

Results of Division I SAAC Athletic Time Commitments Survey

Prepared for Division I SAAC
December 2015



Methods

- Athletic time commitments survey was designed by Division I SAAC with assistance from NCAA research staff.
- Short survey administered online through Qualtrics survey software. Designed to be taken via phone, tablet, or computer.
- A snowball sampling technique was used. National SAAC representatives forwarded the link through conference and campus SAACs to student-athletes. ADs, SWAs, FARs, and coaches were made aware of the survey and asked to encourage student-athletes to participate.
- Survey open from November 2-24, 2015.

Response Rate

- Responses were received from 28,004 Division I student-athletes.
- Women responded to the survey at higher rates (25%) than men (12%).
- Freshmen responded at higher rates than other student-athletes, but all classes were adequately represented.
- Response rates varied by sport and conference. Football had one of the lower response rates (7%), but that still equates to over 2,000 survey participants in the sport.

Number of Responses by Sport

Men's Sports	N
Football	2,007
Baseball	1,976
Track & Field	1,342
Soccer	822
Swimming & Diving	728
Cross Country	660
Basketball	629
Golf	554
Tennis	483
Lacrosse	451
Wrestling	302
Fencing*	106
Ice Hockey	101
Volleyball	97
Rifle*	86
Skiing*	86
Water Polo	67
Gymnastics	53

Women's Sports	N
Soccer	2,263
Track & Field	2,080
Softball	2,046
Swimming & Diving	1,654
Rowing	1,612
Volleyball	1,590
Basketball	1,137
Cross Country	1,095
Lacrosse	937
Tennis	807
Golf	699
Field Hockey	553
Gymnastics	404
Ice Hockey	168
Water Polo	164
Bowling	89
Beach Volleyball	81

*Denotes co-ed championship sport

Number of Responses by Conference

Conference	N
Atlantic 10	1,794
Big Ten	1,780
America East	1,379
MAC	1,377
Ivy League	1,212
Mountain West	1,199
Colonial	1,125
Big Sky	1,052
Metro Atlantic	1,007
Ohio Valley	969
Sun Belt	907
Big East	905
Patriot	904
American Athletic	903
Missouri Valley	900
Big South	865
Atlantic Coast	817

Conference	N
Conference USA	810
West Coast	777
Summit League	718
Pac-12	705
Southern	658
Big West	653
SEC	620
Atlantic Sun	611
Big 12	611
Horizon	609
Mid-Eastern	590
WAC	487
Northeast	451
Southland	418
Independent	97
SWAC	94

Results

Summary of Findings

Countable Athletically Related Activities (CARA) Limits

- There are a few sports (e.g., men's golf) where a majority of student-athletes support increasing the daily or weekly CARA cap.
- Just under half of football and men's basketball players support daily CARA caps being lifted, but only 13% support moving above 20 hours/week of CARA.
- Most women in Division I do not support increasing the 20 hour/week CARA limit.
- While competition days are currently counted as 3 hours across sport, student-athletes in each sport reported spending 4-9 hours on athletics during a typical day of competition.

Summary of Findings

Time Away from Athletics

In-season

- Most SAs support requiring at least one day away from practice and competition per week. More than 40% of M/W basketball and football players would prefer two off-days per week.
- There is a strong preference by SAs in most sports that an off-day be free from team travel.

Post-season

- A majority of SAs support a mandatory break from their sport (prohibiting organized team activities) when the competition season ends.
- In most sports, a two-week break is preferred.

Summary of Findings

Limits on Competition

- There is varied support by sport for eliminating non-conference mid-week games. About 40% of football players and 30% of M/W basketball players support eliminating them. Highest support was in women's volleyball (57%).

Time Demands Discussions During Recruitment

- Most recruited student-athletes feel that they were honestly informed about time demands by their coach during the recruiting process.
- FBS football (43%) had the highest % of participants who said time demands are more than what they were told during the recruiting process.
- Many SAs support requiring coaches to discuss time demands during recruiting and requiring incoming SAs to attend an orientation or training session on managing time demands.

