This document contains questions and answers to assist the NCAA membership in its understanding of NCAA Proposal No. 2017-2 and the May 4, 2017, blanket waiver.

**Question No. 1:** What is permissible during an on-field practice session, a walk-through, a weightlifting session that is not part of on-field practice and recovery time?

**Answer:** Please see the chart below (see Also NCAA Bylaws 17.02.19, 17.10.2.5 and 17.10.2.5.1) and the blanket waiver approved by the NCAA Division I Committee for Legislative Relief May 4, 2017, RSRO Case No. 973452:

<table>
<thead>
<tr>
<th>Duration / Frequency</th>
<th>On-Field Practice Session</th>
<th>Walk-Through</th>
<th>Weightlifting</th>
<th>Recovery Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>One per day.</td>
<td>One per day.</td>
<td>No legislated limit (Please see Question No. 4 below).</td>
<td>At least three continuous hours between an on-field practice, a walk-through, or any other session.</td>
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<tr>
<td></td>
<td>Not longer than three hours.</td>
<td>FCS only: Not longer than two hours.</td>
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<tr>
<td>Permissible Activities</td>
<td>Practice of any kind, including weightlifting or conditioning that is part of a continuous session.</td>
<td>Simulate plays and alignments with no protective or football-related equipment (e.g., helmets, shoulder pads, blocking sleds) other than footballs.</td>
<td>Strength training performed in a deliberate and controlled manner consistent with the concept of walking or jogging (Please see Question No. 5 below).</td>
<td>Film review.</td>
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<td>Team meetings.</td>
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<td>Medical treatment.</td>
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<td>Team meals.</td>
</tr>
</tbody>
</table>
### Activities That Are Not Permissible

- Practice with a helmet and/or any pads.
- Live contact or live contact/thud practice.
- Noncontact/minimal contact practice.
- Sprinting and competitive speed drills. Use of a football may not change the speed of a walk-through.
- Conditioning.
- Practice of any kind.
- Weightlifting designed to enhance cardiorespiratory fitness.

**Question No. 2:** May an institution conduct more than one on-field practice session (e.g., two-a-days) per day?

**Answer:** No. Only one on-field practice session per day is permitted.

**Question No. 3:** Are noncontact/minimal contact practices and live contact/thud practices considered on-field practice sessions?

**Answer:** Yes.

**Question No. 4:** Is weightlifting considered an on-field practice session?

**Answer:** Although weightlifting is generally not regarded as an “on-field practice session,” the Year-Round Football Practice Contact for College Student-Athletes Recommendations seek to minimize exertion during sessions other than on-field practice. Strenuous activities, such as can occur with weightlifting, should be avoided. An institution's medical personnel should be consulted about appropriate activities in any session of activity, including sessions other than on-field practice.

**Question No. 5:** May an institution conduct a separate weightlifting session before or after its permissible on-field practice?
**Answer:** Yes. Weightlifting sessions are not considered conditioning sessions if conducted for strength training and performed in a deliberate and controlled manner that is consistent with the concept of walking or jogging. However, weightlifting activities designed to enhance cardiorespiratory fitness are considered conditioning and are not permitted outside of the on-field practice session. Further, weightlifting sessions should be carefully planned and implemented only after consultation with a strength and conditioning professional and the primary athletics health care providers.

**Question No. 6:** May an institution conduct a separate walk-through (e.g., no helmet/no pad activities) before or after its permissible on-field practice?

**Answer:** Yes. Provided at least three continuous hours of recovery time is provided, a separate walk-through (e.g., no helmet/no pad activities), may occur before or after an on-field practice session.

**Question No. 7:** Must student-athletes be provided with at least three continuous hours of recovery time between an on-field practice session, a walk-through (e.g., no helmet/no pad activities), and a weightlifting session regardless of the order of the sessions?

**Answer:** Yes. During the three continuous hours of recovery time, student-athletes may not engage in physical athletically-related activities (e.g., weightlifting, conditioning). Time spent in team meetings, film review, receiving medical treatment and eating team meals may be included as part of the recovery time.

**Question No. 8:** When does the three continuous hours of recovery time officially begin?

**Answer:** At the time when the participating student-athlete is officially released from an on-field practice, a walk-through or a weightlifting session by the coaching staff.

**Question No. 9:** May an institution divide the team into groups and conduct the on-field practice session for each group at different times, if each student-athlete only has one on-field practice session per day?

**Answer:** Yes.

**Question No. 10:** May a student-athlete participate in separate on-field practice sessions (e.g., defensive back group and wide receiver group), if the total time does not exceed three hours?

**Answer:** Yes, provided the three hours spent in on-field practice (including any breaks) is continuous. For example, it would be permissible for a student-athlete to spend 1 p.m. to 2:15 p.m. with the defensive back group, break and then return to on-field practice from 2:30 p.m. to 4 p.m. with the wide receiver group. This example is permissible because the total time from the start of on-field practice to the end of on-field practice is three continuous hours or fewer. However, it would not be permissible for a student-athlete to engage in on-field practice with the defensive back group from 1 p.m. to 2:30 p.m., break and
then return for on-field practice with the wide receiver group from 4 p.m. to 5:30 p.m. This example is not permissible because the on-field practice activities do not occur within three continuous hours.

**Question No. 11:** What activities are permissible during a required day-off during the preseason?

**Answer:** Autonomy institutions and nonautonomy institutions that have opted-in to Autonomy Proposal Nos. 2016-136 and 2016-138 must provide student-athletes with one day-off per seven-day week from all required athletically related activities (e.g., team-building activities, community service events, media events, etc.). Health and medical activities or activities that are academically related are permitted on days off.

Nonautonomy institutions that have not opted-in to the autonomy legislation requiring a day-off during the preseason should review the Year-Round Football Practice Contact for College Student-Athletes Recommendations and consult their institution's medical personnel regarding appropriate rest and recovery for their football student-athletes.