



COMPLIANCE



CORNER

JANUARY 2024

INSIDE THIS ISSUE

Playing Season Reminders

MLK Day Reminder

Is this Permissible?

Recruiting Calendars

COMPLIANCE STAFF

Trever Wright

Associate AD/Compliance

trever.wright@uc.edu

Grace Kroner

Assistant AD/

Compliance

grace.kroner@uc.edu

Robbie Trittschuh

Director of Compliance

robbie.trittschuh@uc.edu

Maggie Peters

Assistant Director of

Compliance

maggie.peters@uc.edu

Nathan Baumgardner

Assistant Director of

Compliance

baumganc@ucmail.uc.edu



FOCUS OF THE MONTH

PLAYING SEASON REMINDERS

CARA: Countable Athletically Related Activities

- In Season: limited to 20 hours of CARA
 - Limited to 4 hours of practice a day (some exceptions in Golf)
 - Each day of competition counts as 3 hours of activity
 - 1 required day off a week (No required activities allowed)
- Out of Season: limited to 8 hours of CARA
 - Only allowed 4 hours of Skill Instruction and 4 hours of Strength / Lift per week.
 - 2 required days off a week (No required activities allowed)

VARA: Voluntary Athletically Related Activities

- No Coach may be present. If they are, these practices MUST count in CARA hour limits.
- Activities and performance results cannot be reported back to Coach
- Safety Exception: Only applicable for Swim and Dive and specific Track and Field events (field events, jumping hurdles or the jumping element of the steeplechase)
 - A coach may be present during voluntary individual workouts in the institution's regular practice facility (without the workouts being considered as countable athletically related activities) when the student-athlete uses equipment in that sport. The coach may provide safety or skill instruction but may not conduct the individual's workouts.

MLK DAY REMINDER

Martin Luther King Jr. Day, Monday, January 15th, is an institutional holiday. This means all out-of-season sports CANNOT have CARA on this day. It is permissible for a sport in their 20 hour segment to hold practice.

In Season: M/W Basketball, W Golf, Track and Field, Swim and Dive, Tennis

Out of Season: Baseball, Football, M Golf, Lacrosse, Soccer, Volleyball

IS THIS PERMISSIBLE?

A student athlete graduated last Spring and decided not to use their final year of eligibility, so they never entered the transfer portal during their final semester before graduating. Later that summer they decided they would like to try and get recruited to use their last year of eligibility at a different University. The student athlete begins to reach out to college coaches. A coach answers her email, thinking because she had graduated, and was not enrolled anywhere it was permissible.

Is this Permissible? - **NO**

The student athlete would need to reach out to their previous school's compliance office and request to be put in the portal. Then College Coaches can communicate with them.

JANUARY RECRUITING CALENDARS

Contact Period	Quiet Period	Evaluation Period	Dead Period	Recruiting Shutdown
----------------	--------------	-------------------	-------------	---------------------

Football

Sun	Mo	Tue	We	Th	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Baseball

Sun	Mo	Tue	We	Th	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Baseball

Sun	Mo	Tue	We	Th	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Men's Golf

Sun	Mo	Tue	We	Th	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Swim and Dive

Sun	Mo	Tue	We	Th	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Women's Soccer

Sun	Mo	Tue	We	Th	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Women's Lacrosse

Sun	Mo	Tue	We	Th	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Women's Soccer

Sun	Mo	Tue	We	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Women's Volleyball

Sun	Mo	Tue	We	Th	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Track and Field / CC

Sun	Mo	Tue	We	Th	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

All Other Sports

Sun	Mo	Tue	We	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				