Athletic Participation/Activity

All division III institutions must limit its organized practice activities to minimize interference with academic programs.

NCAA legislation mandates one day off per week for student-athletes during the traditional season. There can be no athletically related activity on this required day off.

Athletic Activities:
- Practice
- Meeting, activity, or instruction involving sport-related information
- Chalk talk
- Game film
- Competition
- Required weight training and conditioning
- Required participation in camps and clinics
- Workouts supervised by your coach
- Required activity called by any member of the team
- Observation by your coach in a non-organized activity (pick-up)

If your coach is mandating you to do any of these activities on your day off or while out of season, this is an NCAA violation and should be reported to the compliance office.

Please direct questions and concerns to the compliance officer in the athletic department.

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