



Methods

- ▶ In collaboration with the Autonomy Conferences, Division I Council, and Division I SAAC, NCAA research staff helped to design the Division I Time Demands Survey.
- ▶ 10-minute survey administered online through Qualtrics survey software. Designed to be taken via phone, tablet, or computer by student-athletes, administrators and head coaches.
- ▶ A letter drafted by representatives of the Division I Board of Directors, Division I Council, Autonomy Conferences, and Division I SAAC was distributed to all athletic directors (ADs), senior women administrators (SWAs), and faculty athletic representatives (FARs). The email asked them to take the survey and also distribute the survey link all to head coaches and student-athletes on their campus. Conference offices and coaches associations were also notified to encourage participation.
- ▶ Survey open from February 22-March 21, 2016.

Response Rate

Student-Athlete

- ▶ 44,058 responses were received from Division I student-athletes (31%).
- ▶ Women responded to the survey at higher rates (37%) than men (25%).
- ▶ Response rates varied by sport and conference.

Administrators

- ▶ 192 ADs (55%), 219 SWAs (63%), 179 FARs (52%), and 1,855 others (mainly compliance staff) completed the survey.

Head Coaches

- ▶ 3,071 (52%) Head Coaches completed the survey



Number of Student-Athlete Responses by Sport

Men's Sports	N	%
Gymnastics	190	63%
Soccer	3,319	58%
Volleyball	186	46%
Rifle	124	44%
Track & Field	1,916	31%
Basketball	1,564	29%
Golf	802	27%
Fencing	208	27%
Swimming & Diving	1,020	27%
Lacrosse	795	26%
Tennis	684	26%
Football-FBS	3,694	25%
Baseball	2,555	25%
Wrestling	559	22%
Water Polo	103	18%
Cross Country	728	15%
Ice Hockey	242	15%
Football-FCS	1,569	12%
Skiing	36	11%

Women's Sports	N	%
Gymnastics	593	55%
Soccer	4,592	51%
Volleyball	2,244	43%
Golf	921	42%
Softball	2,464	41%
Track & Field	2,806	40%
Rugby	51	38%
Swimming & Diving	2,061	38%
Field Hockey	607	35%
Bowling	103	34%
Tennis	1,002	34%
Lacrosse	1,060	33%
Basketball	1,618	32%
Rowing	1,745	31%
Equestrian	227	29%
Water Polo	190	28%
Ice Hockey	232	27%
Beach Volleyball	161	23%
Cross Country	1,087	18%

*Denotes co-ed championship sport

Number of A5 Student-Athlete Responses by Sport

Men's Sports	N	%	Women's Sports	N	%
Volleyball	87	93%	Bowling	16	67%
Rifle*	62	79%	Gymnastics	356	65%
Gymnastics	150	74%	Softball	711	61%
Soccer	557	65%	Soccer	1,066	59%
Golf	314	48%	Track & Field	916	56%
Track & Field	789	46%	Golf	297	56%
Ice Hockey	99	45%	Basketball	496	54%
Lacrosse	213	44%	Volleyball	563	53%
Tennis	244	43%	Ice Hockey	80	53%
Fencing*	134	40%	Tennis	330	52%
Baseball	898	40%	Swimming & Diving	818	51%
Basketball	399	39%	Field Hockey	200	47%
Swimming & Diving	505	37%	Lacrosse	286	39%
Wrestling	329	33%	Equestrian	148	37%
Football	2,572	33%	Rowing	914	37%
Water Polo	30	25%	Beach Volleyball	78	33%
Cross Country	226	21%	Cross Country	380	26%
Skiing*	12	18%	Water Polo	43	26%
			Rugby	2	--

*Denotes co-ed championship sport

Number of Student-Athlete Responses by Conference

Conference	N	%	Conference	N	%
Big Ten	6,040	65%	Colonial	1,221	30%
Big 12	2,379	49%	ACC	2,480	30%
Summit League	1,295	46%	Atlantic Sun	596	27%
Northeast	1,754	45%	Pac-12	1,771	27%
Southern	1,288	43%	Atlantic 10	1,467	26%
SEC	2,650	39%	Big Sky	1,045	25%
Big East	1,339	39%	Big West	887	24%
WAC	771	38%	Ohio Valley	879	24%
AAC	1,702	36%	America East	811	24%
MAAC	1,435	34%	Conference USA	1,170	23%
West Coast	1,148	33%	Big South	865	21%
Mid-American	1,685	32%	Mountain West	967	19%
Sun Belt	1,247	32%	Southland	604	17%
Missouri Valley	1,020	31%	The Ivy League	554	9%
Patriot League	1,837	31%	SWAC	70	2%
Horizon League	845	31%	MEAC	41	1%

Number of Administrator Responses by Role

Role	Overall N	%
Athletic Director	192	55%
Senior Woman Administrator	219	63%
Faculty Athletics Representative	179	52%
Other	1,855	--

Number of A5 Administrator Responses by Role

Role	Overall N	%
Athletic Director	50	77%
Senior Woman Administrator	44	68%
Faculty Athletics Representative	43	66%
Other	769	--

Number of AD Responses by Conference

Conference	N	%	Conference	N	%
Big Ten	13	93%	MAAC	6	55%
Big 12	9	90%	Southland	6	55%
Horizon League	8	89%	Atlantic Sun	4	50%
Ohio Valley	10	83%	Big East	5	50%
American Athletic	9	82%	Missouri Valley	5	50%
Sun Belt	9	82%	Pac-12	6	50%
Patriot League	8	80%	Summit League	4	44%
SEC	11	79%	Colonial Athletic	4	40%
ACC	11	73%	SWAC	3	30%
Mid-American	8	67%	West Coast	3	30%
Mountain West	7	64%	Atlantic 10	4	29%
Northeast	6	60%	Big South	3	27%
Southern	6	60%	America East	2	25%
Big Sky	7	58%	Big West	2	22%
Conference USA	8	57%	MEAC	0	0%
WAC	4	57%	Ivy League	0	0%

Number of SWA Responses by Conference

Conference	N	%	Conference	N	%
Big East	9	90%	Northeast	6	60%
Colonial Athletic	9	90%	Southern	6	60%
Missouri Valley	9	90%	Mid-American	7	58%
Patriot League	9	90%	Ohio Valley	7	58%
Horizon	8	89%	Big Ten	8	57%
Big Sky	10	83%	WAC	4	57%
American Athletic	9	82%	Summit League	5	56%
Big West	7	78%	Mountain West	6	55%
America East	6	75%	Atlantic 10	7	50%
ACC	11	73%	Atlantic Sun	4	50%
SEC	10	71%	Conference USA	7	50%
Big 12	7	70%	Ivy League	4	50%
Pac-12	8	67%	Big South	5	45%
MAAC	7	64%	West Coast	4	40%
Southland	7	64%	SWAC	3	30%
Sun Belt	7	64%	MEAC	3	23%

