

WHAT YOU NEED TO KNOW ABOUT ... COUNTABLE ATHLETICALLY RELATED ACTIVITIES

Whether you're a student-athlete or a coach/staff member who oversees athletics, you need to be informed about "Countable Athletically Related Activities" (CARA) — what counts, what doesn't, and when they can occur.

WHAT IS CARA?

A "countable athletically related activity" is any **required** activity with an athletics purpose that involves student-athletes and is at the direction of, or supervised by, any member of an institution's coaching staff, including strength and conditioning coaches. These activities **must be counted** toward a student-athlete's daily and weekly limitations.

WHAT COUNTS?*



- ▶ Competition.
- ▶ Practice.
- ▶ Skill instruction.
- ▶ Individual workouts as required or supervised by institution's coaching staff.
- ▶ Use of institutional athletics facilities when such activities are supervised by or held at the direction of any member of the institution's coaching staff.
- ▶ Required participation in camps or clinics.

WHAT DOESN'T COUNT?*

- ▶ Study hall or tutoring sessions.
- ▶ Participation in fundraising activities, community service or community engagement.
- ▶ Involvement of an institution's strength and conditioning staff with student-athletes in voluntary strength and conditioning programs for safety purposes.
- ▶ Compliance meetings.
- ▶ Attendance at an awards ceremony or banquet.
- ▶ Medical examinations or treatments (e.g., physical rehabilitation, treatment by athletic training personnel).

**Not an exhaustive list. Check with your compliance administrator.*





COUNTABLE ATHLETICALLY RELATED ACTIVITIES — CONTINUED

WHEN CAN THEY OCCUR?

DURING THE PLAYING SEASON

The playing season for some sports is separated into a championship segment (when competition is conducted in which results are counted for postseason selection) and a nonchampionship segment (the segment in which the NCAA championship does not occur).

Championship Segment CARA

- ▶ Not more than four hours per day and 20 hours per week.

Nonchampionship Segment CARA*

- ▶ **For sports other than golf, tennis and rowing:** Not more than four hours per day and 15 hours per week during a 45-day period, with a required two days off per week.
- ▶ **For golf and tennis:** Not more than four hours per day and 20 hours per week during a 60-day window, with a required two days off per week.
- ▶ **For rowing:** Not more than four hours per day and 15 hours per week during a 65-day window, with a required two days off per week.

**Wrestling, swimming and diving, and National Collegiate sports do not have a nonchampionship segment.*

OUTSIDE THE PLAYING SEASON

All other days during the academic year not included in the playing season.

▶ For sports other than football:

- Eight hours a week with two days off.
- Not more than two hours per week toward team practice and/or skill instruction.

WHAT IF I EXCEED THE ALLOWABLE HOURS?

Contact your compliance administrator!

WHAT ABOUT VOLUNTARY ACTIVITIES?

An activity is voluntary only if:

- ▶ You are **not required to report back** to a coach or other athletics department staff member any information related to the activity — nor may an athletics department staff member who observes the activity **report back** to your coach any information related to the activity;
- ▶ The activity is **initiated and requested solely by you;**

- ▶ Your **attendance and participation** in the activity is **not recorded** for the purpose of reporting such information to coaching staff members or other student-athletes; **and**
- ▶ You **are not subject to penalty** if you elect not to participate in the activity. (Further, an athletics department staff member may not provide recognition or incentives based on your performance or attendance in the activity.)

