

# **Louisiana Christian University**

## **NAIA Institutional Day Off Policy for Student-Athletes**

**Effective Date: August 1, 2023**

**Intent: To create a requirement that each institution must have a published policy providing a day off from athletic participation for its student-athletes that includes on how apparent violations should be reported; specific definitions of activities included and when exceptions to the policy are permitted as defined by each institution.**

### **Bylaw Article I, Section 8, Item 7**

Each sport shall have a maximum 24-week practice and competition season established by member institution. Frequency of play, practice and scheduling policies shall be applied only during the period of **August 1 to May 15**, pursuant to the following specifications. The start date specified is the earliest possible date on which any activity meeting the definition of a practice or competition may occur, though teams are free to choose a later date. **Scrimmages and exhibitions are excluded and not subject to the start date for competitions.**

**Frequency of play, practice, and scheduling outside of this period is governed by each member institution and will not be regulated by the NAIA.**

There shall be no more than three break periods during the 24 weeks. NAIA-approved postseason participation shall not be counted as part of the 24-week period. **A week is defined as Monday (12:00 a.m.) through Sunday (11:59 p.m.). Any practice or competition during this period shall constitute one of the 24 weeks permitted.**

**PRACTICE** will be defined as follows: An activity organized and/or directed by an identified member of the coaching staff of that sport in which appropriate equipment is used or instruction and/or evaluation of the student-athlete takes place.

#### **Activities that ARE considered practice:**

Film sessions involving a coach and one or more student-athletes.

Walkthrough drills, regardless of the use of equipment

Individual/team skills workouts (batting practice, putting lessons, etc.) involving a member of the coaching staff.

Open Gyms that are closed to the public and attended by a member of the coaching staff.

Sport specific activity classes only available to invited students.

Team meetings discussing strategy/tactics.

Weightlifting/Conditioning held at the discretion of or supervised by an institutional staff member.

Chalk Talk

**Activities that ARE NOT considered practice:**

Team/Individual meetings on non-athletic matters (i.e., academics, compliance, eligibility, etc.)

Participation in community service

Team entertainment activities (i.e., leadership training and/or team building activities). Physical components may be incidental to the activity but should be kept to a minimum.

Study Hall/Tutoring

Travel to and from events

Rehabilitation of injuries

Champions of Character events

On the mandatory day off, Louisiana Christian University staff members are not permitted to require any athletic-related activity. This allows student-athletes the opportunity to focus on non-athletic related events. Student-athletes are free to choose to participate in their own athletic-related activities on their day off but cannot be required to do so.

Louisiana Christian University believes in the value of providing a day-off each week from all athletically related activity, and trusts that it will result in mental, physical, and spiritual benefits for the overall student-athlete experience. Normal communication with coaches, teammates, athletic personnel, is permitted along with all interactions with sports medicine and sports information professionals.

In the event of a violation of the Mandatory Day-Off Policy, please contact the Vice President of Intercollegiate Athletics.

NAIA Legislative Services Email: [legislative@naia.org](mailto:legislative@naia.org)

NAIA Legislative Services HOTLINE: (816) 595-8180