Telemarketing calling hours by state

Times are the local time of the person you call.

ACCURATE AS OF 10/26

Federal rule, every state: 8 AM to 9 PM. These states add their own limits:

State	Mon to Fri	Saturday	Sunday	State holidays	Per 24 hrs
Alabama	8 AM to 8 PM	8 AM to 8 PM	**No calls**	**No calls**	
Connecticut	9 AM to 8 PM	9 AM to 8 PM	9 AM to 8 PM	9 AM to 8 PM	
Florida	8 AM to 8 PM	8 AM to 8 PM	8 AM to 8 PM	8 AM to 8 PM	**3 calls**
Illinois	8 AM to 9 PM	8 AM to 9 PM	8 AM to 9 PM		
Kentucky	10 AM to 9 PM	10 AM to 9 PM	10 AM to 9 PM	10 AM to 9 PM	
Louisiana	8 AM to 8 PM	8 AM to 8 PM	**No calls**	**No calls**	
Maryland	8 AM to 8 PM	8 AM to 8 PM	8 AM to 8 PM	8 AM to 8 PM	**3 calls**
Massachusetts	8 AM to 8 PM	8 AM to 8 PM	8 AM to 8 PM	8 AM to 8 PM	
Michigan	9 AM to 9 PM	9 AM to 9 PM	9 AM to 9 PM	9 AM to 9 PM	
Minnesota	9 AM to 9 PM	9 AM to 9 PM	9 AM to 9 PM	9 AM to 9 PM	
Mississippi	8 AM to 8 PM	8 AM to 8 PM	**No calls**	8 AM to 8 PM	
Nevada	9 AM to 8 PM	9 AM to 8 PM	9 AM to 8 PM	9 AM to 8 PM	
New Mexico	9 AM to 9 PM	9 AM to 9 PM	9 AM to 9 PM	9 AM to 9 PM	
Oklahoma	8 AM to 8 PM	8 AM to 8 PM	8 AM to 8 PM	8 AM to 8 PM	**3 calls**
Oregon	8 AM to 8 PM	8 AM to 8 PM	8 AM to 8 PM	8 AM to 8 PM	**3 calls**
Pennsylvania	9 AM to 7 PM	9 AM to 7 PM	**No calls**	**No calls**	
Rhode Island	9 AM to 6 PM	10 AM to 5 PM	**No calls**	**No calls**	
South Dakota	9 AM to 9 PM	9 AM to 9 PM	**No calls**	9 AM to 9 PM	
Texas	9 AM to 9 PM	9 AM to 9 PM	12 PM to 9 PM	9 AM to 9 PM	
Utah	8 AM to 9 PM	8 AM to 9 PM	**No calls**	**No calls**	
Washington	8 AM to 8 PM	8 AM to 8 PM	8 AM to 8 PM	8 AM to 8 PM	
Wyoming	8 AM to 8 PM	8 AM to 8 PM	8 AM to 8 PM	8 AM to 8 PM	

Federal hours only (8 AM to 9 PM, every day):

Alaska
Arizona
Arkansas
California
Colorado
Delaware
District of Columbia
Georgia
Hawaii
Idaho
Indiana
Iowa
Kansas
Maine
Missouri
Montana
Nebraska
New Hampshire
New Jersey
New York
North Carolina
North Dakota
Ohio
South Carolina
Tennessee
Vermont
Virginia
West Virginia
Wisconsin
American Samoa
Guam
Northern Mariana Islands
Puerto Rico
U.S. Virgin Islands

"Per 24 hrs": the most telemarketing calls to one person in 24 hours, counting unanswered attempts.
State holiday dates are on page 2. A contact's ZIP code sets their time zone in states that span two zones.

Latest rules:

Check before you call: rules change, and declared emergencies can pause calls.
Summary, not legal advice. Exemptions (existing customers, consent) vary by state.

State holidays: no telemarketing calls

Times are the local time of the person you call.

