

2017-18 ACPS Out of Season Practice Rules (REVISED JULY 2017)

- Who is **ELIGIBLE TO PARTICIPATE**? Any interested ACPS student who has a **CURRENT PHYSICAL (dated since 5/1/17)** 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 2017-18 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 (15 Active Days)	2nd WINDOW (15 Active Days)	1st DAY OF TRY-OUTS
FALL SPORTS (RED)	12/4-12/16; 1/3-1/16	4/30 -5/29	July 27, 2017 (FB, Golf) July 31, 2017
WINTER SPORTS (YELLOW)	10/2-10/31	3/24- 3/29; 4/9 -4/30	November 6, 2017
SPRING SPORTS (BLUE)	9/1-9/30	1/22-2/17	February 19, 2018

- VHSL DEAD PERIODS (Grey):**
 - July 27 2017 – Aug 9 2017
 - Feb 19 – 28, 2018
 - Nov 6 – 15, 2017
 - July 1 – 7, 2018

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 athlete's 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 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, identify, 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.
- 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).