Number of FAR Responses by Conference

Conference	N	%	Conference	N	%
Big 12	9	90%	ACC	8	53%
Mid-American	9	75%	Colonial Athletic	5	50%
Sun Belt	8	73%	West Coast	5	50%
Big Ten	10	71%	Horizon	4	44%
Missouri Valley	7	70%	Ohio Valley	5	42%
Northeast	7	70%	Atlantic Sun	3	38%
Southern	7	70%	Ivy League	3	38%
Big Sky	8	67%	Mountain West	4	36%
Conference USA	9	64%	Southland	4	36%
SEC	9	64%	Summit League	3	33%
American Athletic	7	64%	Atlantic 10	4	29%
Big South	7	64%	WAC	2	29%
Big East	6	60%	MAAC	3	27%
Patriot League	6	60%	MEAC	3	23%
Pac-12	7	58%	America East	1	13%
Big West	5	56%	SWAC	1	10%

Number of Head Coach Responses by Sport

Men's Sports	N	%	Women's Sports	N	%
Gymnastics	15	100%	Soccer	285	87%
Soccer	186	92%	Gymnastics	51	84%
Wrestling	58	76%	Rowing	67	76%
Volleyball	16	76%	Volleyball	243	74%
Rifle	16	67%	Field Hockey	53	68%
Fencing	16	64%	Softball	193	67%
Basketball	211	61%	Lacrosse	70	64%
Football-FBS	73	57%	Golf	140	54%
Golf	169	57%	Basketball	180	52%
Baseball	155	53%	Swimming & Diving	99	51%
Tennis	125	48%	Tennis	156	49%
Water Polo	11	48%	Beach Volleyball	18	38%
Football-FCS	58	47%	Equestrian	7	37%
Swimming & Diving	61	46%	Ice Hockey	13	36%
Skiing	5	42%	Water Polo	11	34%
Lacrosse	28	41%	Bowling	11	33%
Track & Field	94	33%	Rugby	2	29%
Ice Hockey	16	27%	Track & Field	82	25%
Cross Country	35	11%	Cross Country	42	12%

*Denotes co-ed championship sport

Number of Head Coach Responses by Sport (Autonomous 5 Conferences)

Men's Sports	N	%	Women's Sports	N	%
Rifle	6	100%	Soccer	62	98%
Volleyball	5	100%	Volleyball	55	87%
Soccer	27	93%	Softball	46	85%
Gymnastics	9	90%	Gymnastics	27	84%
Lacrosse	8	80%	Field Hockey	15	83%
Fencing	6	75%	Lacrosse	16	76%
Ice Hockey	6	75%	Golf	43	72%
Water Polo	3	75%	Swimming & Diving	36	69%
Tennis	38	73%	Tennis	44	69%
Golf	45	73%	Ice Hockey	4	67%
Wrestling	20	71%	Rowing	20	65%
Basketball	44	68%	Beach Volleyball	8	57%
Skiing	2	67%	Water Polo	4	57%
Baseball	40	66%	Basketball	33	51%
Football-FBS	41	63%	Bowling	1	50%
Track & Field	37	61%	Track & Field	22	34%
Swimming & Diving	22	54%	Equestrian	2	25%
Cross Country	3	5%	Cross Country	9	14%

*Denotes co-ed championship sport

Summary of Findings

Countable Athletically Related Activities (CARA)

▶ *Defining CARA*

- ▶ While the activities currently covered under CARA were endorsed by a vast majority of student-athletes, coaches and administrators as countable athletically related activities, a majority of student-athletes indicated feeling that three additional items should be covered under CARA: travel to and from competition, compliance meetings, and organized team promotional activities. With the exception of FAR responses, most head coaches and administrators indicated that these activities should not be countable.
- ▶ Participants were asked whether they would support increasing a limit on CARA hours if the definition was to expand, and while a strong majority of coaches and administrators supported this concept, men's and women's student-athletes were more mixed in their support (e.g. 38% of MFB-FBS SAs support this concept as compared to 69% of SAs who participate in skiing).



Countable Athletically Related Activities (CARA)

▶ *Lifting the Weekly CARA Cap*

- ▶ While a majority of coaches (strongest among men's sports) support lifting the weekly cap on CARA, most student-athletes and administrators do not.
- ▶ With the exception of skiing and men's golf, few student-athletes or coaches believe that the maximum number of hours spend per day on their sport should exceed 4 hours.

▶ *Concepts for CARA Limitations*

- ▶ **A strong majority of student-athletes, head coaches and administrators support requiring a minimum of 8 hours overnight between CARA periods.**
- ▶ Support for setting CARA limits during pre-season practice while classes are not in session and during academic breaks varies widely across men's sports, while a majority of women in every sport but cross country support these concepts. Coaches are not as supportive of these concepts and in some cases their responses are strongly misaligned with their student-athletes (e.g. 66% of MFB-FBS and 68% of WVB SAs support pre-season CARA limits, while 11% and 10% of head coaches, respectively, share such support).



Competition Time Demands

► *Concepts Impacting the Competition Season*

- ▶ The survey asked respondents to weigh in on possible changes to the competition season, and little support was expressed for any proposed changes by student-athletes, coaches, or administrators (e.g. reducing competition, lengthening season, moving to a two-season model). The sole exception is in men's soccer where a majority of student-athletes and head coaches support both lengthening the competition season and moving to a two-season model. While a majority of women's soccer head coaches also support these concepts, women's soccer student-athletes do not.
- ▶ The Division I SAAC Time Commitments survey asked student-athletes if they would support eliminating non-conference mid-week games and a majority did not support that concept. Coaches were asked if they would support reducing non-conference mid-week games. Only men's and women's gymnastics, FBS Football, and women's cross country within the Autonomous Governance conferences had majority support for such a reduction. This was not supported elsewhere.
- ▶ Fewer than half of student-athletes, head coaches and administrators support a uniform start date for all fall sports.



Competition Time Demands

► *Breaks in Competition*

- ▶ A majority of men's and women's student-athletes support an in-season break from practice and competition, but there is wide variation by sport. For example, WBB (78% support) v. MGY (19% support). Less than one in five coaches support this concept, and a majority of administrators do not support any changes in this area. Most student-athletes indicated that a 1-3 day in-season break would be appropriate, while just over a third of coaches and administrators feel similarly.
- ▶ A majority of student-athletes in men's and women's basketball, ice hockey, fencing and bowling support a mandatory no-athletics period during winter break. With the exception of bowling (55%), there is not similar majority support from head coaches regarding this concept. When asked about the appropriate length for such a break, higher numbers of coaches and student-athletes responded 1-3 days, with women's bowling and women's basketball (4-6 days) being the exception.

► *Day of Competition*

- ▶ Approximately a third of male student-athletes and just over 40% of female student-athletes support limiting the length of time prior to weekday home competition a student-athlete could be required to report for pre-competition activities. Only about one in five head coaches supported this concept.



Out of Season Time Demands

▶ *Post-Season Break*

- ▶ **Student-athletes and administrators strongly support a mandatory no-activity period at the end of the competition season. Overall, a majority of coaches support this concept as well, however within some sports there is not majority coach support (e.g. MFB-FCS, 31%; MSW, 33%; MGY, 0%; WSW, 24%).**
- ▶ A two-week post-season break is preferred by student-athletes, although there is less than majority support for this from coaches in most sports. Most coaches split their support between a 1-week or 2-week break.

