

Defining Countable Athletically Related Activities

What are the daily and weekly time limitations on countable athletically related activities?

Student-athletes may not participate in countable athletically related activities for more than:

<u>In-Season:</u>	<u>Out-of-Season (during the academic year):</u>
• 4 hours per day	• 2 hours per day
• 20 hours per week	• 8 hours per week
At least <u>ONE day off each week</u> (Exceptions: 1. During participation in one conference and postseason championship and any certified bowl games or NIT's, and during participation in NCAA championships; and 2. During preseason practice before the first contest or first day of classes and during vacation periods.	At least <u>TWO days off each week</u>

The daily and weekly hour limitations **DO NOT** apply to the following time periods:

- During preseason practice prior to the first day of classes or the first scheduled contest, which ever is earlier.
- During an institution's term-time official vacation (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 (winter break).

Below are partial lists of common activities that count and do not count against your daily and weekly time limits:

Countable*	Non-countable
Athletically Related Activities	Athletically Related Activities
Practices (not more than 4 hours per day).	Compliance meetings.
Athletics meetings initiated by a coach 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. However, no countable athletically related activities may occur after the competition.	Drug/Alcohol educational meetings, Academic Meetings (with coach or advisor), Compliance meetings, sport psychology or CHAMPS/Life Skills meetings.
On-court or on-field activities called by any member of the team and confined primarily to members of that team.	Voluntary weight training not conducted by a coach or staff member.
Required weight-training and conditioning activities.	Voluntary sport-related activities (e.g., initiated by student-athlete, no attendance taken, no coach present).
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.

* There may be additional rules that are applicable only to certain sports. Also, conferences and institutions may adopt more restrictive rules. Please feel free to contact the Office of NCAA Compliance via email at deagan@binghamton.edu or via telephone at (607) 777-2798 if you have questions or would like additional information.

Participation in Countable Athletically Related Activities Out of Season

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, which ever occurs later.
- Sports other than football and basketball may have their seasons separated into two distinct segments: non-championship and championship segment.
- During the in-season period (i.e., championship and non-championship segments), a student-athlete may participate in a maximum of 20 hours per week of countable athletically related activities.

Out-of-season (Eight 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.

Outside the playing season (during the academic year), student-athletes are limited to not more than eight (8) hours per week of certain countable athletically related activities. Those activities are shown below:

Permissible Countable Athletically Related Activities During the Out-of-Season Period	Non-permissible Activities During the Out-of-Season Period
Required weight training and conditioning activities supervised by an athletics department staff member.	Conditioning drills per Bylaw 17.1.5.2 that may simulate game activities are permissible, provided no offensive or defensive alignments are set up and no equipment related to the sport is used. In ice hockey, a student-athlete may be involved in on-ice conditioning activities, provided no equipment other than skates is used. In swimming and diving, a student-athlete may be involved in in-pool conditioning activities and swim-specific equipment (e.g., starting blocks, kickboards, pull buoys) may be used.
In sports other than football, as of August 1, 2006 , for sports other than football, more than four student-athletes from the team may be involved in skill-related instruction with their coaches from September 15 through April 15. Prior to September 15 and after April 15, no more than four student-athletes from the same team may be involved in skill-related instruction with their coach (es) at any one time in any facility. (8/2 hr. rule above still applies)	Bylaw 17.1.5.2.3 prohibits an institution from using equipment related to the sport when conducting conditioning activities outside the playing season. In July 2003, Hot Topic #11 clarified that blocking sleds were football-related equipment and could not be used for out-of-season conditioning drills. It further explained that, regardless of how a blocking sled is promoted, it is an apparatus that is intended to teach blocking and tackling technique. After further review of different types of conditioning equipment, the membership services staff agreed that each institution is in the best position to determine if an apparatus being used for conditioning drills is related to the particular sport in question. However, it remains impermissible to use equipment clearly related to a sport (e.g., blocking sled in football), even if the apparatus is not used during the conditioning drills to teach technique.
In sports other than football , within the 8 hour allotment, no more than 6 hours may consist of strength and conditioning and no more than 2 hours may consist of individual skill instruction. In football , participation in up to 2 hours per week of watching and reviewing films.	Required participation in any countable athletically related activities during any institutional vacation period (e.g., winter break, summer) that occur outside the declared playing and practice season (i.e., in-season).
Participation in a physical fitness class conducted by a member of the athletics department staff.	Any other countable athletically related activity that may have been permissible during the in-season period.
Any voluntary athletically related activity in which the student-athlete chooses to participate (does not count in the 8 hours) (e.g., initiated by student-athlete, no attendance taken, and no coach present).	

NOTE: Student-athletes may be involved in any non-countable athletically related activity during the off-season period (e.g., workouts using the safety exception, voluntary workouts, other non-countable activities permitted during the in-season period).

Voluntary Activities

What is a "voluntary" activity? To be considered a "voluntary" activity, all of the following must be met:

- The student-athlete must not be required to report back to a coach or other athletics department staff member (e.g., strength coach, trainer, manager) any information related to the activity. In addition, non-coaching athletics department staff members who observe the activity (e.g., strength coach, trainer, manager) may not report back to the student-athlete's coach any information related to the activity. [NOTE: Coaches may not observe voluntary activities. However, coaching staff members must be present during permissible skill-related instruction requested by the student-athlete pursuant to NCAA Bylaw 17.1.5.2.2.]
- The activity must be initiated and requested solely by the student-athlete. Neither the institution nor any athletics department staff members may require the student-athlete to participate in the activity at any time. However, it is permissible for an athletics department staff member to provide information to student-athletes related to available opportunities for participating in voluntary activities (e.g. times when the strength and conditioning coach will be on duty in the weight room or on the track). In addition, for students who have initiated a request to engage in voluntary activities, the institution or an athletics department staff member may assign specific times for student-athletes to use institutional facilities for such purposes and inform the student-athletes of the time in advance;
- The student-athlete's attendance and participation in the activity (or lack thereof) may not be recorded for the purposes of reporting such information to coaching staff members or other student-athletes; and
- The student-athlete may not be subjected to penalty if he or she elects not to participate in the activity. In addition, neither the institution nor any athletics department staff member may provide recognition or incentives (e.g., awards) to a student-athlete based on his or her attendance or performance in the activity.

Hour-Limitation Record.

Countable hours must be recorded on a daily basis for each student-athlete regardless of whether the student-athlete is participating in an individual or team sport. Any countable individual or group athletically related activity must count against the time limitation for each student-athlete who participates in the activity but does not count against time limitations for other team members who do not participate in the activity.

Student-athletes are required to review and sign weekly hour limitation records once every four weeks. If you have any questions regarding these records, please contact the Office of NCAA Compliance, located on the Events Center concourse.

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