



**THE UNIVERSITY OF
NORTH CAROLINA SYSTEM**

Limits Upon Student-Athlete Practice and Play Schedules

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UNC CHARLOTTE

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NCAA Bylaw 17 (85 pp.) establishes general and sport-specific limitations upon student-athlete (SA) participation during practice and playing seasons.

Within a sport’s playing season, student participation in “countable athletically-related activities” is 4 hours per day (other than golf) and 20 hours per week—with one required day off. (Exception for post-season championships).

“Countable athletically-related activities” include:

- Practice
- Competition
- Strength and conditioning activities
- Required team meetings
- Film review

Activities below are considered “required athletically-related activities” and cannot take place on a student-athlete’s day off, but do not count in the daily/weekly hour limits:

- Travel to and from competition
- Community service
- Media activities
- Recruiting activities (hosting prospective SAs)
- Fundraising events
- ETC.

Outside the playing season and in sports other than football, “countable athletically-related activities” are limited to 8 hours per week of weight training, conditioning, and skill-related instruction (4 hours max), with 2 required days off.

Special rules for FBS and FCS football but 8 hour limit applies.

No countable activities permitted during vacations or summers.

- Summer exceptions for basketball and football

Voluntary strength and conditioning ok.

Written record kept of countable hours for each student-athlete.

Voluntary athletically-related activities are permitted, but:

- SA cannot be required to report back any info about the activity.
- Any observed activity cannot be reported back to coach.
- Activity must be initiated and requested by the SA.
- Activity may not be recorded.
- SA may not be penalized or receive incentives.
- In certain sports, coaches/staff may be present for some skill-related activities and conditioning drills.

Each institution must have a Time Management Plan

One Plan for each Sport that:

- Specifies required countable activities each week for each SA.
- Requires advance notice to SA if changes made.
- Is reviewed annually by Athletic Director, Faculty Athletic Rep., Head Coach, and one SA from that sport.

Thank You