DII Time Management

What Division II student-athletes should expect.

Time management is a key component of any college student’s success. From classes to competition and everything in between, the student-athlete’s schedule is busy. Know what awaits when you step foot on campus.

What takes up a Division II student-athlete’s time?

These are considered countable athletically related activities (CARA). NCAA rules limit the time student-athletes can spend on these activities each week. Check with your campus athletics compliance administrator for more information.

Time spent on activities per week
(numbers listed in hours)

*Median figures, collected from the 2019 NCAA GOALS study.

37 Academics
31 Athletics
84.5 Other (e.g., sleep, job, extracurriculars)
15.5 Socializing

168 hours

These activities do not count toward a team or student-athlete’s countable athletically related activities limit.

- Competition
- Practice
- Supplemental workouts
- Strength and conditioning
- Film review

63% of Division II student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

*Based on the 2019 NCAA GOALS study.

1 in every 8.5 Division II student-athletes will participate in an NCAA championship during their college experience.

*Based on the 2019 NCAA GOALS study.

1/3 of Division II student-athletes work during the academic year for about nine hours per week on average.

*Based on the 2019 NCAA GOALS study.