



Syracuse University Countable Athletically Related Activity (CARA) Policy

Effective Date: November 1, 2025

Review Cycle: Annual

Responsible Office: Office of Athletic Compliance

Purpose

This policy establishes guidelines for Countable Athletically Related Activities (CARA) in accordance with NCAA Division I legislation¹ and outlines monitoring procedures to ensure institutional compliance. This policy applies to all varsity athletics programs and coaching staff at Syracuse University.

Compliance Monitoring and Reporting

CARA Log Requirements

All coaching staff are required to maintain accurate and complete Countable Athletically Related Activities (CARA) logs within the Athletics Rules Management System (ARMS). These logs must comprehensively document each activity by including the date and time it occurred, the duration of the activity, the specific type of activity conducted (such as practice, conditioning, or film review), and a detailed list of both the student-athletes and coaching staff who were present. This documentation ensures compliance with NCAA regulations and supports institutional oversight of athletic participation.

¹ **17.02.1 Countable Athletically Related Activities.** Countable athletically related activities include any required activity with an athletics purpose involving student-athletes and at the direction of, or supervised by, one or more of an institution's coaching staff (including strength and conditioning coaches) and must be counted within the weekly and daily limitations under Bylaws [17.1.7.1](#) and [17.1.7.2](#).

Office of Athletic Compliance Review

The Office of Athletic Compliance will conduct comprehensive reviews of CARA logs in ARMS on the **15th and last day of each month** to ensure programs remain compliant with NCAA legislation.

Responsibilities

Coaching Staff

Coaching staff are responsible for accurately documenting all Countable Athletically Related Activities (CARA) in the Athletics Rules Management System (ARMS), ensuring compliance with NCAA hour limitations and required days off, submitting CARA logs by designated deadlines, and actively participating in compliance education and training.

Office of Athletic Compliance

The Office of Athletic Compliance conducts reviews of CARA logs on the 15th and last day of each month, provides ongoing education and guidance to coaching staff, monitors overall compliance, reports any violations, and maintains thorough documentation of all reviews and findings.

Student-Athletes

Student-athletes are expected to engage in required compliance education and report any concerns regarding CARA violations directly to the Office of Athletic Compliance. This policy is reviewed annually and updated as needed to reflect changes in NCAA legislation.

Policy Review

This policy will be reviewed annually and updated as necessary to reflect changes in NCAA legislation.

Questions

Questions regarding this policy should be directed to the Office of Athletic Compliance.

Definitions

Countable Athletically Related Activities (CARA) are any athletics activities observed, supervised, or organized by the coaching staff.

Voluntary Athletically Related Activities (VARA) are activities initiated by student-athletes that meet specific criteria outlined in NCAA legislation.

Required Athletically Related Activities (RARA) are any activities, including CARA, that are required of a student-athlete (e.g., team promotional activities, recruiting activities).

CARA Limitations

Student-Athlete Time Demands - CARA

	Daily Limit	Weekly Limit	Minimum Days Off
In-Season	4 hours	20 hours	1 per week
Out-of-Season	2 hours	8 hours	2 per week
Vacation Period	Unlimited	Unlimited	1 per week

Additional Requirements for Autonomy Schools

Schools subject to autonomy legislation must comply with the following additional requirements:

Time Management Plans

1. Each sport must develop a comprehensive time management plan

2. Plans must include provisions for 14 additional required days off throughout the year
3. Plans must provide 7 consecutive days off after the end of the championship season

CARA vs. RARA

What Counts as CARA?

- Practice
- Competition
- Film Review/Meetings
- Skill Instruction
- Strength and Conditioning

What Counts as RARA?

- Compliance Meetings
- Team Promotions Activities
- Recruiting Activities (Student Host Duties)
- Media Activities
- Fundraising Activities
- Travel to an Away Game

What is not included in CARA or RARA?

- Academic Meetings
- Injury treatment/rehab
- Voluntary Athletic Activities
 - Safety exception: rowing, field events
- Multi-Sport Life Skills Program

VARA Guidelines

Voluntary athletically related activities must meet ALL of the following conditions:

1. Must be initiated by the student-athlete
2. May not be reported to the coaches
3. Student-athletes may not be required to attend
4. May only be observed for safety purposes by appropriate staff members (e.g., trainer, strength and conditioning coach)
5. Student-athletes may not be rewarded or punished for participating

Note: Coaches and staff may reserve court/field time for activities and provide suggested workouts for student-athletes who wish to participate in VARA.

Exceptions to VARA

1. In sports with a safety exception, a coach may be present for voluntary activities to provide safety instruction only (coach may not conduct the workout)
2. In individual sports during a vacation period, a student-athlete may request a coach be present for a voluntary activity and provide instruction