Frequently Asked Questions – Athletically Related Activities

What is a “captain’s practice”?
This term is used to refer to a practice or workout that organized by members of the team, confined to the members of the team, and is conducted outside of the playing season or on a required day off during the playing season. “Captain's practices” are not permitted.

May a student-athlete have a voluntary paid lesson from his/her coach outside the playing season?
No. Sport lessons provided by a coach to a student-athlete would be considered athletically-related activity and must only occur during the playing season.

Is it permissible to issue student-athletes specific out-of-season workouts?
Yes. A staff member may design a voluntary individual-specific workout program for student-athletes. However, the staff member cannot request that the athletes record or report completion of the workout programs. Certified strength & conditioning personnel may conduct these voluntary workouts outside the playing season. Certified strength & conditioning personnel may not conduct sport skill instruction outside the playing season.

Do athletics award banquets need to occur during the playing season?
No. An athletics award banquet is not considered athletically-related activity and, therefore, may be held outside the playing season.

Please direct questions and concerns to the compliance coordinator in the athletic department.
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