



# Compliance Monthly

December 2010

Volume 2, Number 3

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## Useful Links

NCAA  
[www.ncaa.org](http://www.ncaa.org)

Big Sky  
[www.bigskyconf.com](http://www.bigskyconf.com)

Eligibility Center  
[www.eligibilitycenter.org](http://www.eligibilitycenter.org)

## Welcome to Compliance Monthly!

The final month of the fall semester is here already. All of our fall sports have wrapped up their seasons. Congratulations to the men's cross country team for bringing home another top ten national finish at the NCAA Championships last month. We would also like to say thank you to our graduating seniors who will soon be getting ready to leave Flagstaff and start on a new chapter of their lives.

### Countable Athletically Related Activities: Reading Week & Finals Week

A reminder to all of our teams that Reading week starts next Monday December 12<sup>th</sup>. Only sports who are "In-season" (20 Hour weeks) may conduct countable athletically related activities from this day until the first day of class second semester. Sports who are not in-season may not hold any weight training or conditioning activities during this period of time.

### Textbook Rentals and Sellback

We wanted to pass along a note regarding textbook returns and rentals. If you have students who took advantage of the textbook rental program through the bookstore, the last day to return those books is Friday December 17<sup>th</sup>. If they have not returned the books by then, the credit card they put down as a deposit will be charged for the balance of the books cost. Please pass this date along to your student-athletes.

### SAOF Deadline

The deadline for student-athletes to submit Student-Athlete Opportunity Fund (SAOF) applications is Monday December 13<sup>th</sup>, this is the first day of finals. Application forms can be picked up in the Compliance Office, and can be returned to the Compliance Office or other front office staff. The committee will meet over winter break and determine who is approved for SAOF money; our goal is to have checks available by the first week of school second semester.

The SAOF program allows students to apply for extra money for a variety of needs. This can include a need to purchase warm clothing, reimbursement for emergency travel, insurance, medical expenses or academic supplies

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### DATES TO REMEMBER:

December 13<sup>th</sup>

SAOF Applications Due  
To the Compliance Office

December 6<sup>th</sup> - 12<sup>th</sup>

Reading week - CARA Activities  
allowed for in-season sports  
only

December 13<sup>th</sup> - 16<sup>th</sup>

Finals week - CARA Activities  
allowed for in-season sports  
only

December 17<sup>th</sup>

Graduation Ceremonies &  
Textbook return period ends

### October Meetings:

All Staff Meeting

December 15<sup>th</sup> - 10:00AM

DuBois Center- Meadows Room

### Contact Compliance:

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[www.nauathletics.com](http://www.nauathletics.com)

## CARA Activities Explained

NCAA bylaws stipulate the maximum amount of time a student-athlete is allowed to participate in countable athletically related activities (CARAs), which include practice, meetings and strength workouts. There are also regulations indicating when a coach can require (non-voluntary) a student-athlete's participation and when a student-athlete may request (voluntary) to workout with the coach. Additionally, student-athletes can play or practice on their own using the institution's facilities, however there are rules regulating when a coach can be present. Confused yet? The rationale behind these playing and practice season rules is two-fold. First, they are designed to protect student-athlete welfare by limiting the amount of mandatory time spent on athletics, thus preserving that there is time for the 'student' portion of the "student-athlete" concept. You've no doubt heard the popular NCAA slogan: "There are over 400,000 NCAA Student-Athletes, and just about all of us will be going pro, in something other than sports." This being true, NCAA student-athletes must be afforded time to focus on academics and to experience life as a traditional student. In addition, the rules are meant to promote competitive equity by equalizing practice time among member institutions.

### In-Season and Out-of-Season CARA's

In order to clarify how the rules apply in this area, the NCAA has created charts which indicate what activities are or are not considered a CARA. The NCAA defines CARAs as any required activity with an athletics purpose involving student-athletes and at the direction of, or supervised by one or more of an institution's coaching staff (including strength and conditioning coaches) and must be counted within the weekly and daily limitations (see NCAA Bylaw 17.02.1). For example, the following required activities would be considered countable: practice, competition, athletic meetings, reviewing game tape, weight training and conditioning. Examples of activities that would not be considered countable are: compliance and Champs/Life Skills meetings or presentations, training room visits, and anything at the request of the student-athlete (i.e., voluntary activity). When a sport is in its championship segment, student-athletes are permitted to participate in no more than 20 hours weekly and four hours a day of CARAs (see NCAA Bylaw 17.1.6.1). Additionally, student-athletes are required to have one day off per week. Outside of the playing season or championship segment or other specified timeframes (e.g., spring football, fall baseball) coaches, for sports other than football, are permitted a maximum of eight hours per week with no more than two hours per week spent on skill-related workouts (see NCAA Bylaw 17.1.6.2). Football is further regulated regarding the time of year for practice, film review, conditioning and weight training are permitted during the academic year and during the summer vacation period (see NCAA Bylaws 17.9.6). Despite the emphasis that the NCAA has placed on the importance of playing and practice season rules in order to protect student-athlete welfare, major infractions involving playing and practice season rules recently have become more common. This trend also demonstrates that the violations have not been limited only to the high profile sports. The most prevalent findings in recent major infractions cases involve coaches exceeding the allowable

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CARA hours and coaches observing student-athletes (and prospects) participating in athletically related activities during a time when coaches are not permitted to view such activity.

#### Monitoring CARA s

It is the responsibility of each institution's athletics compliance staff to educate coaches and student-athletes regarding the applicable NCAA rules and instruct these constituents and how these rules apply. Currently, it seems that most athletic compliance staffs require coaches to submit logs depicting the number of hours of countable participation each week by each student-athlete on a regular basis (e.g., monthly, weekly). On Tuesday, September 28, 2010, the National Association for Athletics Compliance (NAAC) issued its initial report regarding "Reasonable Standards" for monitoring three key NCAA compliance areas. According to the release it is the NAAC's goal to present these standards as a "framework" for Division I compliance offices to develop a monitoring system for playing and practice activities and offer the "flexibility" each institution needs to meet these standards on its campus. (See "NAAC Announces Compliance Industry Standards" at <http://www.nacda.com/sports/naacc/spec-rel/092810aac.html>.)  
by Mark P. Jones and Carrie R. McCaw as found in Legal Issues in Collegiate Athletics

### Important Dates

#### December Recruiting Calendar

Volleyball	Dec 1 <sup>st</sup> - 5 <sup>th</sup> Contact Period Dec 6 <sup>th</sup> - 14 <sup>th</sup> Quiet Period Dec 15 <sup>th</sup> - 31 <sup>st</sup> DEAD PERIOD *Exceptions for NCAA Championship & AVCA Awards Banquet
Women's Basketball	Dec 1 <sup>st</sup> - 23 <sup>rd</sup> Evaluation Period Dec 24 <sup>th</sup> - 26 <sup>th</sup> DEAD PERIOD Dec 27 <sup>th</sup> – 31 <sup>st</sup> Evaluation Period
Men's Basketball	Dec 1 <sup>st</sup> - 23 <sup>rd</sup> Evaluation Period Dec 24 <sup>th</sup> - 26 <sup>th</sup> DEAD PERIOD Dec 27 <sup>th</sup> – 31 <sup>st</sup> Evaluation Period
Football	Dec 1 <sup>st</sup> - 18 <sup>th</sup> Contact Period Dec 19 <sup>th</sup> Quiet Period Dec 20 <sup>th</sup> - Jan 3 <sup>rd</sup> DEAD PERIOD JC Students Planning to Enroll Mid-year: Dec 12 <sup>th</sup> , 17 – 18 <sup>th</sup> Quiet Period Dec 13 <sup>th</sup> – 16 <sup>th</sup> DEAD PERIOD
Cross Country/ Track & Field	Dec 1 <sup>st</sup> -12 <sup>th</sup> Contact Period Dec 13 <sup>th</sup> - 16 <sup>th</sup> DEAD PERIOD Dec 17 <sup>th</sup> - Jan 3 <sup>rd</sup> Quiet Period

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