



SUN DEVIL COMPLIANCE

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LEGISLATIVE UPDATES - BENEFITS

The NCAA recently updated its legislation related to benefits, which now provides increased flexibility in the areas of health, safety, wellbeing, and academic success. The most important updates are below. For more information, please check out the NCAA's educational document [here](#). Note that these benefits must be provided in accordance with federal cost-of-attendance regulations.

Transportation to Campus

Sport programs may now provide a student-athlete with flights to and from campus and the student-athlete's home at any time, including for initial arrival to campus.

Meals and Snacks

Meals incidental to participation (MIPs) may now be provided at any time during the year. But the Pac-12's maximum of two MIPs per day remains in place.

Entertainment

SDA may now provide student-athletes with entertainment at any time, including over the summer.

Travel Expenses

Student-athletes may now receive travel expenses related to ASU competition so long as the student-athlete is eligible for practice (even if the student-athlete is not eligible for competition).

For example, a redshirt could now accompany the team on a road trip if the student-athlete is cleared for practice.

Insurance

Sport programs may pay for PTD and LOV insurance directly without having to use SAF.

Per Diem

Vacation per diem may now be provided to student-athletes living at home. (Student-athletes living at home still cannot receive housing money during summer break.)

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FALL LIEU CHECK DATES

August 24 - September 21 - October 19 - November 10 - November 30

PRACTICE HOURS

IN SEASON	OUT OF SEASON
Maximum of 20 hours each week	Maximum of 8 hours each week <ul style="list-style-type: none"> In football, 2 of the 8 hours may include film review In all other sports, 4 of the 8 hours may include skill instruction, which includes any activity that is not strength or conditioning (e.g., film review)
Maximum of 4 hours per day	Maximum of 4 hours per day
Required 1 day off per week	Required 2 days off per week

CARA REMINDERS

Preseason/ vacation practice

Daily and weekly time limitations do not apply during vacation periods for in-season sports. But NCAA legislation requires at least one day off during preseason and vacation periods.

After competition

CARAs are prohibited after competitions, even during vacation periods (e.g., it is impermissible to make student-athletes run after competition to maintain fitness levels).

8-hour overnight period

RARAs, which include any countable activities, are prohibited for an 8-hour period between 9:00 pm and 6:00 am. An exception exists for a promotional practice (e.g., first practice of the season). Please check with the Compliance Office before holding such a practice.

4 hours of skill instruction

NCAA legislation allows all sports except football to conduct up to 4 hours of skill instruction each out-of-season week. Football may conduct up to 2 hours of film review each out-of-season week.

ARMS CARA logs

All CARAs and RARAs must be accurately entered into the sport's CARA log each week. CARA logs are due every Monday by 11:59 pm. Please encourage your student-athletes to review and approve or reject the CARA logs each week.

Pac-12 RARA chart

Coaches and staff are encouraged to review the Pac-12 RARA chart located [here](#) for more information regarding categorization of countable activities. Please contact the Compliance Office with specific questions relating to this chart.

RARA AND VOLUNTARY ACTIVITIES

RARA	VOLUNTARY ACTIVITIES
<p>A RARA is any activity that has any relation to a student-athlete's participation in athletics that is required. The general rule is that RARAs cannot occur on off days. So off days are truly off, except:</p> <ul style="list-style-type: none"> Rehab and other medically-related activities, Study tables and other academic requirements from OSAD, and Multi-sport life skills events. 	<p>For an activity to be voluntary, all of the following must be true:</p> <ul style="list-style-type: none"> No reporting of information related to the activity to a coach or other staff member, The request is initiated by the student-athlete, Attendance is not recorded, and No penalty for missing and no recognition/incentive for attending.

