

PRACTICE HOUR RULES



COMPLIANCE WEEKLY UPDATE

	In Season	Non-Championship Season	Out-of-Season
Hour Limits (max.)	4 hours/day; 20 hours/week	4 hours/day; 20 hours/week	6 hours/week: Combination of skill/S&C
Days Off (min.)	1	2	2
Rest Period Day	Must be 2 nd day off in week to count as Rest Period Day	Each day off may count as a Rest Period Day	Each day off may count as a Rest Period Day
Competition	Contest = 3 hours of limit	*Contest = 3 hours of limit; Counts as one of the 12 practice opportunities	NOT PERMISSIBLE
Practice	Must count in hour limits	*12, 2 hour sessions 3 times/week	NOT PERMISSIBLE
Skill Instruction	Must count in hour limits	Must count in hour limits	[#] No more than 2 (of the 6 total hours) per week
Strength & Conditioning	Must count in hour limits	Must count in hour limits	Must count in hour limits
Team/Indi. Meetings/Film	Must count in hour limits	Must count in hour limits	Must count in hour limits
Team Bonding/Leadership	DOES NOT COUNT: Provided the activity is separate and distinguishable from normal practice or strength and conditioning activities, occurs only on an infrequent basis, and neither tactical nor technical instruction related to the sport is provided.		
7 days prior to Final Exams	Must count in hour limits	CARA NOT PERMITTED; Mandatory Rest Period Day	CARA NOT PERMITTED; Mandatory Rest Period Day
Final Exam Period	Must count in hour limits; Should NOT be required	CARA NOT PERMITTED; Mandatory Rest Period Day	CARA NOT PERMITTED; Mandatory Rest Period Day
During Vacation Period	[^] No hour limits or days off required	CARA NOT PERMITTED; CAN'T be used as a Rest Period Day	CARA NOT PERMITTED; CAN'T be used as a Rest Period Day

*The only sports that follow non-championship season practice limits are; **Baseball, Field Hockey, Lacrosse, Soccer, Softball, and Volleyball.**

[#]There is no longer an Ivy limit on the number of student-athletes you conduct skill instruction with. You may use your discretion on the number of participants involved, but the hour limits remain the same. NCAA participant limits still apply when out-of-season after April 15.

[^]Only during the summer, fall-preseason period, the following sports have hour/day-off limits; **Field Hockey, Soccer, and Volleyball.**