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Time Demands

• In recent years, student-athletes have expressed concern over required athletic and non-athletic activities.

• During the January, 2016 NCAA Convention in San Antonio, Texas, the ‘Autonomy’ institutions agreed to have substantial discussion on time demands with the directive to develop meaningful proposals for review and voting by the Autonomy Conferences membership at the 2017 NCAA Convention.
Time Demands

• Representatives from the five Autonomy conferences met in Dallas in April, 2016, to discuss substantive issues that need to be addressed in the near term in order to continue developing an optimal experience for college student-athletes in the 21st century.
Time Demands

• The management of the time demands placed on student-athletes by athletically related activities is important for

✓ the health and safety of student-athletes and,
✓ their ability to engage, as other students, in the ongoing academic and extra-curricular activities of the institution.
Time Demands

• Student-athletes should be assured they have adequate time to recover from the physical and mental pressures of their sports.

• Like other students, student-athletes should also be assured they can experience the full range of student life.
Time Demand Concepts

• It is easier and more effective to define time free of any athletic related activity than it is to define and/or put limits on athletically related activity.

• Effective time management for student-athletes is very much dependent on the sport, on the nature of the institution, and on travel and competition schedules. Thus, the concepts that follow define the minimum free time that should be available for student-athletes and provides head coaches some flexibility in how it is implemented.
Time Demand Proposals

• Every head coach must complete an annual Student-Athlete Time Management Plan for the coming year which shall be approved by the Athletic Director and distributed to each Student-Athlete in the coach’s sport.

• The plan shall be developed from a collaborative process involving student athletes and such senior administrators necessary to ensure that the plan serves the best interests of student-athlete health and safety, and academic well-being.
Time Demand Proposals

The Plan must include how the coach intends to assure that:

☑ Each student athlete shall have at least one day a week free of required athletically-related activity, including associated travel, during the competitive season (traditional/championship and nontraditional/non-championship), and

☑ Two free days a week during the remainder of the academic year
Time Demand Proposals

The Plan must include how the coach intends to assure that:

✓ Each student athlete shall have at least 8 hours overnight of “free time,” and be provided in a consecutive 8-hour block between 9pm and 6am. If home competition ends after 9pm or away competition has the team’s return to campus after 9pm, the 8-hour block begins the moment the team is released after competition or released upon return to campus.
Time Demand Proposals

The Plan must include how the coach intends to assure that:

✓ All student-athletes shall be free of required athletically related activities for at least one week (7 consecutive days) at the conclusion of the season in order to recover from the season of competition. Exceptions would exist for the purpose of training for elite national/international events.
• In addition to the required days off previously mentioned, each student shall be provided at least 14 days free of athletically-related activity during the regular academic terms of the year, including associated travel. These additional 14 days need not be consecutive.
Time Demand Proposals

- It is understood that the Plan may require modification from time to time as competition times and schedules are modified, weather impacts facility availability, etc. Such modifications must be approved by the Athletic Director and reported to the student-athletes.

- The Athletic Director and the FAR shall conduct an annual end-of-year review of the Plans and their implementation, including discussions with student-athletes, and shall report to the CEO of the Institution the level of compliance.
Process for Implementation

November 1, 2016 - Finalized proposed legislation to be reviewed by the Autonomy Conferences.

January 2017 - Autonomy Conference schools meet to vote on NCAA legislation.

August 1, 2017 - Implement new Autonomy legislation.