practice periods, team press conferences (including virtual zoom press conferences) and interviews during any other open media periods may not be broadcast live online by any media outlet without prior approval from the Chargers. This includes live streaming video (i.e. Facebook Live, Twitter's Periscope, Instagram Live Stories, Twitch, etc.).

Additional

- ⚡ All interview requests for front office personnel, including ownership and General Manager Joe Hortiz, must be made through the Chargers' Communications Department.
- ⚡ Ownership, Hortiz and assistant coaches are not available immediately following games.
- ⚡ Media are not permitted in the training room, equipment room, weight room or team meeting rooms unless escorted by a member of the Chargers Communications staff.
- ⚡ The team's athletic training staff and team doctors are NOT available for media interviews.
- ⚡ A player who suffers a concussion in a game is not available to the media in the locker room or in a postgame press conference. This extends during the practice week until the player has been cleared by the Independent Neurological Consultant (INC) under the NFL Concussion Protocol.

Training Camp

Media are invited to cover all training camp practices in their entirety.

Video and still photography may be shot during team stretch and individual periods only and must adhere to all aforementioned 'Reporting Guidelines.' Media is permitted to shoot – during the designated periods – and observe practice from designated areas. Media members are permitted to Tweet during the entirety of sessions open to the public.

Head Coach Jim Harbaugh or the offensive/defensive/special teams coordinator and select players will be available following each practice. Coaches and players will conduct interviews from the press conference room at The Bolt.

Media members are not permitted to talk to players or coaches during practice. During Training Camp, the locker room is not open after practice. All interviews will be done at the podium or – if prearranged with Chargers Communications – over the phone, via Zoom or in-person off the practice field. Coordinators will be available once a week. Assistant coaches are available to the media upon requests made to Chargers Communications. Reasonable requests for assistant coaches must be made with at least 24-hour notice. Individual player interviews can be arranged through Chargers Communications with at least 24-hour notice.

Regular Season & Postseason (*subject to change*)

During the regular season, ONLY regularly assigned sports media are permitted to attend the first 20-30 minutes of practice on Wednesdays, Thursdays and Fridays unless otherwise prearranged through Chargers Communications. Video and stills are allowed only from the designated observation areas.

Head Coach Jim Harbaugh is available for interviews on Mondays (approx.. 11 a.m. PT, Wednesdays (before practice), Fridays (after practice) and after games. Standard player availability will take place following practice on Wednesdays, Thursdays, Fridays and after games. Select players will be available following practice and games at the podium. All podium sessions at The Bolt will take place in the media center unless otherwise noted.

The locker room will be open following practice for 45 minutes on Wednesdays, Thursdays and Fridays. Video cameras are allowed in the locker room under the following guidelines:

- ⚡ All interviews must be done with the player's back to his locker
- ⚡ Head-and-shoulder interviews only
- ⚡ No other audio or video may be used
- ⚡ Still photography is not allowed in the locker room

The offensive, defensive and special teams coordinators will be available to the media during a normal practice week prior to each game. Assistant coaches are available on a per-case basis throughout the season by appointment only – with at least 24-hour notice – through Chargers Communications.

The Media Center

The Chargers Media Center at The Bolt will be open for training camp, the regular and postseason. When open, it is a working office made available to the media while they are at The Bolt covering the team. Press conferences and interviews take place in the Media Center throughout the year. The Center is equipped with wireless internet access and fiber-optic technology. The Chargers provide this Media Center as a service to working media. As guests of the Chargers, members of the media are asked to treat the Media Center as they would want guests to treat their own home: keep the area clean, do not hang anything on the walls and maintain a neat and orderly environment for all our guests.

NFL Policy on Non-Game Online Content

- ⚡ Websites may only post 90 seconds of team-related video per day. The video may not be displayed longer than 24 hours and it may not be archived anywhere on the site.
- ⚡ The 90-second video rule applies to game, practice, interview or press conference footage that takes place at any NFL stadium or team practice facility.
- ⚡ All website pages that include Chargers' player or coach content must have a direct link to the team's official website, www.Chargers.com.
- ⚡ Video shot away from the team's practice facility or stadium is exempt from the 90-second rule.
- ⚡ The 90-second limit does not include video/audio material that is comprised entirely of a credentialed media providing commentary or analysis ("Talking Head" reporting), including pre- or post-game stand-up material shot on the field or other facility location.

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