▶ *Post-Season CARA Limits*

- ▶ A majority of student-athletes would like to devote fewer than 8 hours to required athletics activities in the post-season. The average number of preferred hours varies widely by sport (e.g. MBB, 4 hours; MGY, 7 hours). In almost all cases, head coaches would prefer more hours per week than student-athletes.
- ▶ How coaches and student-athletes prefer to split these hours by skill-related workouts and strength and conditioning varies widely by sport. A belief that these limits should vary by sport received the strongest preference from administrators, but it did not reach majority support.
- ▶ Support for requiring athletics activities over the summer is very mixed, with a majority of coaches supporting the concept and student-athlete support varying widely by sport (MLA, 18%; MBA, 58%). A slight majority of ADs and SWAs do not support any changes in this area.



Out of Season Time Demands

▶ *Days Off*

- ▶ **A majority of student-athletes, coaches and administrators are comfortable requiring two days off per week out of season.** However in some sports over a third of student-athletes would prefer three days off per week (MBB, MFB, MFE, MLA, MWP, MWR, WBB, WEQ, WGO, WGY). Cross country, men's gymnastics and skiing are outliers here as a majority would prefer 0-1 days off per week.
- ▶ In determining time off out of season, a majority of student-athletes believe that coaches and student-athletes should jointly make such decisions, while half of all administrators and three-quarters of coaches believe that this should be a head coach only decision.

▶ *Opportunities for Career and Educational Development*

- ▶ **A majority of athletes, coaches and administrators support allowing student-athletes to take a period of no-activity outside of the playing season to participate in an educational or career development opportunity. However, coach support is lower in some sports.**
- ▶ A majority of student-athletes and coaches would prefer that this opportunity be limited to 2-4 weeks.



Academics

- ▶ *Limiting Competition During Exam Periods*
 - ▶ **A majority of student-athletes, coaches and administrators support limiting the number of contests during exam periods.**

- ▶ *Pausing the Eligibility Clock for Study Abroad and Internships*
 - ▶ **A large majority of student-athletes and administrators support pausing a student-athletes' eligibility clock to allow for a study abroad or internship experience. While a majority of head coaches in some sports supported these concepts, overall they garnered support from just over a third of head coaches.**



Travel

- ▶ *Post-travel Rest Period*
 - ▶ **There is strong support from student-athletes, coaches and administrators to require a minimum rest period between returning from travel and permitting practice or competition. Athletes, coaches, and administrators prefer a minimum rest period of at least 7 hours.**

- ▶ *Travel During a Day Off*
 - ▶ A majority of student-athletes do not feel that the current rule permitting travel on a day off to be appropriate, while a large majority of coaches are comfortable with the current rule. Administrators are more mixed in their opinions, with a slight majority of athletic directors in favor of the current rule, while a majority of SWAs, FARs, and other administrators believe the current rule is inappropriate.
 - ▶ Student-athletes indicated a preference that an off-day not involve any form of travel, even if travel spans a two-day period (arriving after midnight). Coaches in some sports (MFE, MWP, MWR, WEQ, WFE, WIH, WRU, WSY and WWP) indicated a similar first choice, but generally most coaches did not prefer this option. A quarter to a third of student-athletes would prefer to allow the institution to count the latter day as a day off provided that student-athletes have 24 consecutive hours of time off, and administrators strongly prefer this approach as well. However, a majority of coaches would prefer to maintain the current rule allowing return travel to count as a day off.



Countable Athletically Related Activities (CARA)



Summary of Findings

▶ *Defining CARA*

- ▶ While the activities currently covered under CARA were endorsed by a vast majority of student-athletes, coaches and administrators as countable athletically related activities, a majority of student-athletes indicated feeling that three additional items should be covered under CARA: travel to and from competition, compliance meetings, and organized team promotional activities. With the exception of FAR responses, most head coaches and administrators indicated that these activities should not be countable.
- ▶ Participants were asked whether they would support increasing a limit on CARA hours if the definition was to expand, and while a strong majority of coaches and administrators supported this concept, men's and women's student-athletes were more mixed in their support (e.g. 38% of MFB-FBS SAs support this concept as compared to 69% of SAs who participate in skiing).



Summary of Findings

▶ *Lifting the Weekly CARA Cap*

- ▶ While a majority of coaches (strongest among men's sports) support lifting the weekly cap on CARA, most student-athletes and administrators do not.
- ▶ With the exception of skiing and men's golf, few student-athletes or coaches believe that the maximum number of hours spend per day on their sport should exceed 4 hours.

▶ *Concepts for CARA Limitations*

- ▶ **A strong majority of student-athletes, head coaches and administrators support requiring a minimum of 8 hours overnight between CARA periods.**
- ▶ Support for setting CARA limits during pre-season practice while classes are not in session and during academic breaks varies widely across men's sports, while a majority of women in every sport but cross country support these concepts. Coaches are not as supportive of these concepts and in some cases their responses are strongly misaligned with their student-athletes (e.g. 66% of MFB-FBS and 68% of WVB SAs support pre-season CARA limits, while 11% and 10% of head coaches, respectively, share such support).



Defining CARA



Please indicate which of the following activities you feel should be considered "countable athletically related activities. (Percent endorsing "Yes")

Activity	All SAs	All Coaches	Activity	All SAs	All Coaches
Practices	99%	100%	Team fundraising	48%	14%
Strength and conditioning	97%	96%	Meetings/sessions w/ sports psychologist	46%	26%
Individual skill or conditioning sessions with a coach	85%	90%	Sessions with a nutritionist	43%	16%
Contests	83%	95%	Prospective student-athlete host duties	43%	3%
Film review	80%	78%	Media activities	43%	11%
Supplemental workouts (e.g., yoga class, pool conditioning)	79%	66%	Pick-up games	42%	11%
Travel to and from competition	63%	7%	Team study hall	39%	3%
Compliance meetings	56%	11%	Team volunteer work	39%	5%
Organized team promotional activities	52%	22%	Academic advisor meetings	32%	1%
Treatment/prevention of injuries	49%	7%	Tutoring sessions	25%	1%

Please indicate which of the following activities you feel should be considered "countable athletically related activities. (Percent endorsing "Yes")

Activity	AD	SWA	FAR	Other	Activity	AD	SWA	FAR	Other
Practices	100%	100%	99%	100%	Media activities	24%	23%	58%	31%
Strength and conditioning	98%	97%	97%	96%	Prospective student-athlete host duties	16%	18%	43%	19%
Individual skill or conditioning sessions with a coach	94%	98%	98%	95%	Pick-up games	13%	29%	29%	26%
Contests	94%	98%	98%	94%	Treatment/prevention of injuries	13%	13%	51%	21%
Film review	91%	96%	96%	91%	Compliance meetings	13%	11%	56%	21%
Supplemental workouts (e.g., yoga class, pool conditioning)	81%	92%	80%	77%	Sessions with a nutritionist	12%	20%	42%	19%
Organized team promotional activities	34%	42%	63%	42%	Team volunteer work	8%	16%	28%	15%
Meetings/sessions w/ sports psychologist	28%	33%	46%	26%	Team study hall	3%	6%	12%	12%
Team fundraising	26%	34%	50%	33%	Academic advisor meetings	0%	2%	9%	5%
Travel to and from competition	25%	25%	65%	32%	Tutoring sessions	0%	1%	8%	4%

