

Countable Athletically Related Activities Calendar- Division I & II

Adelphi University - Compliance Office

For Activities During The Team's Playing & Practice Season

Month/Yr : _____ Sport: _____ Coach: _____

C = Competition

T= Travel Day

L/C = Lift & Conditioning

X = Day-Off

P = Countable Activities

V = Viewing Film

SU	MO	TU	WE	TH	FR	SA	Weekly hours	Countable days	Consecutive days
Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	0		
Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	0		
Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	0		
Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	0		
Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	Activity: Time:	0		

This information, to the best of my knowledge, is in accordance with NCAA rules.

Coach's signature *Date*

Administrator's signature *Date*

17.02.1 Countable Athletically Related Activities

Countable athletically related activities include 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 (including strength and conditioning coaches) and must be counted within the weekly and daily limitations under Bylaw 17.1.5.1 and 17.1.5.2. Administrative activities (e.g., academic meetings, compliance meetings) shall not be considered as countable athletically related activities.

17.1.6.1 Daily and Weekly Hour Limitations -- Playing Season

A student-athlete's participation in countable athletically related activities (see Bylaw 17.02.1) shall be limited to a maximum of 4 hours per day and 20 hours per week.

17.1.5.3.2 Competition Day.

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.

17.1.5.3.2.1 Practice Prohibited after Competition

Practice may not be conducted at any time (including vacation periods) following competition, except between contests, rounds or events during a multiday or multievent competition (e.g., double-headers in softball or baseball, rounds of golf in a multiday tournament).

17.1.5.3.3 Definition of Week.

A "week" shall be defined as any 7 consecutive days to be determined at the institution's discretion. Once the institution determines the 7-day period that shall constitute its week, it shall not change that designation for the remainder of the segment.

17.1.5.3.4 Hour-Limitation Record.

Countable hours must be recorded on a daily basis for each student-athlete regardless of whether the student-athlete is participating in an individual or team sport. Any countable individual or group athletically related activity must count against the time limitation for each student-athlete who participates in the activity but does not count against time limitations for other team members who do not participate in the activity.

17.1.5.3.7 Final-Examination Periods.

Daily and weekly hour limitations apply to countable athletically related activities during final-examination periods and to all official preparatory periods leading to final-examination periods.

17.1.5.4 Required Day Off -- Playing Season

During the playing season, all countable athletically related activities (per Bylaw 17.02.1) shall be prohibited during one calendar day per

week, except during participation in one conference and postseason championship and any postseason licensed bowl games or National Invitation Tournaments, and during participation in NCAA championships.

17.1.5.4.1 Travel Day

A travel day related to athletics participation may be considered as a day off, provided no countable athletically related activities.

17.1.5.4.2 Canceled Competition

When an institution's competition is canceled prior to the start of competition or canceled prior to the competition being considered a completed event in accordance with the playing rules of that sport, an institution may utilize that day as its required day off, provided the institution does not engage in any further countable athletically related activities during that day.

17.1.5.6.1 No Class Time Missed for Practice Activities

No class time shall be missed for practice activities except when a team is traveling to an away-from-home contest and the practice is in conjunction with the contest.