



**IPFW Athletic Department**

**ATHLETICALLY-RELATED ACTIVITIES LOG**  
Office of Athletic Compliance

In Season

Week Beginning:

Week Ending:

Sport:

Out of Season

**INSTRUCTIONS:**

Coaches MUST record their team's CARA hours on a weekly basis. Record and total the exact number of hours spent on each of the activities noted below. At the end of each week, record and total the hours. You MUST sign the form and submit it to the Compliance Office by noon on the next business day after the completion of your week.

**NCAA CARA Rules Reminders:**

**During the playing season:** NCAA Bylaw 17.1.6.1 requires that a student-athlete's participation in countable athletically-related activities when classes are in session be limited to a maximum of 4 hours per day and 20 hours per week with 1 mandatory day off.

**During the off-season:** NCAA Bylaw 17.1.6.2 limits student-athletes to a maximum of 8 hours per week of lifting/conditioning activities with not more than 2 hours per week spent on skill-related workouts. There are 2 mandatory days off. **ALL CARA activities are prohibited the week prior to and the week of finals.**

Activity	WED	THURS	FRI	SAT	SUN	MON	TUES
Competition	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Practice	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lifting/ Conditioning	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Film Review	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Meeting w/ Coach	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Individual Workout	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Other Activities	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Total	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**Compliance Office:**

Total Hours

Total Indiv. Hour(s)

Required Day(s) Off

Competitions

Initials

Please Note: The following activities are not athletically-related and are not to be counted:

- Training table or meals incidental to practice or competition
- Rehabilitation or other sports medicine or medical treatments, exams or appointments.
- Dressing, showering, taping, equipment fitting or issue, etc.
- Study hall, tutoring, academic advising, compliance meetings
- Meetings with coaches on non-athletic matters
- Travel to and from practice and competition as long as no game film is reviewed.
- Meeting or individual consultation with coach initiated by student, provided no athletically-related activities occur.

I certify that the hours noted above are correct and voluntary activities meet the conditions of NCAA Bylaw 17.02.13

Name of Coach:

Date:

Signature of Student-Athlete: \_\_\_\_\_

Date: \_\_\_\_\_