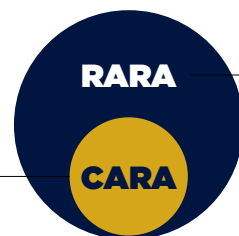


# TIME MANAGEMENT LEGISLATION

- **Countable Athletically Related Activites**
- Has not changed in any way.
- **Refers to any required activity with an athletic purpose**
- Counted against the daily and weekly hour limitations.

**Examples include:**  
practice, strength and conditioning, competition, film, skill instruction.

**20 HRS PER WEEK  
4 HRS PER DAY**



- **Required Athletically Related Activites**
- **Definition:** Any activities, including CARA, that are required as a student-athlete.

**Examples include:**  
compliance meetings, promotional activities, student hosting, recruiting activities, fundraising community service, travel to and from competition, media activities, team building

**NO HOUR LIMIT**

**CARA and RARA are (usually) not permitted during any time off** (see below for specific time off rules)



**DAILY**  
8 CONTINUOUS  
HOURS OFF  
BETWEEN  
9 PM - 6 AM

**APPROVED**

- Health & Medical
- Academics
- Voluntary Athletic Activities
- Student Host Activities are unique to daily time off periods and are not approved in any other time off.
- Life skills and Team-building activities
- Promotional practice activity
- Regular season multi-day contest, event or tournament, conference championship, other post-season championship or NCAA Championship
- Home competition is approved, **but:** 8 continuous hours off must be provided upon release.
- Activites in locale of away competition on the day prior to competition
- Travel home from away competition **but:** must provide eight continuous hours off upon release



Except for what is specifically indicated above, **no other CARA/RARA is permitted** during the continuous 8 hour period between 9 P.M. and 6 A.M.



**WEEKLY**  
1 DAY OFF PRE-  
AND IN-SEASON  
2 DAYS OFF  
OUT-OF-SEASON

**APPROVED**

- Health & Medical
- Academics
- Voluntary Athletic Activities
- Multi-Sport Life Skills programming
- Return Travel from away competition - **but:** only if you return no later than 5 A.M. **and** provide a continuous 24 hour period upon release.

**Notes**

Includes vacation periods in-season. Exceptions for conference, post-season, NRT or NCAA Championship participation.



Except for what is specifically indicated above, **no other CARA/RARA is permitted** during weekly days off.



**SEASON END**  
7 CONSECUTIVE  
DAYS AFTER LAST  
CONTEST IN  
CHAMPIONSHIP  
SEASON

**APPROVED**

- Health & Medical
- Academics
- Voluntary Athletic Activities
- CARA for SAs who have qualified for elite competition
- One-on-one meetings between SA and coach provided they do not engage in any CARA (eg: film review, chalk talk, etc.)
- Multi-sport SAs may participate in CARA/RARA for their other sport(s)



**No other CARA/RARA is permitted.**



**ADDITIONAL**  
14 ADDITIONAL DAYS  
OFF THROUGHOUT  
THE ACADEMIC YEAR  
WHEN CLASSES ARE  
IN SESSION\*

**APPROVED**

- Health & Medical
- Academics
- Voluntary Athletic Activities

**Notes**

May be given during vacation periods in-season. Does **not** include vacation periods out-of-season. May be offered consecutively, but not required.



**No other CARA/RARA is permitted.**

## HOW DOES TRAVEL WORK?

**General:** Any calendar day on which travel associated with CARA occurs may not be considered a day off.

**Exception:** Travel day may be considered a day off if return to campus travel occurs between 12:00 A.M. and 5:00 A.M. provided no RARA occurs for a continuous 24-hour period starting from the time all student-athletes have been officially released following the return to campus.

## WHEN CARA AND RARA IS ALLOWED:

CARA/RARA is permissible, other than during required time off. Note that CARA restrictions apply.

**All of the above must be on a Time Management Plan\***

\* For more information on Time Management Plans, please refer to Time Management Activity Chart