



This tip sheet is intended to provide a summary to student-athletes of NCAA rules related to countable athletically related activities (CARA). 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.

NCAA Educational Column - October 10, 2012

During a sport’s offseason, the following weekly CARA limitations apply:

- Maximum Hours Per Week: 8
- Required Days Off Per Week: 2

It is not permissible for sports outside of their declared playing & practice seasons to conduct CARA during a vacation period or institutional holiday. Vacation days and institutional holidays may be used to satisfy one of the two required days off.

The NCAA states that out-of-season conditioning activities may not include contact-related drills or activities, citing the potential for injury. Training with equipment that is not specific to the sport is permitted in the interest of building general strength and stamina; however, no equipment related to a sport may be used (e.g., Football blocking sleds).

**Examples of Permissible Out-of-Season Conditioning Activities:**

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| <ol style="list-style-type: none"> <li>1. Simulation of game activities, provided no offensive or defensive alignments are set up and no equipment related to the sport is used;</li> <li>2. Weight training (e.g., free weights, weight machines, kettlebells, medicine balls);</li> <li>3. Running/sprints;</li> <li>4. Agility/plyometric drills;</li> <li>5. Non-contact boxing or martial arts drills/activities (e.g., speed bag, heavy bag)</li> </ol> | <ol style="list-style-type: none"> <li>6. Obstacle courses;</li> <li>7. Tug-of-war (e.g., rope, tire);</li> <li>8. Resistance sprints (e.g., parachute, harness, sled, other individuals);</li> <li>9. Sledgehammer training;</li> <li>10. Battling ropes; and</li> <li>11. Wheelbarrow races</li> </ol> |
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**Examples of Conditioning Drills / Activities That MAY NOT Be Conducted Outside the Playing Season:**

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| <ol style="list-style-type: none"> <li>1. Wrestling (e.g., Greco-Roman, freestyle, grappling);</li> <li>2. Mixed-martial arts;</li> <li>3. Martial arts (with contact);</li> <li>4. Boxing (with contact);</li> </ol> | <ol style="list-style-type: none"> <li>5. Blocking/tackling/checking drills (e.g., use of football sleds, hockey dummies, walls, or other individuals to develop contact-related techniques); and</li> <li>6. Offensive or defensive alignments.</li> </ol> |
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\*\*These activities apply to a student-athlete's participation in voluntary conditioning activities conducted by strength & conditioning staff but **not** those that are only monitored by strength & conditioning staff for safety reasons or for sports in their discretionary time phase.\*\*



**FREQUENTLY ASKED QUESTIONS:**

**Question No. 1:** Is it permissible to conduct conditioning activities outside of the playing season that simulate offensive or defensive alignments by replacing sport-specific equipment with equipment that is not specific to the sport?

**Answer:** No. It is not permissible to replace equipment specific to one sport with equipment specific to another sport or nonathletic equipment if the conditioning activity involves the simulation of offensive or defensive alignments (e.g., using a rolled-up towel, Frisbee or tennis ball to conduct receiving drills in football).

**Question No. 2:** Is it permissible to conduct conditioning activities outside of the playing season using equipment that is specific to a different sport, provided there is no simulation of offensive or defensive alignments?

**Answer:** It is permissible to replace equipment specific to one sport with equipment specific to another sport, provided the conditioning activity does not involve the simulation of offensive or defensive alignments (e.g., using tennis balls to conduct agility drills for a sport other than tennis). However, it is impermissible to use equipment specific to the student-athlete's sport even if not used to develop technique.

**Question No. 3:** Is it permissible for an institution to provide expenses to a student-athlete to participate in a ropes course for required conditioning activities outside of the playing season?

**Answer:** Yes. An institution may pay a fee related to the conduct of required conditioning activities (e.g., fee for use of and instruction related to a ropes course) outside of the playing season; however, it is not permissible to provide expenses (e.g., transportation, lodging, meals) to student-athletes in conjunction with required conditioning activities outside of the playing season.

**Question No. 4:** In sports other than men's basketball, is a prospective student-athlete who has signed a National Letter of Intent and/or who is enrolled in the institution's summer term permitted to participate in required conditioning activities outside of the playing season?

**Answer:** No.

**Question No. 5:** In baseball and softball, is it permissible for a student-athlete to run around the bases for conditioning activities outside of the playing season?

**Answer:** Yes, provided no situational running occurs (e.g., simulation of stealing bases).

**Question No. 6:** Do the limitations apply to student-athlete discretionary time?

**Answer:** No. The limitations do not apply to student-athlete discretionary time, as the student-athlete may participate in athletics activities at his or her discretion.

**Question No. 7:** Is it permissible to post videos of conditioning activities outside of the playing season, required or voluntary, on public websites (e.g., YouTube), athletics department websites or social media pages, or on coaches' personal social media pages?

**Answer:** It is permissible to post videos of required conditioning activities. However, it would be impermissible to post videos of voluntary athletically related activities on a website or social media page.

*Questions? Contact the Office of Compliance Services at  
803-777-1519 or [ATHCOMPL@mailbox.sc.edu](mailto:ATHCOMPL@mailbox.sc.edu)*