SPOT THE VIOLATION

The University of Argon softball program began their out-of-season workouts the week before fall classes began. During the second week of out-of-season workouts, each softball student-athlete participated in the following (the softball team's week runs Sunday to Saturday):

- Sunday: Off
- Monday: Conditioning (1 hour)
- Tuesday: Practice (2 hours)
- Wednesday: Strength training (1 hour)
- Thursday: Practice (2 hours)
- Friday: Off (the facility was left open for optional hitting, and the volunteer coach threw batting practice to student-athletes who asked)
- Saturday: Practice (1 hour) and strength training (1 hour)



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OFFICIAL VISITS

Ten Rules to Remember

- 1 **Eligibility** High school prospects must submit all transcripts, register with the Eligibility Center, and be placed on ASU's request list. Transfers must submit college transcripts. Please make sure transcripts have the prospect's name, school's name, and all coursework on it.
- 2 **48 hours** Official visits cannot last longer than 48 hours. The 48 hours begin when prospects arrive on campus or receive entertainment.
- 3 **Tryouts** Prospects may not participate in recreational activities supervised by staff members. Coaches and staff may now organize these activities (e.g., place on itineraries). Basketball prospects may participate in on-campus evaluations (subject to time restrictions) only if they are approved by the Compliance Office.
- 4 **Student hosts** Student hosts may receive \$75 each day for entertainment for prospects and their families. All entertainment expenses must be deducted from the student host money allotment.
- 5 **Comp admissions** Prospects may receive up to five complimentary admissions via pass lists to regular season, home athletics events.
- 6 **Meals** Prospects and up to four of their family members may receive up to three meals each day.
- 7 **Cash** Student hosts, staff members, or boosters may not provide prospects with cash.
- 8 **Automobiles** Neither prospects nor hosts may be provided the use of automobiles.
- 9 **Airfare** As long as tickets are considered coach class, prospects may take advantage of enhanced seating (e.g., additional leg room, exit row) options for their flights. Please provide Susanna with the actual ticket booking confirmation.
- 10 **Booster contacts** Boosters cannot have contact with prospects during official visits unless the prospects have signed NLIs with ASU. But former SDA student-athletes (who are boosters) may have on-campus contact with prospects.

COMPLIMENTARY ADMISSIONS

Beginning this fall, the Ticket Office will be using digital ticketing for complimentary admissions. So please make sure all recruit and prospect coach information, including phone number and email address, is accurate in all requests.

Please contact the Ticket Office for more information regarding the digital ticketing process.

AND THE ANSWER IS . . .

The softball program violated playing and practice season legislation. First, it was a violation to begin out-of-season practices before the first day of fall classes. Out-of-season sports may not conduct CARAs during a vacation period. The "optional" hitting session on Friday was not voluntary under NCAA rules, which resulted in violations of the weekly hour limitation and off day legislation. Because the volunteer coach was present during the session, that time was countable for all student-athletes who attended. This means that Friday was not an off day, so the student-athletes only received one off day when two off days were required. This also put the team over their eight-hour CARA limit during an out-of-season week. Finally, even if the events on Friday were not countable, there would have been a violation because although the student-athletes were within the eight-hour weekly limit, student-athletes participated in over four hours of skill instruction during the week.

RECRUITING CALENDARS

For information about permissible dates for various recruiting activities, check out our Recruiting 101 tip sheet, available [here](#). And please see sport recruiting calendars listed below.

SEPTEMBER 2022

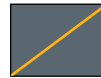
CALENDAR KEY



EVALUATION PERIOD



CONTACT PERIOD
(Recruiting Period in MBB)



QUIET PERIOD



DEAD PERIOD

FOOTBALL

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

BASEBALL

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MEN'S BASKETBALL

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

SOFTBALL

				1*	2*	3*
4*	5*	6*	7*	8*	9*	10*
11*	12*	13*	14*	15*	16*	17*
18*	19*	20*	21*	22*	23*	24*
25*	26*	27*	28*	29*	30*	

* Softball evaluations only at scholastic practices and competitions.

WOMEN'S BASKETBALL

				1*	2*	3*
4*	5*	6*	7*	8*	9*	10*
11*	12*	13*	14*	15*	16*	17*
18*	19*	20*	21*	22*	23*	24*
25*	26*	27*	28*	29*	30*	

* Contact period for high school seniors; evaluation period (scholastic activities only) for all other prospects.

ALL OTHER SPORTS

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Please note this table has dates that run until September 30. Many of the periods run past September 30.

Visit the [NCAA Recruiting Calendars website](#) for full recruiting calendars and NCAA sport-specific recruiting guides.

ASK FIRST!