

RALPHIE'S HOT TOPIC



April 2011

Out of Season
Skill Instruction

PROTECT
YOUR  TEAM

Out of Season Skill Instruction

- Once a sport, other than football, has concluded their playing season for the academic year, and classes are still in session, their CARA limitations can vary depending on the time of year.
- There are two different sets rules that apply, depending on the dates when the team is out of season.
- Those date ranges are:
 - September 15-April 15
 - 1st day of classes-September 14 and April 16 up until one week prior to finals.

Out of Season Skill Instruction

- ⊙ During September 15-April 15, teams are limited to 8 hours per week with a maximum of two hours being spent on skill instruction.
- ⊙ The two hours of skill instruction are not limited in the number of student-athletes that can participate.
- ⊙ Student-athlete's must be given two days off per week.

Out of Season Skill Instruction

- From the start of classes until September 14 and from April 16 until the week prior to finals, teams are limited to 8 hours per week with a maximum of two hours being spent on skill instruction.
- **No more than FOUR student-athletes from the same team may be involved in skill instruction with their coaches at any one time in any facility.**
- Student-athlete's must be given two days off per week.

Out of Season Skill Instruction

- ⦿ What does 'at any one time in any facility' mean?
- ⦿ **This means only FOUR student-athletes may receive skill instruction from their coaches at a time, regardless of the facility being used.**
- ⦿ Four student-athletes cannot receive skill instruction from Coach A in Coors while four other student-athletes are receiving skill instruction from Coach B in the bubble.

References

- Bylaw:17.1.6.2.2 - Skill Instruction
- Sports other than Baseball and Football.
- Participation by student-athletes in skill-related instruction in sports other than baseball and football is permitted outside the institution's declared playing season, from the institution's first day of classes of the academic year or September 15, whichever occurs earlier, to one week prior to the beginning of the institution's final examination period at the conclusion of the academic year [see Bylaw 17.1.6.2-(a)]. More than four student-athletes from the team may be involved in skill-related instruction with their coaches from September 15 through April 15. Prior to September 15 and after April 15, no more than four student-athletes from the same team may be involved in skill-related instruction with their coaches at any one time in any facility. Skill-related instruction shall not be publicized and shall not be conducted in view of a general public audience.