

## Participation in Countable Athletically Related Activities Out of the Season

**What is the difference between in-season and out-of-season?**

### In-season (20 Hours)

- Time between the team's first officially recognized practice session and the last practice session or competition, whichever occurs later.
- Sports other than football and basketball may have their seasons separated into two distinct segments: championship segment and nonchampionship segment.
- During the in-season period (i.e., championship and nonchampionship segments), a student-athlete may participate in a maximum of 20 hours per week of countable athletically related activities.

### Out-of-season (Eight Hours)

- The remaining days during the academic year not included in the in-season period.
- A student-athlete may participate in a maximum of eight hours per week of countable athletically related activities

**Outside the playing season (during the academic year), student-athletes are limited to not more than eight (8) hours per week of certain countable athletically related activities. Those activities are shown below:**

<b>Permissible Countable Athletically Related Activities During the Out-of-Season Period</b>	<b>Nonpermissible Activities During the Out-of-Season Period</b>
Required weight training and conditioning activities supervised by an athletics department staff member.	Conditioning drills may not simulate offensive or defensive alignments.
<b>In sports other than football</b> , participation in up to 2 hours per week of voluntary skill-related instruction, provided not more than four (4) student-athletes from the same team are involved at any one time in any facility.	No equipment related to the sport may be used. In the sport of ice hockey, a student-athlete may be involved in on-ice conditioning activities, provided no equipment other than skates is used.
<b>In football</b> , participation in up to 2 hours per week of watching and reviewing films.	Any other countable athletically related activity that may have been permissible during the in-season period.
Participation in a physical fitness class conducted by a member of the athletics department staff.	Required participation in any countable athletically related activities during any institutional vacation period (e.g., Christmas break, summer) that occur outside the declared playing and practice season (i.e., in-season).
Any voluntary athletically related activity in which the student-athlete chooses to participate (does not count in the 8 hours) (e.g., initiated by student-athlete, no attendance taken, no coach present).	

**NOTE: Student-athletes may be involved in any noncountable athletically related activity during the off-season period (e.g., workouts using the safety exception, voluntary workouts, other noncountable activities permitted during the in-season period).**