



## Countable Athletically Related Activity

Office of Compliance Services - University at Albany

### In-Season

4 hours per day  
20 hours per week  
1 day off per week

### Out-of-Season (during academic year)

8 hours per week \*\*  
4 hours skill instruction (all sports except football)  
2 hours review of game film (football only)  
2 days off per week  
\*\*Weight training, conditioning & skill instruction only

Daily & weekly hour limitations do not apply to the following time periods during the playing season:

- During preseason practice prior to the 1<sup>st</sup> day of classes or the first scheduled contest, whichever comes first.
- During an institution's vacation periods as listed on the official academic calendar and during the academic year between terms when classes are not in session.

COUNTABLE	NONCOUNTABLE
Practice	Compliance, SAAC, Life Skills, nutrition meetings
Competition (& associated activities count as 3 hours)	Study hall, tutoring or academic meetings
Field, floor or on-court activity	Meetings with a coach initiated by student-athlete as long as no countable activities occur
Athletic meetings with a coach initiated or required by a coach	Training room/medical treatment/physical rehabilitation
Setting up offensive or defensive alignments	Travel to/from competition
Required participation in camps/clinics	Recruiting activities (as student host)
Required weight-training & conditioning activities	Voluntary sport-related activities (initiated by SA, no attendance taken, no coach present)
Participation outside of the regular season in individual skill-related instruction with a member of the coaching staff	Voluntary weight training not conducted by a coach/staff member
Discussion or review of game film	Training table, banquets
Visiting the competition site in cross country & golf	Fundraising, community service, promotional or public relations activities including media activities

**Week** – Any 7 consecutive days to be determined with discretion. Once the “week” is defined, it shall not change for the duration of the season.



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**Competition Day** – All competition & any associated athletically related activities on the day of competition shall count as 3 hours regardless of actual duration. Countable athletically related activities may not be conducted following competition (including during vacation periods) except between contests, rounds or events during a multiday or multievent competition (i.e. double-headers in softball or baseball, rounds of golf in a multiday tournament).

**In-Season** – The time between the team's first officially recognized practice session and the last practice session or competition, whichever occurs later. Seasons can be separated into 2 distinct segments: championship & non-championship (sometimes called fall ball, spring ball).

**Out-of-Season** – The remaining days during the academic year not included in the in-season period. In sports other than football, participation in up to 4 hours of skill instruction is permissible. Conditioning drills simulating offensive/defensive alignments are impermissible. Equipment related to the sport may not be used (swim/dive exceptions). In football, activities are limited to weight training, conditioning and review of game film for up to 2 hours per week.

**Preseason Practice** – Hour limitations do not apply during preseason practice prior to the first day of classes or the first scheduled contest, whichever is earlier.

**Vacation Periods** – Hour limitations do not apply during official institutional break periods when classes are not in session (i.e. fall, winter, spring break). For break sessions falling within a class week, limitations do apply to those days when classes are in session and students must be provided a day off (which may be a vacation day). In that scenario, In-Season teams can only participate in 20 hours that entire week.

**Travel Day** – A travel day related to athletics participation may be considered a day off, provided no countable activities occurred.

**Cancelled Competition** – When competition is cancelled prior to the start of competition or prior to it being considered a completed event in accordance with playing rules, an institution may use that day as its required day off, provided the institution does not engage in any further countable athletically related activities during that day.

**Final Exam Period** – Limitations do apply during final-examination periods and preparatory days leading up to final exams while In-Season. When Out-of-Season, all athletically related activities are prohibited 1 week prior to the beginning of finals through the conclusion of each student-athlete's exam.

**Voluntary Activity** – ALL of the following must be met:

- Student-athletes are not required to report back to a coach/designee any information related to the activity. Staff members observing activities may not report back to a coach any information related to the activity.
- Activity must be initiated & requested solely by the student-athlete. Participation is not required.
- Attendance & participation in the activity (or lack thereof) may not be recorded for the purpose of reporting to coaching staff or other student-athletes.



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- Student-athletes may not be subjected to penalties should they not participate & no recognition or incentive may be awarded based on attendance or performance.

**Safety Exception** – A coach may be present during voluntary activities (which are non-countable) in a practice facility when students are using equipment in track (field events only).

**NOTE:**

- No class time may be missed for practice except due to travel to away-from-home contests (limited exceptions exist when we host a conference or NCAA championship)
- **Countable activities cannot occur between midnight & 5a.m.** (except during conference or NCAA championship, competition that concludes after midnight or participation in a promotional activity such as midnight madness)
- *In all sports*, if a team participates in 3 contests in 1 week, the team is not subject to taking 1 day off that week but must take 2 days either the preceding or proceeding week.
- *In golf*, a practice round of golf may exceed 4 hours in 1 day. However, the 20 hours per week limitation remains in effect. A round played at a tournament site the day before the tournament counts as 3 hours.