

Out-of-Season Athletically Related Activities

The NCAA states that out-of-season conditioning activities 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. In swimming, a student-athlete may be involved in in-pool conditioning activities and swim-specific equipment (e.g., starting blocks, kickboards, pull buoys) may be used.

Permissible Conditioning Activities:

- Running/sprints
- Agility/plyometric drills
- Obstacle courses
- Weight training (e.g., free weights, weight machines, kettlebells, medicine balls)
- Tug-of-war (e.g., parachute, harness, sled, other individual)
- Wheelbarrow races
- Battling ropes
- Mixed-martial arts
- Martial arts (with contact)
- Boxing (with contact)
- Offensive or defensive alignments
- Blocking/tackling/checking drills (e.g., use of football sleds, hockey dummies, walls, or other individuals to develop blocking, tackling, checking or other contact techniques)
- Wrestling (e.g., Greco-Roman, freestyle, grappling)