



GENERAL PRACTICE & PLAYING SEASON REGULATIONS FOR COMPUTING PLAYING SEASONS

FOR ALL SPORTS – REFER TO NCAA BYLAW 17 (PAGE 217)

Playing Season The playing (i.e., practice and competition) season for a particular sport is the period of time between the date of an institution's first officially recognized practice session (i.e., including preseason prior to classes beginning) and the date of the institution's last practice session or date of competition, whichever occurs later. An institution is permitted to conduct officially recognized practice and competition each academic year only during the playing season as regulated for each sport in accordance with the provisions of NCAA Bylaw 17.

Sport specific regulations and exceptions needed to compute your sport's playing and practice season are included in your sport's section of Bylaw 17.

Segments of Playing Season For all sports other than basketball, each member institution may divide the playing season into two distinct segments and each segment must consist of consecutive days. The playing season for basketball is specifically legislated.

The only days that can be excluded from a segment are **required** off days (i.e., the one day off per week required by NCAA rules), official vacation, holiday and final-examination periods during which no practice or competition shall occur. All other days within a segment must be counted towards your sports playing season. ***Please remember that NCAA rules require two calendar days off per week outside of the playing season (8 hr. wk).***

Outside Competition is defined as athletics competition against any other team (including an alumni team or a team that consists of members of the coaching staff/faculty, etc.,) that does not represent the intercollegiate program of SPC.

Example: practice against an outside team would count as one of your team's contest and involved student-athletes would be considered to have used a season of competition.

Makeup Contests An institution is not permitted to extend the playing season to make up suspended or canceled games.

Competition After Conference Tournament is not permitted unless it falls within your declared playing season.

Practice After Conference Tournament is not permitted unless it falls within your declared playing season OR unless your team is preparing for participation in a NCAA championship.

Conference Championships must be included within your sport's playing season.



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Foreign Tours Participation on a certified foreign tour need not be included within your team's declared playing season.

Institutional Vacation Periods and Summer A student-athlete may not participate in any countable athletically related activities outside of the playing season during any institutional vacation period and/or summer. Note: Strength and conditioning coaches who perform such duties on departmental-wide basis may design and conduct specific workouts programs for SPC student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete.