

# NCAA Rule of the Month

May 2009

## Voluntary Workouts

As we close out yet another school year, remember to mind the rules in place regarding voluntary workouts. The time period for voluntary workouts actually began on Saturday, April 25 if a student-athlete was OUT OF SEASON. Why is that you ask? The NCAA does NOT allow student-athletes to participate in countable athletically related activity during Finals Week AND **the week before finals** if they are out of season. If a student-athlete is in-season, then they can be in countable activities only until their season has completed.

### What makes a workout **voluntary**?

- The student-athlete must NOT be required to report back to a coach or other athletics department staff member (e.g., strength coach, trainer, manager) any information related to the activity.
- No athletics department staff member who observes the activity (e.g., strength coach, trainer, manager) may report back to the student-athlete's coach any information related to the activity;
- The activity must be initiated and requested solely by the student-athlete.
  - We can provide information to student-athletes related to when their weight room time is, or when the track is available.
  - We can assign specific times for student-athletes to use our facilities and inform the student-athletes of the time.
- Attendance and participation in the activity (or lack thereof) may not be recorded to report to coaching staff members or other student-athletes. We do allow attendance to be taken by the speed, strength, and conditioning staff, but for safety reasons ONLY...not to report to coaches.
- The student-athlete may not be subjected to penalty if he or she elects not to participate in the activity.
- CU may NOT provide recognition or incentives (e.g., awards) to a student-athlete based on his or her attendance or performance in the activity.

The only staff that is allowed to be involved in student-athletes' voluntary workouts are members of the Speed, Strength, and Conditioning staff, as well as CU Sports Medicine.

CU coaching staff members and sport staff (e.g. Directors of Operations) can NOT schedule their own personal workout times to coincide with their team's assigned times. For example, we cannot have a basketball coach on the stationary bike while their team is lifting in the Coors Weight Room, or have any football coaches hopping on the treadmill when football players are lifting in Dal Ward or running in Folsom.

CU non-coaching staff members are allowed to be in the facilities while student-athletes are working out, so long as they do not report such information back to the coaches.

NCAA rules stipulate that PSA's can participate in voluntary activities. However, only PSA's in the sports of football and basketball can have a strength coach direct their workouts. PSA's in other sports can participate in workouts designed by a strength coach, but the strength coach can only supervise (as opposed to direct) the workouts.

It is permissible for coaches and strength coaches to send out information to incoming and returning student-athletes. Work-out programs, instructional videos, and other information relating to the work-outs are OK, as long as the student-athlete is NOT required to participate in these workouts and/or turn in results of these workouts to anyone.

Bylaws we are referencing: 17.02.13, 13.11.3.8, 13.11.3.9