

**Bellarmine University Athletic Department  
2005-06 Student-Athlete Handbook**

**Section 7: Playing and Practice Regulations**

**Countable Athletically Related Activities – In Season**

- Practice – includes team and individual instruction
- Competition
- Required weight-training and conditioning activities held at the direction of or supervised by an institutional staff member
- Individual skill-related activities requested by a student-athlete or workouts required by or supervised by the member of the institution's coaching staff
- On-site activities called by a member(s) of a team that is considered as a requisite for participation in that sport (e.g. captain's practice)
- Film or videotape reviews of athletic practices or contests
- Required participation in camps, clinics or workshops
- Meetings initiated by coaches or other institutional staff members on athletically related matter
- Visiting the competition site in the sports of cross country and golf

**Daily and Weekly Time Limitations – In Season**

- Student-athletes' participation in countable athletically related activities shall be limited to four hours per day, 20 hours per week.
- Student-athlete's are required to have one day off during the playing season. A team travel day may be considered as a day off, provided no countable athletically related activities occur during that day.
- All competition counts as 3 hours, regardless of actual duration.
- A practice round of golf may exceed the fours hours per day limitation, but the weekly limit of 20 is still in effect. A practice round on the day prior to the start of a collegiate golf tournament at the tournament site shall count as three hours, regardless of the duration of the round.
- Hourly and weekly limitations do not go into effect until the first day of classes or the first date of competition, whichever occurs first.
- Hourly and weekly limitations are not in effect during the academic year between terms when classes are not in session (e.g. Christmas Break, Spring Break, etc.)
- See Bylaw 17.02.1.1 for a detailed description of Countable Athletically Related Activities.

**Practice Prohibited After Competition**

Practice may not be conducted at any time (including vacation periods) following competition, except between contests, rounds or events during a multi-day or multi-event competition (e.g. doubleheaders in softball or baseball, rounds of gold in a multi-day tournament).

**Countable Athletically Related Activities – Out-of-Season**

- Out-of-season limits: 8 hours per week
- Maximum of 2 hours per week for individual skill-related instruction

- Required weight training and conditioning activities held at the direction of or supervised by an institutional staff member
- Individual skill-related instruction requested by a student-athlete (no more than 4 student-athletes from the same team may participate in instruction at any one time).
- No Countable Athletically Related Activities permitted outside the playing season during an institutional period (e.g. Thanksgiving, Christmas, Spring Break and Summer Vacation).
- See Bylaw 17.1.6.2 for detailed description of Countable Athletically Related Activities outside of the playing season.