CARA Regulations

CARA or Voluntary?

- **CARA**: Countable Athletically Related Activities (CARA) 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 Athletic Performance staff) and must be counted within weekly and daily limitations set forth below. Examples of CARA include, but are not limited to, 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 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. NOTE: Coaches may NOT observe voluntary activities unless the sport has a safety exception.

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. Is it permissible for a volunteer coach to be employed by the institution?  
   **YES**
   **NO**

2. A coach working an non-institutional camp/clinic may promote or endorse the camp.  
   **TRUE**
   **FALSE**

Answers on Page 2
San José State
New Compliance Staff

New hire to announce!

Rachel McKinnon will be the Compliance Graduate Assistant for the 15-16 Academic Year as she pursues her MBA.

Social Media

Permissible (prior to signing)
- To follow/friend the social media profile of a prospect prior to the first date to provide recruiting materials provided the notification is not edited and no additional communication to the prospect is included.

Impermissible (prior to signing)
- To comment on the social media post of a prospect because the comment is not private between sender and recipient. Further, the comment is an impermissible form of publicity because the action is more than confirmation of the prospect’s recruitment.
- To repost/share/retweet the social media post of a prospect.
- To endorse (e.g., liking or favoriting) the social media post of a prospect.
- To associate (e.g., tag or mention) the profile of a prospect in a social media post.

After Signing/Commitment
- After the prospect has signed an NLI/GIA and confirmation is received from the Compliance Office, all of the aforementioned social media activities involving that individual are permissible.

Brain Buster Answers

1. YES – Bylaw 11.01.6 states that a volunteer coach is a coach who does not receive compensation or remuneration from the institution’s Athletics Department. It is permissible for a volunteer coach to be employed and compensated for working at the Institution.

2. TRUE – Per Bylaw 11.3.2.6, a coach may only promote a non-institutional camp/clinic by permitting the camp/clinic the use of his/her quotations and/or pictures in its promotional materials if the coach is employed by the camp.

Compliance Education Sessions

This month’s mandatory Compliance Rules Education Sessions will take place on Tuesday, September 15 @ 2 PM in the Order of Sparta Room and Thursday, September 17 @ 9 AM in the GOLD ROOM (Note location change). ALL coaching staff members are required to attend at least one of these Sessions, and we encourage staff members to attend as well.

Interpretation Questions and Answers

Question: After a prospect commits to an institution, may the institution use social media to publicize his/her visit to campus?
Answer: Yes, per a 4/28/15 NCAA Ed Column, an institution may publicize the prospect’s visit to campus, as there are no restrictions on publicity related to a prospect after he/she has signed with the institution.

Question: Is it permissible for a student-athlete to appear in films related to sports-skill demonstration, analysis or instruction?
Answer: Yes, per Bylaw 12.5.1.5, a student-athlete may appear in films related to sports-skill demonstration, provided such media productions are for educational purposes, there is no indication the student-athlete endorses a commercial product or service in any way, the student-athlete only receives payment for actual and necessary expenses, and the student-athlete receives permission from the Compliance Office.

Question: Is it permissible for a current student-athlete to advertise her availability for private lessons on the website of a local sports club where she works?
Answer: Pursuant to Bylaw 124.2.1, it is impermissible for a student-athlete to advertise or promote his/her availability for fee-for-lesson instruction.