

From Bucknell's Compliance Manual (pages 78-79):

Countable Athletically Related Activities (CARA)

During your sport's established playing and practice season, excluding Bucknell vacation periods (i.e. summer vacation), the NCAA has set a limit of 4 hours per day and a total of 20 hours per week when you are allowed to conduct required athletically-related activities which include:

- Competition (3 hours);
- Practice including "captain's practices";
- Weight training/conditioning;
- Meetings, chalk talks, strategy talks, game films that are required, supervised, or monitored by staff members; and
- Camps/Clinics/Physical Education and Physical Fitness classes.

You must schedule one day each week as a "day off" from all required athletically-related activities, except rehabilitation activities (excluding Bucknell vacation periods).

Outside of the playing season, you are allowed to conduct a maximum of 8 hours per week only in the following athletically-related activities:

- Required weight-training and conditioning activities held at the direction of, or supervised by, an institutional staff member.
- Individual skill-related instruction in sports other than football is permitted outside the institution's declared 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 exam period at the conclusion of the academic year.

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 coaches at any one time in any facility. Furthermore, outside your playing and practice season, you must provide two days off per week.

- Physical fitness class conducted by a member of the athletic department staff.

Student-athletes are permitted to work out anytime they wish when it is neither required nor supervised by the coaching staff. Safety exceptions for supervision are made for swimming, field events, wrestling and women's rowing (when using rowing equipment). All countable athletically related activities are prohibited during two calendar days per week.