Please indicate which of the following activities you feel should be considered "countable athletically related activities. (Percent endorsing "Yes")

Activity	A5 SAs	A5 Coaches	Activity	A5 SAs	A5 Coaches
Practices	99%	100%	Team fundraising	42%	16%
Strength and conditioning	97%	96%	Prospective student-athlete host duties	40%	3%
Individual skill or conditioning sessions with a coach	84%	89%	Media activities	40%	10%
Contests	82%	95%	Meetings/sessions w/ sports psychologist	39%	19%
Film review	78%	76%	Pick-up games	37%	8%
Supplemental workouts (e.g., yoga class, pool conditioning)	77%	65%	Sessions with a nutritionist	36%	12%
Travel to and from competition	59%	6%	Team study hall	35%	2%
Compliance meetings	54%	11%	Team volunteer work	33%	6%
Organized team promotional activities	50%	19%	Academic advisor meetings	29%	1%
Treatment/prevention of injuries	46%	6%	Tutoring sessions	24%	1%

If the CARA definition was to expand, would you be supportive of increasing the number of CARA hours permissible each week? (Percent endorsing "Supportive" and "Very Supportive")

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Skiing	69%	60%	Cross Country	58%	71%
Cross Country	64%	74%	Rugby	53%	100%
Rifle	62%	63%	Equestrian	52%	57%
Gymnastics	62%	53%	Track & Field	52%	64%
Golf	59%	64%	Bowling	51%	82%
Soccer	55%	74%	Gymnastics	50%	62%
Fencing	54%	88%	Tennis	50%	68%
Tennis	53%	68%	Golf	50%	67%
Track & Field	53%	66%	Ice Hockey	49%	77%
Wrestling	48%	55%	Swimming & Diving	46%	63%
Swimming & Diving	48%	66%	Soccer	45%	74%
Baseball	48%	63%	Beach Volleyball	44%	72%
Ice Hockey	47%	69%	Water Polo	44%	73%
Volleyball	46%	81%	Volleyball	42%	69%
Water Polo	43%	70%	Softball	41%	66%
Basketball	41%	73%	Rowing	41%	67%
FCS Football	38%	64%	Lacrosse	40%	73%
Lacrosse	35%	79%	Field Hockey	38%	75%
FBS Football	34%	62%	Basketball	38%	68%

If the CARA definition was to expand, would you be supportive of increasing the number of CARA hours permissible each week?
 (Percent endorsing "Supportive" and "Very Supportive")

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
	64%	56%	66%		64%	75%	61%
Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
	56%	58%	55%		63%	64%	63%

If the CARA definition was to expand, would you be supportive of increasing the number of CARA hours permissible each week?
 (Percent endorsing "Supportive" and "Very Supportive")

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Rifle	71%	53%	83%	50%
Cross Country	67%	63%	--	72%
Gymnastics	61%	64%	56%	50%
Soccer	61%	54%	81%	72%
Golf	60%	58%	69%	64%
Fencing	57%	51%	--	90%
Tennis	56%	52%	68%	68%
Track & Field	53%	54%	62%	68%
Baseball	53%	45%	60%	63%
Wrestling	47%	49%	70%	49%
Swimming & Diving	47%	49%	64%	66%
Volleyball	46%	46%	100%	73%
Ice Hockey	44%	48%	83%	60%
Basketball	40%	42%	75%	73%
FBS Football	32%	37%	54%	74%
Lacrosse	32%	36%	75%	80%
Water Polo	--	44%	--	71%
FCS Football	--	38%	--	63%
Skiing	--	--	--	--

If the CARA definition was to expand, would you be supportive of increasing the number of CARA hours permissible each week?
(Percent endorsing "Supportive" and "Very Supportive")

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Cross Country	63%	56%	44%	79%
Tennis	56%	47%	68%	70%
Equestrian	55%	48%	--	60%
Gymnastics	54%	44%	59%	64%
Track & Field	53%	51%	59%	65%
Golf	51%	49%	58%	72%
Swimming & Diving	49%	44%	61%	65%
Soccer	47%	45%	79%	73%
Volleyball	46%	41%	76%	67%
Lacrosse	44%	39%	88%	69%
Beach Volleyball	44%	46%	88%	60%
Ice Hockey	43%	53%	--	67%
Softball	40%	41%	67%	65%
Rowing	40%	42%	65%	71%
Field Hockey	34%	41%	67%	78%
Basketball	33%	40%	70%	67%
Water Polo	--	47%	--	71%
Bowling	--	43%	--	90%
Rugby	--	--	--	--

Lifting the Weekly CARA Cap

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 hours per day? (Percent endorsing "Supportive" and "Very Supportive")

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Golf	51%	49%	Bowling	55%	55%
Track & Field	51%	59%	Tennis	48%	56%
Tennis	50%	69%	Golf	46%	47%
Soccer	48%	70%	Track & Field	46%	50%
Baseball	47%	72%	Basketball	42%	58%
Cross Country	47%	40%	Cross Country	42%	48%
Lacrosse	47%	57%	Volleyball	41%	48%
Water Polo	46%	91%	Ice Hockey	40%	62%
Volleyball	43%	69%	Gymnastics	39%	51%
Gymnastics	42%	53%	Lacrosse	39%	45%
Basketball	41%	68%	Soccer	39%	53%
Wrestling	40%	48%	Softball	38%	53%
Ice Hockey	39%	69%	Water Polo	38%	73%
Fencing	37%	56%	Beach Volleyball	37%	72%
Swimming & Diving	37%	73%	Rowing	37%	46%
Rifle	35%	63%	Field Hockey	33%	34%
FBS Football	34%	67%	Swimming & Diving	32%	70%
FCS Football	33%	65%	Equestrian	--	43%
Skiing	31%	80%	Rugby	--	50%

Note: SA data from all sports but MBB and MFB merged in from DI SAAC Survey

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 hours per day?

