

Daily and Weekly Hour Limitations

NCAA Bylaw 17.1.5.1 During the Playing Season

A student-athlete's participation in countable athletically related activities shall be limited to a maximum of four hours per day and 20 hours per week. For a multi-sport student-athlete, the daily and weekly hour limitations apply separately to each sport in which s/he participates.

NCAA Bylaw 17.1.5.1.1 Multi-sport Participant Exception

For a multi-sport participant, the daily and weekly hour limitations apply separately to each sport in which the student-athlete is a participant.

NCAA Bylaw 17.1.5.4 Required Day Off-Playing Season

During the playing season, all countable athletically related activities (per Bylaw 17.02.1) shall be prohibited during one calendar day per week, except during participation in one conference and post season championship and any post season certified bowl games or National Invitation Tournaments, and during participation in NCAA championships.

NCAA Bylaw 17.1.5.5.1 No Class Time Missed for Practice Activities

No class time shall be missed for practice activities except when a team is traveling to an away-from-home contest and the practice is in conjunction with the contest.

NCAA Bylaw 17.1.5.3.2 Competition Day

All competition and any associated athletically related activities on the day of competition shall count as three hours regardless of the actual duration of these activities.

NCAA Bylaw 17.1.5.3.5 Preseason Practice

Daily and weekly hour limitations do not apply to countable athletically related activities occurring during preseason practice prior to the first day of classes or the first scheduled contest, whichever is earlier.

NCAA Bylaw 17.1.5.3.6 Vacation Periods and Between Terms

Daily and weekly hour limitations do not apply to countable athletically related activities occurring during an institution's term-time official vacation period, as listed in the institution's official calendar, and during the academic year between terms when classes are not in session. If such vacation periods occur during any part of a week in which classes are in session, the institution is subject to the daily and weekly hour limitations during the portion of the week when classes are in session and must provide the student-athletes with a day off (see Bylaw 17.1.5.4), which may be a vacation day. Practice may not be conducted at any time (including vacation periods) following competition, except between contest rounds or events during multiday or multievent competition (e.g., double-headers in softball or baseball, rounds of golf in a multiday tournament).

NCAA Bylaw 17.1.5.2 Weekly Hour Limitations -Outside of Playing Season

Outside of the playing season during the academic year, only a student-athlete's participation in the countable athletically related activities specified in Bylaws 17.02.1-(c), 17.02.1-(d), 17.02.1-(e) and in Divisions I-A and I-AA football, participation in the countable athletically related

activities specified in 17.02.1-(a)-(6) shall be permitted. A student-athlete's participation in such activities shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on individual skill workouts set forth in Bylaws 17.02.1-(e) and 17.1.5.2.1, and in Divisions I-A and I-AA football, the viewing of game film per 17.02.1-(a)-(6). A student-athlete may not participate in any countable athletically related activities outside the playing season during any institutional vacation period (e.g., summer, academic year).

NCAA Bylaw 17.1.5.2.1 Skill Instruction

Participation by student-athletes in individual skill-related instruction [including the activities set forth in 17.02.1.1-(f)] in sports other than football is permitted outside the declared playing season, provided not more than four student-athletes from the same team are involved in skill-related instruction with their coach(es) at any one time in any facility and the student-athletes request the instruction.

NCAA Bylaw 17.1.5.2.2 Conditioning Activities

Conditioning drills per 17.1.6.2 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.

NCAA Bylaw 17.02.1 Countable Athletically Related Activities

The following are considered countable athletically related activities and must be counted in the weekly or daily time limitations specified under Bylaw 17.1.5.1:

- (a) Practice, which is defined as any meeting, activity or instruction involving sports-related information and having an athletics purpose, held for one or more student-athletes at the direction of, or supervised by, any member or members of an institution's coaching staff. Practice is considered to have occurred if one or more coaches and one or more student-athletes engage in any of the following activities:
 - (1) Field, floor or on-court activity;
 - (2) Setting up offensive or defensive alignment;
 - (3) Chalk talk;
 - (4) Lecture on or discussion of strategy related to the sport;
 - (5) Activities using equipment related to the sport;
 - (6) Discussions or review of game films, motion pictures or videotapes related to the sport, except for the observation of an officiating clinic related to playing rules that is conducted by video conference and does not require student-athletes to miss any class time to observe the clinic; or
 - (7) Activities conducted under the guise of physical education class work (e.g., any class composed of or including primarily members of an intercollegiate team on a required attendance basis or where the class utilizes equipment for the sport);

- (b) Competition;
- (c) Required weight-training and conditioning activities held at the direction of or supervised by an institutional staff member;
- (d) Participation in a physical-fitness class (including a summer class) conducted by a member of the athletics staff, unless such a class is a regular physical education class listed in the institution's catalog and open to all students. Such a class may not include practice activities conducted under the guise of physical education class work;
- (e) In sports other than football, participation outside the institution's declared playing season in individual skill-related instructional activities with a member of the coaching staff and that occur at the request of the student-athlete (see Bylaw 17.1.5.2.1);
- (f) In individual sports, participation outside the institution's declared playing season in individual skill-related instructional activities with a member of the coaching staff, except for individual-workout sessions during the summer that occur at the request of the student-athlete;
- (g) Required participation in camps, clinics or workshops;
- (h) Individual workouts required or supervised by a member of the coaching staff, except for those sports subject to the safety exception. A countable coach may design a voluntary general individual workout program for a student-athlete (as opposed to a specific workout program for specific days) but cannot conduct the individual's workout. It shall be permissible for strength and conditioning coaches, during vacation periods (e.g., summer), to design and conduct specific workout programs for student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete. Such workouts shall not be considered a countable athletically related activity when conducted by strength and conditioning coaches who are not countable coaches and who perform such duties on a department-wide basis.
- (i) On-court or on-field activities called by any member or members of a team and confined primarily to members of that team that are considered as a requisite for participation in that sport (e.g., captain's practices);
- (j) Visiting the competition site in the sports of cross country, golf and skiing;
- (k) Use of an institution's athletics facilities when such activities are supervised by or held at the direction of any member of an institution's coaching staff. Facilities may be reserved for such use during the academic year. It is not permissible to reserve facilities during the summer, except to participate in permissible individual workouts in individual sports at the request of the student-athlete(s). In the event the use of an institution's facilities is requested by a team composed partly of enrolled student-athletes and partly of individuals not otherwise affiliated with the institution, use of the facilities shall be consistent with the policies established for outside groups generally; and

- (l) Involvement of an institution's strength and conditioning staff with enrolled student-athletes in required conditioning programs. During the academic year, strength and conditioning personnel may monitor, supervise or assist voluntary individual workouts for safety purposes. If the strength and conditioning coach also is a countable coach, such assistance may be provided only if that strength and conditioning staff member performs such duties on a department-wide basis. During vacation periods (e.g., summer), strength and conditioning coaches who are not countable coaches and who perform such duties on a department-wide basis may design and conduct specific workout programs for student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete.