



ATHLETICS ACTIVITY

Countable Athletically Related Activities (CARA)

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)

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

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 four (4) hours per week
 - Must end one week prior to exams starting

Non Countable

Travel to/from practice*

Promotional Activities*

Academic Meetings

Community Service*

Study hall/tutoring

Player-initiated practices

Meeting initiated by SA

Treatment/rehab

Travel to/from contest-off day*

Compliance Meetings

*RARA



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Countable Athletically Related Activities (CARA)

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 5am
- 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:
 - Athletics trainers, student managers, and strength and conditioning staff may be present during voluntary workouts to provide safety instruction



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Required Athletically Related Activities (RARA)

- RARA includes any activity, including those that are countable in the daily and weekly limitations, that are required of a student-athlete. Such activities include, but are not limited to, the following:
 - Compliance meetings
 - Organized team promotional activities
 - Recruiting activities, including student-host duties
 - Media activities
 - Fundraising events
 - Community service events
 - Team-building activities
 - Travel to and from away-from-home competition
- Required athletically related activities are prohibited during an 8-hour period between 9pm and 6am
- RARA is impermissible on a day off



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17.02.19 Voluntary Athletically Related Activities. In order for any athletically related activity to be considered “voluntary,” all of the following conditions must be met: *(Adopted: 4/18/01, Revised: 4/29/04 effective 8/1/04)*

- (a) The student-athlete must not be required to report back to a coach or other athletics department staff member (e.g., strength coach, trainer, manager) any information related to the activity. In addition, no athletics department staff member who observes the activity (e.g., trainer, manager) may report back to the student-athlete’s coach any information related to the activity;
- (b) The activity must be initiated and requested solely by the student-athlete. Neither the institution nor any athletics department staff member may require the student-athlete to participate in the activity at any time. However, it is permissible for an athletics department staff member to provide information to student-athletes related to available opportunities for participating in voluntary activities (e.g., times when the strength and conditioning coach will be on duty in the weight room or on the track). In addition, for students who have initiated a request to engage in voluntary activities, the institution or an athletics department staff member may assign specific times for student-athletes to use institutional facilities for such purposes and inform the student-athletes of the time in advance;
- (c) The student-athlete’s attendance and participation in the activity (or lack thereof) may not be recorded for the purposes of reporting such information to coaching staff members or other student-athletes; and
- (d) The student-athlete may not be subjected to penalty if he or she elects not to participate in the activity. In addition, neither the institution nor any athletics department staff member may provide recognition or incentives (e.g., awards) to a student-athlete based on his or her attendance or performance in the activity.

[Note: Coaching staff members may be present during permissible skill-related instruction pursuant to Bylaw 17.1.7.2.2 and conditioning activities pursuant to Bylaw 17.1.7.2.3.]



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Time Management

- Must provide an additional 14 days off during the playing season
 - May not occur during vacation period if your sport is in its out-of-season segment
 - May prorate the days off for an incoming midyear SA, but the incoming SA must be provided at least 7 additional days off
- Must provide seven (7) days off immediately following the conclusion of your sport's championship segment
 - It remains permissible to conduct one end-of-season meeting during the seven-day discretionary period, provided no CARA occurs (17.1.7.10.7.1)

17.1.8 Student-Athlete Time Management Plan. [A] An institution shall develop a student-athlete time management plan for each varsity intercollegiate sport in which the Association sponsors a championship or that is an emerging sport for women. The student-athlete time management plan shall include, at a minimum, policies to ensure that: (Adopted: 1/20/17 effective 8/1/17)

- a) Student-athletes are provided adequate notice of all countable athletically related activities and other required athletically related activities.
- b) Schedules for all countable athletically related activities and other required athletically related activities are developed through a collaborative process involving student-athletes, coaches and senior athletics department staff members.
- c) Student-athletes are provided adequate notice of changes to a previously established schedule for countable athletically related activities and other required athletically related activities.