



Actions Related to Division I Regulations and Policies Impacted by COVID-19

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For more information related to the COVID-19 pandemic, visit the following resources on the [NCAA's COVID-19 webpage](#):

1. Multiple [resources](#) on the resocialization of collegiate sport.
2. Interpretative guidance on existing Division I legislation and action taken based on the impact of the COVID-19 pandemic: [Division I COVID-19 Question and Answer Guide](#).
3. Listing of potential COVID-related actions for consideration during the 2020-21 academic year: [Division I COVID-19 Actions for Consideration](#).

Actions Related to Division I Regulations and Policies Impacted by COVID-19			
Personnel			
Topic	Action	Authority	Date
Noncoaching staff members participation in managerial duties (sports other than football) and women's basketball practice players.	9/9/20: Extended to sports other than football, the blanket waiver to permit two sport-specific noncoaching staff members to participate in managerial duties during on-court and on-field practice activities (e.g., throw batting practice, assist with drills) provided the noncoaching staff position existed as of September 7, 2020, and the institution has prohibited some or all of student managers from attending practice or other countable athletically related activities due to the health and safety impact of COVID-19. The waiver aligns with the waiver previously approved for basketball. See Case No. 1109691 in RSRO via the search tab.	NCAA Academic and Membership Affairs Staff	9/8/20 Updated: 9/9/20
Football Graduate Assistant Coach – Fourth Year.	Approved a blanket waiver to permit an individual that served as an FBS or FCS graduate assistant coach during the 2020-21 academic year to qualify for a fourth year provided all other requirements of the graduate assistant coach legislation (NCAA Division I Bylaw 11.01.3), including the existing academic requirements, are met. The limit on the number of football graduate assistant coaches still applies.	NCAA staff	1/21/21
Men's and Women's Basketball Noncoaching Staff Engaging in Skill-Instruction Activities.	Approved a blanket waiver to permit, effective June 4, 2021, for the 2021 summer only, up to two men's and women's basketball-specific noncoaching staff members to engage in instructional duties during an institution's eight weeks of required summer athletics activities, provided: <ol style="list-style-type: none"> 1. No more than four coaches and noncoaching staff members combined engage in providing instruction to student-athletes at any one time; 2. The noncoaching staff positions existed as of May 1, 2021; and 3. The names of the designated noncoaching staff members are kept on file in the institution's athletics department. 	NCAA Division I Council Coordination Committee	6/02/21

	This action also allows the noncoaching staff members to participate in skill-instruction activities as practice players.		
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Athletics Eligibility			
Topic	Action	Authority	Date
Season-of-competition waivers – spring sports.	<p>Granted institutions authority to self-apply a season-of-competition waiver to a spring sport student-athlete provided:</p> <ol style="list-style-type: none"> 1. The student-athlete used a season of competition in a spring sport during the 2019-20 academic year; 2. The student-athlete was eligible for competition when he or she competed during the 2019-20 academic year; 3. The student-athlete's season was ultimately canceled for reasons related to the COVID-19 outbreak; and 4. The institution retains documentation on file demonstrating that the relevant criteria were satisfied. 	NCAA Division I Council	3/30/20
Extension of five-year period of eligibility – spring sports.	<p>Granted institutions authority to self-apply extension of eligibility waivers for spring sport student-athletes who were eligible for competition during spring 2020. The extensions must be used at the first available opportunity and student-athletes must be otherwise eligible to compete (including meeting applicable transfer requirements).</p>	Council	3/30/20
Waiver of delayed enrollment – seasons of competition legislation.	<p>Approved a waiver of delayed enrollment legislation. A student-athlete whose one-year or six-month grace period would have expired prior to or during the 2020-21 academic year will be exempt from additional impacts of the delayed enrollment legislation until the beginning of the first regular academic term of the 2021-22 academic year. Further, the waiver also applies to the national/international competition exception, the military exception, the 20th birthday rule in tennis and the 21st birthday rule in men's ice hockey and skiing. The NCAA Eligibility Center will apply the waiver in the amateurism certification process.</p>	Council Coordination Committee	8/5/20

<p>Season-of-Competition Waivers and Extensions of Eligibility – fall and winter sports.</p>	<p>Approved a blanket waiver permitting institutions to:</p> <ol style="list-style-type: none"> 1. Self-apply a season-of-competition waiver for fall and winter sport student-athletes who compete while eligible in 2020-21 up to the maximum amount of competition permitted; 2. Self-apply a one-year extension of eligibility for fall and winter sport student-athletes who either do not compete or who qualify for a season-of-competition waiver for 2020-21; and 3. Exempt aid awarded to any fall or winter sport student-athlete who would have exhausted eligibility during 2020-21 but returns to the same institution during 2021-22 due to the aforementioned COVID-19 relief (season-of-competition waivers or extensions of eligibility). An institution may exempt aid up to an amount equivalent to the aid counted toward team financial aid limits during 2020-21 from the 2021-22 financial aid limitations. In addition, an institution may reduce or not renew such aid for the eligible student-athletes without being required to provide an opportunity to appeal the decision. 	<p>NCAA Division I Board of Directors, Council</p>	<p>8/21/20 Updated: 10/14/20</p>
<p>Season-of-Competition Waivers – Spring 2021</p>	<p>Approved a blanket waiver permitting conferences and institutions that cancel or suspend spring sport seasons to self-apply a season-of-competition waiver for 2021 spring sport student-athletes, provided:</p> <ol style="list-style-type: none"> 1. The student-athlete uses a season of competition in a spring sport during 2020-21 academic year; 2. The student-athlete does not compete in more than three contests/dates of competition or 30% (whichever number is greater) of the maximum permissible contests/dates of competition as set forth in Bylaw 17 in the applicable sport; 3. The student-athlete is eligible for intercollegiate competition when they compete during the 2020-21 academic year; and 4. The student-athlete and the institution's team ends competition by the selection date for the NCAA championship in the applicable sport and does not compete in postseason competition during the 2021 spring. 	<p>Council</p>	<p>3/24/21</p>

Season-of-Competition Waivers – Spring 2021	Agreed that season-of-competition waivers for 2021 spring sport student-athletes (that do not meet the above blanket waiver) should be reviewed on a case-by-case basis; and directed the student-athlete reinstatement staff (and committee) to provide flexibility in applying all elements of the season-of-competition waiver criteria for seasons impacted by COVID-19 (e.g., first-half-of-season requirement, percentage of competition).	Council	4/15/21
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Recruiting			
Topic	Action	Authority	Date
Recruiting dead period – all sports.	<p>3/13/20: Adopted R-2020-1, which established a temporary recruiting dead period. Effective immediately and until at least April 15, 2020.</p> <p>4/1/20: Adopted R-2020-3, which extended the temporary recruiting dead period through at least May 31, 2020.</p> <p>5/13/20: Adopted R-2020-5, which extended the temporary recruiting dead period through at least June 30, 2020.</p> <p>5/27/20: Adopted R-2020-7, which extended the temporary recruiting dead period through July 31. The Council Coordination Committee will review the status of the COVID-19 pandemic as it relates to the dead period again in late July or early August.</p> <p>6/25/20: Adopted R-2020-9, which extended the temporary recruiting dead period through August 31.</p> <p>8/12/20: Adopted R-2020-10, which extended the temporary recruiting dead period through September 30.</p> <p>9/16/20: Adopted R-2020-20 to extend the temporary recruiting dead period (as defined in Bylaw 13.02.5.5) in all sports through January 1, 2021, and preclude complimentary admissions to prospective student-athletes and their coaches during the dead period. As a result, effective immediately, it is not permissible to provide complimentary admissions to prospective student-athletes who may be visiting an institution "unrelated to recruitment" per Bylaw 13.7.3.5 (Visit Unrelated to Recruitment) and it is not permissible to provide complimentary admissions to coaches of prospective student-athletes or other individuals associated with prospective student-athletes per Bylaw 13.8.1 (Entertainment Restrictions).</p>	Council Coordination Committee and Council	<p>3/13/20</p> <p>Updated 4/1/20; 5/13/20; 5/27/20; 6/25/20; 8/12/20; 9/16/20; 11/18/20; 2/17/21 (Council)</p>

	<p>11/18/20: Adopted R-2020-23 to extend the temporary recruiting dead period in all sports through April 15, 2021.</p> <p>2/17/21: Adopted emergency legislation to extend the temporary recruiting dead period in all sports through May 31, 2021.</p>		
Expenses related to canceled official and unofficial visits.	Approved a blanket waiver to permit institutions to use discretion to reimburse prospective student-athletes for personal expenses incurred as a result of cancellation of official or unofficial visits.	Council Coordination Committee	3/20/20
Telephone/video calls – institutional staff.	<p>Approved a blanket waiver to permit any institutional staff member to participate on a telephone/video call initiated by a countable coach to a prospective student-athlete.</p> <p>Effective 5/11/20 through the conclusion of the temporary recruiting dead period.</p>	Council Coordination Committee	5/6/20; effective 5/11/20
Telephone/video calls – student-athletes.	<p>Approved a blanket waiver to permit student-athletes to participate in recruiting telephone/video calls with a coach and prospective student-athlete(s) (committed or uncommitted). Time spent by a student-athlete on calls with a coach must count toward the eight hours per week of countable athletically related activities and may not occur on the student-athlete's required day off.</p> <p>Effective 5/11/20 through the conclusion of the temporary recruiting dead period.</p>	Council Coordination Committee	5/6/20; effective 5/11/20
Telephone/video calls – uncommitted prospective student-athletes.	<p>Approved a blanket waiver to permit any number of uncommitted prospective student-athletes (and their family members) to participate on a telephone/video call with the institution.</p> <p>Effective 5/11/20 through the conclusion of the temporary recruiting dead period.</p>	Council Coordination Committee	5/6/20; effective 5/11/20
Telephone calls during COVID-19 recruiting dead period – football.	<p>Approved, in football, a blanket waiver to permit an institution to initiate telephone calls at its discretion to any individual (or the individual's family members) beginning April 15 of the individual's junior year of high school through the conclusion of the COVID-19 recruiting dead period.</p> <p>This waiver permits an institutional coaching staff member to make telephone calls to prospective student-athletes (e.g., high school, two-year and four-year transfer student-athletes) at their discretion from May 11, 2020, through the conclusion of the COVID-19 recruiting dead period.</p> <p>See Case No. 1098822 in Requests/Self-Reports Online (RSRO) via the search tab.</p>	NCAA Division I Committee for Legislative Relief	5/11/20

Participation in virtual team activities.	<p>Approved a blanket waiver to permit committed prospective student-athletes to participate in virtual team activities after completion of high school graduation or transfer academic requirements and to permit an uncommitted prospective student-athlete to observe but not participate in virtual team activities one time per institution (and in the case of a multisport prospective student-athlete, each team that is recruiting the prospective student-athlete).</p> <p>Effective 5/11/20 through the conclusion of the temporary recruiting dead period.</p> <p>Update 4/14/21: Extended blanket waiver through 2021-22 academic year.</p>	Council Coordination Committee; Council	<p>5/6/20; effective 5/11/20</p> <p>Updated 4/14/21</p>
Virtual camps and clinics that do not include prospective student-athletes.	<p>Approved a blanket waiver to permit a coaching staff member to participate in institutional and noninstitutional virtual camps and clinics that do not include prospective student-athletes.</p> <p>Effective 5/11/20 through the conclusion of the temporary recruiting dead period.</p> <p>Update 4/14/21: Extended existing waiver through 2021 summer (to expire at conclusion of 2021-22 academic year).</p>	Council Coordination Committee; Council	<p>5/6/20; effective 5/11/20</p> <p>Updated: 4/14/21</p>
Virtual recruiting during temporary recruiting dead period – All sports.	<p>Approved a blanket waiver to permit all coaches, including volunteer coaches in championship subdivision football, full-time institutional staff members and current students to engage in virtual recruiting calls (e.g., telephone calls, video calls) involving prospective football student-athletes who an institution is permitted to call. The flexibility applies for the remainder of the temporary recruiting dead period.</p> <p>12/2/20: Approved a blanket waiver, in all sports, to permit coaches, including volunteer coaches, full-time institutional staff members and current students to initiate recruiting calls (e.g., telephone calls, video calls) involving perspective student-athletes who an institution is permitted to call. The waiver was requested by the NCAA Division I Student-Athlete Experience Committee and support from the Student-Athlete Advisory Committee and Men's and Women's Basketball Oversight Committees.</p>	Council; NCAA Staff	<p>11/18/20</p> <p>Updated: 12/2/20</p>
Telephone calls -- Football	<p>Approved a blanket waiver to permit, in the sport of football, NCAA Division I FBS and NCAA Division I FCS institutions to initiate telephone calls at their discretion to an individual (or the individual's family members) beginning February 1 of the individual's junior year of high school through the conclusion of the COVID-19 recruiting dead period.</p>	NCAA staff	1/21/21

