



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

May 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 ncaaforms@gmu.edu by **5/17/2013**. 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.

Noncollegiate, Amateur Competition during Summer Vacation

The Number of student-athletes from Mason that can compete on one non-collegiate/amateur team during the summer is as follows per team:

Baseball	4
Basketball	2
Golf	2
Lacrosse	5
Soccer	5
Softball	4
Volleyball	2

Once the number of student-athletes from Mason meets the above mentioned number at practice and/or competition, you can not replace another athlete if one decides to quit, or is injured and can not participate for the remainder of the summer vacation period.

Bylaw 12.5.2.1 — Advertisements and Promotions After Becoming a Student-Athlete

After becoming a student-athlete, an individual shall not be eligible for participation in intercollegiate athletics if the individual:

- Accepts any remuneration for or permits the use of his or her name or picture to advertise, recommend or promote directly the sale or use of a commercial product or service of any kind;
- Receives remuneration for endorsing a commercial product or service through the individual's use of such product or service.

If you have any questions regarding any of the topics in this newsletter or on anything 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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