**FLEX 21 = 14 additional days + 7 days at the end of the season**

Under NCAA legislation, a student-athlete must receive 21 additional days off during the academic year. Seven of those additional 21 days off must occur immediately after the student-athlete’s final competition of the year. Coaches and staff are encouraged to review the Pac-12’s Time Management Plan chart as well as the NCAA Q&A on RARAs, which are both found here.

**RARAs**

- **General rule:** RARAs cannot occur on off days. So off days are truly off for a student-athlete, except the following RARAs may occur during these 7 end-of-season days off:
  - Rehab and other medically related activities
  - Study tables and other academic requirements from OSAD
  - Multi-sport life skills events
  - SAAC
  - End-of-season individual meetings as long as no CARA occurs (e.g., no film review)
  - End-of-season team banquet

- **Individual sports:** The 7 days off must be provided on an individual basis once each individual student-athlete’s season (including postseason) is complete.

- **Safety-exception sports:** Student-athletes may still participate in voluntary workouts pursuant to the safety exception in the presence of coaches during these 7 days.

- **Travel after last competition:** If travel back to campus occurs the day after the final competition, the 7 days off will not begin until the day after the sport’s return to campus.

- **Remarkable achievements:** RARAs that celebrate and/or recognize the remarkable achievements of student-athletes (e.g., halftime recognition, media activities) are outside the scope of this legislation and are, therefore, permissible.

**Application Example**

- If soccer’s final game is on a Thursday, the 7-days off period runs Friday-Thursday. But coaches must also provide student-athletes with two days off the following designated week (Sunday-Saturday). The additional required days off provided under the legislation were intended to serve as new, required days off, therefore, a sport must continue to provide all other required days off too.

- So soccer would have to provide the following Friday and Saturday off too.

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**NOVEMBER 2017**

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**Website:** sundevilcompliance.com  **Twitter:** @SunDevilsAsk