Individual Associated with a Prospective Student-Athlete (IAWP) – FBS Football, Men’s Basketball, Women’s Basketball.	Adopted Proposal No. 2019-25 (in FBS football and basketball) to specify that the definition of an IAWP does not include an individual who maintained (or directed others to maintain) contact with a prospective student-athlete (or a prospective student-athlete’s relatives, legal guardians or coaches) only while employed in the athletics department at another four-year institution; further, to specify that an institution may reassign an IAWP from a countable coaching staff position to a noncoaching staff position or strength and conditioning staff position, provided the individual has been a countable coach at the institution for the previous year.	Council	Effective 3/3/21
Student-Athlete Participation on Telephone Calls – All Sports.	Approved a blanket waiver to permit, during the 2021-22 academic year, student-athletes to participate in telephone/video calls with a coach and PSA or at the direction of a coach, with the condition that a coach may not direct a student-athlete to make calls on the student-athlete’s day off.	Council	4/14/21
Telephone Calls – Football.	<p>Approved a blanket waiver, in football, of the telephone call legislation for the 2021-22 academic year. Beginning the Sunday after the AFCA Convention during the PSA’s junior year to permit telephone calls to the PSA (or to family members of the PSA), as follows:</p> <ol style="list-style-type: none"> (1) In January, one call per week. (2) In February, no calls. (3) In March, one call per week. (4) In April and May, calls may be made at the institution’s discretion. (5) In June and July, one call per week. (6) August 1 through the Saturday after the AFCA Convention. <ol style="list-style-type: none"> a. Additional telephone calls to an individual are not permitted before September 1 of the beginning of the individual’s senior year in high school. b. Thereafter, telephone calls are limited to once per week outside a contact period and may be made at the institution’s discretion during a contact period. 	Council	4/14/21
Staff Initiation of Telephone Calls – All Sports.	Approved a blanket waiver, effective June 1 through December 31, 2021, to permit all institutional staff who have passed the recruiting exam to initiate telephone calls to PSAs. The recruiting exam requirement does not apply to individuals who may initiate or return telephone calls to PSAs pursuant to an existing, legislated exception (e.g., academic advisors and compliance administrators).	Council	4/14/21

On-Campus Evaluations – Football.	<p>Approved a blanket waiver to permit evaluations of PSAs in football, during an unofficial visit after the PSA’s scholastic season has concluded, in June and July 2021 when institutional football camps are otherwise permitted. Institutions will be permitted to evaluate a PSA on one occasion and the PSA must be a high school junior (Class of 2022), high school senior (Class of 2021), two-year college transfer or four-year college transfer.</p> <p>A medical examination or evaluation, conducted in accordance with Bylaw 13.11.2.1-(g), will be required before the on-campus evaluation and the evaluation activities (other than the medical examination or evaluation) may not exceed one hour. Additionally, all activities must be noncontact, no protective equipment may be worn by the PSA, and the institution is not permitted to provide practice equipment or apparel for the on-campus evaluation.</p>	Council	4/14/21
Evaluation Days – Football.	Approved a blanket waiver to increase, from 42 to 56, the number of evaluation days during the 2021 fall evaluation period.	Council	4/14/21
Recruiting Calendar – Men’s Basketball.	<p>Adopted temporary emergency legislation to amend the July 2021 recruiting calendar as follows:</p> <ol style="list-style-type: none"> 1. Establish evaluation periods for NCAA-certified events July 16-18 and July 23-25; and 2. Establish a dead period July 19 – 22. 	Council	5/19/21
Staff Initiation of Telephone Calls – Football (FBS and FCS)	Approved, in FBS and FCS football, a modification of an April 14, 2021, blanket waiver of Bylaw 11.7.2 (recruiting coordination functions) to permit only institutional staff members (other than coaches) who are employed full time and have passed the recruiting certification exam to initiate telephone calls to PSAs through December 31, 2021. The recruiting exam requirement does not apply to individuals who may initiate or return telephone calls to PSAs pursuant to an existing, legislated exception (e.g., academic advisors and compliance administrators).	Council	6/24/21; Effective 6/28/21

Academic Eligibility			
Topic	Action	Authority	Date
NCAA Eligibility Center COVID-19 Response FAQ.	<p>Published initial version of the NCAA Eligibility Center COVID-19 Response FAQ, to be updated regularly.</p> <p>Updated to include automatic waiver criteria for prospective student-athletes who initially enroll at a Division I institution during 2021-22 and 2022-23 academic years.</p>	NCAA Eligibility Center Staff NCAA Division I Committee on Academics	4/17/20; updated regularly.

Academic eligibility.	Approved a blanket waiver allowing student-athletes in all sports who do not enroll full time during the 2020 fall term to use the missed term exception regardless of whether the student-athlete has used the exception for a previous academic certification.	Board of Directors	8/21/20
Full-time enrollment for virtual nonphysical activities.	Approved a blanket waiver to allow student-athletes who are not enrolled full time to participate in up to eight hours of required virtual nonphysical countable activities per week, as permitted by and effective for the duration of the Council-approved waiver. The waiver applies to any student-athlete regardless of the number of credits enrolled, including a student-athlete who is not enrolled in any credits during the term.	NCAA Division I Committee on Academics	9/17/20
Full-time enrollment waivers – alternative academic calendars.	Authorized staff to approve waivers of the full-time enrollment requirements for practice and competition (Bylaws 14.2.1 and 14.2.2) when alternative academic calendars and institutional policies prevent a student-athlete who is enrolled full-time for two semesters or three quarters during the 2020-21 academic year from being enrolled during the term in which their sport competes. Institutions are required to file one waiver for all student-athletes affected. The committee recognized that a student-athlete's ability to participate with their team may be negatively impacted by institutional policy, which is outside the control of the student-athlete. The committee also noted that these student-athletes are meeting the spirit and intent of the full-time enrollment legislation by completing two full-time semesters or three full-time quarters during the regular academic year even if the institution added an additional full-time term (e.g., third semester or fourth quarter) to the 2020-21 academic year due to COVID-19.	Committee on Academics	10/21/20
Suspension of Academic Progress Rate penalties.	Approved a two-year suspension of Academic Progress Rate penalties, including the loss of access to postseason competition at the recommendation of the Committee on Academics. This suspension applies to two years of APR penalties (2019-20 and 2020-21) and there will be no public release of APR penalties and no top ten public recognition program during the two-year period. The Committee on Academics will require APR improvement plans, maintain data reviews and use data to explore potential changes to the APR metric. In addition, the NCAA Division I Board of Directors Finance Committee determined that institutions will continue to be eligible for Academic Performance Funds based on the use of APR data even though it will not be publicly released.	Board of Directors	10/28/20
International Competition Waiver.	Authorized conference offices to process international competition waivers for progress-toward-degree requirements for continuing student-athletes who were impacted by the rescheduling of the 2020 Summer Olympics, even if those student-athletes previously received an international competition waiver during the 2019-20 academic year.	Committee on Academics Subcommittee on Student-Athlete Academics	12/2/20

Financial Aid			
Topic	Action	Authority	Date
Waiver of financial aid limitations – spring sports.	<p>Allowed institutions to consider student-athletes who would have exhausted eligibility at the conclusion of the 2019-20 academic year to <i>return to the same institution</i> and to exempt athletically related financial aid up to the equivalent to the aid counted toward team financial aid limits during 2019-20 from the 2020-21 financial aid limitations, provided that student-athlete received a season-of-competition waiver and/or extension of eligibility based on COVID-19 (criteria outlined above). Absent receipt of any additional financial aid that counts toward the team's financial aid limit, these student-athletes will not be considered counters for 2020-21.</p> <p>Allowed institutions to reduce or not renew such aid for the eligible student-athletes without being required to provide an opportunity to appeal the decision.</p>	Council	3/30/20
Use of Student Assistance Fund.	<p>Approved a blanket waiver to permit institutions to use the NCAA Student Assistance Fund to provide athletics aid awards during the 2020-21 academic year to student-athletes who are provided additional eligibility in 2020-21.</p> <p>4/14/21: Updated to extend blanket waiver for 2021-22 academic year.</p>	Council	<p>3/30/20</p> <p>Updated: 4/14/21</p>
Minimum financial aid requirement -- baseball.	Waived the requirement that a counter in baseball must receive athletics aid that is equal to or greater than 25 percent of an equivalency. Applicable only to returning baseball student-athletes who would have exhausted eligibility at the conclusion of the 2019-20 academic year.	Council	3/30/20
Financial aid for Olympic hopefuls.	Approved a blanket waiver to allow institutions to honor athletics aid agreements and exempt the 2019-20 amount from financial aid limitations for student-athletes that took a leave of absence during the 2019-20 academic year to train for official national team tryouts and competition.	Committee for Legislative Relief	4/3/20
Varsity squad size limitations, annual counter limit and minimum financial aid requirement – baseball.	<p>Approved a blanket waiver, in baseball for the 2020-21 academic year only, to allow schools to:</p> <ol style="list-style-type: none"> 1. Eliminate the varsity squad size limitations (i.e., 35-man roster); 2. Increase the annual counter limit from 27-32; and 3. Renegotiate athletics aid agreements to provide less than 25 percent. <p>See Case No. 1103146 in Requests/Self-Reports Online (RSRO) via the search tab.</p>	Committee for Legislative Relief; NCAA Staff	<p>6/9/20;</p> <p>Updated: 6/24/20, 12/8/20</p>

	<p>6/24/20: Updated waiver to clarify that:</p> <p>For a student-athlete with a one-year financial aid agreement:</p> <ul style="list-style-type: none"> Schools may provide less than a 25 percent equivalency during the 2020-21 academic year; however, the school must renew the student-athlete's agreement for the 2021-22 academic year and provide at least a 25 percent equivalency or the average of the aid received during the 2020-21 academic year and the amount that would have been received by the student-athlete under the original aid agreement, whichever is greater. <p>12/8/20: Approved a blanket waiver in baseball for the 2021-22 to allow schools to:</p> <ol style="list-style-type: none"> Increase the varsity size limitation from 35 to 40; Increase the annual counter limit from 27 to 32; and Renegotiate athletics aid agreements to provide less than 25 percent. <p>For the 2021-22 academic year:</p> <ol style="list-style-type: none"> For student-athletes with multiyear financial aid agreements: Schools may provide less than 25 percent equivalency during the 2021-22 academic year; however, the school must ensure that the total amount of aid provided over the period of the new amended agreement is equal to or great than the total provided in the student-athlete's original aid agreement; and For student-athletes with one year financial aid agreements: Schools may provide less than 25 percent equivalency during the 2021-22 academic year; however, the school must renew the student-athlete's agreement for the 2022-23 academic year and provide at least a 25 percent equivalency or the average of aid received during 2021-22 and the amount that would have been received by the student-athlete under the original aid agreement, whichever is greater. 		
Terms and conditions of financial aid.	<p>Adopted R-2020-12 to specify that athletics financial aid awarded to any student-athlete who opts out of participating during the 2020-21 academic year due to concerns about contracting COVID-19 shall not be reduced or canceled as a result of the student-athlete's decision. Additionally, a student-athlete who decides to opt out of participating due to concerns stemming from COVID-19 is not considered to have voluntarily withdrawn from the sport for personal reasons. This legislation will apply to student-athletes in all</p>	Board of Directors	8/21/20

	sports for aid awarded that includes any regular academic term of the 2020-21 academic year, including multiyear aid agreements. It does not apply to renewals of athletics aid after the 2020-21 academic year.		
Terms and conditions of awarding institutional financial aid	Approved a blanket waiver of NCAA Bylaws 15.3.2.3 (hearing opportunity) and 15.3.5.3 (reduction or nonrenewal not permitted) to allow an institution to reduce or not renew financial aid, and not provide an opportunity to appeal the decision, for the student-athlete's final year of eligibility, if the student-athlete received a COVID-19 season-of-competition waiver or extension of eligibility. Specifically, the waiver applies to underclassmen who received COVID-19-related relief and are provided the opportunity to use that relief in their final year at the same institution. This blanket waiver applies to any academic year in which the criteria stated above are met.	Council	6/23/21