Countable Athletically Related Activities (CARA) Limits

“How Supportive Would You Be if the Cap on Hours Spent on Sport Per Day In-Season Was Lifted, but There Remained a Cap on Hours Per Week?” (Supportive/Very Supportive)

Men's Sports	
Golf	58%
Rifle	48%
Tennis	47%
Track & Field	47%
Skiing	47%
Gymnastics	45%
Football-FBS	45%
Water Polo	45%
Football-FCS	45%
Baseball	44%
Ice Hockey	44%
Lacrosse	43%
Cross Country	43%
Basketball	40%
Soccer	39%
Wrestling	38%
Fencing	37%
Swimming & Diving	36%
Volleyball	35%

Women's Sports	
Bowling	46%
Golf	44%
Track & Field	41%
Tennis	39%
Swimming & Diving	35%
Cross Country	35%
Rowing	34%
Softball	33%
Beach Volleyball	32%
Water Polo	32%
Lacrosse	31%
Soccer	30%
Gymnastics	29%
Basketball	29%
Ice Hockey	29%
Volleyball	27%
Field Hockey	22%

“What Should Be the Maximum Number of Hours Spent on Your Sport Per Week?”

(Percent endorsing >20 hours/week)

Men's Sports	
Skiing	63%
Gymnastics	55%
Golf	51%
Cross Country	42%
Swimming & Diving	29%
Track & Field	29%
Tennis	27%
Soccer	26%
Volleyball	26%
Rifle	26%
Baseball	25%
Wrestling	23%
Ice Hockey	22%
Fencing	18%
Basketball	13%
Football-FBS	13%
Football-FCS	12%
Water Polo	12%
Lacrosse	8%

Women's Sports	
Golf	26%
Cross Country	25%
Rowing	22%
Bowling	19%
Track & Field	18%
Ice Hockey	17%
Swimming & Diving	17%
Water Polo	16%
Tennis	15%
Beach Volleyball	15%
Gymnastics	14%
Softball	12%
Field Hockey	10%
Soccer	10%
Lacrosse	9%
Basketball	9%
Volleyball	8%

“How Supportive Would You Be if the Cap on Hours Spent on Sport Per Week In-season Was Lifted, But There Remained a Cap on the Number of Hours Spent on Sport Per Day?” (Supportive/Very Supportive)

Men's Sports	
Golf	51%
Track & Field	51%
Tennis	50%
Basketball	49%
Football-FBS	49%
Soccer	48%
Lacrosse	47%
Cross Country	47%
Baseball	47%
Water Polo	46%
Football-FCS	44%
Volleyball	43%
Gymnastics	42%
Wrestling	40%
Ice Hockey	39%
Swimming & Diving	37%
Fencing	37%
Rifle	35%
Skiing	31%

Women's Sports	
Bowling	55%
Tennis	48%
Golf	46%
Track & Field	46%
Basketball	42%
Cross Country	42%
Volleyball	41%
Ice Hockey	40%
Soccer	39%
Gymnastics	39%
Lacrosse	39%
Softball	38%
Water Polo	38%
Rowing	37%
Beach Volleyball	37%
Field Hockey	33%
Swimming & Diving	32%

“What Should Be the Maximum Number of Hours Spent Per Day for Your Sport?”

(Percent endorsing more than 4 hours/day)

Men's Sports	
Skiing	62%
Golf	48%
Gymnastics	40%
Rifle	28%
Swimming & Diving	22%
Water Polo	21%
Cross Country	17%
Wrestling	16%
Baseball	16%
Fencing	15%
Track & Field	15%
Tennis	13%
Volleyball	12%
Football-FBS	11%
Football-FCS	10%
Ice Hockey	9%
Soccer	7%
Basketball	5%
Lacrosse	4%

Women's Sports	
Golf	25%
Swimming & Diving	16%
Bowling	12%
Gymnastics	12%
Beach Volleyball	11%
Water Polo	10%
Rowing	10%
Cross Country	8%
Track & Field	7%
Softball	6%
Tennis	6%
Field Hockey	5%
Volleyball	5%
Ice Hockey	4%
Basketball	3%
Soccer	3%
Lacrosse	2%

“On Average, How Many Hours Do You Spend on Your Sport During a Typical Day of Competition?”

