

2026-27 TSSAA SPORTS CALENDAR

FOOTBALL

- **Pre-Season Acclimatization:** All TSSAA Football Practice Regulations must be followed. TSSAA Football Practice Regulations can be found at <http://tnhs.us/fbpractice>.
- First Practice Date **in pads** is the Monday of NFHS Week 4.
- **Practice Regulations:** All TSSAA Football Practice Regulations must be followed. TSSAA Football Practice Regulations can be found at <http://tnhs.us/fbpractice>.
- **Scrimmage Rule** does apply.
- The Date of the First Contest allowed is the Monday of NFHS Week 7. 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 12 days of **Off-Season** practice within a 15 consecutive school day period and one interschool scrimmage is permitted. The first two days of practice must be in helmets only.
- 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** (Exception: Two of the 10 days may take place in June.). Pads may not be worn during school-against-school competition.
- **Dead Period Rule** does apply.

IMPORTANT FOOTBALL DATES

Rules Meeting information can be found on the [TSSAA website](#).

Acclimatization & Practice Dates	http://tnhs.us/fbpractice
First Contest Date.....	Aug. 17, 2026
Deadline to File Eligibility & Schedules.....	Aug. 17, 2026
DI & DII-A, DII-AA 1 st Round.....	Nov. 6, 2026
DI 2 nd Round & DII Quarterfinals	Nov. 13, 2026
DI Quarterfinals & DII Semifinals	Nov. 20, 2026
DI Semifinals	Nov. 27, 2026
DII AA, A, AAA BlueCross Bowl	Dec. 3, 2026
DI 3A, 1A, 5A BlueCross Bowl.....	Dec. 4, 2026
DI 4A, 2A, 6A BlueCross Bowl.....	Dec. 5, 2026
Dead Period.....	June 28 – July 11, 2027

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 the week of the 4th of July and the preceding week – 14 days.

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 six students per day. No pads are permitted. Helmets may be worn.

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.

Practice - Any interaction between a coach and student-athlete(s) where instruction, teaching, coaching, etc., is occurring. Happenstance communications between coach and student-athlete(s), in circumstances where attendance by the student-athlete is neither expected nor required, are not considered to be practice. Such communications may not, however, be used to circumvent the requirement in open facilities that a coach act in a supervisory capacity only. In addition, try-outs are considered practice.

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 – 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 in all sports, a school can practice with or scrimmage another school. Once a school has played their first game, there can be no more scrimmages (Applies to High School & Middle School Division). In the high school division a school may have a maximum of four scrimmages or two scrimmage dates or one scrimmage date and two scrimmages (A scrimmage date is defined as more than two schools scrimmaging on the same day). **If registered TSSAA officials are used for a scrimmage, the schools are subject to the same sportsmanship requirements and penalties that apply to regular season contests.**

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

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. Exceptions: 1. In baseball and girls softball, players may throw to condition arms. 2. In lacrosse, players may do stickwork (fundamental catching and throwing). 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.