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Support this concept for all sports	46%	46%	46%	Support this concept for all sports	38%	41%	37%
This concept should only apply to some sports	16%	24%	13%	This concept should only apply to some sports	7%	9%	6%
Do not support any changes in this area	38%	30%	41%	Do not support any changes in this area	56%	50%	57%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Support this concept for all sports	22%	21%	22%	Support this concept for all sports	41%	41%	41%
This concept should only apply to some sports	9%	21%	5%	This concept should only apply to some sports	6%	7%	5%
Do not support any changes in this area	69%	57%	73%	Do not support any changes in this area	53%	52%	54%

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 hours per day? (Percent endorsing "Supportive" and "Very Supportive")

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Lacrosse	51%	47%	63%	55%
Ice Hockey	50%	36%	67%	70%
Cross Country	47%	47%	--	44%
Golf	44%	52%	53%	48%
Basketball	43%	41%	77%	66%
Tennis	42%	51%	82%	64%
Track & Field	42%	53%	62%	56%
Baseball	40%	48%	75%	71%
Gymnastics	40%	46%	89%	0%
Soccer	40%	49%	81%	68%
Swimming & Diving	40%	37%	77%	70%
Wrestling	36%	44%	60%	43%
FBS Football	34%	35%	66%	68%
Volleyball	34%	46%	80%	64%
Rifle	33%	36%	83%	50%
Fencing	32%	38%	--	50%
Water Polo	--	46%	--	88%
FCS Football	--	32%	--	66%
Skiing	--	--	--	--

Note: SA data from all sports but MBB and MFB merged in from DI SAAC Survey

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 hours per day? (Percent endorsing "Supportive" and "Very Supportive")

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Golf	45%	46%	42%	49%
Tennis	45%	49%	59%	56%
Soccer	42%	39%	66%	49%
Basketball	39%	43%	58%	59%
Beach Volleyball	39%	36%	63%	80%
Track & Field	39%	47%	50%	52%
Ice Hockey	38%	42%	--	67%
Softball	38%	38%	63%	50%
Cross Country	37%	42%	67%	42%
Volleyball	37%	42%	53%	46%
Lacrosse	36%	39%	56%	42%
Gymnastics	32%	42%	52%	52%
Rowing	32%	39%	50%	47%
Swimming & Diving	31%	32%	81%	64%
Field Hockey	25%	34%	47%	28%
Bowling		58%	--	60%
Water Polo		38%	--	71%
Equestrian		--	--	60%

Note: SA data merged in from DI SAAC Survey

**What should be the maximum number of hours spent per day for your sport?
(Percent endorsing more than 4 hours/day)**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Skiing	62%	60%	Golf	25%	65%
Golf	48%	67%	Swimming & Diving	16%	37%
Gymnastics	40%	40%	Bowling	12%	18%
Rifle	28%	6%	Gymnastics	12%	12%
Swimming & Diving	22%	38%	Beach Volleyball	11%	11%
Water Polo	21%	27%	Rowing	10%	28%
Cross Country	17%	9%	Water Polo	10%	27%
Baseball	16%	26%	Cross Country	8%	19%
Football-FBS	16%	27%	Track & Field	7%	17%
Wrestling	16%	17%	Softball	6%	18%
Fencing	15%	25%	Tennis	6%	23%
Track & Field	15%	9%	Field Hockey	5%	9%
Basketball	13%	11%	Volleyball	5%	14%
Tennis	13%	22%	Ice Hockey	4%	8%
Football-FCS	12%	26%	Basketball	3%	12%
Volleyball	12%	31%	Soccer	3%	10%
Ice Hockey	9%	6%	Lacrosse	2%	16%
Soccer	7%	11%	Equestrian		29%
Lacrosse	4%	4%			

Note: SA data from all sports but MBB and MFB merged in from DI SAAC Survey

If changed, how should the maximum number of countable hours be determined?

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
New maximum should be the same for all sports	32%	23%	35%	New maximum should be the same for all sports	48%	38%	51%
Daily maximum should be sport-specific	68%	77%	65%	Daily maximum should be sport-specific	52%	63%	49%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
New maximum should be the same for all sports	52%	40%	56%	New maximum should be the same for all sports	50%	41%	56%
Daily maximum should be sport-specific	48%	60%	44%	Daily maximum should be sport-specific	50%	59%	44%

**What should be the maximum number of hours spent per day for your sport?
(Percent endorsing more than 4 hours/day)**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Gymnastics	43%	31%	56%	17%
Golf	42%	49%	80%	64%
Swimming & Diving	29%	19%	50%	30%
Rifle	28%	27%	17%	0%
Cross Country	22%	16%	--	9%
Wrestling	17%	15%	25%	11%
Football-FBS	17%	15%	27%	26%
Baseball	16%	16%	23%	27%
Basketball	15%	13%	9%	12%
Track & Field	15%	15%	14%	5%
Fencing	14%	15%	--	20%
Volleyball	11%	14%	40%	27%
Tennis	9%	14%	37%	15%
Ice Hockey	7%	7%	0%	10%
Soccer	6%	8%	15%	10%
Lacrosse	1%	5%	0%	5%
Water Polo	--	16%	--	25%
Football-FCS	--	12%	--	26%
Skiing	--	--	--	--

Note: SA data from all sports but MBB and MFB merged in from DI SAAC Survey

**What should be the maximum number of hours spent per day for your sport?
(Percent endorsing more than 4 hours/day)**

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Golf	24%	25%	74%	60%
Swimming & Diving	23%	15%	39%	36%
Beach Volleyball	22%	7%	13%	10%
Cross Country	10%	7%	11%	21%
Rowing	10%	9%	30%	27%
Tennis	9%	5%	32%	19%
Gymnastics	9%	13%	15%	9%
Field Hockey	8%	5%	13%	8%
Lacrosse	7%	2%	0%	21%
Softball	7%	6%	15%	18%
Ice Hockey	7%	3%	--	11%
Volleyball	5%	5%	16%	14%
Track & Field	4%	7%	14%	17%
Soccer	4%	3%	10%	9%
Basketball	2%	4%	12%	13%
Equestrian	--	--	--	40%
Bowling	--	8%	--	20%
Water Polo	--	8%	--	14%

Note: SA data from all sports but MBB and MFB merged in from DI SAAC Survey

Concepts for CARA Limitations



**Would you be supportive of requiring a minimum of 8 hours overnight
between CARA periods?
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Lacrosse	87%	75%	Volleyball	92%	80%
Volleyball	86%	75%	Rowing	92%	76%
Fencing	86%	94%	Beach Volleyball	92%	82%
Baseball	82%	76%	Softball	92%	68%
Soccer	81%	84%	Ice Hockey	91%	85%
Ice Hockey	80%	81%	Water Polo	91%	82%
FCS Football	80%	89%	Lacrosse	91%	59%
Swimming & Diving	80%	65%	Field Hockey	91%	72%
Tennis	80%	73%	Tennis	90%	73%
Water Polo	80%	73%	Soccer	90%	82%
FBS Football	79%	93%	Gymnastics	89%	86%
Basketball	78%	74%	Basketball	89%	72%
Golf	76%	86%	Golf	88%	82%
Track & Field	73%	68%	Equestrian	87%	86%
Wrestling	73%	49%	Swimming & Diving	87%	58%
Rifle	68%	81%	Bowling	84%	82%
Cross Country	68%	62%	Track & Field	83%	69%
Gymnastics	67%	73%	Rugby	82%	100%
Skiing	61%	40%	Cross Country	82%	64%

Would you be supportive of requiring a minimum of 8 hours overnight between CARA periods?

