



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 involved with skill instruction with a coaching staff member during Out of Season practice

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COMPLIANCE NEWSLETTER

April 2014

REMINDERS:

- All CARA/Playing and Practice logs are due on the 5th of EVERY month.
- Record ALL weekly Phone Logs, Contacts/Evaluations, Official/Unofficial Visits in ARMS.
- Inform the compliance office when there is a change of status on your roster.

Outside Competition

As a reminder that if your student-athlete is participating in an outside competition that you are not allowed to give coaching instruction while your student-athlete is in an individual competition. If you do so the student-athlete would trigger a season of competition.

Listed Below are the number of student-athletes per team that can compete on the same outside team during the summer break:

Baseball	4	Women's Soccer	5
Basketball	2	Softball	4
Cross Country	2	Swimming and Diving	No limit
Golf	2	Tennis	2
Lacrosse	5	Track and Field	7
Women's Rowing	4	Volleyball	2
Men's Soccer	5	Wrestling	5

Eligibility Center (Clearinghouse)

As we are preparing for the Fall 2014 semester, be reminded that your prospective student-athletes should complete their files at the Eligibility Center (EC) as soon as possible. George Mason University Intercollegiate Athletics (ICA) does not allow student-athletes who are receiving a scholarship to receive any financial aid if they have not received their final academic and amateur certification. You will receive updates from the ICA Compliance Office throughout the spring and summer months. It is the coaching staff responsibility to have the prospects complete their files at the EC.

1. All transcript in which your prospects have attended will need to be submitted to the EC. If international prospects, both the original language document and an officially translated document will need to be submitted to the EC
2. Proof of Graduation is required (that is usually located on the final transcript, however in some cases an official letter from the school is required)
3. Test Scores will need to be submitted to the EC
4. Amateurism Questionnaire needs to be completed
5. **FINAL AMATEURISM REQUEST** can begin April 1 for Fall Semester enrollees and October 1 for spring semester enrollees



**Department of
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Definitions
Recruiting Periods
(Bylaw 13.02.5)

Contact Period.

A contact period is a period of time when it is permissible for authorized athletics department staff members to make in-person, off-campus recruiting contacts and evaluations.

Evaluation Period.

An evaluation period is a period of time when it is permissible for authorized athletics department staff members to be involved in off-campus activities designed to assess the academic qualifications and playing ability or prospective student-athletes. No in-person, off-campus recruiting contacts shall be made with the prospective student-athlete during an evaluation period.

Quiet Period.

A quiet period is a period of time when it is permissible to make in-person recruiting contacts ONLY on the institution's campus. No in-person, off campus recruiting contacts or evaluations may be made during the quiet period.

Dead Period.

A dead period is a period of time when it is not permissible to make in-person recruiting contacts or evaluations on or off the institution's campus or to permit official or unofficial visits by prospective student-athletes to the institutions campus. The provision of complimentary admissions to a prospective student-athlete during a dead period is prohibited, except as provided by Bylaw 13.7.2.5.

During the dead period, a coaching staff member may not serve as a speaker, attend a meeting or banquet at which a prospective student-athletes are in attendance and may not visit a prospective student-athletes institution. It remains permissible however, for an institutional staff member to write or telephone a prospective-student athlete.

NCAA Staff Interpretation

Official Interpretation

Sports Other Than Basketball -- Student-Athlete Counting in Outside Team Numerical Limitations (I)

Date Published: March 28, 2014

Interpretation:

The committee determined that a student-athlete in a sport other than basketball who has officially withdrawn from a four-year institution and been accepted for enrollment at a second institution, does not count in the limitation on the number of student-athletes from the first institution who may compete on an outside amateur team in the applicable sport. Under such circumstances, the student-athlete will not count in the limitation on the number of student-athletes at the second institution who may compete on an outside amateur team in the applicable sport unless he or she is a student-athlete at that institution (e.g., has enrolled and attended classes during a summer term).

Official Interpretation

Contact Restrictions Prior to Camps or Clinics (I)

Date Published: December 5, 2013

Interpretation:

The committee confirmed that for purposes of contact restrictions on the day or days of a prospective student-athlete's competition, a non-institutional, private camp or clinic is considered an athletics competition or athletics event and an institutional camp or clinic is not considered an athletics competition or event. Therefore, in sports other than basketball, a coaching staff member may make recruiting contacts during a permissible contact period with a prospective student-athlete participating in a non-institutional, private camp or clinic only after the completion of activities on the final day of the camp or clinic. Conversely, official or unofficial visits may occur on an institution's campus on the day of an institutional camp or clinic before the camp or clinic begins.



GAMBLING REMINDER

With NCAA tournaments upon us, please keep in mind that it is not permissible for athletics department staff members or student-athletes to participate in any sports wagering activities involving professional and intercollegiate competition.