

Bylaw 17: A Closer Look at Out-of-Season Activities

WEBINAR



Regional Rules

Agenda

- Physical Activities Outside the Season.
 - Strength and conditioning activities.
 - Captain's practices.
- Nonphysical Activities Outside the Season.
 - Leadership programming/team building activities.
 - Social media connections.



Athletically Related Activities

- An institution is only permitted to conduct athletically related activities during the playing season.

Bylaw 17.1.1

- Individual workouts required or supervised by a member of the coaching staff.

Bylaw 17.02.1.1.-(f)

- Involvement of an institution's strength and conditioning staff with enrolled student-athletes in required conditioning programs.

Bylaw 17.02.1.1.-(j)



Strength & Conditioning Activities

- Voluntary workouts conducted by a certified strength and conditioning coach.
- Voluntary individual workouts monitored for safety by a strength and conditioning coach.

Bylaw 17.02.1.1.1.4



Regional Rules

Strength & Conditioning Facilities

- Student-athletes may use student-athlete only facilities for voluntary workouts at any time.
- Certified strength and conditioning coach may conduct voluntary workouts in student-athlete only facilities.
- Certified strength and conditioning coach may reserve institutional facilities for voluntary workouts.

Bylaw 17.02.1.1.1.4.1



Regional Rules

Nationally Recognized Program

- August 1, 2011, Educational Column.
- Consider whether the certifying agency:
 - Is accredited by an oversight organization (e.g., NCCA-accredited);
 - Requires an undergraduate college degree;
 - Requires a continuing education component; and
 - Requires current first aid, CPR and AED use certification.



Voluntary Athletically Related Activities

What does it mean to be voluntary?

- **No** reporting back to coaching staff.
- Must be initiated **only** by the student-athlete.
- **No** recording attendance.
- **No** penalties or incentives based on participation.

Bylaw 17.02.14



Regional Rules

RSRO No. 1

- During the nontraditional segment for the fall and spring student-athletes, can lifting sessions be excluded from the 16 days of athletically related activity?



Answer No. 1

- Must count toward one of the 16 countable days unless they meet Bylaw 17.02.1.1.1.4.
 - Voluntary workouts conducted by a certified strength and conditioning coach.



RSRO No. 2

- Our S&C coach wants to offer a 6 a.m. lift for those who do internships; however, our regular gym will not open until 8 a.m./9 a.m. Is it permissible for our summer weight room hours for varsity-only weight room to be open earlier than the regular facility for nonathletes?



Answer No. 2

- **Permissible** for varsity weight room to have earlier summer hours and for S&C coach to monitor for safety.
- **Impermissible** for S&C coach to conduct workouts over the summer.
- March 26, 2009, Official Interpretation.



RSRO No. 3

- The competition gymnasium is accessible to basketball and volleyball student-athletes 24/7 with their ID which can be swiped to let themselves into their locker rooms and then into the gym. If this facility is not available for all students 24/7 (or ever) can the SAs use the facility anytime they would like?



Answer No. 3

- Permissible during academic year.
- If SA-only strength & conditioning facilities, then permissible anytime (including summer).
 - January 14, 2016, Educational Column.
- April 19, 2019, Educational Column.



Captain's Practices



Captain's practices are NOT permissible outside of the playing & practice season.

Captain's Practices

- On-court or on-field activities.
- Called by any member(s) of a team.
- ~~*Confined primarily to members of that team.*~~
- Considered requisite for participation in that sport.

Bylaw 17.02.1.1-(g)



Regional Rules

Voluntary Out-of-Season Activities Limited Primarily to Members of the Team

| Action | Permissible? |
|---|--------------|
| Student-athlete reserving a facility for an activity only involving the student's team. | Yes. |
| SA using a sport-specific facility (e.g., batting cage, golf simulator) outside the season. | Yes. |
| Athletics staff member reserving any facility for sport specific activities out-of-season. | No. |
| Athletics staff member instructing a SA to reserve a facility out-of-season. | No. |
| Coach observing SAs engaging in activities while the facility is reserved for SAs. | No. |

April 19, 2019, Educational Column



Regional Rules

New Legislation: Leadership Programming

Allows coaches to engage in leadership programming involving sports-related information with their student-athlete leaders outside the season, provided:

- The programming **does not include the practice activities** as defined in Bylaw 17.02.1.1;
- The programming occurs **during the academic year** and is completed not later than five days before the start of the institution's official final examination period;
- The programming is limited to **one 90-minute meeting per week, not more than 10 times outside the season** (sport-specific restriction); and
- The programming **plan is submitted to the athletics director and compliance officer.**



New Legislation for Leadership Programming

- Not permissible to engage in physical activities (e.g., ropes course) as part of leadership programming.
- No limit to the number of student-athletes from a team that may be involved in leadership programming, but the intent of the legislation is for these programming sessions to occur in small group settings. Institutions will define what constitutes a small group based on the student-athletes involved and the type of programming.
- Institution may not finance the leadership programming, unless similar programming is available to the institution's students.
- May not occur during an official vacation period.

*Bylaw 17.02.1.1.1.5 and 1/30/2020
Ed. Column Re: Proposal No. 2020-6*



Other Considerations for Leadership Programming

- Team building activities are inherently practice (Bylaw 17.02.1.1), and therefore would not be permissible to conduct under the new legislation or November 19, 2015, Official Interpretation.
- If leadership programming for the team (not just leaders) seems to not have an athletics nexus, don't stop your analysis of whether it's permissible (e.g., team Bible study with the coach):
 - There should be a nonathletics rationale for limiting the session to just the team.
 - If the activity constitutes a regular meeting between the team and coach, there could be a perception that these activities are mandatory. A regular, mandatory meeting with the coach and student-athletes would not be allowed.



Social Media Connections

How can coaches and student-athletes engage with each other outside the season through social media, when social media post involves the SA's participation in voluntary athletically related activities?



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Regional Rules

Social Media Engagement

| Student-Athlete Actions on Social Media | Permissible? |
|---|--|
| SA posts photos/videos of voluntary athletically related activities/workouts on personal social media accounts. | Yes, if not at the direction of athletics staff. |
| SA posts photos/videos of voluntary athletically related activities/workouts on team or athletics department account. | No. |
| SA tags coach, team, athletics department account in post about voluntary athletically related activities/workout on personal page. | Yes, but coach may not respond. |



| Athletics Staff Actions on Social Media | Permissible? |
|---|--------------|
| Coach posts photos of SAs engaging in voluntary athletically related activities on personal or team account. | No. |
| Coach likes or reposts photos of SAs engaging in voluntary athletically related activities. | No. |
| Coach posts picture on team page of SA playing in summer baseball league. | Yes. |
| Certified strength and conditioning coach posts picture on general athletics page of out-of-season workout the coach is conducting. | No. |
| Coach posts picture of team engaging in community service project outside season. | Yes. |



QUESTIONS



Regional Rules