CARA Regulations

Please take the time to review the difference between CARA and Voluntary Activities and the In-Season/Out-of-Season daily and weekly limitations:

**CARA or Voluntary?**

- **CARA:** Countable Athletically Related Activities (CARA) includes any activity that is required by a coach or a figure of authority (a captain, director of operations, etc.) and has an athletics purpose. Examples of CARA include, but are not limited to the following activities: practice, required meetings, mandatory conditioning and weight training, competition and physical education classes for student-athletes only that are taught by a coach.

- **Voluntary Activity:** In order for an activity to be considered voluntary and not be included in CARA limitations the following criteria MUST be met: a student-athlete must not have to report to a staff member, the activity must be initiated and requested by the student-athlete, there shall be no kept record of attendance and the student-athlete’s attendance can not be used as a punishment or reward.

**In-Season and Out-of-Season Limitations**

- **In-Season:**
  - 4 hours of CARA per day
  - 20 hours of CARA per week
  - 1 off day (can be a travel day so long as no CARA occurs at any time during the day)
  - All competitions count as 3 hours and no CARA may take place afterwards

- **Out-of-Season:**
  - 8 hours of CARA per week
  - No more than 2 hours of skill instruction per week
  - Must have two days off per week
  - In sports other than Football and Baseball no more than 4 student-athletes may participate at one time from the beginning of the school year until September 15 and from April 15 to the end of the school year

### Compliance Brain Busters

1. An institution is permitted to provide a prospect with a written offer of aid during his/her senior year after the following date:
   - A. August 1st
   - B. September 1st
   - C. First day of Institution’s classes
   - D. None of the above, a written offer of aid can be given to a junior

2. A coach evaluating a prospect at an event may wish the prospect “good luck” before the competition begins.
   - True
   - False

Answers on Page 2
San José State New Compliance Staff

Two new hires to announce!

Ryan Qualls started as the Compliance Coordinator from the University of Washington.

Therren Wilburn will be the Compliance Graduate Assistant for the 14-15 Academic Year as he pursues his degree in Kinesiology.

Occasional Meals

In accordance with Bylaw 16.11.1.5, student-athletes or an entire team may receive an occasional meal on infrequent and special occasions in one of two ways:

1. An institutional staff member may provide a student-athlete or an entire team an occasional meal under the following conditions:
   ♦ The meal may be provided either on campus, in a restaurant in the locale of the institution or at the staff member's home;
   ♦ Reasonable local transportation may be provided to attend such meals; and
   ♦ An Occasional Meal Request Form must be submitted and approved PRIOR to the meal taking place. Request Form is available on sjsuspartans.com/Compliance/Forms&Policies/Bylaw 16.

2. A booster may provide a student-athlete or an entire team an occasional meal under the following conditions:
   ♦ The meal may be provided in an individual's home (as opposed to a restaurant), on campus or at a facility that is regularly used for home competition and it may be catered;
   ♦ A booster may provide reasonable local transportation to student-athletes to attend the meal function only if the meal function is at the home of that booster; and
   ♦ An Occasional Meal Request Form must be submitted and approved PRIOR to the meal taking place. Request Form is available on sjsuspartans.com/Compliance/Forms&Policies/Bylaw 16.

Brain Buster Answers

1. **A** – Bylaw 13.9.2.2 states that before August 1 of a prospect’s senior year in high school an institution shall not directly or indirectly provide a written offer of athletically related financial aid or indicate in writing that the prospect will receive such aid by the institution in writing.

2. **False** – Bylaw 13.1.6.2 prohibits a coaching staff member from making contact with a prospect prior to any athletics competition in which the prospect is participating. Contact includes the passing of notes, verbally relaying information to the prospect from a coach or third party member and telephone calls.

Compliance Education Sessions

This month's mandatory SJU Compliance Rules Education Session will take place on Tuesday, September 23 @ 2 PM and Thursday, September 25 @ 9 AM in the Order of Sparta Room. ALL coaching staff members are required to attend and we encourage staff members to attend as well.

Interpretation Questions and Answers

**Question:** Can a student-athlete coach a high school while competing at SJSU?

**Answer:** Yes with conditions. Per a 11/12/03 NCAA Staff Interp, a student-athlete may coach a high school team in his/her sport while participating at SJSU. However, a student-athlete may not recruit any prospects while serving as a high school coach.

**Question:** Can prospects on unofficial visit who are on the field before a contest form a tunnel when the team runs on to the field?

**Answer:** No, per an 8/15/07 Ed. Column a prospect may not be involved in game-day simulations. Examples of impermissible game-day simulations include running onto the field during pregame introductions, participating in pregame team walks to the competition facility, riding with the team on the bus to the competition facility and/or participating in pregame on-field traditions.

**Question:** Can an SJSU Booster Group purchase advertisement space on a local sport website that covers high school sports to solicit recruits?

**Answer:** No, per Bylaw 13.4.3.1 it is impermissible to purchase advertisements with the sole purpose of soliciting recruits. However, it is permissible for an SJSU Booster Group to purchase advertisements not aired during high school athletics, and without the purpose of soliciting recruits.