

2018-19 TSSAA SPORTS CALENDAR

FOOTBALL

- **Pre-Season Practice Rule** does not apply.
- **Pre-Season Acclimatization:** Helmets and shoulder pads may be worn the Monday of NFHS Week 3. Each individual athlete must practice in helmets and shoulder pads for three days prior to practicing in full pads, regardless of when they start practicing.
- First Practice Date in pads is the Monday of NFHS Week 4.
- **Practice Regulations:** 1. Practice time in pads may not exceed 3 hours in a single practice. 2. If there are multiple practices in pads on a single day, only one session per day should include full contact. The total practice time in pads may not exceed 5 hours, with practices separated by at least three hours of rest in a cool environment. 3. No student shall participate in multiple practices in pads on consecutive days. Helmets may be worn at any time. A practice would be considered a practice in pads if shoulder pads and/or football pants with or without pads are worn. If weather postpones a practice in pads, the practice may resume after conditions are deemed safe and the remainder of the allotted practice time may be completed. In addition, all TSSAA Football Practice Regulations must be followed.
- **Scrimmage Rule** does apply.
- The Date of the First Contest allowed is the Friday of NFHS Week 7, no earlier than Wednesday. Eligibility and schedules must be filed online prior to playing.
- Maximum number of regular season contests is 10 games. Schools that do not qualify for the playoffs may schedule an additional game for a total of 11.

- Maximum of 10 days of **Off-Season** practice within a 15 consecutive school day period and two interschool scrimmages are permitted.
- In the **Summer** there are no restrictions in regard to practice. No pads are permitted. Helmets may be worn.
- There can only be 10 days of team-against-team competition which must occur after the conclusion of the **Dead Period**. Pads may not be worn during school-against-school competition.
- **Dead Period Rule** does apply.

IMPORTANT FOOTBALL DATES

Rules Meetings are held in July & August, the dates of which can be found on the TSSAA Website (<http://tnhs.us/65cnx5>).

Can Start Practice in Helmets & Shoulder Pads	July 16, 2018
First Practice Date in Pads	July 23, 2018
First Contest Date	Aug. 17, 2018
Deadline to File Eligibility & Schedules	Aug. 17, 2018
DI & DII 1 st Round	Nov. 2, 2018
DI 2 nd Round & DII Quarterfinals	Nov. 9, 2018
DI Quarterfinals & DII Semifinals	Nov. 16, 2018
DI Semifinals	Nov. 23, 2018
DI 2A, 4A, 6A BlueCross Bowl	Nov. 29, 2018
DII BlueCross Bowl	Nov. 30, 2018
DI 1A, 3A, 5A BlueCross Bowl	Dec. 1, 2018
Dead Period	June 23 – July 6, 2019

Coaches and employees of a school are subject to the guidelines of the TSSAA Sports Calendar when working with students from his/her school.

Practice - Coach and player(s) together with instruction, teaching, coaching, etc. Try-outs are considered practice.

Open Facilities – Permitted year round (Monday through Friday) except during the **Dead Period**. Schools may use their facilities for students in their building prior to or after the school day. Coaches may serve in a supervisory capacity only. There is no instruction, no teaching, no coaching, etc. Coaches may not participate or play in any manner. It is a free play type atmosphere. Sport specific skills cannot be taught. ATTENDANCE CANNOT BE MANDATORY.

Weight Training/Conditioning – Permitted at all times except during the **Dead Period**. Must be generic type program that would be beneficial to all students and not sport specific. Exception: In baseball and girls' softball, players may throw to condition arms. Sport specific skills cannot be taught. Only students who are enrolled and in regular attendance at the school may participate during the school year. ATTENDANCE CANNOT BE MANDATORY.

Practice During the School Day – All athletic practice during the regular hours of any school day shall conform to the same rules, regulations, and season as corresponding athletic practice outside the school day.

Pre-Season Practice Rule – Begins the first day of school until the first official day of practice in that particular sport.

Scrimmage Rule – After the TSSAA first official day of practice, a school cannot practice with or scrimmage another school until both schools have practiced a minimum of three days. A school may have a maximum of four scrimmages or two scrimmage dates or one scrimmage date and two scrimmages. No tournament format of any type may be used. Scrimmages should look more like practice than games. Once a school has played their first game, there can be no more scrimmages.

Off-Season – Begins with the school's elimination from postseason tournament play in a particular sport and concludes with the end of the school year. Individual instructions may be given to no more than three students per day. In football, no pads are permitted. Helmets may be worn.

Summer – The period of time from the end of the school year until the Monday of NFHS Week 4 (opening day of practice).

Dead Period Rule – No coaching, observing, or contact between coach and players in sport involved. There is no practice, no open facilities, and no weight training/conditioning. The Dead Period, which is to be observed by all schools, is NFHS Week 52 and NFHS Week 1 – 14 days.