WHAT YOU NEED TO KNOW ABOUT …
COUNTABLE ATHLETICALLY RELATED ACTIVITIES

Whether you’re a student-athlete or a coach/staff member who oversees athletics, you need to be informed about “Countable Athletically Related Activities” (CARA) — what counts, what doesn’t, and when they can occur.

WHAT IS CARA?

A “countable athletically related activity” is any required activity with an athletics purpose that involves student-athletes and is at the direction of, or supervised by, any member of an institution’s coaching staff, including strength and conditioning coaches. These activities must be counted toward a student-athlete’s daily and weekly limitations.

WHAT COUNTS?*

► Competition.
► Practice.
► Skill instruction.
► Individual workouts as required or supervised by institution’s coaching staff.
► Use of institutional athletics facilities when such activities are supervised by or held at the direction of any member of the institution’s coaching staff.
► Required participation in camps or clinics.

WHAT DOESN’T COUNT?*

► Study hall or tutoring sessions.
► Participation in fundraising activities, community service or community engagement.
► Involvement of an institution’s strength and conditioning staff with student-athletes in voluntary strength and conditioning programs for safety purposes.
► Compliance meetings.
► Attendance at an awards ceremony or banquet.
► Medical examinations or treatments (e.g., physical rehabilitation, treatment by athletic training personnel).

*Not an exhaustive list. Check with your compliance administrator.

This resource is prepared for general information purposes only and is intended to provide guidance to the membership. Please refer to the NCAA Division II Manual on LSDBi for complete information, or check with your compliance administrator.
DURING THE PLAYING SEASON

The playing season for some sports is separated into a championship segment (when competition is conducted in which results are counted for postseason selection) and a nonchampionship segment (the segment in which the NCAA championship does not occur).

Championship Segment CARA

- Not more than four hours per day and 20 hours per week.

Nonchampionship Segment CARA*

- For sports other than golf, tennis and rowing: Not more than four hours per day and 15 hours per week during a 45-day period, with a required two days off per week.
- For golf and tennis: Not more than four hours per day and 20 hours per week during a 60-day window, with a required two days off per week.
- For rowing: Not more than four hours per day and 15 hours per week during a 65-day window, with a required two days off per week.

*Wrestling, swimming and diving, and National Collegiate sports do not have a nonchampionship segment.

OUTSIDE THE PLAYING SEASON

All other days during the academic year not included in the playing season.

- For sports other than football:
  - Eight hours a week with two days off.
  - Not more than four hours per week toward team practice and/or skill instruction.

WHAT IF I EXCEED THE ALLOWABLE HOURS?

Contact your compliance administrator!

WHAT ABOUT VOLUNTARY ACTIVITIES?

An activity is voluntary only if:

- You are not required to report back to a coach or other athletics department staff member any information related to the activity — nor may an athletics department staff member who observes the activity report back to your coach any information related to the activity;
- The activity is initiated and requested solely by you;
- Your attendance and participation in the activity is not recorded for the purpose of reporting such information to coaching staff members or other student-athletes; and
- You are not subject to penalty if you elect not to participate in the activity. (Further, an athletics department staff member may not provide recognition or incentives based on your performance or attendance in the activity.)