Countable Athletically Related Activities During Vacation Periods

Thanksgiving (November 26-27)
- Daily and weekly hour limitations apply during the portion of the week when classes are in session. Student-athletes must be provided with a day off from all countable athletically related activities which may be a vacation day.

Week Prior To and During Exams (December 7-18)
- In-Season Sports: Daily and weekly hour limitations apply to the week prior to and during exams.
- Out-of-Season Sports: Student-athletes may not participate in countable athletically related activities the week prior to and during exams. In sports with the safety exception, a coach may be present during voluntary individual workouts and provide safety and skill instruction but may not conduct the individual’s workout.

Winter Vacation (December 19 – January 10)
- In-Season Sports: Daily and weekly hour limitations do not apply during a vacation period. A day off during the vacation period is not required. Practice after competition remains impermissible.
- Out-of-Season Sports: Student-athletes may not participate in countable athletically related activities during a vacation period. The strength and conditioning staff may design and conduct workout programs for student-athletes, provided the workouts are voluntary and conducted at the request of the student-athlete. The summer workout exception in individual sports does not apply to vacation periods during the academic year.

If you have any questions regarding this information or any other NCAA or Big Ten regulations, please do not hesitate to contact the Office of Compliance Services at:

(517) 432-5510
https://www.msu.edu/~msuncaa/
Twitter & Instagram: @ComplianceMSU