

Out of Season Practice Rules

April 7, 2016

Volleyball – Basketball – Soccer – Softball - Baseball

1. Conditioning – supervised or unsupervised is expected, but not governed by ACAA. This includes running, weight lifting, non-ball strength or quickness drills, etc. **NO ON THE COURT or ON THE FIELD COACHING!**
2. Ten days of off-season team work with coaches per sport. Off season is the time the sport ended until the start date for pre-season work preceding the first allowed playing date. This may include camps, team play, or on the court/field coaching.
3. A coach may not coach any more than three (four for baseball) of his /her players in any off-season league play.
4. There is no restriction on the athlete for any private coaching, training, playing in an out of season league, or attending a camp.
5. Up to TWO days may be used for tryouts. If more are used they will count against the ten.

Cross Country – Golf - Track and Field - Archery

There is no rule governing training or preparation for competing in cross country, golf, track and field, and archery. Academic eligibility requirements are not checked in our office for these sports. However grade level and age requirements apply.

Christian Football Association

Spring...between published dates teams have 10 days. Five days out of pads and five in pads. An additional day may be taken for a spring game or a jamboree.

Or,

If a school does not take the 10 spring days it can then take 5 additional days in the summer preceding the season. For instance, schools that took 10 spring days will have five days in the summer without pads and ten days with pads. Schools that did not opt for spring days can have five days out of pads and 15 days in pads.

Seven on Seven Events

Schools may use two days for preparation. However, any more days will count against the allowed number stated above.