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Support this concept for all sports	83%	88%	81%	Support this concept for all sports	81%	84%	80%
This concept should only apply to some sports	1%	0%	1%	This concept should only apply to some sports	1%	0%	1%
Do not support any changes in this area	16%	12%	17%	Do not support any changes in this area	18%	16%	18%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Support this concept for all sports	92%	93%	92%	Support this concept for all sports	82%	80%	84%
This concept should only apply to some sports	3%	2%	3%	This concept should only apply to some sports	2%	3%	1%
Do not support any changes in this area	5%	5%	5%	Do not support any changes in this area	16%	18%	14%

Would you be supportive of requiring a minimum of 8 hours overnight between CARA periods?
(Percent endorsing "Supportive" and "Very Supportive")

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Lacrosse	92%	85%	75%	75%
Volleyball	87%	86%	80%	73%
Fencing	85%	86%	--	90%
Swimming & Diving	81%	79%	76%	61%
Tennis	81%	79%	74%	73%
Baseball	80%	83%	75%	76%
FBS Football	79%	80%	95%	90%
Basketball	78%	79%	80%	73%
Soccer	77%	82%	89%	83%
Golf	77%	76%	80%	88%
Ice Hockey	76%	84%	67%	90%
Wrestling	72%	75%	40%	56%
Cross Country	70%	66%	--	65%
Track & Field	69%	76%	68%	70%
Gymnastics	68%	63%	67%	83%
Rifle	64%	73%	67%	90%
Water Polo	--	84%	--	63%
FCS Football	--	80%	--	89%
Skiing	--	--	--	--

**Would you be supportive of requiring a minimum of 8 hours overnight
between CARA periods?
(Percent endorsing "Supportive" and "Very Supportive")**

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Beach Volleyball	94%	90%	88%	78%
Ice Hockey	93%	91%	--	78%
Softball	92%	92%	74%	66%
Volleyball	92%	92%	80%	79%
Rowing	92%	93%	95%	69%
Tennis	91%	89%	75%	72%
Soccer	91%	90%	85%	81%
Field Hockey	90%	91%	67%	72%
Equestrian	90%	82%	--	100%
Gymnastics	90%	89%	89%	87%
Lacrosse	90%	91%	81%	52%
Golf	86%	88%	84%	81%
Basketball	86%	90%	81%	70%
Swimming & Diving	86%	87%	67%	52%
Track & Field	81%	84%	65%	70%
Cross Country	78%	84%	78%	61%
Water Polo	--	90%	--	71%
Bowling	--	85%	--	90%
Rugby	--	--	--	--

**Would you be supportive of setting CARA limits during pre-season practice?
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Lacrosse	71%	32%	Basketball	79%	43%
FBS Football	66%	11%	Lacrosse	79%	44%
FCS Football	65%	9%	Softball	74%	41%
Basketball	63%	32%	Gymnastics	72%	29%
Volleyball	55%	25%	Volleyball	68%	10%
Baseball	54%	35%	Beach Volleyball	68%	33%
Fencing	52%	31%	Water Polo	67%	0%
Water Polo	50%	18%	Tennis	65%	42%
Wrestling	49%	35%	Soccer	64%	20%
Ice Hockey	46%	44%	Field Hockey	64%	6%
Swimming & Diving	46%	16%	Rowing	62%	19%
Tennis	45%	30%	Ice Hockey	61%	62%
Soccer	40%	22%	Swimming & Diving	60%	12%
Track & Field	39%	39%	Golf	59%	27%
Rifle	37%	31%	Equestrian	58%	50%
Golf	36%	32%	Bowling	56%	18%
Cross Country	28%	46%	Rugby	55%	0%
Gymnastics	24%	20%	Track & Field	51%	45%
Skiing	20%	0%	Cross Country	46%	26%

Would you be supportive of setting CARA limits during pre-season practice?

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Support this concept for all sports	47%	46%	48%	Support this concept for all sports	42%	45%	42%
This concept should only apply to some sports	5%	4%	5%	This concept should only apply to some sports	1%	0%	2%
Do not support any changes in this area	48%	50%	47%	Do not support any changes in this area	56%	55%	57%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Support this concept for all sports	67%	67%	67%	Support this concept for all sports	48%	43%	51%
This concept should only apply to some sports	4%	7%	4%	This concept should only apply to some sports	2%	2%	1%
Do not support any changes in this area	29%	26%	30%	Do not support any changes in this area	50%	54%	47%

**Would you be supportive of setting CARA limits during pre-season practice?
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Lacrosse	84%	67%	38%	30%
FBS Football	67%	64%	10%	10%
Basketball	60%	63%	30%	33%
Volleyball	56%	56%	60%	9%
Baseball	54%	54%	26%	38%
Ice Hockey	53%	42%	33%	50%
Fencing	49%	59%	--	40%
Wrestling	48%	50%	16%	46%
Swimming & Diving	48%	45%	14%	18%
Tennis	43%	46%	32%	30%
Track & Field	37%	40%	41%	37%
Golf	34%	38%	18%	37%
Rifle	33%	42%	17%	40%
Soccer	28%	43%	30%	21%
Cross Country	27%	28%	--	41%
Gymnastics	26%	18%	0%	50%
FCS Football	--	65%	--	9%
Water Polo	--	49%	--	13%
Skiing	--	--	--	--

Would you be supportive of setting CARA limits during pre-season practice?
 (Percent endorsing "Supportive" and "Very Supportive")

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Lacrosse	76%	80%	56%	41%
Basketball	81%	79%	58%	39%
Softball	71%	75%	30%	44%
Gymnastics	71%	74%	41%	17%
Volleyball	66%	69%	5%	12%
Beach Volleyball	66%	69%	25%	40%
Tennis	60%	67%	43%	41%
Soccer	59%	65%	16%	21%
Swimming & Diving	54%	64%	14%	11%
Field Hockey	64%	63%	0%	8%
Golf	52%	63%	22%	30%
Rowing	64%	61%	10%	22%
Ice Hockey	73%	54%	--	56%
Equestrian	59%	54%	--	50%
Track & Field	46%	53%	55%	41%
Cross Country	42%	49%	44%	21%
Water Polo	--	66%	--	0%
Bowling	--	56%	--	20%
Rugby	--	--	--	--

Would you be supportive of setting CARA limits during academic vacation periods and between terms during the playing season ?
 (Percent endorsing "Supportive" and "Very Supportive")

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Lacrosse	71%	52%	Basketball	82%	31%
FBS Football	67%	38%	Lacrosse	77%	37%
Basketball	62%	26%	Softball	72%	40%
FCS Football	61%	31%	Volleyball	71%	30%
Volleyball	60%	25%	Gymnastics	69%	24%
Fencing	58%	25%	Equestrian	69%	43%
Baseball	54%	32%	Beach Volleyball	68%	33%
Ice Hockey	54%	38%	Field Hockey	65%	32%
Water Polo	53%	45%	Water Polo	63%	0%
Wrestling	48%	29%	Ice Hockey	63%	50%
Tennis	47%	29%	Soccer	63%	39%
Soccer	43%	33%	Rugby	63%	0%
Swimming & Diving	42%	5%	Tennis	62%	37%
Golf	42%	24%	Rowing	61%	12%
Track & Field	41%	35%	Golf	60%	23%
Rifle	39%	33%	Swimming & Diving	58%	2%
Cross Country	32%	54%	Cross Country	54%	31%
Gymnastics	21%	13%	Bowling	54%	18%
Skiing	17%	0%	Track & Field	52%	48%

Would you be supportive of setting CARA limits during academic vacation periods and between terms during the playing season ?

