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
**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. **Question:** Can we hire an outside consultant to come and assist our student-athletes with lifting and flexibility activities?
   **Answer:** Yes, per an NCAA Staff Interp on 5/4/2012, an institution may hire individuals outside of the athletic department to perform strength, flexibility or conditioning activities ONLY. However, the hiring of such an individual needs to be conducted with the same standards that an Institution uses to hire independent contractors.

2. **Question:** Can a student-athlete who is competing unattached during the academic year use the equipment he/she is issued (e.g. golf bag, softball bat, golf clubs)?
   **Answer:** No, per Bylaw 14.02.7, a student-athlete’s use of institutional apparel or equipment in an outside event during the academic year would result in representation of the institution in the event and would count against the student-athlete’s maximum contest/dates of competition limitations. [WAC Interp, 9/26/2011]

3. **Question:** Can a staff member send a photo from a recent game to a senior in high school?
   **Answer:** Yes, per an 8/30/12 NCAA Staff Interp, it is permissible to send a prospect a photograph as an attachment in general correspondence (printed on white paper with black ink) or electronic transmissions, provided that the information was not altered or staged for recruiting purposes.