

George Mason  
University  
Department of  
Intercollegiate  
Athletics

Countable Athletic  
Related Activities  
(CARA)

In-Season -  
One Day Off Per Week

4 hours per day

20 hours per week

3 hours counted for every  
competition

Total amount of practice  
time that a student-athlete  
can participate when  
mandated by coaching staff

Out of Season -  
Two Days Off Per Week

4 hours per day

8 hours per week

Within the 8, 2 hours can be  
skill instruction, the other 6  
must be conditioning and/or  
weight training.

Also, during Out of Season  
practice, no practice one  
week prior to exams  
through the end of the  
exam period.

Before September 15 and  
after April 15, not more  
than four athletes at a time  
can be involved with skill  
instruction with a coaching  
staff member during Out of  
Season practice



# COMPLIANCE NEWSLETTER

DECEMBER 2010

## Amateurism

### Bylaw 12.4.2.1 Fee-For-Lesson

A student-athlete may receive compensation for teaching or coaching sport skills or techniques in his or her sport on a fee-for-lesson basis, provided:

- (a) Institutional facilities are not used;
- (b) Playing lessons shall not be permitted;
- (c) The institution obtains and keeps on file documentation of the recipient of the lesson(s) and the fee for the lesson(s) provided during any time of the year; and
- (d) The compensation is paid by the lesson recipient (or the recipient's family) and not another individual or entity.
- (e) Instruction to each individual is comparable to the instruction that would be provided during a private lesson when the instruction involves more than one individual at a time.
- (f) The student-athlete does not use his or her name, picture or appearance to promote or advertise the availability of fee-for-lesson sessions.

## Eligibility

### Bylaw 14.4.3.1.7—Hours Earned or Accepted for Degree Credit

The provision that calculation of credit hours under the progress-toward-degree shall be met as follows:

- (a) During the first two years of enrollment, a student-athlete may use credits acceptable toward any of the institution's degree programs;
- (b) By the beginning of the third year of enrollment (fifth semester or seventh quarter), a student-athlete shall be required to have designated a program of studies leading toward a specific baccalaureate degree. From that point, the credits used to meet the progress-toward-degree requirements must be degree credit toward the student's designated degree program;
- (c) A student-athlete who changes his or her designated degree program may comply with the progress-toward-degree requirements if:

- (1) The change in programs is documented appropriately by the institution's academic authorities; (2) The credits earned prior to the change are acceptable toward degree previously sought; and (3) The credits earned from the time of the change are acceptable toward the new desired degree.

- (d) A student-athlete who has designated a specific degree program with an identified major may not use a course to fulfill the credit-hour requirement for meeting progress toward degree even if the course fulfills an elective component of the student-athlete's degree program, if the student ultimately must repeat the course to fulfill the requirements of the student's major.