





### **17.1.6.2 Weekly Hour Limitations—Outside of Playing Season.**

*Outside of the playing season during the academic year, only a student-athlete's participation in weight-training, conditioning, individual skill instruction and, in football, review of game film shall be permitted. A student-athlete's participation in such 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 workouts set forth in Bylaw 17.1.5.2.1 and, in football, review of game film. A student-athlete may not participate in any countable athletically related activities outside the playing season during any institutional vacation period (e.g., summer, academic year). (Adopted: 1/10/91 effective 8/1/91, Revised: 1/10/95 effective 8/1/95, 1/14/97 effective 8/1/97, 1/14/02 effective 8/1/02)*

### **17.02.14 Voluntary Athletically Related Activities.**

*In order for any athletically related activity to be considered "voluntary," all of the following conditions must be met: (Adopted: 1/12/04 effective 8/1/04)*

*(a) 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, no athletics department staff member who observes the activity (e.g., strength coach, trainer, manager) may report back to the student-athlete's coach any information related to the activity;*

*(b) 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. However, it is permissible for an athletics department staff member to provide information to student-athletes related to available opportunities for participating in voluntary activities (e.g., times when the strength and conditioning coach will be on duty in the weight room or on the track). In addition, for students who have initiated a request to engage in voluntary activities, the institution or an athletics department staff member may assign specific times for student-athletes to use institutional facilities for such purposes and inform the student-athletes of the time in advance;*

*(c) The student-athlete's attendance and participation in the activity (or lack thereof) may not be recorded for the purposes of reporting such information to coaching staff members or other student-athletes; and (d) 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.*

*[Note: Coaching staff members may be present during permissible skill-related instruction pursuant to Bylaw 17.1.5.2.1.]*

### **17.02.1.1 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, 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 under Bylaws 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. (Adopted: 1/10/91 effective 8/1/91, Revised: 1/14/02 effective 8/1/02, 1/10/05)*

#### **17.02.1.1.1 Exception—Strength and Conditioning Personnel.**

*Strength and conditioning personnel may monitor voluntary individual workouts for safety purposes without considering such supervision as a countable athletically related activity per Bylaw 17.02.1.1. If the strength and conditioning coach is also a coaching staff member for one of the institution's intercollegiate teams, such assistance may be provided only if that staff member performs such duties for all intercollegiate teams. (Adopted: 1/14/02 effective 8/1/02)*

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#### **17.1.6.2.1 Skill Instruction.**

*In sports other than football, participation by student-athletes in individual skill-related instruction is permitted outside the institution's declared playing season, provided no more than four student-athletes from the same team are involved in skill-related instruction with their coach(es) at any one time in any facility. (Adopted: 1/10/95 effective 8/1/95, Revised: 1/9/96, 1/14/97 effective 8/1/97, 1/8/01, effective 8/1/01, 1/14/02 effective 8/1/02, 1/10/05 effective 8/1/05)*

### **17.1.6.5 Required Days Off—Outside the Playing Season.**

*Outside the playing season, during the academic year, all countable athletically related activities (per Bylaw 17.02.1.1) shall be prohibited during two calendar days per week. (Adopted: 1/10/05 effective 8/1/05)*

#### **17.1.6.2.2 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. In ice hockey, a student-athlete may be involved in on-ice conditioning activities, provided no equipment other than skates is used. In swimming and diving, a student-athlete may be involved with in-pool conditioning activities and swimming-specific equipment (e.g., starting blocks, kickboards, pull buoys) may be used. (Adopted: 1/11/94, Revised 1/9/06 effective 8/1/06)*