Men's Sports	Ave. Hours	#Comps per season
Fencing	8.6	11
Wrestling	8.2	16
Golf	8.0	24
Track & Field	6.3	18
Football-FBS	6.3	12
Football-FCS	6.2	11
Skiing	6.0	16
Rifle	5.9	13
Baseball	5.7	56
Swimming & Diving	5.6	20
Water Polo	5.4	21
Ice Hockey	5.4	34
Tennis	5.2	25
Volleyball	5.1	28
Cross Country	5.0	7
Basketball	4.9	29
Lacrosse	4.9	17
Gymnastics	4.5	13
Soccer	4.4	20

Women's Sports	Ave. Hours	#Comps per season
Golf	7.9	24
Bowling	7.9	32
Rowing	7.0	20
Track & Field	6.6	18
Beach Volleyball	6.3	16
Softball	6.1	56
Tennis	5.9	25
Swimming & Diving	5.7	20
Ice Hockey	5.6	34
Cross Country	5.4	7
Volleyball	5.4	28
Gymnastics	5.0	13
Basketball	4.9	29
Field Hockey	4.9	20
Water Polo	4.8	21
Lacrosse	4.7	17
Soccer	4.5	20

Competitions = Division I maximum regular season contests/competitions allowed per SA.

Time Away from Athletics

“How Many Off-Days Per Week Should Be Required While You Are In-Season?”

(Options were 0, 1, or 2 Days)

Men’s Sports	2 Days
Basketball	45%
Football-FBS	45%
Football-FCS	43%
Fencing	43%
Lacrosse	35%
Rifle	29%
Volleyball	29%
Wrestling	28%
Ice Hockey	28%
Track & Field	25%
Water Polo	24%
Gymnastics	23%
Tennis	22%
Baseball	21%
Golf	21%
Soccer	19%
Swimming & Diving	16%
Skiing	10%
Cross Country	6%

Women’s Sports	2 Days
Gymnastics	47%
Basketball	42%
Softball	29%
Lacrosse	28%
Track & Field	26%
Golf	25%
Volleyball	25%
Tennis	24%
Water Polo	22%
Ice Hockey	21%
Bowling	21%
Beach Volleyball	21%
Soccer	18%
Field Hockey	15%
Swimming & Diving	13%
Rowing	13%
Cross Country	8%

Percent of Student-Athletes Who Agree that a Travel Day Should Not Count as an Off-Day During the Season

Men's Sports	
Football-FBS	69%
Football-FCS	69%
Ice Hockey	60%
Lacrosse	55%
Fencing	55%
Basketball	54%
Rifle	54%
Volleyball	54%
Soccer	54%
Baseball	50%
Tennis	50%
Wrestling	48%
Swimming & Diving	47%
Water Polo	42%
Golf	42%
Track & Field	39%
Cross Country	33%
Gymnastics	32%
Skiing	19%

Women's Sports	
Volleyball	71%
Softball	67%
Basketball	65%
Lacrosse	65%
Field Hockey	61%
Soccer	60%
Ice Hockey	60%
Tennis	59%
Beach Volleyball	58%
Golf	58%
Water Polo	56%
Swimming & Diving	54%
Rowing	49%
Gymnastics	48%
Track & Field	48%
Cross Country	43%
Bowling	41%

“How Supportive Would You Be of a Mandatory ‘No Activity Period’ at the End of the Competition Season?”

