

Defining Countable Athletically Related Activities

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

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

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| <p><u>In-Season:</u></p> <ul style="list-style-type: none"> • 4 hours per day • 20 hours per week | <p><u>Out-of-Season (during the academic year):</u></p> <ul style="list-style-type: none"> • 8 hours per week |
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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 term-time 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.

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

During the academic year when school is in session and during the playing season, student-athletes shall have one day per week in which there are no countable athletically related activities. The day 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.

Below are **partial** lists of common activities that count and do not count against your daily and weekly time limits:

Countable* Athletically Related Activities	Noncountable Athletically Related Activities
Practices (not more than 4 hours per day).	Compliance meetings.
Athletics meetings with a coach initiated or required by a coach (e.g., end of season individual meetings).	Meetings with a coach initiated by the student-athlete.
Competition (and associated activities, regardless of their length, count as 3 hours). Note: No countable athletically related activities may occur after the competition.	Drug/alcohol educational meetings or CHAMPS/Life Skills meetings.
Field, floor or on-court activity.	Study hall, tutoring or academic meetings.
Setting up offensive and defensive alignment.	Student-athlete advisory committee/Captain's Council meetings.
On-court or on-field activities called by any member of the team and confined primarily to members of that team.	Voluntary weight training not conducted by a coach or staff member.
Required weight-training and conditioning activities.	Voluntary sport-related activities (e.g., initiated by student-athlete, no attendance taken, no coach present).
Required participation in camps/clinics.	Traveling to/from the site of competition (as long as no countable activities occur).
Visiting the competition site in the sports of cross country, golf and skiing.	Training room activities (e.g., treatment, taping), rehabilitation activities and medical examinations.
Participation outside the regular season in individual skill-related instructional activities with a member of the coaching staff.	Recruiting activities (e.g., student host).
Discussion or review of game films.	Training table meals.
Participation in a physical activity class for student-athletes only and taught by a member of the athletics staff (e.g., coach).	Attending banquets (e.g., awards or post-season banquets).
	Fund-raising activities or public relations/promotional activities and community service projects.

* There may be additional rules that are applicable only to certain sports. Also, conferences and institutions may adopt more restrictive rules. Contact your compliance officer if you have questions or would like additional information.