Benefits			
Topic	Action	Authority	Date
Supporting student-athletes and communities.	Reiterated that conferences and institutions should use institutional discretion to provide appropriate support, benefits and expenses to student-athletes as adjustments are made to academic and athletics schedules.	Council Coordination Committee	3/13/20
COVID-19 related medical expenses.	Adopted emergency temporary legislation requiring institutions to: (1) Review the insurance coverage for all student-athletes who may compete in the fall and provide them with information; (2) Inform student-athletes of the risk classification of their sports according to the Resocialization of Sport Guidelines; and (3) Provide detailed information about how the institution is complying with the NCAA Resocialization of Sport: Developing Standards for Practice and Competition, including reliance upon local community tracing to determine source of COVID-19.	Board of Directors	8/21/20
Summer Benefits – Football and Basketball.	Approved a blanket waiver for 2021 summer of Bylaw 16 benefits and expenses to allow additional flexibility to provide football and basketball student-athletes with funds up to the amount that would have been received through summer athletics financial aid to cover meals, lodging and expenses (other than tuition/fees and books) through a summer athletics scholarship.	Council	4/15/21

Playing and Practice Seasons			
Topic	Action	Authority	Date
Expenses related to canceled foreign tours.	Approved a blanket waiver to permit institutions to reimburse any expenses incurred by student-athletes (e.g., nonrefundable deposits for travel not covered by the institution) in conjunction with a foreign tour that will not occur due to COVID-19.	Council Coordination Committee	3/20/20
Varsity squad size limitation – baseball.	In baseball, allowed institutions to exempt any student-athlete who would have exhausted eligibility at the conclusion of the 2019-20 academic year from the 2020-21 varsity squad size limitation of 35 provided the student-athlete received a season of competition waiver and/or an extension of eligibility based on COVID-19 (criteria outlined above) and the student-athlete is participating on the same team as he was in 2019-20.	Council	3/30/20
Virtual nonphysical countable activities.	<p>4/16/20: Approved a waiver to permit, through May 31, 2020, all sports to require up to eight hours per week of virtual nonphysical countable activities (e.g., film review, chalk talk, team meetings) and, for each sport, to require an institution to provide student-athletes at least one day off per week (rather than the legislated two days outside the season).</p> <p>In football, this waiver applies regardless of whether this period includes weeks designated as student-athlete discretionary time.</p> <p>5/15/20: Clarified that the application of the current waiver precludes voluntary on-campus athletics activities in all sports and precludes required athletics activities in football and basketball through May 31, 2020.</p> <p>5/22/20: Extended the current waiver permitting up to eight hours of required virtual nonphysical countable athletically related activities per week with one required day off per week through June 30. Additionally, the Council determined that voluntary on-campus activity is permissible beginning June 1. The waiver relief may be applied to all student-athletes regardless of whether they are in the locale of the institution and are participating in voluntary athletics activities. Current NCAA legislation governing voluntary activities (e.g., permissible personnel involved) continues to apply.</p> <p>6/17/20: Extended through July 31 the current waiver permitting up to eight hours of required virtual nonphysical countable athletically related activities per week in sports other than football and basketball, with one required day off per week. Basketball and football are addressed by their summer models.</p> <p>7/22/20: Extended the application of the waiver in all sports for the remainder of the summer and to one week before the start of the final examination period of an institution's fall term.</p>	Council Coordination Committee	<p>4/15/20; effective 4/20/20.</p> <p>Updated: 5/15/20; 5/22/20; 6/17/20; 7/22/20; 12/16/21</p>

	<p>12/16/20: Extended the application of the previous waiver as a blanket waiver in all sports to include the week beginning with a student-athlete's return to campus for safety protocols (e.g., mandated testing activities, required quarantine period) or the opening day of classes of the institution's 2021 winter/spring term, whichever is earlier. The waiver applies until one week before the start of the final examination period of the institution's 2021 spring term.</p> <p>In granting this request, the staff noted:</p> <ol style="list-style-type: none"> 1. The blanket waiver extends the Council Coordination Committee action from April 20, 2020, that was previously extended on May 15, May 22, June 17 and July 22, 2020, for all sports; 2. The blanket waiver permits all sports to require up to eight hours per week of virtual nonphysical countable activities (e.g., film review, chalk talk, team meetings) and, for each sport, requires an institution to provide student-athletes at least one day off per week (rather than the legislated two days outside the season); 3. Allowing the July 22, 2020, Council Coordination Committee action to expire at the conclusion of the institution's 2020 fall term allows student-athletes a break from participation in countable athletically related activities between terms; 4. Student-athletes do not need to be enrolled full-time during the during 2021 winter/spring terms in order to apply this waiver. This would include student-athletes who are not enrolled in any credits during the term; 5. The waiver was requested and supported by the Student-Athlete Experience Committee; and 6. The Collegiate Commissioners Association Compliance Administrators and NCAA Division I Student-Athlete Advisory Committee supported the waiver request. <p>In granting this request, the staff noted the unique and extenuating circumstances associated with the COVID-19 pandemic.</p> <p>Finally, because the nature of the request may decrease the amount of student-athlete discretionary time allocated by legislation, institutional medical staff should be</p>		
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	<p>properly consulted as to the impact on overall student-athlete well-being and have ultimate discretion as to the appropriateness of any supplemental required activities.</p> <p>See Case No. 1117142 in Requests/Self-Reports Online via the search tab. Additional information regarding blanket waivers can be found on the Committee for Legislative Relief homepage.</p>		
Strength and conditioning coach's virtual involvement in a student-athlete's voluntary workouts.	<p>Determined that a strength and conditioning coach may, beginning June 1, 2020, virtually observe a student-athlete's voluntary workouts for health and safety purposes and have discussions with the student-athlete related to such workouts, provided the student-athlete initiates the request for the observation and/or discussion.</p> <p>The Council Coordination Committee noted that, consistent with feedback from the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports Prevention and Performance Subcommittee, an institution that elects to permit strength and conditioning coaches to virtually observe student-athlete workouts should proactively take into consideration its overarching responsibility to protect the health of, and provide a safe environment for, each student-athlete and address how the strength and conditioning coach would respond in the event that an unsafe workout environment is observed or in the event that a medical emergency occurs during the observational session.</p>	Council Coordination Committee	5/27/20; effective, 6/1/20

Waiver of outside competition legislation.	<p>Approved a waiver of Bylaw 17.33 (outside competition, effects on eligibility) to permit, in sports other than basketball and football, a student-athlete to participate in noncollegiate, amateur competition on an outside team during the 2020 fall term if his or her institution will not engage in competition during the term. Regulations that apply to permissible outside competition (e.g., limit on number of student-athletes from any one institution) continue to apply under the application of the waiver. An institution or conference may not provide expenses for such competition and the student-athlete must be in good academic standing. A student-athlete who remains enrolled at the institution may not miss class to participate in outside competition. All competition should adhere to federal, state, local and other applicable guidelines related to COVID-19.</p> <p>The Committee on Academics will allow the missed term exception to apply to any term in which outside competition occurs under circumstances consistent with the blanket waiver.</p> <p>12/18: Extended the blanket waiver to cover the 2020-21 academic year. All previous conditions continue to apply.</p> <p>See Case No. 1117123 in Requests/Self-Reports Online via the search tab. Additional information regarding blanket waivers can be found on the Committee for Legislative Relief homepage.</p>	Council Coordination Committee/Committee on Academics/NC AA Staff	8/5/20 Updated: 12/18/20
Qualifying regular-season multiple-team events – Men's basketball.	<p>5/10/21: NCAA staff approved limited extension of the above blanket waiver. Specifically, staff approved a blanket waiver to permit the following during the 2021-22 men's basketball season:</p> <ol style="list-style-type: none"> 1. Two teams from the same conference may participate in the same MTE provided one or both teams signed a contract to participate in the same event during the 2020-21 season; and 2. A team may participate in the same MTE twice in a four-year period, provided the team's first participation in the four-year period occurred during the 2020-21 season. 	NCAA Staff	Updated: 11/25/20, 5/10/21
Countable athletically related activities following competition – Sports other than football.	<p>Approved a blanket waiver to permit sports other than football to participate in up to one hour of film review and/or team meetings following competition when the team is competing on the following day during the 2020-21 season, provided:</p> <ol style="list-style-type: none"> 1. Teams do not participate in any physical countable athletically related activities (e.g., practice, strength/conditioning workout, walkthrough, shootaround) following competition; and 	Committee for Legislative Relief	11/24/20

	<p>2. Time spent in film review and/or team meetings following competition must be included in the daily (four) and weekly (20) hour limitations.</p> <p>Finally, because the waiver creates the potential for increased required activity while potentially decreasing time that would be otherwise allocated at the discretion of student-athletes, an institution's medical staff should be properly consulted as to the impact on overall student-athlete well-being, and have ultimate discretion consistent with independent medical care legislation, with respect to any required post-competition activities that occur.</p>		
Playing and practice seasons – Sports other than basketball and football.	Approved a blanket waiver permitting an institution, in sports other than basketball and football, to break up its playing seasons into multiple segments (e.g., two or more) for the 2020-21 academic year.	Council	1/11/21
Playing and practice seasons – football limit on number of participants for 2021-22 academic year.	Approved a blanket waiver to permit FBS and FCS institutions to exclude football student-athletes from the preseason limit on the number of participants for the 2021-22 academic year, provided the student-athletes are returning to the same institution and would have exhausted eligibility during the 2020-21 academic year but for COVID-related season-of-competition and extension of eligibility waivers.	NCAA staff	1/21/21
Out-of-Season Activities Legislation – Football [FBS and FCS]	Approved a blanket waiver to permit institutions to increase, from eight to ten hours, the weekly limit on out-of-season countable athletically related activities to provide two additional hours for meetings and film review. Walk-throughs remain limited to not more than two hours per week.	Council	Adopted 2/17/21, effective 2/22/21
Summer Athletics Activities – Football [FBS and FCS] and Basketball	Approved a blanket waiver for summer 2021 to allow basketball and football student-athletes to participate in summer athletics activities without requiring enrollment in summer school.	Council	3/17/21
Out-of-Season Activities Legislation – Sports Other than Football	Approved a blanket waiver to permit institutions to increase, from eight to ten hours, the weekly limit on out-of-season countable athletically related activities. The two additional hours may be used only for meetings and film review. Consistent with current legislation, two days off per week are required.	Council	Adopted 3/17/21, effective 3/22/21
Participation in Required Virtual Nonphysical Countable Athletically Related Activities – Sports Other than Basketball and Football	Approved a blanket waiver to permit student-athletes, in sports other than basketball and football, to participate in up to eight hours of required virtual nonphysical countable athletically related activities (e.g., film review, chalk talk, team meetings) per week beginning on the first date following the conclusion of the institution's final exam period for the 2021 spring term. The waiver expires on the first day of classes for the institution's 2021 fall term or the start of the preseason practice period, whichever is earlier.	NCAA Staff	4/30/21