ACCURATE AS OF 10/26

Upcoming dates in the next 12 months for the 5 states that ban calls on state holidays.
"(observed)" marks the weekday off when a holiday falls on a weekend. Call on neither day.

Alabama

Tue, Dec 1, 2026	Rosa Parks Day (some areas)
Fri, Dec 25, 2026	Christmas Day
Fri, Jan 1, 2027	New Year's Day
Mon, Jan 18, 2027	Martin Luther King Jr. Day
Tue, Feb 9, 2027	Mardi Gras (Baldwin, Mobile counties)
Mon, Feb 15, 2027	Presidents' Day
Mon, Apr 26, 2027	Confederate Memorial Day
Mon, May 31, 2027	Memorial Day
Mon, Jun 7, 2027	Jefferson Davis Day
Fri, Jun 18, 2027	Juneteenth (observed)
Mon, Jul 5, 2027	Independence Day (observed)
Mon, Sep 6, 2027	Labor Day
Mon, Oct 11, 2027	Columbus Day
Thu, Nov 11, 2027	Veterans Day
Thu, Nov 25, 2027	Thanksgiving Day

Louisiana

Thu, Dec 24, 2026	Christmas Eve (if declared)
Fri, Dec 25, 2026	Christmas Day
Thu, Dec 31, 2026	New Year's Eve
Fri, Jan 1, 2027	New Year's Day
Fri, Jan 8, 2027	Battle of New Orleans
Mon, Jan 18, 2027	Martin Luther King Jr. Day
Mon, Feb 8, 2027	Lundi Gras
Tue, Feb 9, 2027	Mardi Gras (where declared)
Mon, Feb 15, 2027	Presidents' Day
Fri, Mar 26, 2027	Good Friday
Mon, May 31, 2027	Memorial Day
Sat, Jun 19, 2027	Juneteenth
Sat, Jun 19, 2027	Juneteenth Day
Sun, Jul 4, 2027	Independence Day
Mon, Jul 5, 2027	Independence Day (observed)
Mon, Aug 30, 2027	Huey P. Long Day
Mon, Sep 6, 2027	Labor Day
Mon, Oct 11, 2027	Columbus Day
Mon, Nov 1, 2027	All Saints' Day
Thu, Nov 11, 2027	Veterans Day
Thu, Nov 25, 2027	Thanksgiving Day
Fri, Nov 26, 2027	Acadian Day

Pennsylvania

Fri, Dec 25, 2026	Christmas Day
Fri, Jan 1, 2027	New Year's Day
Mon, Jan 18, 2027	Martin Luther King Jr. Day
Mon, Feb 15, 2027	Presidents' Day
Fri, Mar 26, 2027	Good Friday
Mon, May 31, 2027	Memorial Day
Mon, Jun 14, 2027	Flag Day
Sun, Jul 4, 2027	Independence Day
Mon, Jul 5, 2027	Independence Day (observed)
Mon, Sep 6, 2027	Labor Day
Mon, Oct 11, 2027	Columbus Day
Tue, Nov 2, 2027	Election Day
Thu, Nov 11, 2027	Veterans Day
Thu, Nov 25, 2027	Thanksgiving Day

Rhode Island

Fri, Dec 25, 2026	Christmas Day
Fri, Jan 1, 2027	New Year's Day
Mon, Jan 18, 2027	Martin Luther King Jr. Day
Mon, Feb 15, 2027	Presidents' Day
Tue, May 4, 2027	Rhode Island Independence Day
Mon, May 31, 2027	Memorial Day
Sat, Jun 19, 2027	Juneteenth
Mon, Jun 21, 2027	Juneteenth (observed)
Sun, Jul 4, 2027	Independence Day
Mon, Jul 5, 2027	Independence Day (observed)
Mon, Aug 9, 2027	Victory Day
Mon, Sep 6, 2027	Labor Day
Mon, Oct 11, 2027	Columbus Day
Tue, Nov 2, 2027	Election Day
Thu, Nov 11, 2027	Veterans Day
Thu, Nov 25, 2027	Thanksgiving Day

