

## Practice and Playing Hours

Student-Athletes permissible practice and playing hours vary between on and off season. During your in-season, student-athletes may spend

- 4 hours per day
- 20 hours per week
- 1 day off per week, 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.

During your out-of-season (during academic year), student-athletes may spend,

- 8 hours per week
- 2 hours per week of skill instruction
- One week prior to beginning of final exams through the end of exams no athletically related activities
- Sept 15<sup>th</sup> through April 15<sup>th</sup> unlimited student-athletes on the same team may practice, out side of those dates, no more than 4 with countable coach

The daily and weekly hour limitations DO NOT apply to the following 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 officials 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.

Below are partial lists of common activities that count and do no count against your daily and weekly time limits:

<b>Countable*</b> <b>Athletically Related Activities</b>	<b>Noncountable</b> <b>Athletically Related Activities</b>
Practices (no 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
In-court or on-field activities called by any member of the team and confined primarily to members of the team	Voluntary weight training not conducted by a coach or staff member
Required weight-training and conditioning activities	Voluntary sports-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 physical activity class for student-athletes only and taught by a member of the athletics staff (e.g., coach)	Attending banquet (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.

What is the difference between in-season and out-of-season?

**In-season (20 Hours)**

- Time between the team’s first officially recognized practice session and the last practice session or competition, whichever occurs later.
- Sports other than basketball may have their seasons separated into two distinct segments: championship segment and nonchampionship segment.
- During the in-season period (i.e., championship and nonchampionship segments), a student-athlete may participate in a maximum of 20 hours per week of countable athletically related activities.

**Out-of-Season (8 Hours)**

- The remaining days during the academic year not included in the in-season period
- A student-athlete may participate in a maximum of eight hours per week of countable athletically related activities any may not participate in any countable athletically related activities on two days per week during the out-of-season period.
- Participation in up to two hours of required or voluntary individual skill instruction is permissible.

Outside of the playing season (during the academic year), student-athletes are limited to not more than eight hours per week of certain countable athletically related activities. Those activities are shown below:

<b>Permissible Countable Athletically Related Activities During the Out-of-Season Period</b>	<b>Nonpermissible Activities During the Out-of-Season Period</b>
Required weight training and conditioning activities supervised by an athletics department staff member	Conditioning drills may not stimulate offensive or defensive alignments
Participation in up to two hours per week of skill-related instruction (voluntary or required), provided not more than four student-athlete from the same team are involved at any one time in any facility	No equipment related to the sport may be used during conditioning activities.
Any voluntary athletically related activity in which that student-athletic choose to participate (does not count in the 8 hours) (e.g., initiated by student-athlete, no attendance taken, no coach present)	No participation in any other countable athletically related activity that may have been permissible during the in-season period.
Participation in physical fitness class conducted by a member of the athletics department staff.	No required participation in any countable athletically related activities during any institutional vacation period (e.g.,

	Christmas break, summer) that occur outside the declared playing and practice season (i.e., in-season)
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**NOTE:** Student-athletes may be involved in any noncountable athletically related activity during the off season period (e.g., workouts using the safety exception, voluntary workouts, other noncountable activities permitted during the in-season period)