Playing and Practice Seasons

As most sports are outside their declared playing season, here are a few items to keep in mind:

♦ 17.1.7.1 Daily and Weekly Hour Limitations—Outside the Playing Season (a) Sports Other Than Football. Outside the playing season, from the institution’s first day of classes of the academic year or September 15, whichever occurs earlier, to one week prior to the beginning of the institution’s final examination period at the conclusion of the academic year, only a student-athlete’s participation in required weight training, conditioning and skill-related instruction shall be permitted. A student-athlete’s participation in such activities per Bylaw 17.02.1 shall be limited to a maximum of eight hours per week with not more than two hours per week spent on skill-related workouts. All countable related activities outside the playing season are prohibited one week prior to the beginning of the final examination period for the applicable academic term through the conclusion of each student-athlete’s final exams.

♦ 17.1.7.2.1 Institutional Vacation Period and Summer. A student-athlete may not participate in any countable athletically related activities outside the playing season during any institutional vacation period and/or summer. Strength and conditioning coaches who are not countable coaches and who perform such duties on a department-wide basis may design and conduct specific workout programs for student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete.

♦ Winter Break: December 17—January 16 (No CARA if outside your declared playing season)

♦ 17.1.7.2.1.3 Exception—January 15 to First Day of Classes of Second Term—Baseball. In baseball, required weight training, conditioning and skill-related instruction are permitted, pursuant to Bylaws 17.1.7.2 and 17.1.7.2.2, during an institution’s vacation period from January 15 to the first day of classes of the institution’s second academic term.
**Reminder: Phone Logs**

Please remember to submit your monthly call and text logs from your cellular provider in excel format. Most cellular companies provide you with the option to download your usage data via an excel spreadsheet. If you have trouble with downloading your phone logs please let us know and a compliance officer will be happy to assist you in downloading the excel spreadsheet.

Phone log spreadsheet data can be submitted to Stephen directly via email at Stephen.Medley@usm.edu.

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**CARA Log Submission**

Coaches: Please remember to submit your CARA logs in a timely manner. If issues arise that need to be addressed, it is far more likely to find a solution if a significant amount of time has not passed. The Athletic Compliance Office will be sending email reminders to sports needing to submit CARA logs.

All CARA activity must be included in your logs. CARA includes any required activity with an athletics purpose involving student-athletes and at the direction of or supervised by an institutional coaching staff member (e.g. team meetings, practice, and competition).

Also, please remind your student-athletes to complete CARA forms assigned to them in ARMS. These forms are randomly assigned weekly and is a great way for us to confirm that CARA logs are accurate.

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**Awards Reminders**

16.1.5.1 Assignment of Normal Retail Value. Normal retail value shall be assigned as the value of an award when determining whether an award meets specified value limits, even when a member institution receives institutional awards from an athletics representative or organization free of charge or at a special reduced rate. Normal retail value is the cost to the institution that is based solely on volume and is available to all purchasers of similar volume and that does not involve an obligation to make additional purchases to enable the supplier to recover the costs for the original purchase.

16.1.5.3 Combining Values. An institution may not combine the value limits of awards given in a sport during the same season, or given to athletes who participate in more than one sport, to provide an award more expensive than permissible under separate application to some or all of its participating student-athletes.

16.1.5.4 Student-Athlete Contribution to Purchase. The value of an award may not exceed specified value limits, and a student-athlete may not contribute to its purchase in

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**Compliance Corner**

As you may know, we have hired a new Compliance Coordinator, Brian Nolasco. Brian comes to us from Bradley University in Peoria, Illinois where he was involved in the day-to-day operations of the Compliance Department. He is an alumnus of Marquette University School of Law. Prior to working at Bradley, he worked in Compliance at the University of Texas Rio Grande Valley.