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A Countable Athletically Related Activity...

...includes any required activity with an athletics purpose, involving student-athletes and at the direction of, or supervised by, any member or members of an institution’s coaching staff (including strength and conditioning coaches) and must be counted within the weekly and daily limitations. Administrative activities (e.g., academic meetings, compliance meetings) shall not be considered as countable athletically related activities.

<table>
<thead>
<tr>
<th>What Counts?</th>
<th>What Doesn't?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practices (not more than 4 hours per day).</td>
<td>Compliance Meetings.</td>
</tr>
<tr>
<td>Athletics meetings with a coach initiated or required by a coach (e.g., end of season individual meetings).</td>
<td>Meetings with a coach initiated by the student-athlete (as long as no countable activities occur).</td>
</tr>
<tr>
<td>Competition (and associated activities, regardless of their length, count as 3 hours). NOTE: No countable athletically related activities may occur after the competition.</td>
<td>Drug/alcohol educational meetings or CHAMPS/Life Skills meetings.</td>
</tr>
<tr>
<td>Field, floor or on-court activity.</td>
<td>Study hall, tutoring or academic meetings.</td>
</tr>
<tr>
<td>Setting up offensive and defensive alignment.</td>
<td>Student-athlete advisory committee/ Captain’s Council Meetings.</td>
</tr>
<tr>
<td>On-court or on-field activities called by any member of the team and confined primarily to members of that team.</td>
<td>Voluntary weight training not conducted by a coach or staff member.</td>
</tr>
<tr>
<td>Required weight-training and conditioning activities.</td>
<td>Voluntary sport-related activities (e.g., initiated by student-athlete, no attendance taken, no coach present).</td>
</tr>
<tr>
<td>Required participation in camps/clinics.</td>
<td>Traveling to/from the site of competition (as long as no countable activities occur).</td>
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<tr>
<td>Visiting the competition site in the sports of cross country, golf and skiing.</td>
<td>Training room activities (e.g., treatment, taping), rehabilitation activities and medical examinations.</td>
</tr>
<tr>
<td>Participation outside the regular season in individual skill-related instructional activities with a member of the coaching staff.</td>
<td>Recruiting activities (e.g., student host).</td>
</tr>
<tr>
<td>Discussion or review of game films.</td>
<td>Training table meals.</td>
</tr>
<tr>
<td>Participation in a physical activity class for student-athletes only and taught by a member of the athletics staff (e.g., coach).</td>
<td>Attending banquets (e.g., awards or post-season banquets).</td>
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<td></td>
<td>Fundraising activities or public relations/promotional activities and community service projects.</td>
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</table>
For all sports other than football and basketball, each member institution may divide the playing season into not more than two distinct segments: Championship and Nonchampionship.

### Declared Playing Season

<table>
<thead>
<tr>
<th><strong>What Can You Do?</strong></th>
<th><strong>When Can You Do It?</strong></th>
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<tbody>
<tr>
<td>Countable athletically related activities may occur not more than 20 hours per week, with a maximum of four hours per day.</td>
<td>During declared segment(s).</td>
</tr>
<tr>
<td>All countable athletically related activities are prohibited during one calendar day per week.</td>
<td>During Championship Segment and In-Season.</td>
</tr>
<tr>
<td>Daily and weekly hour limitations do not apply to countable athletically related activities.</td>
<td>Preseason practice prior to the first day of classes or the first scheduled contest, whichever is earlier, and during an institution’s official vacation period and during the period between terms when classes are not in session.</td>
</tr>
<tr>
<td>All countable athletically related activities are prohibited during two calendar days per week.</td>
<td>Non Championship Segment and Out-of-Season.</td>
</tr>
<tr>
<td>In sports other than football, student-athletes’ participation in permissible activities shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on individual skill instruction.</td>
<td>Outside of declared segment(s) during academic year.</td>
</tr>
<tr>
<td>Countable Athletically Related Activities may occur 24 days within 45 consecutive calendar days (rowing—45 within 65). Out of Season Countable Athletically Related Activities Rules will apply to all days other than the designated 24.</td>
<td>During Non Championship Segment.</td>
</tr>
<tr>
<td>Participation by student-athletes in individual skill-related instruction in sports other than football is permitted, provided not more than 4 student-athletes from the same team are involved in skill-related instruction with their coach(es) at any one time in any facility, and the skill instruction does not exceed 2 hours.</td>
<td>Outside of declared segment(s) during academic year.</td>
</tr>
</tbody>
</table>
### In-Season

(During a Declared Segment)

