

CARA FAQs

1) What is countable athletically related activity (CARA)?

Countable Athletically Related Activity is a required activity with an athletics purpose, involving student-athletes and at the direction of, or supervised by, any member of the coaching staff.

2) What are the daily and weekly hour limitations on (CARA)?

During the championship and non-championship season no student-athlete should participate in more than 20 hours of countable athletically related activity per week or 4 hours of countable athletically related activity per day. The hours of countable athletically related activity should never exceed 20 hours per each sports outlined week, as noted in their playing and practice season declaration form. As a note, games are considered to count as 3 hours of countable athletically related activity regardless of the actual length of the game or travel time required.

During the off season (outside of the championship and non-championship seasons) no student-athletes should participate in more than 8 hours of countable athletically related activity per week. In sports other than football 2 of the 8 hours can be used for individual skill instruction and team activities. In football two of the 8 hours can be used to review game film.

3) Does the NCAA require coaches to give student-athletes a day off from (CARA)?

During the championship and non-championship seasons student-athletes must have at least 1 day off per week from countable athletically related activity. Outside of the championship and non-championship seasons student-athletes must have 2 days off per week from countable athletically related activity.

4) When is it permissible to miss class due to athletics?

No student-athlete should miss class time in order to attend any practice or workout session for their sport. Additionally, in team sports no class time should be missed for competition conducting during the non-championship segment.

5) When is an athletic activity voluntary and will not count towards my weekly or daily hour limitations?

The activity is not considered to fall under countable athletically related activity if:

- (1) There is no requirement to report back to the coach either by the player participating in the activity or by his or her teammates (i.e. team captains). A coach should not ask anyone if a student-athlete attended a voluntary activity.
- (2) The activity is solely at the student-athlete's discretion
- (3) Attendance and participation in the activity is not recorded in any way
- (4) No penalties or recognition are involved based on the student-athlete's participation (or lack thereof)
- (5) There is no coach in the line of sight of the student-athlete participating in the activity