(Supportive/Very Supportive)

Men’s Sports	
Football-FCS	94%
Football-FBS	91%
Lacrosse	90%
Ice Hockey	87%
Water Polo	87%
Basketball	86%
Volleyball	84%
Soccer	81%
Wrestling	80%
Fencing	77%
Swimming & Diving	76%
Baseball	75%
Track & Field	74%
Tennis	73%
Rifle	71%
Golf	70%
Cross Country	68%
Skiing	63%
Gymnastics	47%

Women’s Sports	
Volleyball	94%
Field Hockey	93%
Ice Hockey	93%
Soccer	92%
Basketball	91%
Lacrosse	90%
Water Polo	88%
Softball	88%
Swimming & Diving	86%
Beach Volleyball	85%
Track & Field	83%
Cross Country	83%
Tennis	83%
Gymnastics	80%
Golf	80%
Rowing	80%
Bowling	70%

“What is the Appropriate Length For a Mandatory Break Following the Championship Season?”

(Options were 0, 1, 2, 3, or 4 Weeks)

Men’s Sports	1 week	2 weeks
Volleyball	20%	51%
Fencing	28%	48%
Wrestling	23%	46%
Ice Hockey	15%	46%
Basketball	15%	45%
Lacrosse	21%	43%
Swimming & Diving	28%	42%
Skiing	22%	42%
Baseball	26%	42%
Football-FCS	13%	41%
Water Polo	12%	39%
Soccer	18%	38%
Track & Field	31%	37%
Football-FBS	12%	36%
Golf	32%	35%
Rifle	27%	34%
Tennis	40%	32%
Cross Country	46%	32%
Gymnastics	43%	26%


Women’s Sports	1 week	2 weeks
Ice Hockey	21%	57%
Soccer	22%	51%
Basketball	18%	50%
Lacrosse	30%	50%
Swimming & Diving	30%	49%
Volleyball	18%	49%
Field Hockey	23%	48%
Softball	33%	45%
Water Polo	30%	44%
Beach Volleyball	37%	43%
Track & Field	37%	40%
Gymnastics	43%	39%
Golf	45%	37%
Cross Country	53%	34%
Tennis	48%	32%
Rowing	49%	31%
Bowling	57%	24%

Limits on Competition

“[In certain sports] NCAA rules prohibit missing class time in conjunction with non-championship segment competition. How supportive would you be of expanding this to all sports?”
 (Supportive/Very Supportive)

Men's Sports	
Football-FBS	63%
Baseball	62%
Football-FCS	62%
Basketball	58%
Soccer	58%
Lacrosse	56%
Water Polo	52%
Rifle	50%
Track & Field	48%
Tennis	48%
Swimming & Diving	47%
Volleyball	47%
Golf	44%
Wrestling	43%
Ice Hockey	42%
Gymnastics	40%
Cross Country	39%
Fencing	38%
Skiing	20%

Women's Sports	
Softball	72%
Volleyball	69%
Lacrosse	68%
Soccer	67%
Field Hockey	64%
Beach Volleyball	63%
Basketball	54%
Rowing	52%
Tennis	52%
Bowling	49%
Track & Field	49%
Swimming & Diving	48%
Water Polo	48%
Cross Country	45%
Gymnastics	44%
Golf	44%
Ice Hockey	44%

 Sport currently impacted by regulation

“How Supportive Would You be of Eliminating Non-Conference Mid-Week Games?”

(Supportive/Very Supportive)

Men's Sports	
Water Polo	49%
Ice Hockey	44%
Gymnastics	43%
Soccer	43%
Rifle	43%
Tennis	42%
Football-FCS	41%
Football-FBS	40%
Swimming & Diving	39%
Fencing	39%
Wrestling	37%
Lacrosse	35%
Track & Field	34%
Volleyball	32%
Cross Country	29%
Golf	29%
Basketball	28%
Baseball	24%
Skiing	17%

Women's Sports	
Volleyball	57%
Tennis	52%
Field Hockey	52%
Soccer	49%
Softball	48%
Swimming & Diving	46%
Ice Hockey	44%
Water Polo	43%
Lacrosse	43%
Gymnastics	42%
Rowing	41%
Cross Country	39%
Track & Field	39%
Beach Volleyball	38%
Basketball	32%
Bowling	29%
Golf	29%

“During Which Month are Time Demands the Most Difficult for You to Manage?”

