Clemson to have less practice time than Bama

If No. 1-ranked Clemson is to defeat No. 2 Alabama in the College Football Playoff championship, the Tigers will have to do it with less practice time.

For the second consecutive season of the College Football Playoff, one team may benefit from unlimited practices and team meetings while the other must adhere to the NCAA's 20-hour rule limiting countable athletic activities.

This is because Alabama's spring semester starts Jan. 13 -- two days after the CFB Playoff title game on Jan. 11 (ESPN, 8:30 p.m. ET), while Clemson's spring semester begins Wednesday.

The Tigers are not restricted by the length of any practices/team meetings until Tuesday, but they are limited to a maximum of four hours a day beginning Wednesday, according to NCAA rules.

An ACC spokesperson confirmed to ESPN that Clemson will adhere to the practice limit. Because Alabama's spring semester doesn't start until after the title game, the Crimson Tide's countable athletic activities are not restricted by the NCAA's 20-hour weekly rule.

In the week leading up to last season's title game, No. 4 Ohio State was able to conduct unlimited practices and team meetings, while No. 2 Oregon had to adhere to the NCAA rule because of the schools' different academic schedules.

Oregon coach Mark Helfrich said it was a "bit of an annoyance for competing teams to have different parameters," but said he didn't focus any energy on it. Ohio State linebacker Joshua Perry admitted it may have been an advantage for the Buckeyes.

"I would say the one thing that was advantageous to us was we weren't worried about getting a new syllabus or shaking a professor's hand and trying to figure things out for a semester," Perry said. "Is that a huge advantage? No, because you go the whole season doing the same thing anyway. You're in class and you've got to game plan."

During the bowl season, the NCAA's 20-hour limit is usually not a concern because teams are on holiday break. But this is the second consecutive year it has impacted one of the teams in the title game.

Practices, weightlifting and any film sessions or meetings required by coaches count toward the 20-hour limit. The game also counts as three hours, no matter how long it lasts.

January, 2016, by Brett McMurphy
COMPLIANT ALL-STAR LINEUP OF THE MONTH

Congratulations to the following who were the December “All-Star Lineup of the Month!”

Happy New Year!!
Right before the holiday break, these FIVE were on top of their game when it came to ensuring they were following the rules.
Congrats to you all, and keep up the great work everybody!!

Violation of the Month

Facts of the Case
During an out-of-season period, an assistant football coach (AC) used sport-related equipment during a conditioning drill outside of the playing season. Specifically, the AC used a foam-football to throw to student-athletes running routes as part of their conditioning drills. AC believed throwing a foam-football to the participants was permissible since it wasn’t a real football and because no offensive or defensive alignments had been set up.

Institutional Action
- Rules education was required to the entire coaching and S&C staff.
- Practice hours were reduced on a 2-for-1 basis once permissible practice resumed.

Legislative References
17.1.7.2: Weekly Hour Limitations
   - Outside the Playing Season
17.1.7.2.4: Conditioning Activities.

Please note, this violation did not occur at Dartmouth College.
This is for educational purposes only.
# Recruiting Reminders for the Month of January

## Baseball
- **Quiet period**: January 1-6
- **Dead period**: January 11-31
- **Dead period**: January 7-10

## Men’s Basketball
- **Recruiting period**: Entire month of January

## Women’s Basketball
- **Evaluation period**: Entire month of January

## Cross Country/Track & Field
- **Quiet period**: January 1-2
- **Contact period**: January 3-31

## Football
- **Dead period**: January 1-3; 11-14
- **Quiet period**: January 10; 31
- **Contact period**: January 4-9; 15-30

## M. Lacrosse
- **Dead period**: January 1-3
- **Contact period**: January 4-18 (No evaluations)
- **Quiet period**: January 19-31

## W. Lacrosse
- **Quiet period**: January 1
- **Contact period**: January 2-31

## Softball
- **Quiet period**: January 1
- **Contact period**: January 2-31

## Volleyball
- **Quiet period**: January 1-15
- **Contact period**: January 16-31*

*In those states that play the high school volleyball season in the winter, contacts and evaluations shall be permissible January 1 through the Friday prior to the Presidents Weekend Tournaments.

## Reminders for Coaches

**Practice - Out-of-Season Sports:**
- Max. of 2 **hours** of skill instruction per week
  - No longer restricted by number of athletes at a time.
- Max. of 4 **hours** of conditioning per week
  - If you do not conduct skill instruction in a given week, you can replace those 2 hours with conditioning.

**CARA = Countable (Mandatory) Athletically Related Activities**
- All CARA must stop (unless you have begun your championship season) 7 days prior to Winter Finals
- Winter Finals begins = **March 11**
- 7 Days Prior to Winter Finals begins = **March 4**
  - 7 days prior to Winter Finals are mandatory “Rest Period Days” for out-of-season sports!
- **LAST DAY OF CARA = March 3**

**Conditioning - Out-of-Season Sports:**
- Conditioning drills that may simulate game activities are permissible, provided no offensive or defensive alignments are set up and no equipment related to the sport is used. The only exceptions are:
  - In Ice Hockey, skates and helmets may be used
  - In Swimming & Diving, starting blocks/kickboards;
  - In Rowing, the ergometer.

## Athletic Compliance Staff

**Jake Munick**
Assistant Athletic Director  
jake.munick@dartmouth.edu  
Ext. 6-1378

**Emily Cummings**
Compliance Specialist  
emily.r.cummings@dartmouth.edu  
Ext. 6-8810

Follow us
[@DartmouthRules](https://twitter.com/DartmouthRules)
to get daily tips and information regarding NCAA, Ivy, and Dartmouth rules along with breaking stories around the