

Countable Athletically Related Activities

As defined by NCAA Bylaw 17, CARAs 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 strength and conditioning coaches) and must be counted within the weekly and daily limitations.” Here is a chart to help you better understand what counts

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<u>Countable CARAs</u>	<u>Non-Countable CARAs</u>
Practices	Compliance Meetings
Competitions	Study hall/academic meetings/tutoring
Required weight training/conditioning	Voluntary weight training/conditioning
Required athletic meetings	Training room activities
Outside regular season, individual skill-related instructional activities with coach	Hosting a recruit
Discussion or review of film	Community service projects

and
does
count

CARA:

The NCAA limits the hours of CARAs your coaches can require you to participate in by outlining the following daily and weekly hour limitations. The limitations vary depending on whether your sport is in season or out-of-season.

In-season CARA Limitations:

- ⇒ Daily Limit: 4 hours
- ⇒ Weekly Limit: 20 hours
- ⇒ Required 1 day off per week

**{ NO CARAs MAY TAKE
PLACE BETWEEN
MIDNIGHT & 5 AM. }**

Out-of-Season CARA Limitations:

- ⇒ Daily Limit: 4 hours
- ⇒ Weekly Limit: 8 hours (Including a max of 2 hours of skill instruction per week)
- ⇒ Required 2 days off per week

What are Voluntary Athletically Related Activities?

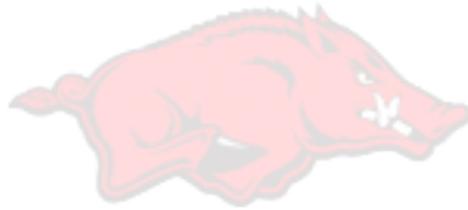
In order for any athletically related activity to be considered “voluntary,” all of the following conditions must be met:

- (a) 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, no athletics department staff member who observes the activity (e.g., strength coach, trainer, or manager) may report back to the student-athlete’s coach any information related to the activity;
- (b) The activity must be initiated and requested solely by the student-athlete. Neither the institution nor any athletics department staff member 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;
- (c) 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
- (d) 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.

[Note: Coaching staff members may be present during permissible skill-related instruction pursuant to Bylaws 17.1.6.2.2 and 17.1.6.2.3] (Revised: 4/29/04 effective 8/1/04)

As a Razorback student-athlete, you will review and verify the countable athletically related activities logs submitted by your coaches to the Compliance Office each week. If you have any questions or concerns regarding your weekly playing/practicing activities, please contact the Compliance Office immediately.

ARKANSAS



COMPLIANCE