



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

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 in-
volved with skill instruction
with a coaching staff member
during Out of Season practice

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STUDENT-ATHLETE COMPLIANCE NEWSLETTER

April 2013

STUDENT-ATHLETE REMINDERS

EMPLOYMENT

If you are currently working or are planning to work in the next few months and/or summer vacation, you **MUST** complete the Employment Form that will be sent to you by Marisa Biggins. The form must be completed and sent back as an attachment to Ms. Biggins by 5/1/2013. The form is also on the gomason.com website under compliance>current student-athletes>forms.

Remember for any job that you have during the year (summer included) you need to complete an employment form. Your compensation cannot be based on your status as a student-athlete at George Mason University.

BYLAW 12.4.2.1 Fee-For-Lesson Instruction

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: **[R]**

(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;

(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; and

(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.

If you have any questions regarding any of the topics in this newsletter or on any thing else, please feel free to contact the Compliance Office. Remember that when you come to us with any problems or questions, it is done in total **CONFIDENTIALITY !!**

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