Utah

Fri, Dec 25, 2026	Christmas Day
Fri, Jan 1, 2027	New Year's Day
Mon, Jan 18, 2027	Martin Luther King Jr. Day
Mon, Feb 15, 2027	Presidents' Day
Fri, Mar 26, 2027	Good Friday
Mon, May 31, 2027	Memorial Day
Fri, Jun 18, 2027	Juneteenth (observed)
Mon, Jul 5, 2027	Independence Day (observed)
Fri, Jul 23, 2027	Pioneer Day (observed)
Mon, Sep 6, 2027	Labor Day
Mon, Oct 11, 2027	Columbus Day
Thu, Nov 11, 2027	Veterans Day
Thu, Nov 25, 2027	Thanksgiving Day

Limits, emergencies, quick check

Times are the local time of the person you call.

ACCURATE AS OF 10/26

Daily call limits

4 states cap telemarketing calls to one person in 24 hours. Every attempt counts, answered or not.

Florida: 3 calls	Whether Florida's limit covers texts is unsettled; CRM Guard counts them to be safe.
Maryland: 3 calls	Maryland's law covers texts as well as calls.
Oklahoma: 3 calls	Oklahoma's law appears to cover texts; CRM Guard counts them to be safe.
Oregon: 3 calls	Oregon's law counts a text message as a telephone solicitation.

Bans during declared emergencies

New York and Louisiana ban telemarketing to areas under a declared state of emergency.

New York (N.Y. Gen. Bus. Law § 399-z(5-a) and § 399-pp(7)(f))

Unsolicited telemarketing sales calls and texts are prohibited while it lasts. Allowed if the person asked you to contact them (written or verbal request) or is an existing customer who hasn't ended the relationship.

Louisiana (La. R.S. 45:844.31; LPSC Do Not Call General Order R-29617 § V.A.3)

Telephonic solicitation (calls and, very likely, texts) to residential lines in Louisiana is prohibited while it lasts. Exemptions include a request from the person within the last 6 months, an existing or recent (6 months) business relationship, and an unfinished contract. The Commission's order can be read to block even these while the ban is on, so be cautious.

In effect when this guide was made (Nov 28, 2026):

New York: Statewide disaster emergency (measles outbreak) extended, Executive Order 65.1, through Dec 4, 2026.
New York: Statewide disaster emergency (correctional facilities staffing, National Guard) extended, Executive Order 47.24, through Dec 4, 2026.
New York: Disaster emergency (Nor'easter: heavy rain, high winds, coastal flooding) in NYC, Long Island, Westchester and contiguous counties, Executive Order 66, through Dec 26, 2026.

At a glance

No Sunday calls (7):

Alabama, Louisiana, Mississippi, Pennsylvania, Rhode Island, South Dakota, Utah.

Calls end before 9 PM on some days (14):

Alabama, Connecticut, Florida, Louisiana, Maryland, Massachusetts, Mississippi, Nevada, Oklahoma, Oregon, Pennsylvania, Rhode Island, Washington, Wyoming.

No calls on state holidays (5):

Alabama, Louisiana, Pennsylvania, Rhode Island, Utah.

Before you dial: a 5-point check

- [ ] 1. Use the contact's local time, not yours. In states with two time zones, go by the ZIP code.
- [ ] 2. Check the hours for that state and today's day of the week. Several states ban Sunday calls.
- [ ] 3. Check page 2 for state holiday dates. It also lists the weekday observed when a holiday falls on a weekend.
- [ ] 4. In a daily-limit state, count every attempt to that person in the last 24 hours, texts included where the law may cover them.
- [ ] 5. Check for a declared emergency in New York or Louisiana before calling there.

Consent, Do Not Call lists and message content are separate rules that apply on top of these hours. This guide does not cover them.