

## **Time Demands**

### **Mandatory time off concept**

**Intent:**

- In sports other than football, to require three (3) weeks of student-athlete discretionary time (defined in 17.02.14; no required or recommended workouts) from the beginning of classes in the fall to the conclusion of the academic year in the spring, with at least one (1) week off following the championship segment of the playing season for those sports that conclude during the academic year and before the week prior to final exams.
- Each week must be seven consecutive calendar days.
- Already required time off the week before final exams through the end of final exams shall NOT be included in satisfying this requirement.
- Vacation periods between terms shall not be included in satisfying this requirement.
- Vacation periods during a regular academic term may be used to meet this requirement.

**Rationale:** During the course of the academic year, student-athletes should be provided an appropriate number of weeks off from required athletics activities to be able to focus on non-athletics activities and recover from their seasons. Assigning a number of weeks to each sport but not specifying exactly when each of those weeks must be used provides appropriate flexibility for each sport to use the weeks according to what is best for its student-athletes and the sport's training and recovery norms. This is a similar model that currently exists for football. These three weeks, in addition to already required weeks off prior to and during final exam periods outside the season will provide meaningful time for student-athletes to engage in non-athletic activities on campus.

**Potential bylaw(s):**

1. A new bylaw would be added to the beginning of Bylaw 17 or to each sport section that identifies that each student-athlete must be provided three (3) weeks of student-athlete discretionary time during the academic year. One such week shall be provided following the championship segment for any sport that concludes during the academic year and before the week prior to final exams.
2. An exception to the postseason week would be included to accommodate sport-specific training with a coach when the student-athlete is training for elite national and international competition or qualifying competition for such events.