



This tip sheet is intended to provide a summary to student-athletes of NCAA rules related to countable athletically related activities. Please remember to contact the Office of Compliance Services if you have any questions as the applicable NCAA, SEC and South Carolina rules change over time.

During the regular academic year (Fall and Spring terms), the following guidelines are applicable:

- No more than four (4) hours per day of countable activities;
- No more than twenty (20) hours per week of countable activities when in-season, eight (8) hours when out of season;
- Day Off In Season - During the 20 hour/week segments, S/A's must have one day free from all countable activities.
- Two Days Off Out of Season - During the 8 hour/week periods, S/A's must have two days free from all countable activities.
- It is not permissible to pay expenses for off-campus conditioning activities that take place outside of the declared playing season (8 hour segment).

Outside of the prescribed playing and practice season in sports other than football, only a student-athlete's participation in weight training / conditioning and skill instruction shall be permitted. Additional guidelines include:

- For an out of season team, countable activities must cease one week prior to the start of final exams. In the 2013-14 year (*2014-15 in RED*), the stop dates are (All activities must end on or before these dates):
 - **November 26, 2013 for the Fall term** (*November 25, 2014*)
 - *Thanksgiving Recess and the week prior to final examinations are not back to back.*
 - **April 22, 2014 for the Spring term.** (*April 21, 2015*)
- From the start of classes in the Fall through September 14, no more than 4 student-athletes at one time may participate in skill instruction sessions as part of the 8 hour week. Beginning September 15, there is no limit on how many student-athletes may engage in such activities at the same time.
 - **Limit of no more than 4 student-athletes at one time applies from April 15 - April 23.**
 - **In the sport of baseball, there is a day in which skill instruction is limited to only 4 student-athletes. That day is January 14, 2014.**
- No more than 2 hours of skill instruction are permitted per week outside the playing season. Such instruction is counted within the 8 hour weekly limitation.

In football, the only required activities that may occur outside the playing season while classes are in session are weight training / conditioning and game film review. Required weight training and conditioning activities may not exceed 8 hours per week and may not occur during weeks designated as discretionary weeks. If coaches also require game film review, the time spent must be deducted from the 8 hours / week of conditioning time and may not exceed 2 hours per week.



Countable Athletically Related Activities. A countable athletically related activity is defined as any required activity with an athletics purpose involving student-athletes and held at the direction of or supervised by one or more members of an institution's coaching staff (including strength and conditioning coaches). Some examples of countable athletically related activities include:

- a. Practice / walk-throughs;
- b. Competition;
- c. Required weight-training, flexibility and conditioning activities held at the direction of or supervised by an institutional staff member;
- d. Participation in a physical-fitness class not listed in the USC's catalogue and open to all students and that is conducted by a member of the athletics staff;
- e. In sports other than football, participation outside the institution's declared playing season in academic year individual skill-related instructional activities with a member of the coaching staff.
- f. Film or videotape reviews of athletics practices or contests required, supervised or monitored by institutional staff members;
- g. Required participation in camps, clinics or workshops;
- h. Meetings initiated by coaches or other institutional staff members on athletically related matters;
- i. Individual workouts required or supervised by a member of the coaching staff except as permitted under the safety exception;
- j. 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 requisite for participation in that sport (e.g., captain's practices);
- k. Visiting a competition site in the sports of cross country and golf.

Non-countable Athletically Related Activities. The following are considered non-countable athletically related activities and are generally not counted in the weekly or daily time limitations:

- a. Training-table or competition-related meals;
- b. Physical rehabilitation;
- c. Dressing, showering or taping (unless these activities are occurring mid-practice);
- d. Athletics department academic study hall or tutoring sessions;
- e. Meetings with coaches on non-athletics matters;
- f. Travel to and from practice and competition;
- g. Visiting the competition site in sports other than cross country, golf and skiing;
- h. Medical examinations or treatments;
- i. Fund-raising activities;
- j. Recruiting activities (e.g., serving as a student host for prospective student-athletes during visits);
- k. Public relations activities related to the student-athlete's sport (e.g., media days);
- l. Participation in regular physical education classes, with or without credit, that are listed in the institution's catalog and open to all students;
- m. Voluntary individual workouts, provided these workouts are not required, supervised or observed by coaching staff members, except that such activities may be monitored for safety purposes or conducted by the institution's strength and conditioning personnel who have department wide duties. (In football workouts may be conducted only during the summer conditioning period.)
- n. Individual consultation with a coaching staff member initiated voluntarily by a student-athlete, provided the coach and the student-athlete do not engage in or discuss athletically related activities (discussion of academics, personal matters or other non-sport issues are permissible);
- o. The provision of videotapes to a student-athlete by an institution's coach that include a personalized message and athletically related information (e.g., discussion of plays, general workout programs, lectures on strategy related to the sport), provided the viewing of the videotape by the student-athlete is voluntary;
- p. Use of an institution's athletics facilities (which may be reserved) during the academic year or summer by student-athletes, provided the activities are not supervised by or held at the direction of any member of an institution's coaching staff;
- q. Occasional Meals.