

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 |
|---|----------------|
| <p>Maximum of 3 telemarketing calls to any consumer over a 24-hour period on the same subject matter or issue.</p> <p>(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))</p> | 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) |
| Lundi Gras | Feb 16 | LA |
| Mardi Gras Day | Feb 17 | 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 15 | PA |
| Juneteenth Day | June 15 | UT |
| Juneteenth Day | June 19 | AL, LA, PA, RI |
| Independence Day | July 3 | AL, UT |
| Fourth of July | July 4 | AL, LA, PA, RI, UT |
| Independence Day | July 6 | RI |
| Pioneer Day | July 24 | UT |
| Victory Day | 2nd Mon. of Aug. | RI |

| Holiday Call Restrictions (Continued) | | |
|---------------------------------------|--------------------|--------------------|
| Holiday | Date | State(s) Affected |
| Labor Day | 1st Mon. in Sep. | AL, LA, PA, RI, UT |
| Columbus Day | 2nd Mon. in Oct. | AL, PA, RI, UT |
| Election Day | 1st 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 |
| Day After Thanksgiving | 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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