**PRACTICE**
The following are rules and regulations set forth by the NCAA and Big Ten regarding practice hours.

**PLAYING & PRACTICE SEASON**

**Daily and Weekly Hour Limitations (during the academic year)**
- Apply to countable athletically related activities which include any required activity with an athletics purpose involving student-athletes and occur at the direction of, or supervised by, one or more of an institution’s coaching staff, including strength and conditioning coaches.
  - A “voluntary” activity becomes countable if the activity is done in the presence of or conducted by a coaching staff member.
- Participation is limited to a maximum of:
  - 4 hours per day.
  - 20 hours per week.
  - The day of a competition counts as 3 hours regardless of the length of the competition.
- Countable athletically related activities may not occur between midnight and 5:00 a.m.
- Daily and weekly hour limitations do not apply during:
  - Preseason practice prior to the first day of classes or the first scheduled contest, whichever is earlier; and
  - Official vacation periods during the academic year (e.g., Christmas break, spring break) as listed in MSU’s official calendar.
- Student-athletes must receive one day off per week from all countable athletically related activities. A travel day may be considered as a day off. Student-athletes are not required to receive a day off during preseason practice that occurs prior to the first day of classes or the first scheduled contest, whichever is earlier.
  - Basketball Exception – If a team participates in 3 contests in a given week, the team is not subject to the one-day-off-per-week requirement. However, student-athletes must receive 2 days off from all countable athletically related activities during either the preceding or the following week.
- Practice may not be conducted at any time (including vacation periods) following competition, except between contests, rounds or events during a multiday or multievent competition (e.g., double-headers in softball or baseball, rounds of golf in a multiday tournament).
- Countable athletically related activities may not occur between midnight and 5:00 a.m. except during participation in a conference or NCAA championship, participation in any competition that begins before midnight or participation in a promotional practice activity (e.g., first practice of the season).

**Exception**
- Golf Practice Round – A practice round of golf may exceed the four-hour-per-day limitation, but the weekly limit of 20 hours remains in effect. A practice round played on the day prior to the start of a collegiate golf tournament at the tournament site shall count as three hours, regardless of the actual duration of the round.

**Countable Athletically Related Activities**
- Practice.
- Athletics meetings with a coach initiated or required by a coach.
- Competition and associated activities, regardless of their length, count as 3 hours. Countable athletically related activities are prohibited after competition.
- Field, floor or on-court activity.
- Setting up offensive and defensive alignments.
- On-court or on-field activities called by any member of the team and confined primarily to members of that team.
- Required weight training and conditioning activities.
- Required participation in camps/clinics.
- Visiting the competition site in the sports of cross country and golf.
• Participation outside the regular season in individual skill-related instructional activities with a member of the coaching staff.
• Discussion or review of game film.
• Participation in a physical activity class for student-athletes only and taught by a member of the athletics staff (e.g., coach).
• Punishment (e.g., morning runs).

Noncountable Athletically Related Activities
• Compliance meetings.
• Meetings with a coach initiated by the student-athlete.
• Drug/alcohol educational meetings or CHAMPS/Life Skills meetings.
• Study hall, tutoring or academic meetings.
• Student-athlete advisory committee meetings.
• Voluntary weight training not conducted by a coach or staff member.
• Voluntary sport-related activities (e.g., initiated by student-athlete, no attendance taken, no coach present).
• Traveling to/from site of competition (as long as no countable activities occur).
• Training room activities (e.g., treatment, taping, rehabilitation) and medical examinations.
• Recruiting activities (e.g., student host).
• Training table meals.
• Attending banquets (e.g., awards or post-season banquets).
• Fund-raising activities or public relations/promotional activities and community service projects.

OUTSIDE OF PLAYING SEASON (DURING THE ACADEMIC YEAR)

Daily and Weekly Hour Limitations – Sports Other than Football
• In sports other than football, only participation in required weight training, conditioning and individual skill instruction is permitted. Individual skill instruction may be voluntary or required.
• Participation is limited to a maximum of:
  o 4 hours per day.
  o 8 hours per week.
• No more than two hours per week may be spent on individual skill workouts.
• Prior to September 15 and after April 15, no more than 4 student-athletes from the same team may be involved in skill related instruction with their coaches at any one time in any facility.
• From September 15 through April 15, there is no limit to the number of student-athletes that may be involved in skill related instruction.
• Student-athletes must receive two days off per week from all countable athletically related activities.
• All athletically related activities are prohibited one week prior to the beginning of the final exam period through the conclusion of each student-athlete’s final exams.

Daily and Weekly Hour Limitations – Baseball
• In baseball, only participation in required weight training, conditioning and individual skill instruction is permitted. Individual skill instruction may be voluntary or required.
• Participation is limited to a maximum of:
  o 4 hours per day.
  o 8 hours per week.
• No more than two hours per week may be spent on individual skill workouts.
• Student-athletes must receive two days off per week from all countable athletically related activities.
• No more than 4 student-athletes from the same team may be involved in skill related instruction with their coaches at any one time in any facility from:
  o First day of classes to September 14.
  o First day of classes spring semester to January 15.
  o April 16 to one week prior to the beginning of the final exam period at the conclusion of the academic year.
• More than 4 student-athletes may be involved in skill related instruction from:
  o September 15 to one week prior to the final exam period for the fall semester.
  o January 16 to April 15.

■ All athletically related activities are prohibited one week prior to the beginning of the final exam period through the conclusion of each student-athlete’s final exams.

**Daily and Weekly Hour Limitations - Football**

• In football, only participation in required weight training, conditioning and review of game film is permitted between the last game and January 1.
• Participation is limited to a maximum of:
  o 4 hours per day.
  o 8 hours per week.
• No more than two hours per week may be spent watching game film.
• Student-athletes must receive two days off per week from all countable athletically related activities.

**Institutional Vacation Periods and Summer**

Participation in countable athletically related activities outside the playing season is prohibited during institutional vacation periods and/or summer. Strength and conditioning staff may design and conduct specific workout programs for student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete.

**Conditioning Activities**

Conditioning drills may simulate game activities, provided no offensive or defensive alignments are set up and no equipment related to the sport is used.

• In the sport of ice hockey, a student-athlete may be involved in in-ice conditioning activities, provided no equipment other than skates is utilized.
• In swimming and diving, a student-athlete may be involved in in-pool conditioning activities and swim-specific equipment (e.g., starting blocks, kickboards, pull buoys) may be used.
• In cross country(track and field, conditioning activities limited to normal running activities are permissible, provided equipment related to the sport (e.g., starting blocks, batons, hurdles) is not used.
• In rowing, an ergometer is not considered equipment related to the sport of rowing. Therefore, any use of an ergometer during required conditioning activities outside the playing season is not limited to the two hours of permissible skill-instruction activities.

At some point during the academic year you may be asked to confirm the number of hours of countable athletically related activities you participated in during the course of a designated week. You will receive instructions on how to complete this process if you are selected by the Office of Compliance Services. This process will be completed using ACS.

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