	The waiver further permits prospective student-athletes (e.g., incoming freshmen, transfers) to participate in up to eight hours of virtual nonphysical countable athletically related activities per week provided the prospective student-athlete has completed all academic requirements for high school graduation of applicable transfer requirements.		
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Membership			
Topic	Action	Authority	Date
Multidivisional membership compliance review deadline.	Approved a blanket waiver to permit institutions a one-year extension from July 31, 2020, until July 31, 2021, to submit compliance review reports, as needed, or in the alternative, permit institutions to have virtual reviews conducted (Bylaw 20.4.4).	Council Coordination Committee	3/20/20
Minimum institutional financial aid requirements.	Approved a blanket waiver to allow institutions to provide less than the legislated minimum institutional financial aid requirements (Bylaw 20.9.3.2) during the 2020-21 academic year. This waiver does not provide relief from Bylaw 15 requirements, financial aid commitments to prospective student-athletes and student-athletes or regulations related to reducing or canceling financial aid.	Council Coordination Committee	5/6/20
FBS additional financial aid requirements.	Approved a three-year waiver of Bylaw 20.9.9.4. As a result, FBS institutions will be permitted to award at least 75 percent of the maximum FBS financial aid limit for three years. In addition, institutions will be permitted to award a minimum of 150 athletics grants-in-aid or expend a minimum of \$3 million on grants-in-aid to student-athletes for a period of three years.	Council	5/20/20
FBS attendance requirements.	Approved a two-year waiver of Bylaw 20.9.9.3 with no minimum attendance requirements. As a result, FBS institutions will not be required to average at least 15,000 in actual or paid attendance for home football games.	Council	5/20/20
Regular-season conference competition.	Approved a one-year waiver of Bylaws 20.02.5.3-(b) and (c). As a result, institutions will not be required to satisfy the following requirements during the 2020-21 academic year: 1. 9/25/20: In basketball, teams will not be required to participate in a regular-season conference schedule of a double round robin or in a minimum of 14 regular-season conference contests. 2. In football or in a minimum of two men's team sports other than men's basketball [as required in Bylaw 20.02.5.2-(b)], teams shall compete in a minimum regular-season conference schedule of five contests. A minimum of five regular-season conference contests must be hosted by one of the two competing teams at its home venue; and	Council	6/17/20 Updated: 9/25/20

	3. In a minimum of two women's team sports other than women's basketball (as required in Bylaw 20.02.5.2), teams shall compete in a minimum regular-season conference schedule of five contests. A minimum of five regular-season conference contests must be hosted by one of the two competing teams at its home venue.		
Waiving legal rights as a condition of participation.	Adopted emergency temporary legislation specifying that an institution shall not require a student-athlete to waive legal rights regarding COVID-19 as a condition of athletics participation. This legislation applies to all student-athletes.	Board of Directors	8/21/20
Minimum contests for sport-sponsorship requirements.	<p>Acted on the following related to sport-sponsorship requirements:</p> <ol style="list-style-type: none"> Bylaw 20.9.6 – Sports Sponsorship. Approved a blanket waiver establishing that, for the 2020-21 academic year, institutions are not required to meet sports sponsorship minimums, provided the institution intended to sponsor the requisite number of sports (and so indicated on Sports Sponsorship and Demographic Survey) and is unable to do so due to COVID-19 scheduling challenges. This action includes a waiver of the requirements of Bylaw 20.9.6.3 (minimum contests and participants requirements for sports sponsorship). Additionally, the waiver of sports sponsorship contest minimums also eliminates scheduling requirements per Bylaws 20.9.7 and 20.9.8. Bylaw 20.9.9.1 – Sports Sponsorship – FBS. Approved a blanket waiver establishing that, for the 2020-21 academic year, FBS institutions are not required to meet FBS sports sponsorship minimums, provided the FBS institution intended to sponsor the requisite number of sports (and so indicated on Sports Sponsorship and Demographic Survey) and is unable to do so due to COVID-19 scheduling challenges. Bylaw 20.9.10.1 – Sports Sponsorship – FCS. Approved a blanket waiver establishing that, for the 2020-21 academic year, FCS institutions are not required to meet FCS sports sponsorship minimums, provided the FCS institution intended to sponsor the requisite number of sports (and so indicated on Sports Sponsorship and Demographic Survey) and is unable to do so due to COVID-19 scheduling challenges. Bylaw 20.9.5 – Three Season Requirement. Approved a blanket waiver establishing that, for the 2020-21 academic year, an institution is not required to conduct at least one sport in every sport season. 	Council	10/14/20

	5. Bylaw 20.02.5.2 – Multisport Conference – Sports Sponsorship. Approved a blanket waiver establishing that, for the 2020-21 academic year, Division I conferences are not required to meet sports-sponsorship requirements to be considered multisport conferences.		
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Championships and Postseason																											
Topic	Action	Authority	Date																								
Automatic qualification requirements – division championship.	Approved a one-year waiver of Bylaw 31.3.4.1. As a result, institutions will not be required to satisfy the automatic qualification requirements outlined in Bylaw 31.3.4.1 during the 2020-21 academic year in order to remain eligible for automatic qualification. The conference is required to forward notification of its automatic qualifier selection process to the applicable sport committee at least two weeks prior to the NCAA championship selection date in that sport.	Council	6/17/20																								
Waiver of minimum contests required for at-large championship selection – Spring sports.	Approved, for the 2020-21 academic year only, a 50 percent reduction in the minimum number of contests/dates of competition required for at-large championships selection in spring sports, as specified below:	Competition Oversight Committee	12/8/20																								
	<table><tr><th>Sport</th><th>Modified Requirement (50% Reduction)</th></tr><tr><td>Baseball</td><td>14</td></tr><tr><td>Beach Volleyball</td><td>4</td></tr><tr><td>Golf</td><td>4 dates of competition (8 stroke-play rounds)</td></tr><tr><td>Men's Lacrosse</td><td>5</td></tr><tr><td>Women's Lacrosse</td><td>5</td></tr><tr><td>Women's Rowing</td><td>3</td></tr><tr><td>Softball</td><td>14</td></tr><tr><td>Tennis</td><td>6</td></tr><tr><td>Outdoor Track and Field</td><td>2</td></tr><tr><td>Men's Volleyball</td><td>10</td></tr><tr><td>Women's Water Polo</td><td>5</td></tr></table>			Sport	Modified Requirement (50% Reduction)	Baseball	14	Beach Volleyball	4	Golf	4 dates of competition (8 stroke-play rounds)	Men's Lacrosse	5	Women's Lacrosse	5	Women's Rowing	3	Softball	14	Tennis	6	Outdoor Track and Field	2	Men's Volleyball	10	Women's Water Polo	5
	Sport			Modified Requirement (50% Reduction)																							
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	Tennis			6																							
	Outdoor Track and Field			2																							
	Men's Volleyball			10																							
	Women's Water Polo			5																							

Contingency Plan for Winter (Other than Basketball) and Spring Championships.	<p>Approved a contingency plan recommended by the Competition Oversight Committee for winter (other than basketball) and spring NCAA championships if participation rates dictate that the championships cannot be conducted at full capacity:</p> <ul style="list-style-type: none"> For team and individual/team sports, the field size will be determined by the number of eligible conferences competing (conferences qualifying for an AQ) in the regular season at the designated determination date (30 days prior to selections). <ul style="list-style-type: none"> Field size will remain at 100% if more than 50% of AQ conferences are competing. If 50% or fewer of AQ conferences are competing, field size will be reduced to 75% of normal size. All AQs will be accommodated and remaining field will be populated with at-large selections. For individual sports, the field sizes will be determined by the percentage of institutions competing in the regular season at the designated determination date (30 days prior to selections). <ul style="list-style-type: none"> If more than 50% of sponsoring institutions are competing, field size will remain at 100%. <p>If 50% or fewer of sponsoring institutions are competing, field size will be reduced to 75% and only 75% of the standard number of student-athletes will be selected to the championships.</p>	Council Coordination Committee	2/3/21
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General			
Topic	Action	Authority	Date
AMA COVID-19 Question and Answer Guide.	Published initial version of the Division I COVID-19 Question and Answer Guide , to be updated weekly.	AMA Staff	4/1/20; Final update, 7/30/21

Health and safety input.	<p>Identified the following health and safety topics for consideration by the NCAA Committee on Competitive Safeguards and Medical Aspects of Sport Prevention and Performance Subcommittee:</p> <ol style="list-style-type: none"> 1. Mandatory medical examinations (see Attachment C for 5/6/20 CSMAS feedback); 2. Summer athletics activities: Virtual countable athletically related activity, voluntary athletically related activity and team activities (see Attachment D for 5/13/20 CSMAS feedback); 3. Summer access and fall preseason transition considerations (see Attachment E for 6/10/20 CSMAS feedback); and <p>Available personnel to attend to COVID-19 operational/logistical issues (see Attachment F for 6/26/20 CSMAS feedback).</p>	COVID-19 Playing and Practice Season Internal Working Group and NCAA Committee on Competitive Safeguards and Medical Aspects of Sport Prevention and Performance Subcommittee	<p>4/16/20;</p> <p>Updated: 5/6/20, 5/13/20, 6/10/20, 6/26/20</p>
Revenue distribution -- Board of Directors Finance Committee Policy	Agreed to allow the intent to sponsor sports during the 2020-21 academic year to be sufficient for the 2022 Sports Sponsorship Fund eligibility, similar to the approach used for the 2020 spring season.	NCAA Division I Board of Directors Finance Committee	8/5/20
Revenue Distribution – Policy Requiring Participation in NCAA Men’s Basketball Championship.	Approved a one-time waiver of the policy requiring participation in the NCAA Men’s Basketball Championship to be eligible for the Equal Conference Fund. As a result, the 2022 Equal Conference Fund will be distributed to all conferences, irrespective of their participation in the 2021 Division I Men’s Basketball Championship.	Board of Directors	02/24/21
Application of drug-testing penalties due to COVID-19.	Supported additional flexibility to ensure drug-testing penalty application during 2020-21 remains consistent with the intent of the legislation. Specifically, the committee noted the following: (1) COVID-19 has significantly impacted the length of playing seasons during 2020-21; (2) Application of drug-testing penalties during 2020-21 should result in a proportionate impact to the student-athlete as compared to a typical year. For example, a student-athlete who tested positive for a banned substance should have proportionately less access (e.g., 50% or one season) to competition than a student-athlete who did not test positive; (3) In certain scenarios, drug-testing withholding penalties should be reduced to 75% of the Bylaw 17 maximum contest limitation or the conference limit on total contests for the 2020-21 season, whichever is fewer; and (4) Staff is encouraged to use flexibility to apply the intent of the drug-testing penalties when unique fact scenarios related to COVID-19 are present.	Committee on Competitive Safeguards and Medical Aspects of Sport	12/9/20

Institution's Obligation to Submit Concussion Safety Protocol.	Extended, on the recommendation of CSMAS, the waiver of an institution's obligation to submit its concussion safety protocol to the NCAA Concussion Safety Protocol Committee for 2021. The waiver does not change an institution's obligation to maintain an appropriate concussion management plan, including a concussion safety protocol that is consistent with the NCAA Concussion Safety Protocol Checklist. The waiver only eliminates an institution's requirement to submit its concussion safety protocol for 2021.	Council Coordination Committee	3/10/20
Limited Legislative Moratorium.	Established a limited moratorium on Council-governance, conference-sponsored legislative proposals for the 2021-22 legislative cycle. Exceptions to the moratorium would include conference-sponsored proposals related to: (1) significant membership priorities, including concepts intended to address the impact of COVID-19; and (2) Concepts that advance the NCAA Division I Board of Directors' strategic areas of emphasis, including its modernization agenda. Conferences will continue to be permitted to submit other legislative concepts for consideration to Council standing committees. Conferences will also be permitted to submit amendments to Council-sponsored proposals.	Council	3/17/21, effective for the 2021-22 legislative cycle

NCAA Division I Men's and Women's Basketball 2020-21 Playing Season Update

Summary of Basketball Start of Season Actions Taken by Division I Council	
Area of Focus	Adopted Application as of September 16 Council Action
Transition Period.	September 21 through October 13, 2020.
Preseason Practice Period.	October 14 through November 24, 2020.
First Permissible Contest Date.	November 25, 2020.
Maximum Number of Contests.	Reduce maximum number of contests by four.
Minimum Number of Contests for Sports Sponsorship.	Waived minimum number of contests required for sports sponsorship (See Council's October 14 action).
Regular-Season Conference Competition Minimum Requirements for NCAA Division I Championship Automatic Qualification.	Waived for 2020-21 basketball season.
Scrimmages and Exhibition Games.	Prohibited prior to first permissible contest date.

