



Countable Athletically Related Activity

In-Season

- Maximum of 20 hours per week
- Maximum of 4 hours per day
- At least one day off per week (7-day period)
- Same 7-day period must be used throughout segment (set day of week prior to segment beginning)

Out-of-Season

- Maximum of 8 hours per week
- Maximum of 4 hours per day
- At least two off days per week
- Individual Skill Instruction
 - Maximum of two (2) hours per week
 - Sept. 15th – April 15th: Entire team may partake
 - Before Sept. 15th and after April 15th: limited to four (4) SA's in any facility at the same time under instruction of coaches

Countable

Practice (In-season only)

Competition: 3 hours (regardless of duration)

Strength and conditioning activities

Film sessions with coaches

Meetings initiated or required by coach

Extra work with coach initiated by student-athlete

Voluntary

Compliance Meetings

Promotional Activities

Academic Meetings

Community Service

Study hall/tutoring

Travel to/from contest-off day

Meeting initiated by SA

Treatment/rehab

Player-initiated practices

Travel to/from practice



CARA Reminders

In-Season

- Unlimited activity during vacation period as listed on the official academic calendar produced by KU (17.1.7.3.6)
- May use travel to or from competition as “off day” provided no CARA takes place (17.1.7.4.1)

Out-of-Season

- Conditioning drills may not simulate offensive or defensive alignments (17.1.7.2.4)
- No equipment related to the sport may be used during conditioning activities (17.1.7.2.4)
- No required participation in any CARA during an institutional vacation period (17.1.7.2.1)

An institutional staff member with current certification in first aid, cardiopulmonary resuscitation (CPR) and automatic external defibrillator (AED) use must be present any time a student-athlete participates in a physical, countable athletically related activity (17.1.6, *effective August 1, 2014*)



Countable Athletically Related Activity

- Reminders:
 - Any required activity must be counted (including punishment activity)
 - CARA may not be conducted at any time following competition
 - CARA may not be conducted between midnight and 5 a.m.
 - A “voluntary” activity becomes “countable” when unauthorized sports staff observe the activity or provide instruction
 - Includes Director of Operations or any non-coaching staff members with sport-specific responsibility
 - Exceptions:
 - Athletic trainers, student managers, and strength and conditioning staff may be present during voluntary workouts to provide safety instruction
 - Sports with safety exception may have countable coaches present to provide safety instruction only
 - Swimming & Diving
 - Track & Field
 - Rowing