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Support this concept for all sports	55%	56%	55%	Support this concept for all sports	53%	64%	51%
This concept should only apply to some sports	4%	8%	3%	This concept should only apply to some sports	1%	0%	1%
Do not support any changes in this area	40%	36%	42%	Do not support any changes in this area	46%	36%	48%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Support this concept for all sports	70%	72%	69%	Support this concept for all sports	54%	50%	56%
This concept should only apply to some sports	4%	5%	4%	This concept should only apply to some sports	2%	2%	2%
Do not support any changes in this area	26%	23%	27%	Do not support any changes in this area	44%	47%	42%

Would you be supportive of setting CARA limits during academic vacation periods and between terms during the playing season ?
(Percent endorsing "Supportive" and "Very Supportive")

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Lacrosse	81%	67%	50%	53%
FBS Football	67%	66%	38%	39%
Basketball	59%	62%	18%	28%
Volleyball	59%	63%	60%	9%
Fencing	56%	63%	--	30%
Ice Hockey	53%	54%	33%	40%
Baseball	53%	55%	28%	34%
Wrestling	45%	53%	10%	41%
Swimming & Diving	44%	41%	0%	8%
Tennis	44%	48%	32%	28%
Golf	41%	42%	16%	28%
Track & Field	37%	44%	43%	29%
Soccer	32%	45%	44%	31%
Cross Country	32%	32%	--	50%
Rifle	30%	48%	20%	40%
Gymnastics	21%	23%	0%	33%
FCS Football	--	61%	--	30%
Water Polo	--	53%	--	50%
Skiing	--	--	--	--

Would you be supportive of setting CARA limits during academic vacation periods and between terms during the playing season ?
 (Percent endorsing "Supportive" and "Very Supportive")

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Basketball	82%	82%	45%	28%
Lacrosse	73%	78%	50%	33%
Equestrian	71%	66%	--	40%
Softball	70%	72%	35%	43%
Ice Hockey	70%	59%	--	38%
Volleyball	69%	71%	29%	30%
Gymnastics	67%	72%	30%	17%
Beach Volleyball	64%	71%	38%	30%
Field Hockey	64%	65%	20%	36%
Rowing	62%	61%	0%	16%
Soccer	58%	64%	39%	39%
Tennis	57%	64%	36%	37%
Swimming & Diving	52%	61%	6%	0%
Golf	52%	63%	21%	24%
Cross Country	50%	57%	44%	27%
Track & Field	46%	54%	55%	47%
Water Polo	--	64%	--	0%
Bowling	--	57%	--	20%
Rugby	--	--	--	--

Competition Time Demands



Summary of Findings

► *Concepts Impacting the Competition Season*

- ▶ The survey asked respondents to weigh in on possible changes to the competition season, and little support was expressed for any proposed changes by student-athletes, coaches, or administrators (e.g. reducing competition, lengthening season, moving to a two-season model). The sole exception is in men's soccer where a majority of student-athletes and head coaches support both lengthening the competition season and moving to a two-season model. While a majority of women's soccer head coaches also support these concepts, women's soccer student-athletes do not.
- ▶ The Division I SAAC Time Commitments survey asked student-athletes if they would support eliminating non-conference mid-week games and a majority did not support that concept. Coaches were asked if they would support reducing non-conference mid-week games. Only men's and women's gymnastics, FBS Football, and women's cross country within the Autonomous Governance conferences had majority support for such a reduction. This was not supported elsewhere.
- ▶ Fewer than half of student-athletes, head coaches and administrators support a uniform start date for all fall sports.



Summary of Findings

► *Breaks in Competition*

- ▶ A majority of men's and women's student-athletes support an in-season break from practice and competition, but there is wide variation by sport. For example, WBB (78% support) v. MGY (19% support). Less than one in five coaches support this concept, and a majority of administrators do not support any changes in this area. Most student-athletes indicated that a 1-3 day in-season break would be appropriate, while just over a third of coaches and administrators feel similarly.
- ▶ A majority of student-athletes in men's and women's basketball, ice hockey, fencing and bowling support a mandatory no-athletics period during winter break. With the exception of bowling (55%), there is not similar majority support from head coaches regarding this concept. When asked about the appropriate length for such a break, higher numbers of coaches and student-athletes responded 1-3 days, with women's bowling and women's basketball (4-6 days) being the exception.

► *Day of Competition*

- ▶ Approximately a third of male student-athletes and just over 40% of female student-athletes support limiting the length of time prior to weekday home competition a student-athlete could be required to report for pre-competition activities. Only about one in five head coaches supported this concept.



Concepts Impacting the Competition Season



Would you be supportive of reducing the number of contests allowed in each sport by 10 percent?
(Percent endorsing "Supportive" and "Very Supportive")

Men's Sports	SAs	Coaches	Sports	SAs	Coaches
Wrestling	23%	24%	Tennis	26%	5%
Tennis	21%	6%	Softball	24%	34%
FBS Football	18%	25%	Basketball	19%	28%
FCS Football	17%	5%	Volleyball	19%	19%
Basketball	16%	10%	Rugby	16%	0%
Swimming & Diving	14%	10%	Swimming & Diving	15%	20%
Fencing	13%	6%	Gymnastics	14%	18%
Baseball	12%	10%	Golf	14%	12%
Golf	11%	10%	Equestrian	12%	14%
Lacrosse	11%	11%	Lacrosse	11%	7%
Volleyball	11%	6%	Bowling	11%	20%
Water Polo	11%	9%	Soccer	10%	8%
Soccer	10%	3%	Ice Hockey	9%	8%
Gymnastics	10%	36%	Cross Country	9%	10%
Cross Country	9%	17%	Beach Volleyball	9%	0%
Track & Field	8%	18%	Track & Field	8%	20%
Rifle	7%	6%	Water Polo	7%	0%
Ice Hockey	6%	0%	Field Hockey	7%	11%
Skiing	6%	0%	Rowing	6%	13%

Would you be supportive of reducing the number of contests allowed in each sport by 10 percent?