First Permissible Contest Date and First Practice Date.

September 2020							October 2020							November 2020							December 2020						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7			1	2	3	4	5
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
27	28	29	30				25	26	27	28	29	30	31	29	30						27	28	29	30	31		

September 21-October 13: Transition period based on first permissible contest date. A maximum of 12 hours per week of strength and conditioning activities, sport-related meetings and skill instruction, with not more than eight hours per week spent on skill instruction, and two days off per week.

October 14-November 24: Preseason practice period based on first permissible contest date. A maximum of 20 hours per week, four hours per day and one day off per week.

November 25, 2020: First permissible contest date.

Maximum Number of Contests Chart		
	Normal Legislated Application	Adopted Emergency Legislation for 2020-21 Season
Men's Basketball	28 + MTE (3 contests); or 29 + MTE (2 contests); or 29 and no MTE	24 + MTE (3 contests); or 25 + MTE (2 contests); or 25 and no MTE.
Women's Basketball	27 + MTE (4 contests); or 29 and no MTE	23 + MTE (4 contests); or 25 and no MTE.

Division I Football 2021 Fall/Spring Preseason: Recommendation

Fall Access Through September 20

- Through September 20, only 12 hours of countable athletically related activities (including five hours of non-contact skill instruction) are permitted each week.
- Beginning September 21, institutions may conduct on-field practice activities.
- Between September 21 and December 31, all days/weeks outside of the preseason practice period, regular season or “fall ball” are limited to 12 hours of countable athletically related activities (including five hours of non-contact skill instruction).
- Activity is limited to no more than four hours per day.
- Two days off per week.

Preseason

- For two weeks prior to the start of this period, institutions are permitted to engage in up to 20 hours per week of non-contact countable athletically related activities to prepare for the preseason practice period, as follows (identical to what was approved in the summer/fall model):
 - Up to eight hours per week for weight training, conditioning and film review (not more than two hours of film review per week).
 - Up to one hour per day for a walk-through (not more than six hours/week), which may include the use of a football.
 - Up to one hour per day for meetings (not more than six hours/week), which may include team meetings, position meetings, 1-on-1 meetings, etc.
 - Two days off are required during this period.
- All existing preseason legislation applies (e.g., practice may begin 29 days before the first scheduled contest, five-day acclimatization period, limit of 25 on-field practices). (See Bylaws 17.1.7.4.4, 17.1.7.6.4, 17.11.2.4 and 17.11.2.5.)

“Fall Ball”/Spring Practice

- Institutions may conduct “fall ball” or a spring practice period during the 2020-21 academic year.
- Institutions must complete their regular season during the fall to engage in a spring practice period.
- Institutions conducting “fall ball” may not engage in preseason practice (including the two 20-hour weeks preceding preseason practice) or competition before January 1.
- Institutions conducting “fall ball” during the fall 2020 term would use the existing spring practice model (e.g., 15 on-field practices within 34 consecutive days). (See Bylaw 17.11.6.5.)
- Institutions must declare their first contest date before engaging in fall ball.
- Once started, if practice must be paused due to COVID-19, missed days may be used later in this window.
- “Fall ball” and the preseason practice period (including the two 20-hour weeks preceding preseason practice) must be separated by at least 30 days of non-contact activities, which must include two weeks of discretionary student-athlete time, one of which must be the week prior to the return to CARA activity.

Regular Season

- Last date of competition Saturday, April 17.
- An institution's last date of competition must occur within 13 weeks after its first date of competition.
- Existing maximum contest limits (e.g., 12 contests for FBS, 11 contests for FCS) and normal practice limitations apply.
- Potential for additional week for conference championship game; question of bowl game opportunities remains open.
- Conferences can configure and start/end their seasons at their discretion, as long as the last date of competition for each institution occurs within 13 weeks of the institution's first contest and no later than April 17.
- FBS institutions must provide eight weeks of discretionary time between September 20 and the start of 2021 preseason practice.
 - See Bylaw 17.11.6.1.1.
- Autonomy institutions (and institutions who have opted into autonomy legislation) must provide a seven-day discretionary period at the end of the regular season and/or postseason (e.g., championship segment).
 - See Bylaw 17.1.7.10.7.

2021 Summer Access/Preseason

- Eight weeks of access and one mandatory week off.
- Would need to be adjusted depending on the end of the postseason (e.g., later FCS championship game, bowl games, CFP).

Additional Information

- Institutions that engage in any competition during the fall 2020 term may not conduct a “fall ball” segment during that term. For those institutions, the practice and competition that occurred during the fall 2020 term serves as their “fall ball.”
 - Institutions that engage in any competition during the fall 2020 term and also plan to compete in the spring term are **restricted to eight hours per week** of countable athletically related activities after their last date of fall competition until the first date of preseason practice, which may not begin until January 1, 2021.
 - See Bylaw 17.1.7.2-(b) and (c).
 - Institutions that engage in any competition during the fall 2020 term and do not compete during the spring term may conduct a spring practice segment.
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Example 1:

- First date of competition: **November 14.**
- Enhanced fall access/fall ball: **None.**
- Preseason access window begins: **October 16**
- Spring practice window: **None.**
- Student-athlete discretionary weeks must be provided.
Summer/Fall continues as legislation permits.

August 2020							September 2020							October 2020							November 2020							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1			1	2	3	4	5						1	2	3	1	2	3	4	5	6	7
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	29	30						
30	31																											

December 2020							January 2021							February 2021							March 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2		1	2	3	4	5	6		1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27	21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28	29	30	28							28	29	30	31			
							31																				

April 2021							May 2021							Fall Activity: 12 CARA Hours							Preseason Camp							Competition Window						
S	M	T	W	T	F	S	S	M	T	W	T	F	S																					
				1	2	3							1																					
4	5	6	7	8	9	10	2	3	4	5	6	7	8																					
11	12	13	14	15	16	17	9	10	11	12	13	14	15																					
18	19	20	21	22	23	24	16	17	18	19	20	21	22																					
25	26	27	28	29	30		23	24	25	26	27	28	29																					
							30	31																										

Example 2:

- First date of competition: **December 31.**
- Enhanced fall access/fall ball: **None.**
- Preseason access window begins: **December 2.**
- Spring practice window: **None.**
- Student-athlete discretionary weeks must be provided.
- Summer/Fall continues as legislation permits.

August 2020							September 2020							October 2020							November 2020						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	29	30					
30	31																										

December 2020							January 2021							February 2021							March 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2		1	2	3	4	5	6		1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27	21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28	29	30	28							28	29	30	31			
							31																				

April 2021							May 2021							Fall Activity: 12 CARA Hours							Preseason Camp							Competition Window						
S	M	T	W	T	F	S	S	M	T	W	T	F	S																					
				1	2	3							1																					
4	5	6	7	8	9	10	2	3	4	5	6	7	8																					
11	12	13	14	15	16	17	9	10	11	12	13	14	15																					
18	19	20	21	22	23	24	16	17	18	19	20	21	22																					
25	26	27	28	29	30		23	24	25	26	27	28	29																					
							30	31																										

- First date of competition: **January 23.**
- Enhanced fall access/fall ball: **Sept. 21-Oct. 25.**
- Preseason access window begins: **January 1.**

- | |
|----------------------------------|
| Fall Activity: 12 CARA Hours |
| Enhanced Fall Access (Fall Ball) |
| Preseason Camp |
| Competition Window |

August 2020						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 2020						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2020						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2020						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2020						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

January 2021						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2021						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March 2021						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 2021						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May 2021						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Fall Activity: 12 CARA Hours
Enhanced Fall Access (Fall Ball)
Preseason Camp
Competition Window

Example 4:

- First date of competition: **February 20.**
- Enhanced fall access/fall ball: **Sept. 21-Oct. 25.**
- Preseason access window begins: **January 22.**
- Spring practice window: **None.**
- Student-athlete discretionary weeks must be provided.
- Summer/Fall continues as legislation permits.

August 2020							September 2020							October 2020							November 2020						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	29	30					
30	31																										

December 2020							January 2021							February 2021							March 2021							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
			1	2	3	4	5						1	2		1	2	3	4	5	6		1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13	7	8	9	10	11	12	13	
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20	14	15	16	17	18	19	20	
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27	21	22	23	24	25	26	27	
27	28	29	30	31			24	25	26	27	28	29	30	28							28	29	30	31				
							31																					

April 2021							May 2021							Fall Activity: 12 CARA Hours						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	Enhanced Fall Access (Fall Ball)						
				1	2	3							1							
4	5	6	7	8	9	10	2	3	4	5	6	7	8							
11	12	13	14	15	16	17	9	10	11	12	13	14	15							
18	19	20	21	22	23	24	16	17	18	19	20	21	22							
25	26	27	28	29	30		23	24	25	26	27	28	29							
							30	31						Competition Window						
														FCS Championship Game						

Example 5: Fall and Spring Competition

- Dates of competition (fall/spring): **Sept. 12/Feb. 20.**
- Enhanced fall access/fall ball: **None.**
- Preseason access window begins: **January 22.**
- Spring practice window: **None.**
- Student-athlete discretionary weeks must be provided.
- Summer/Fall continues as legislation permits.

August 2020							September 2020							October 2020							November 2020							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1			1	2	3	4	5						1	2	3	1	2	3	4	5	6	7
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	11	8	9	10	11	12	13	14
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	18	15	16	17	18	19	20	21
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	19	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	22	23	24	25	26	27	28	
30	31																				29	30						

December 2020							January 2021							February 2021							March 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4	3	4	5	6	7	8	9		1	2	3	4	5	6		1	2	3	4	5	6
6	7	8	9	10	11	12	10	11	12	13	14	15	16	7	8	9	10	11	12	13	7	8	9	10	11	12	13
13	14	15	16	17	18	19	17	18	19	20	21	22	23	14	15	16	17	18	19	20	14	15	16	17	18	19	20
20	21	22	23	24	25	26	24	25	26	27	28	29	30	21	22	23	24	25	26	27	21	22	23	24	25	26	27
27	28	29	30	31			27	28	29	30				28							28	29	30	31			
							31																				

April 2021							May 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	2	3	4	5	6	7	1
4	5	6	7	8	9	10	9	10	11	12	13	14	8
11	12	13	14	15	16	17	16	17	18	19	20	21	15
18	19	20	21	22	23	24	23	24	25	26	27	28	22
25	26	27	28	29	30		23	24	25	26	27	28	29
							30	31					

Fall Activity: 12 CARA Hours
Enhanced Fall Access (Fall Ball)
Out of season access: 8 CARA Hours
Preseason Camp
Competition Window
FCS Championship Game

**CSMAS PREVENTION & PERFORMANCE SUBCOMMITTEE
MANDATORY MEDICAL EXAMINATIONS**

Areas of Inquiry / Requests for Input	
Do available health and safety data and/or industry best practices support or contest the possibility that the safety and well-being of new incoming student athletes can be adequately addressed:	
1	If an incoming student-athlete has not completed the mandatory medical exam within the six months prior to his/her participation in applicable athletics-related activities (e.g.; the exam was conducted more than six months prior to start and/or another one isn't conducted until after the start of participation)? Please describe any data or best practices relied on in your response.
2	If the required medical exam is conducted by someone other than a physician or properly licensed nurse practitioner? Please describe any data or best practices relied on in your response.
3	If the exam or evaluation is conducted by means of telehealth appointment? Please describe any data or best practices relied on in your response.

