

## 2016-17 ACPS Out of Season Practice Guidelines '15-15-10'

Effective AUGUST 11, 2011 (Revised July 2016)

- WHO'S ELIGIBLE TO PARTICIPATE?** Any interested ACPS student who has a **CURRENT PHYSICAL (dated since 5/1/16)** on file in their attending school's Athletic Office. Attendance can **NOT** be mandatory and can **NOT** be considered tryouts. **In-season athletes are not permitted to participate.**
- Below are the **2016-17 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!!!**

	<b>1st WINDOW (15 Days)</b>	<b>2nd WINDOW (15 Days)</b>	<b>1st DAY OF TRY-OUTS</b>
<b>FALL SPORTS (RED)</b>	12/5-12/17; 1/2-1/14	5/1-5/31	2016 July 28 (FB) 2016 August 1
<b>WINTER SPORTS (YELLOW)</b>	10/1-10/31	3/27-4/1; 4/10-4/29	2016 November 7
<b>SPRING SPORTS (BLUE)</b>	9/1-9/30	1/16-2/11	2017 February 20

- VHSL DEAD PERIODS (Grey):**
  - '16 August 1-9
  - '17 February 20-28
  - '16 November 6-15
  - '17 July 3-8

**No S/A contact, meetings, strength/conditioning, 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:** Ten practice dates and unlimited number of strength & conditioning days starting the 1<sup>st</sup> day after school is out until August 1. 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: USA VB, SOCA, MONU, Legion, etc.

- STRENGTH & CONDITIONING (Non SPORT-SPECIFIC TRAINING)** is permitted outside of the "Active Period" (with AD approval) except during VHSL Dead Periods. No sport-specific equipment may be used during these times.

**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 MUST CHECK IN/OUT)**

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

- No scrimmages allowed with other schools. Teams may conduct inter-squad scrimmages. Exception: Football (Inter-squad scrimmages are not permitted).