2018-19 ACPS Out of Season Practice Guidelines

Effective AUGUST 11, 2011 (Revised August 2018)

1. **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.

2. 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!!!

<table>
<thead>
<tr>
<th>Sport</th>
<th>1st WINDOW (up to 15 Days)</th>
<th>2nd WINDOW (up to 15 Days)</th>
<th>1st DAY OF TRYOUTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>FALL SPORTS</td>
<td>12/10-12/22, 1/2-1/12</td>
<td>5/1-5/31</td>
<td>7/30 (Football 7/26)</td>
</tr>
<tr>
<td>WINTER SPORTS</td>
<td>10/1-10/31</td>
<td>3/25-3/30</td>
<td>11/5</td>
</tr>
<tr>
<td>SPRING SPORTS</td>
<td>9/1-9/30</td>
<td>1/14-2/9</td>
<td>2/18</td>
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3. **VHSL DEAD PERIODS:**
   - July 1 – July 7
   - July 26 – August 4
   - **November 5 – November 14**
   - February 18 – February 27

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

4. **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.)

5. **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

7. 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!**