Issue Description/Assumptions
<p>Prior to participation in any practice, competition or out-of-season conditioning activities (or in Division I, permissible voluntary summer conditioning or individual workouts, or permissible required summer athletic activities in basketball and football), any incoming student-athlete is required to undergo a medical examination or evaluation administered or supervised by a physician or properly licensed nurse practitioner and it must be administered within six months prior to participation. In Division I the same requirement applies to participation in permissible voluntary summer conditioning or individual workouts. In Division I football and basketball, it also applies to participation in required summer athletic activities). The exam or evaluation may be conducted on campus or at home prior to arrival but must include a sickle cell solubility test unless documented results of a prior test are provided to the institution or the student-athlete declines the test and signs a written release. The requirement does not currently specifically prohibit or permit the use of telehealth appointments to satisfy the exam or evaluation requirement.</p> <p>It is typical for incoming student-athletes to schedule exam appointments in the spring or summer prior to the start of their participation. Many did not complete the necessary exam prior to the implementation of current COVID-related restrictions. The impact is broad in that it doesn't distinguish between traditional and non-traditional</p>

seasons and any incoming student-athlete looking to participate in any athletic activities commencing over the summer or at any point during the year would be required to meet the requirement.

Summary of Subcommittee Feedback

1. The subcommittee noted that while the delivery of health care has undoubtedly changed with the advent of CV-19, general access to health care and the number of available practicing physicians and nurse practitioners has not. For the great majority of individuals, necessary care appointments are still available and very accessible.
 - a. For example, facilities continue to regularly schedule and conduct well exams and vaccinations. Mandatory medical exams would fall into this same category of visits.
2. The subcommittee noted that most mandatory medical exams are conducted before SAs return to campus and are scheduled within 2-4 weeks before return. Therefore, student-athletes should not have difficulty scheduling and completing an appointment with a physician or appropriately licensed nurse practitioner over the summer months.
3. For those student-athletes who are not able to complete an exam before arriving to campus, schools will need to address the requirement once the student arrives. In most cases, this should not create an unreasonable burden on resources, and in fact, many schools have always required that mandatory medical exams be conducted on campus so there would be no change in process for these schools as a result of CV-19. Nevertheless, schools should give operational attention to this issue and begin planning accordingly.
4. The subcommittee believes that, in light of the applicable regulations and unique nature of institutional health care structure and student-athlete needs, determinations around whether and to what extent the use of telehealth to accommodate health care needs should be made at the institutional level.
 - a. However, it identified that the telehealth model was designed to supplement, not replace, the broader point of care structure, and it would be extremely difficult if not impossible to conduct certain aspects of a mandatory medical exam (e.g.; cardio/respiratory and other unique individual medical conditions or considerations) other than as part of an in-person appointment. For these reasons it cautioned that, while the telehealth model may

be appropriate for use with returning student-athletes who are known to the university medical staff, a new incoming student-athlete (e.g., freshman or transfer) would present an entirely different set of best practice considerations.

5. The subcommittee recognized and acknowledged the significant financial and resource constraints facing many members schools and emphasized that, in light of that, it's more important than ever for the school AHCA and school leadership to confirm that an institution is appropriately staffed to provide a safe and healthy environment for any student-athletes who are permitted to return to campus and to adequately address their unique health care needs and requirements, whatever those may be.

**CSMAS PREVENTION & PERFORMANCE SUBCOMMITTEE
FLEXIBILITY IN SUMMER CARA**

Areas of Inquiry / Requests for Input	
A.	Do available health and safety data and/or industry best practices support or contest the possibility that the safety and well-being of student athletes can be adequately addressed:
	1. If strength and conditioning coaches are permitted to conduct or require physical athletically related activities remotely (i.e., “virtually”), including conditioning and strength training activities?
	2. If sport coaches are permitted to conduct or require skills training and other physical athletically related activities remotely (i.e., “virtually”)?
	3. If required organized team activities are permitted during the summer period for student-athletes who are on campus? Organized team activity period may involve, among others, any of the following: <ul style="list-style-type: none"> • On-field/on-court, coach-led, practice-like conditions, focused on skill instruction, including sport-specific activities, drills, and plays; • Football only: non-contact; modified protective equipment (e.g., helmets only); and/or • 10-14 total organized team sessions during the summer period.
B.	Are there any sport-specific factors (eg; football, basketball, others) that warrant additional call out or consideration with respect to your responses above?
C.	If implementation of one or more of the alternatives identified above would require interim or permanent legislative or policy waiver or change, would you support that?

Issue Description/Assumptions
<p>Institutions are currently permitted to provide recommended workouts to student-athletes, to provide them with instructional video and to require student-athletes to report back on voluntary workout activities only to medical providers. However, virtual workouts and coach-led team practices during the summer period are not permitted under NCAA legislation or existing COVID-19 waivers. Schools and conferences have identified the possibility of virtual workouts and summer practices as potential alternatives that could help student-athletes maintain physical fitness and requisite skill levels prior to returning to traditional and non-traditional workouts in the fall. NCAA legislation and policy identify numerous required or recommended health and safety precautions that must be satisfied in connection with student-athlete participation in required practice activities. Because none of the existing legislative or policy provisions contemplated virtual practices or team practice activities occurring during the summer period, stakeholders are soliciting input with respect to whether, if permitted, existing health and safety precautions must apply to these</p>

activities or whether there may be flexibility via alternative measures that might adequately address health and safety considerations in these scenarios.

Summary of Subcommittee Feedback

1. Required or School-Conducted Virtual Physical Athletically Related Activities

The subcommittee reviewed the various health and safety requirements and considerations set forth in applicable NCAA legislation and association-wide policy including those provisions described in the “Input/Context” section above. It acknowledged that it would be incredibly challenging, but not necessarily impossible, for an institution to adequately address all of the precautions via a virtual model and that the challenge would vary depending on the workout model being utilized (eg; one or two athletes vs. large groups or entire teams). For example, DI legislation requires the presence of first aid/AED/CPR-certified personnel during all physical, countable athletically related activities. Additionally, [association-wide catastrophic injury prevention materials](#) provide that an institution should have emergency action plans that account for:

- Fast access to AED technology;
- Specifics related to the venue, sport and circumstances which, for virtual workouts, would vary further by student-athlete circumstance;
- A wide variety of risks including, among others, head and neck injuries, cardiac arrest, exertional heat illness and heat stroke, exertional rhabdomyolysis, asthma, exertional collapse associated with sickle cell trait and diabetic emergency; and
- Workout plans that should be prepared in advance, documented and should account for various health and safety considerations including a workout location designed to accommodate venue-specific emergency action planning.

With respect to required and/or school-conducted virtual physical athletically related activities, the subcommittee identified that the health & safety risks would be no different than they are for on-campus workouts such that *if all existing health & safety requirements are met*, there would be no student-athlete well-being rationale for prohibiting these types of activities.

2. Voluntary/Discretionary Virtual Workouts

Assuming that a workout is truly voluntary (both in perception and legislatively), the subcommittee identified a potential health & safety benefit related to providing flexibility for strength and conditioning coaches to observe certain aspects of virtual workouts, especially where the observation or specific health and safety feedback (eg; proper form) has been requested, unsolicited, by the student-athlete. While the majority of the various legislative and policy requirements that apply to required or school-conducted workouts would not apply to these types of student-athlete initiated requests for observational support and feedback, the subcommittee did express that a school's willingness to participate in this way should proactively take into consideration the school's overarching responsibility to protect the health of, and provide a safe environment for, each student-athlete and address how the strength and conditioning coach would respond in the event that an unsafe workout environment is observed or in the event that a medical emergency occurs during the observational session. So long as these risks are adequately addressed, the subcommittee agreed that the identified health and safety benefit of virtual involvement of strength and conditioning coaches would support these types of activities. The subcommittee did not agree that the same identified health and safety benefit would apply where coaches are asked to participate in virtual skills training observation.

3. Organized Team Activities During Summer Period

The subcommittee concluded that, generally, assuming activities are conducted in a manner consistent with state and local reopening guidelines and student-athletes are properly transitioned and acclimatized, the health & safety risks related to summer team activities would be no different than they are for on-campus practices during the school year; such that *so long as all existing health & safety requirements are met*, there would be no student-athlete well-being rationale for prohibiting these types of activities. However, the subcommittee highlighted the need for schools to pay close attention to transition and acclimatization best practices (eg; those intended to address heat, altitude, deconditioning risks) including, among others, those identified in the association-wide [catastrophic injury prevention policy](#), as student-athletes return to campus and resume physical training activities and it encouraged schools to consider a more conservative approach (eg; a longer transition period) where individual institutional or student-athlete factors or risks may warrant. Similarly, and in light of acclimatization and other injury data and related risks pertaining to "full pads" workouts, such team activities, if permitted for football, should be limited to no contact "helmet only" activities.

**CSMAS PREVENTION & PERFORMANCE SUBCOMMITTEE
2020 Summer Access / Fall Preseason Transition Considerations**

Areas of Inquiry / Requests for Input	
A.	Can other student-athlete safety and well-being considerations be adequately addressed via existing legislation and policy requirements or are there COVID-specific factors (e.g., cancellation of spring practice) that may warrant changes:
	1. To existing preseason transition requirements (e.g., preseason practice structure/timelines)?
	2. To existing acclimatization period requirements?
	3. To other required health and safety practices for returning student-athletes (e.g., freshmen/transfers)?
B.	When taking into consideration potential COVID-19-specific impacts (e.g., delayed return to campus) is it possible that the safety and well-being of football student-athletes could be adequately addressed:
	1. Via transition period requirements (e.g., preseason practice structure/timelines) that are more flexible than those that are currently permitted?
	2. Via a football acclimatization period that is more flexible than that which is currently required?
C.	Please describe any specific data or industry best practices that may be applicable to your responses above.
D.	If implementation of one or more of the changes discussed above would require interim or permanent legislative or policy waiver or change, would you support that?

Issue Description/Assumptions
<p>Some higher resourced schools believe a more flexible approach to preseason practice structures and timelines is warranted because of practice time lost during the spring season. Other schools are concerned that delayed campus reopening may result in a truncated amount of time between the start of team activities and the first competition, especially where schools have elected to follow the resocialization principles and implement a phased return to athletics activities. In light of these concerns, the Division I Football Oversight Committee is soliciting input specific to potential health and safety factors that should be considered as part of the broader conversation around potential preseason schedule and workout adjustments. When possible, the feedback provided below is framed to address the needs of all returning fall sports.</p>

Summary of Subcommittee Feedback
<p>The subcommittee agreed that there are numerous COVID-specific factors that will necessitate careful consideration by institutional leadership, athletics and medical staff before and as part of student-athlete return to campus. These considerations will undoubtedly warrant changes to the traditional schedules of activities. Each student-athlete is physically and mentally unique and schools should assume that each has encountered distinct COVID-specific challenges since leaving campus. This means each student-athlete will adjust to re-entry differently. Because of COVID-related factors, planning for pre-workout screening, transition and acclimatization period activities will require increased and intentional focus. In most instances, school staff will be evaluating mental, physical and performance readiness for all student-athletes as they typically would for students who are new to the program (e.g., incoming freshman and transfers).</p> <p>COVID Impact on Physical Condition of Student-Athletes</p> <p>While traditional spring and summer activities may vary by division and school, the majority of student-athletes would typically be involved in a consistent cadence and mix of voluntary workouts, required workouts and team practices from the start of spring season until the start of preseason in the fall. These traditional routines create the opportunity for frequent and consistent touchpoints between staff and student-athletes, which allow staff to understand the status of a student-athlete's mental and physical condition throughout the spring and summer, and to predict with some certainty any challenges to transition periods ahead of fall sport activities. A shortened or cancelled spring season and any loss of access to on-campus VARA activities that typically follow spring season before the summer period would contribute to increased variability in the physical condition of student-athletes as they entered the summer months.</p> <p>Subsequently, where COVID interrupts and/or disrupts traditional campus and home schedules and routines during the summer months, student-athletes can be expected to experience vast differences in their ability to access proper nutrition, sleep, work out structures and facilities. These factors will only further expand the variability in physical condition from athlete to athlete and the speed with which they are able to safely resume physical workouts when they return in the summer and fall. For reference, examples of traditional spring/summer activities, and the potential COVID-related shift in those activities, are reflected in <u>Attachment 1</u>.</p>

COVID Impact on Mental Health of Student-Athletes

Many mental health experts refer to COVID-19 as a “disaster of uncertainty” in that it creates a unique combination of sustained ambiguity and uncertainty that can result in lasting psychological trauma and burnout for those living through it. While students may eventually return to some normalcy on campus and attempt to recover from the first wave of COVID impact, they will simultaneously be dealing with many continuing future unknowns. In a recent [NCAA Survey](#) of more than 37,000 student-athletes, many reported experiencing high rates of mental distress since the discontinuation of formal college athletics activities, with over a third describing sleep difficulties, a quarter reporting feeling sadness and a sense of loss, and 1 in 10 reporting feeling so depressed it has been difficult to function “constantly” or “most every day.” In most instances, the rates of reported mental health concerns were 150% to 250% higher than that historically reported by NCAA student-athletes in the American College Health Association’s National College Health Assessment. In particular, mental health concerns were highest among student-athletes of color, those whose families are facing economic hardship, and those living alone. Not all of these challenges will be fully addressed via the return to campus. Accordingly, it will be critical for medical personnel to focus as much on the student-athletes’ psychological readiness to return as they do their physical state and for all athletics personnel to closely monitor and support the mental well-being of student-athletes, not just as they return but throughout the summer and subsequent preseason and fall season.

