

Your Guide to State Calling Restrictions.



Compliance can be complicated - but it doesn't have to be. In addition to remaining compliant with core TCPA 227(b) and 227(c)* issues, the FCC (Federal Communications Commission) and individual states have additional regulations to keep in mind about your calling campaigns.

One of those issues is *when* you can call your contacts. For example, the FCC does not let you make “telephone solicitation” calls from 9 p.m. until 8 a.m. in the called party’s local time. But many states layer on their own time-of-day restrictions. The charts included only provide information for states that have rules that are more restrictive than the federal law; that restrict calling on weekends, holidays, or during states of emergency, or that limit call volume.

The following chart contains information regarding certain states’ permissible calling hours. Readymode is voluntarily providing this information to assist its customers in complying with such state laws. Readymode does not warrant that the use of this information will guarantee compliance with those laws. This information is not legal advice. You should consult a qualified attorney for legal advice.

Many of these states’ calling restrictions are subject to exceptions. Those exceptions vary from state to state and are not addressed here. The relevant time for these states’ calling restrictions can differ. For example, for one state’s law, the relevant time may be the time in that state. For another state’s law, the relevant time may be based on the called party’s location.

* For more information about TCPA 227(b) and 227(c), please visit our website at readymode.com/compliance-security.

Calling Restrictions by Day and Time

Federal law allows businesses to make telemarketing calls between 8am and 9pm at the contact’s location. This chart outlines state-specific rules.

State	Mon-Fri	Sat	Sun	Holidays
Alabama	8am - 8pm	8am - 8pm	No Calls	No Calls
Connecticut	9am - 8pm	9am - 8pm	9am - 8pm	9am - 8pm
Florida	8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm
Illinois	8am - 9pm	8am - 9pm	8am - 9pm	
Kentucky	10am - 9pm	10am - 9pm	10am - 9pm	10am - 9pm

Calling Restrictions by Day and Time (Continued)

State	Mon-Fri	Sat	Sun	Holidays
Louisiana	8am - 8pm	8am - 8pm	No Calls	No Calls
Maryland	8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm
Massachusetts	8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm
Michigan	9am - 9pm	9am - 9pm	9am - 9pm	9am - 9pm
Minnesota	9am - 9pm	9am - 9pm	9am - 9pm	9am - 9pm
Mississippi	8am - 8pm CST	8am - 8pm CST	No Calls	8am - 8pm CST
Nevada	9am - 8pm	9am - 8pm	9am - 8pm	9am - 8pm
New Mexico	9am - 9pm	9am - 9pm	9am - 9pm	9am - 9pm
Oklahoma	8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm
Oregon	8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm
Pennsylvania	8am - 9pm	8am - 12pm	8am - 9pm	No Calls
Rhode Island	9am - 6pm	10am - 5pm	No Calls	No Calls
South Dakota	9am - 9pm	9am - 9pm	No Calls	9am - 9pm
Texas	9am - 9pm	9am - 9pm	12pm - 9pm	9am - 9pm
Utah	8am - 9pm	8am - 9pm	No Calls	No Calls
Washington	8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm
Wyoming	8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm

Maximum Call Volume

This chart contains state-specific information about how frequently you can dial a specific number.

Frequency Restrictions	State
Maximum of 3 telemarketing calls to any consumer over a 24-hour period on the same subject matter or issue. (Fla. Stat. § 501.616), (Md. Commercial Law Code Ann. § 14-4502 (effective 1/1/24)), (15 Okl. St. § 775C.4), (ORS § 646.563 (Amendment effective 1/1/26))	FL, MD, OK, OR

For the states that limit calling on holidays, a list of holidays is included that most of those states recognize on a recurring basis. Each state, however, may have other days that may be recognized as a holiday depending on the year, which are not included in the list. The governor of each state is also free to declare additional days as holidays.

Holiday Call Restrictions		
This chart contains state-specific information about holidays where no outbound calls may be made.		
Holiday	Date	State(s) Affected
New Year's Day	Jan 1	AL, LA, PA, RI, UT
Day After New Year's	Jan 2	LA
Martin Luther King Day	3rd Mon. in Jan	AL, LA, PA, RI, UT
Inauguration Day		LA (Baton Rouge Only)
Mardi Gras Day	Feb or Mar	AL (Baldwin & Mobile counties), LA
President's Day	3rd Mon. in February	AL, PA, RI, UT
Good Friday	Friday Before Easter	LA, PA
Confederate Mem. Day	Last Mon. in April	AL
RI Independence Day	May 4	RI
Memorial Day	Last Mon. in May	AL, LA, PA, RI, UT
Jefferson Davis Day	1st Mon. in June	AL
Flag Day	June 14	PA
Juneteenth Day	June 16	UT
Juneteenth Day	June 19	AL, LA, PA, RI
Independence Day	July 4	AL, LA, PA, RI, UT
Pioneer Day	July 24	UT
Victory Day	2nd Mon. of Aug.	RI
Labor Day	1st Mon. in Sep.	AL, LA, PA, RI, UT
Columbus Day	2nd Mon. in Oct.	AL, PA, RI, UT

Holiday Call Restrictions (Continued)

Holiday	Date	State(s) Affected
Election Day	2nd Tues. in Nov.	PA, RI
Veteran's Day	Nov. 11	AL, LA, PA, RI, UT
Thanksgiving Day	4th Thurs. in Nov.	AL, LA, PA, RI, UT
Acadian Day	4th Fri. in Nov.	LA
Rosa Parks Day	Dec. 1	AL
Christmas Eve	Dec. 24	LA
Christmas Day	Dec. 25	AL, LA, PA, RI, UT
New Year's Eve	Dec. 31	LA

A special note for calls during States of Emergency

[Louisiana](#) and [New York](#) have regulations prohibiting telemarketing calls to areas under a state of emergency. For information on current Louisiana states of emergency that restrict calls, you can visit the following link: [Louisiana States of Emergency](#). New York, on the other hand, does not have a centralized notice portal for such restrictions. However, you can find a list of the Governor's executive orders, which may include declared states of emergency, here: [New York Governor's Executive Orders](#).

Please be aware that the information provided is not meant to be, and is not, comprehensive. For instance, this information does not include states' restrictions on calls that involve autodialers or prerecorded messages, which may be more restrictive than these restrictions listed in this guide.

State calling restrictions change regularly. Readymode does not guarantee that this information is always current and accurate. As always, please consult with competent telemarketing counsel for the rules that your specific campaigns need to comply with.



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