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Countable athletically related activities (CARA) may occur not more than 20 hours per week, with a maximum of four hours per day.</td>
<td>Student-athletes may not miss class to attend practice except when a team is traveling to an away-from-home contest, and the practice is in conjunction with the contest.</td>
</tr>
<tr>
<td>All competition and any associated athletically related activities on the day of competition shall count as three hours, regardless of the actual duration of these activities.</td>
<td>No participation in any countable athletically related activities on one day per week.</td>
</tr>
<tr>
<td>A multisport student-athlete’s participation in countable athletically related activities shall not exceed a total of 20 hours per week and four hours per day.</td>
<td>In team sports, no class time shall be missed for competition, including activities associated with other competition conducted during the nonchampionship segment.</td>
</tr>
<tr>
<td>Travel day or vacation day can count as day off, provided no CARA takes place</td>
<td>Practices may not be conducted at any time (including vacation periods) following competition. <strong>Exception:</strong> Between contests, rounds or events during a multiday or multievent competition (e.g., doubleheaders in softball or baseball, rounds of golf in a multiday tournament.</td>
</tr>
<tr>
<td>During the nonchampionship segment, student-athletes may engage in countable athletically related activity only during the 24 designated days (45 days in rowing).</td>
<td></td>
</tr>
<tr>
<td>In Golf: A practice round may exceed the four-hours-per-day limitation, but the weekly limit of 20 hours shall remain in effect.</td>
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# Out-of-Season

(Outside of Declared Segment(s)
During Academic Year)

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Required weight training and conditioning activities supervised by an athletics department staff member.</td>
<td>Conditioning drills may not simulate offensive or defensive alignments.</td>
</tr>
<tr>
<td>In sports other than football, participation in up to two hours per week of skill-related instruction (voluntary or required), provided not more than four (4) student-athletes from the same team are involved at any one time in any facility</td>
<td>No equipment related to the sport may be used during conditioning activities.</td>
</tr>
<tr>
<td>In football, participation (voluntary or required) in up to two hours per week of watching and reviewing films.</td>
<td>No required participation in any countable athletically related activities during any institutional vacation period (e.g., Christmas break, summer) that occur outside the declared playing and practice season.</td>
</tr>
<tr>
<td>Any voluntary athletically related activity in which the student-athlete chooses to participate (does not count in the 8 hours) (e.g., initiated by student-athlete, no attendance taken, no coach present—see definition of voluntary).</td>
<td>No participation in any countable athletically related activities on two days per week.</td>
</tr>
<tr>
<td>Participation in a physical fitness class conducted by a member of the athletics department staff.</td>
<td></td>
</tr>
</tbody>
</table>

**Reminder:**
A student-athlete may not participate in any countable athletically related activities during the summer (outside of the declared playing season).
Football— Preseason

First Practice Date. A member institution shall not commence official preseason football practice sessions in the championship segment, for the varsity, junior varsity or freshman team before 21 days prior to the first permissible date of competition. Prior to participation in any preseason activities, all prospects and student-athletes shall be required to undergo a medical examination or evaluation administered or supervised by a physician.

Five-Day Acclimatization Period. Preseason practice shall begin with a five-day acclimatization period for both first-time participants (e.g., freshmen and transfers) and continuing student-athletes. All student-athletes, including walk-ons who arrive to preseason practice after the first day of practice, are required to undergo a five-day acclimatization period. The five-day acclimatization period shall be conducted as follows:

(a) Institutions may not conduct conditioning, speed, strength or agility tests prior to the start of the five-day acclimatization period.

(b) Participants shall not engage in more than one on-field practice per day during the five-day acclimatization period. On-field practices shall last no longer than three hours.

(c) During the first two days of the acclimatization period, helmets shall be the only piece of protective equipment student-athletes may wear. During the third and fourth days of the acclimatization period, helmets and shoulder pads shall be the only pieces of protective equipment student-athletes may wear. During the final day of the five-day acclimatization period and on days thereafter, student-athletes may practice in full pads.

Preseason Activities After Five-Day Acclimatization Period.

(a) Subsequent to the five-day acclimatization period, institutions may practice in full pads. However, an institution may not conduct multiple on-field practice sessions (e.g., two-a-days or three-a-days) on consecutive days;

(b) Student-athletes shall not engage in more than three hours of on-field practice activities on those days during which one practice is permitted;
(c) Student-athletes shall not engage in more than five hours of on-field practice activities on those days during which more than one practice is permitted; and

(d) On days that institutions conduct multiple practice sessions, student-athletes must be provided with at least three continuous hours of recovery time between the end of the first practice and the start of the last practice that day. During this time, student-athletes may not attend any meetings or engage in other countable athletically related activities (e.g., weight lifting); however, time spent receiving medical treatment and eating meals may be included as part of the recovery time.

