

CARA Hours: Countable Athletically Related Activities

The following are considered CARA and must be counted against the daily and weekly time limitations specified under NCAA Bylaw 17.02.1.1:

- Practice-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;
- Competition-counts as 3 hours regardless of actual travel or event time;
- Required weight training and conditioning activities held at the direction of, or supervised by an institutional staff member;
- Participation in a physical fitness class conducted by a member of the athletics staff unless it is open to all students;
- In sports other than football, participation outside the playing season in individual skill-related instructional activities with a member of coaching staff at the request of the student-athlete;
- Film or videotape reviews of athletics practices or contests required, supervised, or monitored by institutional staff members;
- Required participation in camps, clinics, or workshops;
- Meetings initiated by coaches or other institutional staff members on athletically related matters;
- Individual workouts required or supervised by a member of the coaching staff (Safety Exceptions excluded);
- On-court or on-field activities called by any member or members of a team, with information about participation reported back to the coaching staff, confined primarily to members of that team that are considered as requisite for participation in that sport (e.g., captain's practices);
- Visiting the competition site in the sports of cross country and golf;

The NCAA limits a student's participation during the academic year in countable athletically related activities to:

In Season:

- Maximum of 4 hours per day.
- Maximum of 20 hours per week, with each date of competition counting as 3 hours.
- Must be given at least one day off per week (no required activities).

Out of Season:

- Maximum of 8 hours per week, of which not more than two hours per week may be spent on individual skill instruction.
- In the sport of football, all 8 hours must be weight training and/or conditioning. Individual skill instruction is not permitted, however 2 hours of film review is allowed.

Safety Exceptions:

A coach may be present during voluntary individual workouts in the institution's regular practice facility (without workouts being considered as countable athletically related activities) in the following situations:

- GYMNASTICS-When the student uses gymnastics equipment;
- ROWING-When the student is on the water (rowing machine is not included in the safety exception);
- SWIMMING and DIVING-When the student is swimming or diving;
- TRACK and FIELD-When the student is engaged in field events;
- WRESTLING-When the student is engaged in wrestling. A coach may spot or provide safety or skill instruction, but cannot conduct the individual's workout.