(Most Frequently Selected Month)

Men's Sports		
Soccer	Oct.	54%
Skiing	Feb.	49%
Water Polo	Oct.	45%
Football-FCS	Oct.	37%
Cross Country	Oct.	36%
Golf	Apr.	35%
Football-FBS	Nov.	31%
Fencing	Feb.	31%
Rifle	Nov.	31%
Basketball	Jan.	29%
Track & Field	Apr.	29%
Gymnastics	Mar.	28%
Swimming & Diving	Nov.	28%
Tennis	Mar.	28%
Volleyball	Apr.	25%
Wrestling	Jan./Nov.	25%
Baseball	Mar.	24%
Ice Hockey	Nov.	22%
Lacrosse	Mar.	22%

Women's Sports		
Field Hockey	Oct.	66%
Soccer	Oct.	58%
Rowing	Apr.	45%
Beach Volleyball	Apr.	44%
Volleyball	Oct.	44%
Cross Country	Oct.	36%
Ice Hockey	Nov.	35%
Golf	Apr.	34%
Bowling	Nov.	33%
Basketball	Jan.	31%
Track & Field	Apr.	31%
Swimming & Diving	Nov.	29%
Tennis	Apr.	29%
Lacrosse	Apr.	27%
Softball	Apr.	27%
Water Polo	Mar.	27%
Gymnastics	Feb.	25%

Time Demands Discussions During Recruitment

“My Time Demands Are _____ What I Was Told During the Recruiting Process”

(Recruited SAs only; Sorted by % Responding “More than”)

Men’s Sports	Similar to	More than
Football-FBS	37%	43%
Lacrosse	53%	26%
Football-FCS	27%	25%
Rifle	61%	23%
Water Polo	54%	20%
Swimming & Diving	64%	20%
Fencing	64%	19%
Wrestling	61%	18%
Basketball	51%	17%
Golf	60%	17%
Ice Hockey	55%	17%
Baseball	58%	16%
Soccer	57%	16%
Gymnastics	69%	15%
Tennis	60%	13%
Track & Field	63%	11%
Cross Country	67%	10%
Skiing	56%	9%
Volleyball	68%	9%

Women’s Sports	Similar to	More than
Rowing	56%	29%
Lacrosse	54%	27%
Basketball	49%	25%
Golf	59%	24%
Volleyball	55%	23%
Field Hockey	57%	23%
Ice Hockey	56%	23%
Softball	56%	21%
Soccer	60%	19%
Swimming & Diving	67%	19%
Gymnastics	64%	19%
Water Polo	66%	18%
Bowling	60%	16%
Tennis	61%	15%
Track & Field	60%	15%
Beach Volleyball	58%	13%
Cross Country	70%	12%

“If I Had Been More Aware of the Time Demands in My Sport, I Would Not Have Chosen to Attend a Division I College”

(Recruited SAs only, Agree/Strongly Agree)

Men's Sports	
Football-FCS	15%
Football-FBS	15%
Lacrosse	14%
Basketball	12%
Tennis	11%
Rifle	10%
Soccer	9%
Golf	9%
Track & Field	9%
Cross Country	9%
Baseball	8%
Swimming & Diving	8%
Wrestling	8%
Fencing	6%
Gymnastics	6%
Water Polo	5%
Ice Hockey	4%
Volleyball	3%
Skiing	1%

Women's Sports	
Lacrosse	12%
Rowing	10%
Tennis	9%
Basketball	9%
Volleyball	9%
Bowling	8%
Field Hockey	8%
Golf	7%
Track & Field	7%
Ice Hockey	7%
Swimming & Diving	7%
Cross Country	7%
Soccer	6%
Softball	6%
Water Polo	6%
Gymnastics	4%
Beach Volleyball	0%

“Division I Coaches Should Be Required to Discuss Time Demands During the Recruiting Process”