"Walk-Through". During the preseason practice period only and subsequent to the five-day acclimatization period, on-field walk-throughs are not considered an on-field activity, provided:

(a) Protective equipment (e.g., helmets, shoulder pads) is not worn, equipment related to football (e.g., footballs, blocking sleds) is not used and conditioning activities do not occur;
(b) The walk-through shall not last longer than one hour and may only be conducted on days in which one practice is permitted;
(c) Student-athletes must be provided with at least three continuous hours of recovery time between the on-field practice and the walk-through; and
(d) During this recovery time, student-athletes may not attend any meetings or engage in other athletically related activities, including weightlifting; however, time spent receiving medical treatment and eating meals may be included as part of the recovery time.

Weight lifting. Weightlifting is not considered an on-field activity.
Football—Out-Of-Season

Student-athletes and members of the coaching staff shall not engage in countable athletically related activities outside the playing season, except for the following:

Conditioning Activities— Conditioning drills per Bylaw 17.1.5.2 that may simulate game activities are permissible, provided no offensive or defensive alignments are set up and no equipment related to the sport is used.

Football Spring Practice

In the sport of football, it is permissible for the team to practice in the spring season, provided the following conditions apply:

- The spring practice time period will include 15 postseason practices (including intrasquad scrimmages) and the spring game.
- If ONLY conditioning activities or review of game film occur on a given day, that day does not count as one of its 15 designated days.
- All spring practices must occur within a period of 29 consecutive calendar days.
- Only 12 of the 15 may involve contact, and such contact shall not occur before the third practice session.
- The only equipment permitted during the non-contact practice sessions are helmets.
- Of the 12 contact sessions, 8 sessions may involve tackling, and no more than 3 of the 8 tackling sessions may be devoted primarily to 11 on 11 scrimmages.
- Tackling shall be prohibited in 4 of the 12 contact sessions.
- A spring game shall be counted as one of the three sessions that can be devoted primarily to 11 on 11 scrimmages.
- The in season countable athletically related activity requirements will be in effect during the designated spring practice time period.
  - No more than 4 hours per day of countable athletically related activity
  - No more than 20 hours per week of countable athletically related activity
  - Must have at least one day off per week.
Voluntary Activities

An activity is voluntary if...

- Student-athlete is not required to report back to a coach or other athletics department staff member any information related to the activity.

- The activity is initiated and requested solely by the student-athlete.

- The student-athlete's attendance and participation in the activity is not recorded for the purposes of reporting such information to coaching staff members or other student-athletes.

- The student-athlete is not subjected to penalty if he or she elects not to participate in the activity.
**Frequently Asked Questions**

Q: What are the daily and weekly time limitations on countable athletically related activities?

A: Student-athletes may not participate in countable athletically related activities for more than:

**In-Season**
- 4 hours/day
- 20 hours/week

**Out-of-Season (during the academic year)**
- 8 hours/week

The daily and weekly hour limitations DO NOT apply to the following time periods:
- During preseason practice prior to the first day of classes or the first scheduled contest, whichever is earlier.
- During an institution's academic year official vacation period (e.g., Thanksgiving, spring break), as listed in the institution's official calendar, and during the academic year between terms when classes are not in session (i.e., winter break).

Q. Are student-athletes required to have a day off from countable athletically related activities?

A: Yes, during the academic year, student-athletes shall not engage in any countable athletically related activities on one day per week during the playing season and two days per week outside of the declared playing segment(s). The required day(s) off may occur on any day of the week and may change from week to week. A “week” is defined as any seven consecutive days, determined at the institution’s discretion.

Exceptions:
- During participation in one conference and postseason championship and any postseason certified bowl games or National Invitation Tournaments, and during participation in NCAA championships.
- During preseason practice before the first contest or first day of classes and during vacation periods.

Q. What is the difference between in-season and out-of-season?

A. **In-Season (20 hours)**
- Time between the team’s first officially recognized practice session and the last practice session or competition, whichever occurs later.
- Sports other than football and basketball may have their seasons separated into not more than two distinct segments: championship segment and nonchampionship segment.
- During the in-season period(s) (i.e., declared segment(s)), a student-athlete may participate in a maximum of 20 hours per week of countable athletically related activities.
Out-of-Season (8 Hours)

• The remaining days during the academic year not included in the declared segment(s).

