Countable hours must be recorded on a daily basis for all student-athletes. Time limitations are listed below.

<table>
<thead>
<tr>
<th>PRACTICE HOURS</th>
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<tbody>
<tr>
<td><strong>IN SEASON</strong></td>
</tr>
<tr>
<td>Maximum of 20 hours each week</td>
</tr>
<tr>
<td>• 2 hours max for film review (football)</td>
</tr>
<tr>
<td>Maximum of 4 hours each day</td>
</tr>
<tr>
<td>Required 1 day off each week</td>
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</tbody>
</table>

### CARA REMINDERS

#### 4-Person Limitation Eliminated

The restriction that only four student-athletes may be involved in skill instruction before September 15 and after April 15 has been eliminated. Likewise, baseball’s 4-person, January limitation has also been eliminated.

#### After Competition

CARAs are prohibited after competitions, even during vacation periods (e.g., it is impermissible to make student-athletes run after competition as punishment).

#### Midnight to 5:00 am

CARAs are prohibited between midnight and 5:00 am. An exception exists for a promotional practice (e.g., first practice of the season). Please check with the Compliance Office before holding such a practice.

#### Preseason Practice

Daily and weekly time limitations do not apply to preseason practices occurring before the first day of class or the first scheduled contest, whichever is earlier.

For more information regarding new practice hour proposals for the 2016-17 legislative cycle, click [here](#).

### ACS CARA Logs

#### Due Dates

CARA logs are due every Monday by 11:59 pm. For more on compliance metrics, see page 2.

#### CARA Logs

A sport must begin recording CARAs the first day of class (August 18) even if the sport has no hours to report. A fall sport must begin recording hours on its first day of preseason practice.
Five areas of program and coach compliance behavior are measured and included in the President and AD’s annual compliance metrics report. Those areas are indicators of SDA’s compliance culture (they are all very basic and necessary compliance activities) as well as the Compliance Office’s effectiveness in communicating our messages. Here are the five coaches’ metrics and information about each:

**Monthly newsletter read rate** – The newsletter is sent out at the beginning of each month to all coaches, and, for those who have not read it, again in the middle of each month. Coaches have until the next month’s newsletter is distributed to click and read.

**Attendance at monthly compliance meetings** – Meetings occur the third Tuesday of every month (August - May) at 11:15 am in Dutson Theatre. Absences are only excused if coaches are out of town for competition or recruiting and notify the Compliance Office and sport supervisor(s) before the meeting. Coaches who have excusable absences must complete a makeup video session to be listed as excused in the report.

**Timely CARA log submission** – Logs must be submitted every week by Monday at 11:59 pm during the academic year (and during summer for mandatory workouts in basketball and football). Cross country, football, soccer, triathlon, and volleyball must begin recording hours on their first day of practice.

**Timely recruiting statement submission** – Recruiting statements must be submitted by the fifth business day of each month. The recruiting statement is sent via ACS on the first of every month and can be accessed through the link provided in your email.

**Violations** – The metrics report includes information regarding the types and number of violations for each sport. Coach involvement in violations is also included in the sport-specific section of the metrics report.

If you have any questions regarding metrics, see Steve.

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**Practice Clearance**

**COMPLETE FORMS**
Student-athletes must complete their required compliance forms in ACS by going to ica.asu.edu/acs and logging in with their ASURITE user IDs and passwords.

**ATTEND COMPLIANCE MEETING**
Student-athletes must attend the beginning-of-the-year compliance education meeting. Please see Katie Renaut for dates and times.

**RECEIVE MEDICAL CLEARANCE**
Student-athletes must pass their physicals and the Compliance Office must receive medical clearance from the sports medicine staff.
NCAA legislation prohibits coaches from endorsing a prospect’s school or team. Coaches may post generic recruiting information on social media, but the information may not include an endorsement of a prospect’s school or team, which includes the prospect’s coach or school facility.

**PERMISSIBLE EXAMPLES**

- “Attending the 2016 championship game between North and South High School.”
- “About to make a stop at West High School.”

**IMPERMISSIBLE EXAMPLES**

- “Good luck, City High School, during the 2016 soccer season!”
- “Congrats, Coach Smith, on your 500th career victory! Proud of you, my friend.”
- “Great ballgame at Township High School. One of the best high school baseball fields in the country!”

AND THE ANSWER IS...

The captains’ practices became countable (not voluntary) when the King’s Landing lacrosse coach received information about the practices from the athletic trainer. The practices would be added in CARAs for the week and could result in a violation of the weekly and daily CARA limits.

Arizona law requires student-athletes who receive athletics or other institutional financial aid to provide verification of citizenship. Athletics aid will not be disbursed into a student-athlete’s account until this verification is provided. Student-athletes can complete their citizenship verification by completing their FAFSAs or by submitting verification documents at this [link](#).
Please note this table has dates that run until August 31. Many of the periods run past August 31. Visit the [NCAA Recruiting Calendars website](https://www.ncaasports.com/recruiting-calendars) for full recruiting calendars.