**NEW LEGISLATION REMINDERS**

In April, the NCAA membership adopted several new rules, including the following:

- **New rule:** Coaches and staff may create recruiting-specific videos and show or provide them to prospects as long as they are not personalized and are created by ASU or SDA.
  - **What changed:** Before, only general videos (e.g., fan videos) could be shown or provided to prospects.
  - **Effective date:** August 1, 2018

- **New rule:** Student-athletes may publicly comment on prospects as long as no coaches/staff members direct them to do so.
  - **What changed:** Student-athletes could always interact with prospects on social media (e.g., Instagram, Twitter), but now those interactions can be for recruiting purposes. One restriction remains in place: Student-athletes cannot publicize a prospect’s visit to campus.
  - **Effective Date:** Immediate

- **New rule:** A coach whose team competes in three or more contests during a declared week does not have to provide student-athletes with an off day that week as long as the student-athletes are provided two days off either during the preceding or succeeding week.
  - **What changed:** Before, only basketball coaches had flexibility in not providing student-athletes with an off day during a week in which three competitions occurred. Now, all sport coaches have this same flexibility.
  - **Effective Date:** August 1, 2018

- **New rule:** Student-athletes may participate in up to 4 hours of skill instruction during the 8 hours of out-of-season activities.
  - **What changed:** Before, student-athletes could only participate in up to 2 hours of skill instruction during each out-of-season week. This new rule gives coaches the flexibility to determine whether more skill instruction is provided each week rather than strength and conditioning.
  - **Effective Date:** August 1, 2018
PRACTICE HOURS

Countable hours must be recorded on a daily basis for all student-athletes. Time limits 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>• In football, 2 of the 8 hours may include film review</td>
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<tr>
<td>• In all other sports, 4 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/Vacation 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 legislation now requires a day off during preseason and vacation periods.

After Competition

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

8-hour overnight 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 Hours of Skill Instruction

New NCAA legislation allows all sports except football to conduct up to 4 hours of skill instruction each out-of-season week instead of just 2 hours.

ACS CARA LOGS

Due Dates

CARA logs are due every Monday by 11:59 pm. For a description of the compliance metrics program, see page 3.

CARA Logs

A sport must begin recording CARAs the first day of class (August 16) even if the sport has no hours to report. A fall sport must begin recording hours on its first day of preseason.

SPOT THE VIOLATION

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 play book 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.
METRICS REPORT

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. Steve sent out the meeting invite on July 25 for the first education meeting that will take place on August 14 at 9:00 am. 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 Front Rush 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 Front Rush/ACS by going to ica.asu.edu/frontrush 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 Kayla 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.

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.
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 for full recruiting calendars and NCAA sport-specific recruiting guides.