(Recruited SAs only, Agree/Strongly Agree)

Men's Sports	
Fencing	91%
Swimming & Diving	84%
Football-FCS	83%
Rifle	83%
Track & Field	83%
Lacrosse	83%
Golf	82%
Tennis	82%
Water Polo	82%
Volleyball	82%
Cross Country	79%
Skiing	79%
Football-FBS	78%
Ice Hockey	76%
Soccer	75%
Gymnastics	73%
Baseball	73%
Basketball	72%
Wrestling	72%

Women's Sports	
Lacrosse	92%
Rowing	92%
Cross Country	91%
Golf	90%
Tennis	90%
Swimming & Diving	90%
Soccer	90%
Beach Volleyball	90%
Gymnastics	90%
Field Hockey	89%
Volleyball	89%
Track & Field	89%
Bowling	87%
Softball	86%
Basketball	85%
Ice Hockey	84%
Water Polo	76%

"Incoming SAs Should be Required to Attend an Orientation Session That Addresses Time Demands"

(Recruited SAs only, Agree/Strongly Agree)

Men's Sports	
Fencing	71%
Football-FCS	70%
Rifle	68%
Football-FBS	67%
Track & Field	62%
Swimming & Diving	61%
Tennis	61%
Golf	61%
Water Polo	59%
Baseball	56%
Lacrosse	55%
Gymnastics	54%
Cross Country	54%
Wrestling	54%
Soccer	53%
Basketball	52%
Skiing	51%
Volleyball	51%
Ice Hockey	46%

Women's Sports	
Bowling	69%
Golf	68%
Softball	67%
Lacrosse	67%
Rowing	67%
Volleyball	65%
Tennis	64%
Track & Field	63%
Gymnastics	61%
Swimming & Diving	60%
Cross Country	60%
Basketball	59%
Soccer	58%
Field Hockey	58%
Ice Hockey	55%
Water Polo	55%
Beach Volleyball	53%

“New SAs Should Be Required to Attend a Time Demands Workshop Session That Addresses Time Management Skills”

(Recruited SAs only, Agree/Strongly Agree)

Men's Sports	
Football-FBS	69%
Football-FCS	68%
Rifle	66%
Water Polo	66%
Golf	66%
Tennis	61%
Fencing	61%
Track & Field	61%
Swimming & Diving	58%
Wrestling	57%
Basketball	57%
Baseball	57%
Lacrosse	56%
Volleyball	56%
Soccer	54%
Gymnastics	54%
Cross Country	52%
Skiing	46%
Ice Hockey	45%

Women's Sports	
Golf	70%
Bowling	67%
Softball	66%
Lacrosse	65%
Basketball	64%
Tennis	63%
Track & Field	63%
Volleyball	63%
Rowing	62%
Beach Volleyball	62%
Gymnastics	61%
Swimming & Diving	59%
Cross Country	59%
Water Polo	58%
Soccer	56%
Field Hockey	54%
Ice Hockey	54%

“The Problem is Not Time Demands for Division I SAs, but Lack of Time Management Skills”

(Agree/Strongly Agree)

Men's Sports	
Golf	58%
Track & Field	57%
Cross Country	56%
Volleyball	54%
Tennis	48%
Baseball	47%
Wrestling	44%
Basketball	43%
Football-FBS	43%
Football-FCS	43%
Soccer	43%
Rifle	42%
Water Polo	42%
Swimming & Diving	41%
Fencing	39%
Lacrosse	35%
Ice Hockey	32%
Skiing	30%
Gymnastics	28%

Women's Sports	
Bowling	60%
Track & Field	48%
Water Polo	46%
Golf	45%
Cross Country	42%
Tennis	40%
Basketball	38%
Softball	38%
Soccer	35%
Swimming & Diving	34%
Rowing	34%
Field Hockey	33%
Volleyball	33%
Gymnastics	31%
Lacrosse	30%
Beach Volleyball	27%
Ice Hockey	22%



NCAA Research