

**PLAYING SEASON
COUNTABLE ATHLETICALLY RELATED ACTIVITIES**

(4 hours per day, 20 hours per week [Sunday – Saturday])

- C: Competition
- P: Practice
- M: Meeting (athletically related)
- W: Required weight training/conditioning
- X: Camps/clinics/physical-fitness classes
- T: Travel day
- R: Required day off
- I: Individual Skill Instruction*

Sport: _____

Month(s): _____

Year: _____

Sunday					Monday					Tuesday					Wednesday					Thursday					Friday					Saturday									
C	P	M	W		C	P	M	W		C	P	M	W		C	P	M	W		C	P	M	W		C	P	M	W		C	P	M	W						

Total
Hours

Coach's Signature: _____
Date: _____

Sunday					Monday					Tuesday					Wednesday					Thursday					Friday					Saturday									
C	P	M	W		C	P	M	W		C	P	M	W		C	P	M	W		C	P	M	W		C	P	M	W		C	P	M	W						

Total
Hours

Coach's Signature: _____
Date: _____

*Please attach "Individual Skill Instruction" form.

Office Use Only

Team Captain Signature: _____ Date: _____

CSO Signature: _____ Date: _____

COUNTABLE ATHLETICALLY RELATED ACTIVITIES
(Maximum of 4 hours per day – 20 hours per week [Sunday – Saturday])

C – Competition. (All associated activities on the day of competition count as 3 hours regardless of the actual duration of these activities. Practice may not be conducted following competition except between contest, rounds or events during a multi-day or multi-event competition (e.g., doubleheaders in softball or baseball, rounds of golf in a multi-day tournament).

P – Practice. On-court/field or off-court/field activities called by any member or members of a team and confined primarily to members of that team are considered as requisite for participation in that sport (e.g., captain's practice).

M – Meeting. Meetings initiated by coaches or other institutional staff members on athletically related matters. Film or videotape reviews of athletics practices or contests required, supervised or monitored by institutional staff members.

W – Weights and Conditioning. Required weight-training and conditioning activities held at the direction of or supervised by an institutional staff member.

X – Camps/Clinics/physical education class. Required participation in camps, clinics or workshops. Participation in a physical fitness class conducted by a member of the athletics staff, unless the class is listed in the institutional catalog for all students.

R – Required Day Off. Countable Athletically Related Activities are prohibited on one calendar day per week, except during preseason practice that occurs before the first day of classes or the first scheduled contest, whichever is earlier.

T – Travel Day. A travel day or vacation day can be considered as a day off, provided no countable athletically related activities occur during that day.

I – Individual Skill Instruction. NCAA Bylaw 17.1.5.2.2 and 17.1.5.2.3

See NCAA Bylaw 17.1.5 for more information on the time limits for athletically related activities.

NONCOUNTABLE ATHLETICALLY RELATED ACTIVITIES

- Competition related meals
- Training Room Activities
- Dressing or showering
- Study Hall or Tutoring
- Meetings with coaches on non-athletic matters
- Travel to and from practice
- Medical exams or treatments
- Recruiting Activities as a student host
- Public relations activities related to the student-athlete's sport (e.g., media days)
- Participation in regular physical fitness classes (open to all students)
- Voluntary Workouts (NCAA Bylaw 17.02.1.3)
- Use of an institution's athletics facilities (which may be reserved for the student-athlete during the academic but not during the summer) by student-athletes