CARA
Countable athletically related activities (CARA) are any athletics activities observed, supervised or organized by the coaching staff.

**DURING THE PLAYING SEASON**

- **Weekly max:** 20 hours
- **Daily max:** 4 hours
- **Minimum weekly days off:** One
- **Vacation periods:** No weekly or daily limits but must provide one day off per week.
- **No CARA may occur following competition or between midnight and 5 a.m.**

**OUTSIDE THE PLAYING SEASON BUT DURING THE ACADEMIC YEAR**

- **Weekly max:** 8 hours
  - **Sports other than football:** Max 4 of 8 hours can be skill instruction.
  - **Football:** Hours may only include strength and conditioning, film review and walkthroughs with a max of two hours of film review and walkthroughs.
- **Minimum weekly days off:** Two
- **Vacation periods:** No CARA permitted.
- **No CARA may occur during dead week and finals week.**
VARA
Voluntary athletically related activities (VARA) must meet all of the following conditions to be considered voluntary:

- Must be initiated by the student-athlete.
- May not be reported to the coaches.
- Student-athletes may not be required to attend.
- May only be observed for safety purposes by appropriate staff members (e.g., trainer, strength and conditioning coach).
- Student-athletes may not be rewarded or punished for participating.

Note: Coaches and staff may reserve court/field time for activities and provide suggested workouts for student-athletes who want to participate in VARA.

Exceptions to VARA
In sports with a safety exception, a coach may be present for voluntary activities to provide safety instruction only (i.e., coach may not conduct the workout).

In individual sports during a vacation period, a student-athlete may request a coach be present for a voluntary activity and provide instruction.

RARA
Required athletically related activities (RARA) are any activities, including CARA, that are required of a student-athlete (e.g., team promotional activities, recruiting activities).

- RARA is applicable to autonomy schools and schools that opt into autonomy legislation.
- There are no weekly or daily hour limits on RARA.
- RARA cannot occur on a day off.
- RARA cannot occur between 9 p.m. and 6 a.m.

Time Management Plan
Autonomy schools and schools that opt into autonomy legislation must develop a time management plan for each sport. Nonautonomy schools are also encouraged to develop time management plans.

- Additional required days off:
  - Schools must provide 14 additional days off.
  - Schools must provide 7 days off after the end of the championship season.