

Playing and Practice Season

**Countable Athletically Related Activity**

Bylaw states that any required activity with an athletics purpose involving student-athletes and at the direction of, or supervised by, one or more of an institution's coaching staff and must be counted within the weekly and daily limitations under Bylaw 17.1.7.1 and 17.1.7.2. Countable

**Athletically Related Activities:**

- Practice
- Film or videotape review;
- Competition and associated activities (CARA may NOT occur AFTER the competition);
- Required weight-training, flexibility and conditioning activities held at the direction of or supervised by an institutional staff member;
- Athletics meetings with a coach or other institutional staff member, if initiated or required by a coach
- Required participation in campus, clinics or workshops;
- Individual skill instruction, outside the regular season, conducted by a member of the coaching staff;
- Visiting the competition site in the sports of cross country and golf.

**Non-Countable Athletically Related Activity:**

- Compliance meetings;
- Organized team promotional activities;
- Recruiting activities, including student host duties;
- Media activities;
- Fundraising events;
- Community service events;
- Team-building activities; and
- Travel to and from away-from-home competition.

In-Season Period- Time between first official practice session and the last practice session or competition.

**Time Restrictions:**

- 20hrs/week
- 4hrs/day
- 1 off day required Out-of-Season – Remaining days during the academic year not included with in-season period. Time Restrictions:
  - 8hrs/week
  - No more than 2hrs of skill instruction
  - 2 off days required

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### **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)