

2018-19 ACPS Out of Season Practice Guidelines

Effective AUGUST 11, 2011 (Revised August 2018)

- WHO'S ELIGIBLE TO PARTICIPATE?** Any interested ACPS student who has a **CURRENT VHSL PHYSICAL (dated since 5/1/18)** on file in their attending school's Athletic Office. Attendance/participation in out-of-season practices is optional, can **NOT** be mandatory and can **NOT** be considered tryouts.
- Below are the **2018-19 ACTIVE PERIODS** in which out-of-season practices may be conducted. It is the responsibility of the HEAD VARSITY COACH to get **PRIOR** approval from the AD on the specific dates/times/facilities to be used. **NO SUNDAYS PERMITTED – EVER!!!**

	1st WINDOW (up to 15 Days)	2nd WINDOW (up to 15 Days)	1st DAY OF TRYOUTS
FALL SPORTS	12/10-12/22 1/2-1/12	5/1-5/31	7/30 (Football 7/26)
WINTER SPORTS	10/1-10/31	3/25-3/30 4/8-4/30	11/5
SPRING SPORTS	9/1-9/30	1/14-2/9	2/18

- VHSL DEAD PERIODS:**
 - July 1 – July 4
 - July 26 – August 4
 - November 5 – November 14
 - February 18 – February 27

No team meetings, strength/conditioning, practices, etc. permitted during Dead Periods!

- FALL, WINTER & SPRING ACTIVE WINDOWS:** Limited to 15 days during designated window. Any coach (head or assistant) coaching 1 or more athletes counts as a day. This includes open gym, any camps **other than college/university sponsored camps** & 7-on-7 football. **ONLY** members of the school's coaching staff are permitted to work with student-athletes during these "active" periods. If in order to get 15 days, a coach needs to go beyond the dates above, **there must be AD approval.**

SUMMER ACTIVE WINDOW: Unlimited number of days starting the 1st day after school is out until the VHSL Fall Dead Period. Any coach (head or assistant) may run a sports specific practice or coach a league team as long as the team is a legitimate organization under an umbrella that has its own insurance, identity, etc. (Examples: USAVB, SOCA, MONU, AAU, Legion, etc.)

- STRENGTH & CONDITIONING (NON-SPORT SPECIFIC TRAINING)** is permitted outside of the "Active Period" (with AD approval) except during VHSL Dead Periods. Non-Sport Specific Equipment only is permitted.

6. Equipment Restrictions

Football: Helmets and mouth pieces only. NO CONTACT PERMITTED (tackling, blocking, etc).

All Other Sports: All normal gear used for a contest (batting helmets, pitching faceguards, wrestling headgear, LAX helmets, FH/LAX goggles, etc. **(HEAD COACH IS RESPONSIBLE FOR APPROPRIATE EQUIPMENT USE)**

Other equipment: Batting cages, pitching machines, rebounding machines, etc. are permitted

- No scrimmages allowed with other schools. Teams may conduct intersquad scrimmages, except football. **CHECK WITH YOUR ATHLETIC DIRECTOR FOR QUESTIONS OR CLARIFICATION ABOUT THESE GUIDELINES!**