• A student-athlete may participate in a maximum of eight (8) hours per week of countable athletically related activities and may not participate in any countable athletically related activities on two days per week during the out-of-season period.

• Participation in up to two (2) hours of individual skill instruction is permissible. In football, skill-instruction activities are limited to review of game film.

Q: What is a “voluntary” activity?

A: To be considered a “voluntary” activity, all the following conditions must be met:

• 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, noncoaching athletics department staff members who observe the activity (e.g., strength coach, trainer, manager) may not report back to the student-athlete’s coach any information related to the activity. [Note: Coaches may not observe voluntary activities.]

• 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.

• The student-athlete’s attendance and participation in the activity (or lack thereof) may not be recorded for the purpose of reporting such information to coaching staff members or to other student-athletes; and

• 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.

Q: What is the safety exception?

A: A coach may be present during voluntary individual workouts in the institution’s regular practice facility (without the workouts being considered as countable athletically related activities) when the student-athlete uses equipment in that sport. The coach may provide safety or skill instruction but may not conduct the individual’s workouts.

The safety exception is applicable to the following sports:

- Archery
- Equestrian
- Fencing
- Gymnastics
- Rifle
- Rowing
- Skiing
- Swimming and Diving
- Synchronized Swimming
- Track and Field (FIELD EVENTS ONLY)
- Water Polo
- Wrestling
Q: When is a morning run or review of game film with a coach considered a countable athletically related activity?
A:
- Countable if required or initiated by the coach or countable if required by team captains.
- Not countable if a voluntary activity initiated by the student-athlete.

Q: Is a pick-up basketball game with teammates a countable athletically related activity for a football student-athlete?
A:
- Countable if required or initiated by the coach or countable if required by team captains.
- Not countable if a voluntary activity initiated by the student-athlete.

Q: On game day, how many hours of countable athletically related activities occur?
A:
- Competition and associated activities (e.g., team meetings, training room activities) count as three hours, regardless of the actual number of hours spent in these activities.
- Scrimmages exempted per Bylaw 17.1.9.2-(d) against outside competition shall count as the actual duration of the activity, but may not exceed four hours per day. Activities associated with participation in an exempted scrimmage (e.g., travel, warm-up, breaks between contests, etc.) shall not count against the time limitations on such scrimmages.
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Keeping Track
Monitoring Strategies

NCAA Bylaw 17.1.5.3.4 requires each institution to record the hours in which its student-athletes participate. In addition to this written record, monitoring of the “20/8-hour rule” can be done using two strategies: (1) obtaining “real-time” information; or (2) obtaining information after the fact. It is suggested to use a combination of the two methods in order to be most effective. [NOTE: This is not an exhaustive list of potential monitoring strategies.]

“Real Time” Information:

Random Polling of Student-Athletes— Athletics department staff members or the faculty athletics representative can randomly poll student-athletes using electronic-mail distribution lists. Information received via e-mail can be compared to the written record turned into the compliance office.

Establish a “Comment Box”— A “comment box” can be placed outside the faculty athletics representative’s office in which student-athletes may provide information. This may be done anonymously; however, many times follow-up questions are necessary before investigating each issue. Thus, it may be necessary for the student-athlete to include some contact information.

Observe Practices— Compliance staff members should observe practice on occasion and should be able to recognize whether the information being turned in on the written record is consistent with what he or she has observed.

“After-the-Fact” Information:

Exit Interviews— Include questions on the exit interviews of student-athletes that have exhausted eligibility and student-athletes that are leaving the program.

Open Forums— Athletics department staff members can hold open forums that give student-athletes the opportunity to express concerns in a group setting that may be less intimidating, as opposed to a one-on-one setting. It is also recommended that this forum be attended, and possibly conducted by, the faculty athletics representative.
**Educational Meetings**— Although these meetings typically are done at the beginning and end of each academic year, the information provided may lead to student-athletes expressing concerns about past practices. It is important the faculty athletics representative and any other staff member involved with monitoring rules compliance be present and introduced at these meetings. This will allow student-athletes to be more familiar with the individuals.

**Student-Athlete Advisory Committee**— Compliance staff members should encourage student-athletes to express concerns regarding the 20/8-hour rule with their team’s representative on the campus student-athlete advisory committee (SAAC). The SAAC member can assist teammates in finding the best avenue to express their concerns.

**Practice Logs**— Student-athletes should fill out separate practice logs from the coaches. This enables those persons reviewing the logs to compare the hours submitted by the coaches with those submitted by student-athletes. For this method to be effective, it is important that student-athletes be educated on the rules. Random polling by e-mail could follow up this practice.