


2019-2020 PRACTICE CALENDAR/EQUIPMENT RESTRICTIONS – ALL WINTER SPORTS!

NOTE: Highlighted days reflect Heat Acclimatization Period

FCPS General Guidelines:

- On single practice days, one walk-through is permitted.
- Double practice days (beginning no earlier than practice day 6) must be followed by a single-practice day or rest day. When a double-practice day is followed by a rest day, another double-practice day is permitted after the rest day.
- All practices and walk-through sessions must be separated by at least 3 hours of continuous rest.
- If a practice is interrupted by inclement weather or heat restrictions, the practice should recommence once conditions are deemed safe, but total practice time should not exceed its limitations.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|--|---|
| | | | | | 1 | 2 |
|  | Note: First play date is Thursday, December 5, 2019 | | | | NOVEMBER | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | DAY 1 15 | DAY 2 16 |
| | | | | | Single Practice Day No Equipment Restrictions | Single Practice Day |
| 17 | DAY 3 18 | DAY 4 19 | DAY 5 20 | DAY 6 21 | DAY 7 22 | DAY 8 23 |
| REST DAY – Sunday practice prohibited by MPSSAA | Single Practice Day | Single Practice Day | Single Practice Day | First Allowable Double Practice Full Contact Practice | First Scrimmage Day Single/Double Practice- double practice day must be followed by single | Single/Double Practice- double practice day must be followed by single practice day |
| 24 | DAY 9 25 | DAY 10 26 | DAY 11 27 | DAY 12 28 | DAY 13 29 | DAY 14 30 |
| REST DAY – Sunday practice prohibited by MPSSAA | Single/Double Practice- double practice day must be followed by single practice day | Single/Double Practice- double practice day must be followed by single practice day | Single/Double Practice- double practice day must be followed by single practice day | Single/Double Practice- double practice day must be followed by single practice day | Single/Double Practice- double practice day must be followed by single practice day | Single/Double Practice- double practice day must be followed by single practice day |

Practice Days 1-5:

- Team is limited to 1 practice per day (must not exceed 3 hours in length)
- 1 walk-through per day (no longer than 1 hour in duration)

Practice Days 6-14:

- Total practice & walk-through time per day should be limited to 5 hours with no single session longer than 3 hours in duration
- Team may participate in full contact practices with all protective equipment worn