



SUN DEVIL COMPLIANCE

END OF SEASON - NO RARAS FOR 7 DAYS

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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.

NOVEMBER 2017						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Last game	3 Off day 1	4 Off day 2
5 Off day 3	6 Off day 4	7 Off day 5	8 Off day 6	9 Off day 7	10 Weekly off day 1	11 Weekly off day 2
12	13	14	15	16	17	18