



VOLUME 2, ISSUE 1

AUGUST 2008

COMPLIANCE MONTHLY

Delaware * Hofstra * James Madison * Maine * Massachusetts * New Hampshire * Northeastern * Rhode Island * Richmond * Towson * Villanova * William & Mary

August 2008 Football Recruiting Calendar

S	M	Tu	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						
	Quiet Period*					

Recruiting Calendar
August 1– August 31
Quiet Period

Resource Center

Thomas E. Yeager
Commissioner

Kathleen Batterson
Senior Associate Commissioner
kbatterson@caasports.com
Office ext. 13

Chuck Robinson
Compliance Intern
Crobinson@caasports.com
Office ext. 29



8625 Patterson Ave
Richmond, VA 23229

Phone: 804.754.1616
Fax: 804.754.1973
Website: www.caasports.com

Visit the Compliance Corner on
www.caasports.com

Review: Five-Day Acclimatization Period

17.11.2.3 Five-Day Acclimatization Period for FCS

In football, preseason practice shall begin with a five-day acclimatization period for both first-time participants and continuing student-athletes. All student-athletes, including walk-ons who arrive to preseason practice after the first day of practice, are required to undergo a five-day acclimatization period.

During the five-day period, FCS institutions may not conduct administrative activities (e.g., team pictures) other than compliance-related activities and medical examinations prior to the first permissible date of practice. Conditioning, speed, strength or agility tests may not occur on any day prior to the start of the five-day period.

During the five-day period, the institution must establish an academic orientation period for those student-athletes who are beginning their initial season of eligibility for football practice at the institution. The orientation activities may be conducted on more than one day during the five-day period, but must be conducted for the equivalent of one day.

During the five-day period institutions shall not engage in more than one on-field practice per day, not to exceed three hours in length. During the first two days of the acclimatization period, helmets shall be the only piece of protective equipment worn. During the 3rd and 4th days, helmets and shoulder pads shall be the only pieces of protective equipment worn. During the final day, student-athletes may practice in full pads.

Walk-Throughs

17.11.2.4.1 Walk-Throughs

During the preseason practice period only and after the 5 day acclimatization period, a walk-through is not considered to be an on-field activity under Bylaw 17.11.2.4, provided protective equipment (e.g., helmets, shoulder pads) is not worn, equipment related to football (e.g., footballs, blocking sleds) is not used and conditioning activities do not occur. If a walk-through is conducted on a day in which no other on-field activities occur, the walk-through must be included in the limit of 29 on-field practices for the preseason practice period. In championship subdivision football, on-field walk-throughs shall not exceed a total of two hours per day on the days one practice is conducted, and one hour per day on the days multiple practice sessions are conducted.

Activities after 5 day period

17.11.2.4 Preseason Activities After Five-Day Acclimatization Period

After the 5 day period, institutions may practice in full pads. However, an institution may not conduct multiple on-field practices on consecutive days. Student-athletes shall not engage in more than three hours of on-field practice on the days which one practice is permitted. Student-athletes shall not engage in more than five hours of practice on those days in which two on-field practices are permitted; and on days that institutions conduct multiple practice sessions, student-athletes must be provided with at least three continuous hours of recovery time between the end of the first practice and the beginning of the second practice. During this time student-athletes may not attend any meetings or engage in other athletically-related activities (e.g., weights); however medical treatment and meals may be included as a part of the recovery time.

Reminder: NCAA Bylaw 17.11.2.1.3.3 A student-athlete who has voluntarily withdrawn from an institution's team, has departed the practice site and no longer will engage in any preseason activities may be replaced with another student-athlete without including that individual in the institution's limitation on the number of individuals who may participate in preseason practice (90 student-athletes for FCS).