Anticipated Changes to Medical Clearance Process

In addition to considering the incorporation of mental health readiness as part of the mandatory medical clearance process, staff should also consider other expanded screening practices designed to account for certain COVID-specific health impacts. For example, data is showing that previously undiagnosed and silent cardiac symptoms can be “unmasked” by COVID infection and, in some, the virus can create oxygen challenges or heart muscle inflammation that can lead to heart rhythm disturbances, cardiac muscle damage and compromised ability of the heart to pump blood optimally. These are issues beyond the expected pulmonary and respiratory challenges associated with the virus and they can manifest in individuals who are otherwise asymptomatic and previously healthy. In addition to these COVID-related medical complexities which may require additional screening steps, basic COVID-specific distancing and sanitation recommendations will require more space for exam activities and more time between visits. The culmination of all these changes will undoubtedly translate into longer and more complex medical clearance periods, especially for those institutions that have historically managed these activities entirely on campus. While there is great flexibility in how

schools design the return to play clearance process, and at least some of the screening activities can occur prior to return to campus, the subcommittee agreed that it is imperative that a thorough medical screening and clearance protocol be completed before preseason physical activities begin, as is currently legislated, and that schools proactively plan and account for these health and safety resource and scheduling adjustments.

COVID-Specific Transition and Acclimatization Period Considerations

In addition to the expected changes in the medical clearance process, schools should anticipate that the COVID-related considerations described above will impact traditional transition and acclimatization period considerations. The loss of structured physical workouts in the spring and summer and resulting changes to training loads will, for many student-athletes, impact various aspects of physiology (e.g., cardiovascular conditioning, musculoskeletal, soft tissue). Traditional transition and acclimatization considerations (e.g., cardiovascular conditioning, heat, altitude) are still very relevant and, when coupled with the loss of spring and summer activities and other physical and non-physical COVID-related impacts, they can create complex re-entry challenges for student-athletes. While athletes traditionally experience stress and fatigue on a regular basis, stress-coping ability is unique to each student-athlete and these COVID-specific considerations are not typical. It will be important for staff to carefully assess and evaluate, closely monitor and understand the impact of COVID-specific stressors in order to successfully manage overall physiological and psychological stress loads in order to avoid stress overload, during the transition and acclimatization periods.

Initial Transition Period Before Other Required Physical Athletically Related Activities

Data has demonstrated that student-athletes are generally more susceptible to injury during transition period training, and during assessments and evaluations of physical conditioning levels that are conducted during these same periods. Recommendation 3 of the NCAA's *Interassociation Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletes* (Catastrophic Materials) speaks to the vulnerability of student-athletes during the first week of activity of a transition period in training and the importance of establishing a 7-10 day initial transition period during which student-athletes are afforded the time to properly progress through the physiologic and environmental stresses placed upon them as they return to required activities. This initial transition opportunity becomes an increasingly imperative health and safety

consideration when the COVID-specific impacts described above are piled on to the traditional challenges of returning to formal physical activities following an extended break.

Given the significant variability in the physical and mental conditions of student-athletes as they begin to resume physical activities on campus this summer and fall, it will be critical for athletic departments to design proper assessments, evaluations and physiologic progressions that are based in exercise science and are sport and athlete-specific with respect to, among other things, the volume, intensity, mode and duration of conditioning and the incorporation of game-like movements. The subcommittee believes that this initial transition period, starting whenever student-athletes return to required and organized activities, should be 7-10 days in duration and otherwise consistent with the Catastrophic Materials and should be completed before the start of any other required physical activities. The subcommittee contemplated that the training and conditioning sessions conducted during this initial transition period will occur on campus, so that student-athletes can be properly observed, and that they will be intentionally administered and properly calibrated. Finally, if student-athletes participate in a material break from training (e.g., \geq one week) between the end of required summer physical activities and the start of preseason activities, institutions should again consider and incorporate as necessary the same types of transition period considerations. For reference, examples of four different return to campus schedules, including applicable transition periods, are reflected in Attachment 2.

As part of its discussion and analysis of these issues, the subcommittee mentioned various evidence-based resources that have been published by relevant professional organizations, including but limited to, the National Strength and Conditioning Association, the Collegiate Strength and Conditioning Coaches Association, the National Athletic Trainers' Association, the College Athletic Trainers Society, and the Kori Stringer Institute, that may be helpful to the membership as it strategizes and navigates the design and implementation of appropriate assessment and evaluation activities and physical conditioning sessions during these COVID-impacted transitions periods.

Football Acclimatization Period

Separate from the transition period considerations described above, legislation in all three divisions contemplates a five-day acclimatization period in football that is intended to address the specific environmental and other physiological stressors related to the return to full gear and full team practices and playing environment. This acclimatization period

should remain at least five days in duration and otherwise adhere to legislative health and safety requirements. It should precede the start of any other preseason full practice (e.g., full speed/full pads) activities and should place particular focus on the impact of heat, altitude and other environmental stressors when combined with the introduction of full playing gear and other game-like factors. Where programs are participating in required summer athletic activities, the 5-day acclimatization period would happen after summer access activities and precede the start of full team preseason practices. Where programs are not participating in required summer athletic activities, the subcommittee believes that the 5-day acclimatization can happen as part of the 7-10 transition period. For reference, examples of three different return to campus schedules, including recommended acclimatization periods, are reflected in [Attachment 2](#).

Necessary Adjustments to Summer/Fall Calendars and Limitations on Hours

The subcommittee reviewed various preseason models shared by different athletic conferences, and it discussed the theory that leniency in weekly CARA hour restrictions and/or additional weeks may be needed within a traditional summer or preseason schedule to more fully address the health and safety needs of returning student-athletes.

The subcommittee agreed that the relevant transition period considerations can be properly accommodated within the traditional eight hours of required summer athletic activities; but, it acknowledged the potential value of providing some flexibility in hourly restrictions as teams move closer to full team practices, specifically where the additional hours are not used for full contact activities but are otherwise used to properly address transition and acclimatization considerations.

Because of the variations in state and local guidance and institutional application of the resocialization guidance, and in light of the unique nature of institutional risks, it is anticipated that the timing and details related to student-athlete return to campus will vary greatly from school to school. While some schools might return to campus in the very near future and incorporate many of the traditional voluntary and countable athletically related summer activities before returning for fall preseason, other schools may forego summer activities on campus altogether. Due to these variations and the unique and individualized nature of the institutional return to campus risks and requirements, the subcommittee believes that athletic departments, in consultation with institutional medical personnel and risk management and other school and conference leadership, are in the best position to design and implement appropriate preseason timelines.

Application to Other Fall Sports and Required Activities

The subcommittee considered and discussed whether and to what extent the initial transition period considerations would apply to other sports that will resume required activities in the fall (e.g., teams with traditional fall seasons and those participating in required workouts as part of a non-traditional season). The subcommittee agreed that the same risks and considerations would apply and, since other sports do not participate in summer access, the 7-10-day transition period would occur on the front end of preseason before other required team practice activities commence. For reference, see the last of the sample return to campus schedules reflected in Attachment 2. Similarly, scheduling flexibility should also be contemplated for these other sports if and to the extent adjustments to traditional fall schedules are determined to be necessary to address COVID-related health and safety considerations that may apply uniquely to a particular sport.

Conclusion

Regardless of variation in return to campus and return to athletics schedules, the subcommittee believes that the completion of appropriate pre-workout screening activities to assess mental and physical well-being and the proper design and incorporation of one or more transition periods, and for football, a final acclimatization period, before the start of fall preseason physical activities is critical to student-athlete health and safety. COVID-19 has undoubtedly increased the complexities, and will continue to impact health and safety considerations, related to return to athletics and preseason activities. Schools should be afforded appropriate flexibility with respect to their efforts to adequately account for and address these new challenges, and more specifically as they relate to the scheduling and completion of necessary medical clearance activities and transition and acclimatization periods. The subcommittee stressed that, above all, student-athlete health and safety must be prioritized over the start of team practice activities and fall scheduling challenges wherever those issues may be in conflict.



ATTACHMENT 1

Sample Fall Sport Athletic Activities

Spring through Preseason

Spring			Summer	
S&C	Spring Season	S&C	Voluntary	Preseason
<ul style="list-style-type: none">• Required strength and conditioning.• 8 hrs/week.	<ul style="list-style-type: none">• Practice.• Competition.	<ul style="list-style-type: none">• Required strength and conditioning.• 8 hrs/week.	<ul style="list-style-type: none">• Supervised S&C.	<ul style="list-style-type: none">• Practice.

Sample Division I Football Athletic Activities

Spring through Preseason

Spring		Summer		
S&C	Spring Practice	Voluntary	Required	Preseason
<ul style="list-style-type: none">• Required strength and conditioning.• 8 hrs/week.	<ul style="list-style-type: none">• 34 days.• 15 practices.• 1 scrimmage.	<ul style="list-style-type: none">• Supervised S&C.	<ul style="list-style-type: none">• 8 weeks.• 8 hrs/week.• Conducted S&C, film review.	<ul style="list-style-type: none">• Five-day acclimatization.• 29 days.• 25 practices.

Sample Fall Sport Athletic Activities

Spring through Preseason

Spring			Summer	
S&C	Spring Season	S&C	Voluntary	Preseason
<ul style="list-style-type: none">• Required strength and conditioning.• 8 hrs/week.	<ul style="list-style-type: none">• Practice.• Competition.	<ul style="list-style-type: none">• Required strength and conditioning.• 8 hrs/week.	<ul style="list-style-type: none">• Supervised S&C.	<ul style="list-style-type: none">• Practice.

