REQUIRED ATHLETICALLY RELATED ACTIVITIES

In connection with efforts to provide student-athletes true off days, the autonomy conferences passed legislation, effective August 1, 2017, creating the term “required athletically related activities.” The legislation will have an impact on all SDA activities that involve student-athletes. The following provides basic information relating to RARAs. The Compliance Office will continue to educate all SDA stakeholders throughout the year.

What is a RARA?

A RARA is any activity that has any relation to a student-athlete’s participation in athletics that is required. For a non-exhaustive list of RARAs, please click here. Notable RARAs include community service events, student host duties, athletically related travel, team building activities, and media activities.

Definition of “required”

An athletically related activity is required when the activity is initiated, organized, or witnessed by anyone in SDA. So, the definition of voluntary under RARA legislation is a little different (and narrower) than under CARA legislation. Even if student-athletes want to participate in a community service event organized by SDA or attended by Bill Kennedy (e.g., Fantasy Flight), they cannot participate in the event on an off day or if the event is not included on their sport’s RARA calendar.

When are RARAs prohibited?

Student-athletes are prohibited from participating in RARAs on all off days and during an 8-hour, overnight period between 9:00 pm and 6:00 am.

ACS

All RARAs will be submitted and communicated to student-athletes through ACS. More information on how staff members can access ACS RARA calendars will be provided in the near future.
Cersei Lannister and her teammates on the King’s Landing University lacrosse team are excited to start practices for the upcoming fall season. Cersei wants to make sure her teammates are aware of the intricacies of the playbook so she holds captains’ practices twice a week during their first month of in-season practice. The athletic trainer, who attended the captains’ practices, tells the head coach which student-athletes need the most work from his notes on the captains’ practices.

### PRACTICE HOURS

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

<table>
<thead>
<tr>
<th>IN SEASON</th>
<th>OUT OF SEASON</th>
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<tbody>
<tr>
<td>Maximum of 20 hours each week</td>
<td>Maximum of 8 hours each week</td>
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<tr>
<td></td>
<td>• In football, 2 of the 8 hours may include film review</td>
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<td></td>
<td>• In all other sports, 2 of the 8 hours may include skill instruction, which includes any activity that is not strength or conditioning (e.g., film review)</td>
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<tr>
<td>Maximum of 4 hours each day</td>
<td>Maximum of 4 hours each day</td>
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<tr>
<td>Required 1 day off each week</td>
<td>Required 2 days off each week</td>
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### CARA REMINDERS

**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. But NCAA rules now require a day off during the preseason period.

**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 or to maintain fitness levels).

**8-hour over-night period**

RARAs, which include CARAs, are prohibited for an 8-hour period between 9:00 pm and 6:00 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.

**4-Person Limitation Eliminated**

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

### ACS CARA LOGS

**Due Dates**

CARA logs are due every Monday by 11:59 pm. For more on compliance metrics, see page 5.

**CARA Logs**

A sport must begin recording CARAs the first day of class (August 17) even if the sport has no hours to report. A fall sport must begin recording hours on its first day of preseason practice.
SDA coaches and staff may take actions indicating approval of a prospect’s social media activity. But coaches and staff may not comment on the activity. In other words, coaches and staff can click, but not type. Below are helpful tips and examples relating to the rule:

**CLICK**

Coaches and staff may like, favorite, react, share, retweet, or repost because these activities indicate approval of a prospect’s social media activity. These actions only require the clicking of a mouse or screen.

**DON’T TYPE**

Coaches and staff may not comment, tag, mention, repost/retweet with additional comments, or add anything additional to a post because these activities go beyond indicating approval of a prospect’s post. These actions require typing.

**VISITS** - Coaches and staff may click on a prospect’s post during his or her visit to campus as long as the post was not at the direction of coaches or staff. For example, if a prospect posts a picture taken on the sideline during football pregame activities (and was not posted or taken at the direction of coaches or staff), SDA coaches and staff may retweet that photo.

**RECRUITING/SCOUTING SERVICES** - Coaches and staff may not retweet a recruiting or scouting service post because this is considered endorsing that service, which remains impermissible.

**EXAMPLE** - Coach Taylor may like (click) prospect Matt Saracen’s tweet regarding his official visit, but may not comment (type) on the tweet.

**PERMISSIBLE:**

- Follows you
- Matt Saracen
  @qb1saracen

Tempe, I’ve landed. #SunDevils #timetogrind #officialvisitseason #clearayesfullheartscantlose

1 LIKE

**IMPERMISSIBLE:**

- Follows you
- Matt Saracen
  @qb1saracen

Tempe, I’ve landed. #SunDevils #timetogrind #officialvisitseason #clearayesfullheartscantlose

@qb1saracen you’ll look great in maroon and gold 🤘🏼 !(red heart) 🤘🏼
NCAA legislation prohibits coaches and staff from endorsing a prospect’s school or team, which also includes promoting a prospect’s coach or facility. But coaches may post generic recruiting information on social media such as visiting a certain city or school. For further guidance, please see the examples below.

Remember, coaches may indicate approval of a social media post relating to a prospect’s school or team as long as they click (e.g., like, favorite, repost), but do not type (e.g., comment).

**PERMISSIBLE EXAMPLES**

- “Attending the 2017 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 2017 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!”

A Snapchat communication, like a text message, is a form of electronic correspondence under NCAA rules. So coaches in all sports may communicate through Snapchat with a prospect who is eligible to receive such correspondence.

Snapchat pictures may be created or modified for a recruiting purpose, but videos may not be created or staged for recruiting purposes. For example, a coach can send a Snapchat photo of a jersey with a prospect’s name on it, but a coach cannot send a Snapchat with a personalized message for a prospect.

The NCAA recently released an interpretation on the geo-marketing tools associated with social media platforms like Snapchat. Coaches and staff may not make Snapchat filters (swiping screen to left or right after taking photo or video) for a recruiting purpose. The geo-marketing filters may only consist of general information (e.g., Heisman recognition campaign, recognition of student-athlete achievement, or team scores).

Beginning August 1, 2017, coaches and staff have more flexibility in providing entertainment for SDA student-athletes. Team entertainment may now be provided to student-athletes not only when a team is in season, but also outside the season during the academic year as well as during the period when football and basketball student-athletes are required to participate in mandatory summer athletics activities.

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.
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, 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 typically occur the third Tuesday of every month (August - June) at 11:15 am in Dutson Theatre. Justin sent out the year-long meeting invite on August 1. 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.

### CARA 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 or Justin 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.

### FINANCIAL AID FAQ

Institutional and athletics aid should begin disbursing into student-athletes’ accounts beginning August 8. For more information on scholarships and to be prepared in case questions arise, please review the financial aid FAQ found on our website here.
# Recruiting Calendar

**August 2017**

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<tr>
<th>FOOTBALL</th>
<th>BASKETBALL</th>
<th>BASEBALL</th>
<th>TRACK AND FIELD</th>
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<th>OTHER SPORTS</th>
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*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](http://www.ncaa.com) for full recruiting calendars.*

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**CALENDAR KEY**

- **EVALUATION PERIOD**
- **CONTACT PERIOD**
- **QUIET PERIOD**
- **DEAD PERIOD**

*Recruiting Period in MBB*

*Softball begins an evaluation period for scholastic practice and competition from August 14-31.*