Out of Season Practice Rules

Updated April 15, 2025

Sanctioned Sports (Baseball, Basketball, Softball, Volleyball)

1. Conditioning – supervised or unsupervised – is expected but is not governed by the ACAA. This includes running, weight lifting, non-ball strength or quickness drills, etc*.*
2. *During the month of June, ACAA will not govern ANY sports practices. A coach is free to work with his team as he sees fit – summer camps, team play, on the court or field coaching. Out-of-season practices CANNOT be mandatory practice times and should have no bearing on whether or not a player will "see playing time."*
3. Any other out-of-season practices (other than those in June) are currently limited to ten days of off-season work with coaches per sport. (Off season is the time the sport ends until the start date for season practices.)
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. Consult the ACAA Athletic Calendar for dates to begin mandatory team practices for each sport.

Non-sanctioned Sports (Golf, Cross Country, Archery, Track and Field, Bass Fishing)

There is no rule governing training or preparation for competing in these events. Academic eligibility requirements are not checked in our office for these sports. However, grade level and age requirements do apply.

Christian Football Association (CFA)

Spring practice dates (10 days) are published in the CFA calendar. Five of the practice dates are out of pads and five in pads. An additional day may be taken for a spring game or jamboree.
OR
If a school does not use the 10 days in spring, it can take 5 additional days in the summer preceding the season. For instance, teams that **DID** use 10 spring days will have 5 days in the summer without pads and 10 days with pads. Schools that **DID NOT** opt to use their spring days can have 5 days out of pads and 15 days with pads.

Seven-on-Seven Events

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