2019-20 Division I Football Athletic Activities

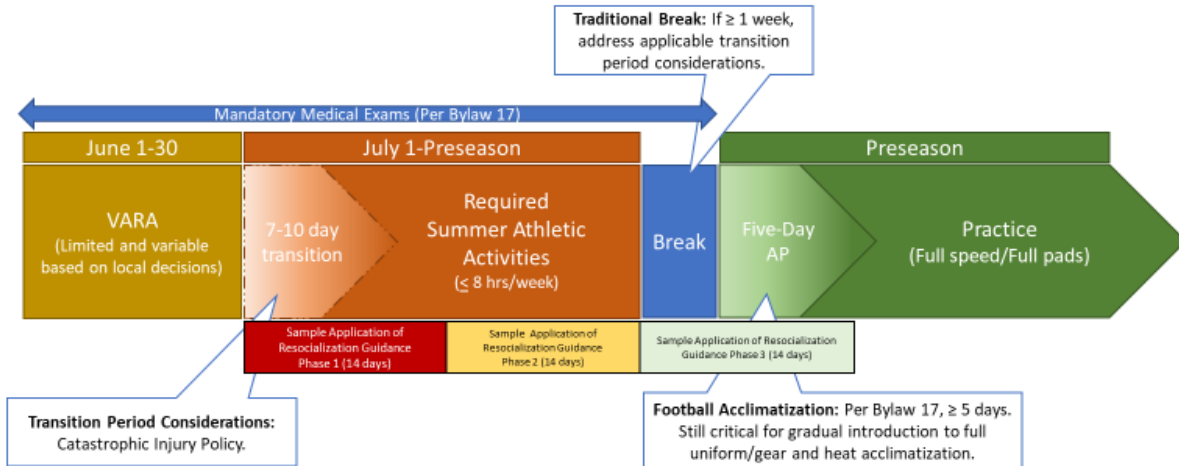
Spring through Preseason Due to COVID-19

Spring		Summer		
S&C	Spring Practice	Voluntary	Required	Preseason
<ul style="list-style-type: none">• Required strength and conditioning.• 8 hrs/week.	<ul style="list-style-type: none">• 34 days.• 15 practices.• 1 scrimmage.	<ul style="list-style-type: none">• Supervised S&C.	<ul style="list-style-type: none">• ≤ 8 weeks.• 8 hrs/week.• Conducted S&C, film review.	<ul style="list-style-type: none">• Five-day acclimatization.• 29 days.• 25 practices.

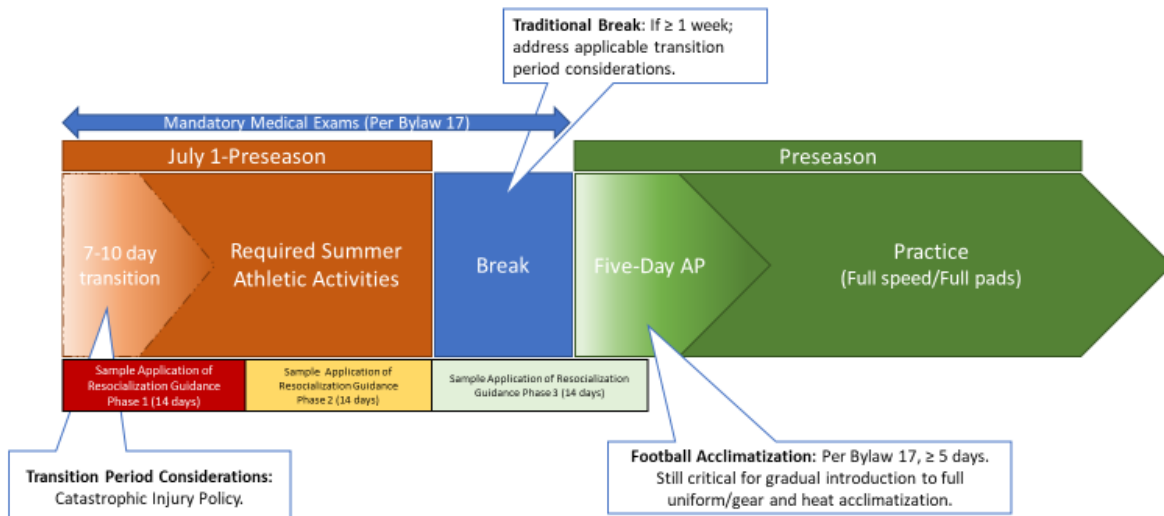


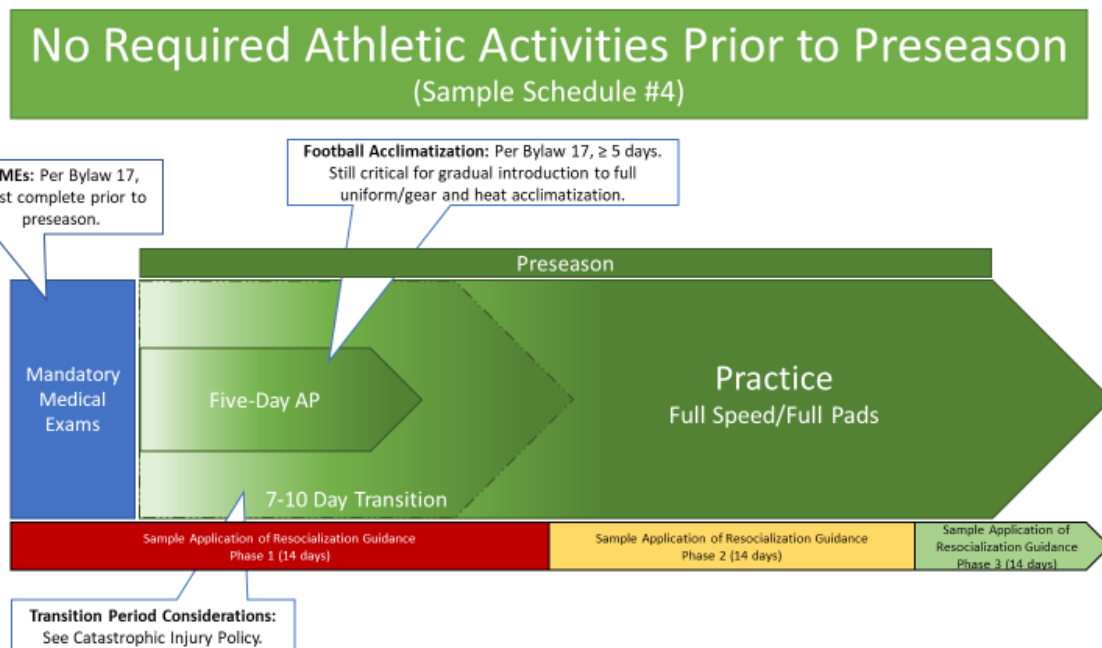
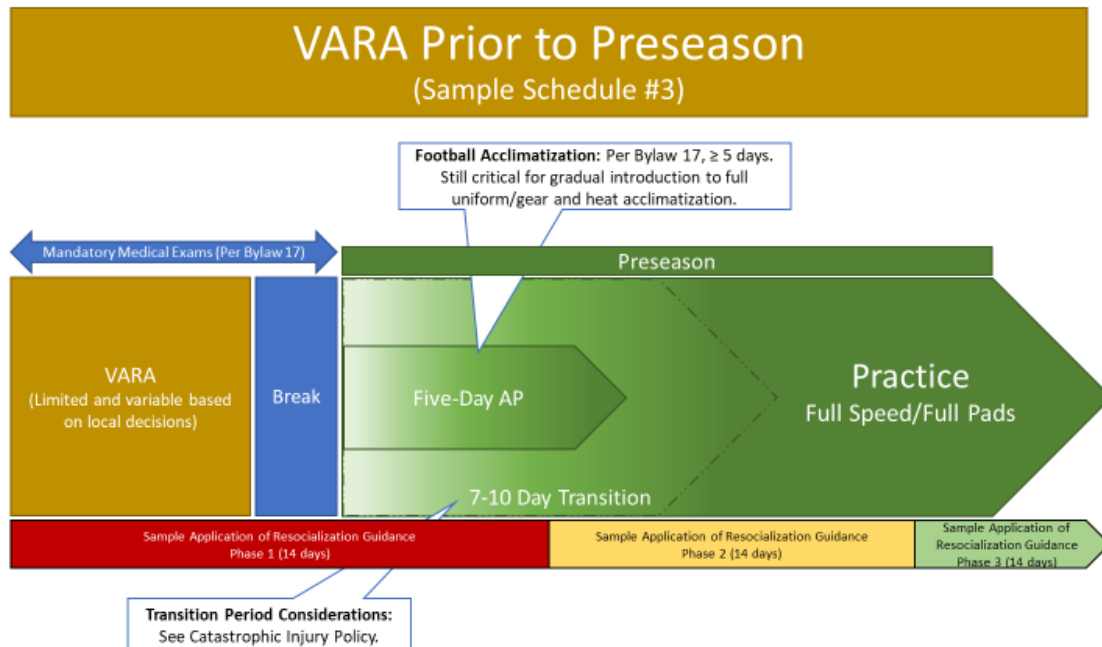
ATTACHMENT 2

VARA and Required Summer Athletic Activities Prior to Preseason (Sample Schedule #1)



Required Summer Athletic Activities Prior to Preseason (Sample Schedule #2)





CSMAS PREVENTION & PERFORMANCE SUBCOMMITTEE
Available Personnel to Attend to COVID-19 Operational / Logistical Issues

Areas of Inquiry / Requests for Input	
A.	In light of the criticality of appropriate screening and transition period activities and the importance of appropriate staffing to properly address these and other considerations related to state, local and institutional guidance, can return-to-activity health and safety considerations be adequately addressed within existing legislative personnel limitations, or might these COVID-specific considerations, when combined with traditional staff responsibilities, benefit from additional staffing flexibility, more specifically as they relate to:
	1. Restrictions on the presence of countable sport coaches and sport-specific noncoaching staff during voluntary physical activities during summer access periods;
	2. Limitations, in FBS, on the number of weight or strength coaches permitted to work with a football program during required and voluntary workouts during summer access periods; or
	3. Requirements, in FCS, for countable sport coaches who are not strength and conditioning certified to be present for voluntary workouts.

Issue Description/Assumptions
<p>In the last several weeks, AMA has received three waiver requests (one since withdrawn) from Division I institutions seeking flexibility on the type and number of personnel who are permitted to work with a football team during on campus voluntary and required activity periods. Currently and across divisions, sport coaches and sport-specific noncoaching staff (e.g., director of operations) may not be present for voluntary athletic activities; provided, football coaches at FCS institutions and sport coaches at DII and DIII institutions may be present for a student-athlete's voluntary workout if they are strength and conditioning certified. At FBS institutions, not more than five strength and conditioning coaches may work with a football program as part of any permitted activities.</p> <p>These waiver requests were based on identified logistical and resource challenges of trying to incorporate COVID-specific return-to-activity safety strategies (e.g.; COVID-screening activities, social distancing, group size limitations, and sanitization protocols) before and during voluntary and required physical activities as SAs return to campus while also trying to perform traditional strength and conditioning coaching and monitoring responsibilities. Strength and conditioning and primary athletics healthcare provider (ATs and team physicians) staff are reporting that the challenge of adequately addressing these considerations in addition to their traditional responsibilities is overwhelming within the confines of the historical staff limitations. The waivers seek increased flexibility with respect to allowable personnel numbers during various activities so that strength and conditioning coaches and other athletics personnel can supplement the currently allowable resources to better address the entirety of these needs.</p>

Summary of Subcommittee Feedback
<p>The subcommittee acknowledged the COVID-specific health and safety challenges that are facing institutions, and more specifically, athletics health care providers, as student-athletes return to campus and resume athletic activities. The subcommittee also recognized that many of the identified challenges are occurring at a time when the number of available staff may have decreased due to furloughs, lay-offs and/or lack of student-support staff on campus. Consistent with its prior feedback, the subcommittee supported</p>

providing flexibility to allow schools to creatively address these challenges in a manner consistent with state, local and institutional requirements.

However, the subcommittee also emphasized that athletics health care providers, who already face significant and heightened responsibilities, should not be over-burdened with additional and/or non-traditional responsibilities as part of any adjusted personnel resource modeling. Additionally, the subcommittee stressed that staff who provide added support should be adequately licensed, certified, and/or otherwise qualified to perform such responsibilities. For example, while it may be appropriate for a variety of staff to support facility sanitization efforts, it typically would not be appropriate to ask athletic training staff to conduct or monitor a required weightlifting session. Existing policy and legislation address many of these safety considerations; but the subcommittee felt it worth reiterating as the membership considers alternative/supplemental staffing models. In short, based on the increased resource needs surrounding COVID-specific safety and sanitation protocols and the importance of transition period considerations, the subcommittee supports flexible staffing solutions that consider appropriate training, licensure and certification, as well as the burden of those existing positional responsibilities already being managed by athletics health care providers.