PRACTICE HOURS

Countable hours must be recorded on a daily basis for all student-athletes. Every countable activity must count against the time limitation for each student-athlete who participates in the activity. Time limitations are as follows:

<table>
<thead>
<tr>
<th>In season</th>
<th>Out of season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maximum of 20 hours each week</td>
<td>Maximum of 8 hours each week</td>
</tr>
<tr>
<td>• 2 hours max for film review (football)</td>
<td>• 2 hours max for skill instruction (other sports)</td>
</tr>
<tr>
<td>Maximum of 4 hours each day</td>
<td>Maximum of 4 hours each day</td>
</tr>
<tr>
<td>Required 1 day off each week</td>
<td>Required 2 days off each week</td>
</tr>
</tbody>
</table>

Fall CARA Reminders

**Out-of-season sports:** From the first day of class (August 21) to September 14, only four student-athletes from a team may be involved in skill instruction anywhere at any one time (e.g., a basketball coach could not conduct skill instruction with four student-athletes in Wells Fargo Arena while another coach conducts skill instruction with four student-athletes in Weatherup at the same time).

**No CARAs after competition:** CARAs are prohibited following competition, even during vacation periods (e.g., impermissible to make student-athletes run after competition as punishment for poor performance).

**Midnight-to-5-am rule:** CARAs are prohibited between midnight and 5 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.

**Preseason practice:** Daily and weekly time limitations do not apply to preseason practices occurring before the first day of class or the first scheduled contest, whichever is earlier.

ACS CARA Log Reminders

- CARA logs are due every Monday by 5 pm. Late submissions are recorded for each sport and included in the Athletic Director’s metrics report.
- Sports must begin recording CARAs the first day of class (August 21) even if the team has no hours to report (women’s soccer will begin recording hours on August 15).
ACS Releases New Coach+ iPhone App

ACS Athletics released a new iPhone app for coaches. The ACSCoach+ mobile app can be found in the Apple app store on your iPhone. It is designed to simplify the management of recruiting, roster, and compliance information on the go.

Please delete the old version of the app from your phone and download the new ACSCoach+ app. You will use the same login information as the old app.

ACS UPDATES

Phone Call/Text Message Policy

- Football, track and field, and swimming and diving coaches must use the ACSCoach+ app for all recruiting phone calls.
- Coaches in sports other than football, track and field, and swimming and diving:
  - Phone calls: For the time being, all phone calls must be placed through the ACS app. We will let you know if/when this changes.
  - Texts: A prospect’s contact information including all phone numbers (and parents’ numbers) must be entered into ACS before texting that prospect. Once the prospect’s information is in ACS, you can text message him or her outside of the app.

Student-Athlete Forms

All student-athletes must complete the required ASU and NCAA forms before they will be cleared for practice and competition. Forms have been sent to the student-athletes’ ACS accounts (ica.asu.edu/acs).

SPOT THE VIOLATION

The University of Argon football coach, Jack Bauer, thought his team, the Kittens, performed well on the field Thursday night at CT University. Coach Bauer was concerned, though, with the way the team lacked defensive aggressiveness. After stopping for dinner and on the long bus ride back to campus, Coach Bauer thought it would be beneficial for his team to watch game film to point out the areas of weak defense that evening. Coach Bauer put the game film on all the bus TV screens.

Coach Bauer wanted to get a head start on the next game. On the following Monday, practice started at 4:45 am. This allowed those individuals with Monday morning classes to have three quality hours of practice on Monday instead of the normal two.

CITIZENSHIP VERIFICATION FOR INCOMING STUDENTS

Arizona law requires student-athletes who receive athletics or other institutional financial aid to provide verification of citizenship, permanent residency, or other lawful immigration status. Student-athletes can complete their citizenship verification either by completing their FAFSAs or by submitting verification documents at this link.
**ENDORSING A PROSPECT’S SCHOOL OR TEAM**

NCAA legislation prohibits a coach from endorsing a prospect’s school or team. Generally, coaches can post generic recruiting information on social media. But the information cannot include an endorsement of a prospect’s team, coach, or facility.

### Permissible Examples

- “Attending the 2014 championship game between North and South High School.”
- “About to make a stop at West High School.”

### Impermissible Examples

- “Good luck, City High School, during the 2014 soccer season!”
- “Congrats, Coach Smith, on your 400th career victory! Proud of you, my friend.”
- “Great ballgame at Township High School. One of the best high school baseball fields in the country!”

**PROCESS UPDATES**

### Non-Countable Staff Form

All non-countable coaches (e.g., volunteer coaches, directors of operations, managers) must complete the non-countable coaches form (will be sent through ACS).

### Beginning-Of-The-Year Forms

There are several forms that must be completed at the beginning of the year. Please complete and submit the following forms to the compliance contact listed below as soon as possible.

<table>
<thead>
<tr>
<th>Form</th>
<th>Compliance Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014-15 team roster</td>
<td>Susanna</td>
</tr>
<tr>
<td>Coaching staff declaration</td>
<td>Ryan</td>
</tr>
<tr>
<td>Local sports club (if applicable)</td>
<td>Susanna</td>
</tr>
<tr>
<td>Non-countable staff (ACS)</td>
<td>Peter</td>
</tr>
<tr>
<td>Outside consultant (if applicable)</td>
<td>Peter</td>
</tr>
<tr>
<td>Playing and practice season declaration</td>
<td>Ryan</td>
</tr>
<tr>
<td>Playing and practice season calendar</td>
<td>Ryan</td>
</tr>
</tbody>
</table>
THE FOLLOWING SPORTS ARE IN CONTACT PERIODS AUGUST 1-31:

**BASEBALL**

**GYMNASTICS**

**MEN’S/WOMEN’S GOLF**

**MEN’S/WOMEN’S SWIM/DIVE**

**WATER POLO**

**TENNIS**

**WRESTLING**

**VOLLEYBALL**