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Support this concept for all sports	32%	26%	35%	Support this concept for all sports	33%	36%	32%
This concept should only apply to some sports	39%	44%	38%	This concept should only apply to some sports	33%	41%	31%
Do not support any changes in this area	28%	30%	28%	Do not support any changes in this area	34%	23%	37%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Support this concept for all sports	51%	49%	51%	Support this concept for all sports	29%	26%	31%
This concept should only apply to some sports	24%	26%	23%	This concept should only apply to some sports	22%	23%	21%
Do not support any changes in this area	25%	26%	25%	Do not support any changes in this area	49%	51%	48%

Would you be supportive of reducing the number of contests allowed in each sport by 10 percent?
(Percent endorsing "Supportive" and "Very Supportive")

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Wrestling	23%	22%	15%	30%
FBS Football	18%	18%	38%	10%
Basketball	18%	15%	5%	12%
Tennis	16%	23%	3%	7%
Swimming & Diving	16%	11%	14%	8%
Volleyball	14%	8%	0%	9%
Fencing	13%	14%	--	0%
Baseball	11%	12%	8%	12%
Gymnastics	9%	10%	33%	40%
Golf	9%	13%	4%	12%
Track & Field	7%	8%	16%	20%
Lacrosse	7%	13%	13%	10%
Cross Country	6%	10%	--	19%
Soccer	5%	11%	4%	3%
Ice Hockey	4%	8%	0%	0%
Rifle	3%	10%	0%	10%
FCS Football	--	17%	--	5%
Water Polo	--	11%	--	13%
Skiing	--	--	--	--

**Would you be supportive of reducing the number of contests allowed in each sport by 10 percent?
(Percent endorsing "Supportive" and "Very Supportive")**

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Tennis	23%	28%	2%	6%
Softball	22%	25%	44%	31%
Basketball	21%	18%	33%	26%
Volleyball	20%	18%	25%	16%
Equestrian	16%	5%	--	20%
Ice Hockey	15%	5%	--	11%
Gymnastics	15%	13%	19%	17%
Swimming & Diving	14%	15%	25%	18%
Golf	11%	16%	14%	10%
Lacrosse	10%	12%	6%	7%
Soccer	9%	11%	6%	9%
Track & Field	6%	9%	14%	22%
Cross Country	6%	10%	13%	9%
Field Hockey	6%	7%	7%	14%
Beach Volleyball	5%	11%	0%	0%
Rowing	4%	7%	20%	11%
Bowling	--	11%	--	22%
Water Polo	--	6%	--	0%
Rugby	--	--	--	--

**Would you be supportive of playing the same number of contests but lengthening the season for each sport?
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Soccer	73%	92%	Beach Volleyball	52%	33%
Skiing	46%	40%	Soccer	31%	81%
Track & Field	30%	8%	Track & Field	21%	9%
Golf	28%	23%	Golf	20%	17%
Tennis	28%	30%	Rugby	20%	0%
Water Polo	27%	45%	Field Hockey	19%	60%
Baseball	25%	53%	Softball	19%	41%
Basketball	25%	13%	Tennis	17%	20%
FBS Football	23%	3%	Cross Country	16%	17%
Fencing	23%	44%	Basketball	16%	8%
Rifle	22%	25%	Ice Hockey	15%	23%
Cross Country	21%	14%	Volleyball	14%	31%
FCS Football	21%	18%	Bowling	14%	20%
Lacrosse	16%	57%	Rowing	13%	36%
Ice Hockey	15%	19%	Gymnastics	11%	14%
Swimming & Diving	14%	44%	Swimming & Diving	10%	40%
Volleyball	13%	38%	Lacrosse	10%	32%
Gymnastics	11%	29%	Equestrian	10%	0%
Wrestling	9%	0%	Water Polo	8%	9%

Would you be supportive of playing the same number of contests but lengthening the season for each sport?

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Support this concept for all sports	12%	16%	10%	Support this concept for all sports	10%	11%	10%
This concept should only apply to some sports	14%	18%	13%	This concept should only apply to some sports	9%	18%	7%
Do not support any changes in this area	74%	66%	77%	Do not support any changes in this area	81%	70%	83%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Support this concept for all sports	13%	5%	16%	Support this concept for all sports	17%	14%	18%
This concept should only apply to some sports	7%	2%	9%	This concept should only apply to some sports	8%	8%	8%
Do not support any changes in this area	80%	93%	76%	Do not support any changes in this area	76%	78%	74%

**Would you be supportive of playing the same number of contests but lengthening the season for each sport?
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Soccer	75%	72%	100%	92%
Basketball	26%	24%	11%	14%
Cross Country	25%	19%	--	16%
Track & Field	25%	33%	3%	11%
Tennis	25%	30%	29%	30%
FBS Football	23%	24%	3%	3%
Golf	23%	32%	31%	21%
Baseball	22%	27%	58%	51%
Fencing	21%	27%	--	40%
Rifle	19%	26%	17%	30%
Ice Hockey	14%	16%	17%	20%
Swimming & Diving	12%	16%	59%	34%
Lacrosse	12%	18%	63%	55%
Volleyball	11%	15%	20%	45%
Gymnastics	10%	15%	44%	0%
Wrestling	9%	8%	0%	0%
Water Polo	--	33%	--	38%
FCS Football	--	21%	--	16%
Skiing	--	--	--	--

**Would you be supportive of playing the same number of contests but lengthening the season for each sport?
(Percent endorsing "Supportive" and "Very Supportive")**

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Beach Volleyball	57%	47%	25%	40%
Soccer	31%	31%	82%	81%
Field Hockey	25%	17%	53%	64%
Basketball	19%	14%	9%	8%
Track & Field	19%	22%	0%	12%
Softball	16%	20%	48%	39%
Golf	16%	21%	10%	21%
Cross Country	15%	16%	22%	15%
Tennis	13%	18%	16%	21%
Ice Hockey	13%	17%	--	33%
Volleyball	13%	15%	38%	29%
Rowing	13%	14%	53%	31%
Lacrosse	12%	9%	44%	28%
Swimming & Diving	10%	11%	40%	40%
Gymnastics	10%	14%	15%	13%
Equestrian	7%	14%	--	0%
Bowling	--	16%	--	22%
Water Polo	--	9%	--	0%
Rugby	--	--	--	--

**Would you be supportive of moving sports with a championship and non-championship season structure to a two season model?
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Soccer	70%	90%	Soccer	17%	50%
Cross Country	10%	9%	Field Hockey	13%	30%
Baseball	9%	13%	Cross Country	9%	8%
Lacrosse	7%	4%	Volleyball	8%	11%
Volleyball	4%	6%	Softball	6%	7%
			Lacrosse	6%	9%

Would you be supportive of moving sports with a championship and non-championship season structure to a two season model?

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Support this concept for all sports	17%	26%	14%	Support this concept for all sports	16%	14%	17%
This concept should only apply to some sports	10%	8%	11%	This concept should only apply to some sports	4%	7%	3%
Do not support any changes in this area	73%	66%	76%	Do not support any changes in this area	80%	79%	80%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Support this concept for all sports	18%	13%	19%	Support this concept for all sports	22%	19%	25%
This concept should only apply to some sports	7%	13%	6%	This concept should only apply to some sports	5%	4%	5%
Do not support any changes in this area	75%	75%	75%	Do not support any changes in this area	73%	77%	70%

Would you be supportive of moving sports with a championship and non-championship season structure to a two season model?
(Percent endorsing "Supportive" and "Very Supportive")

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Soccer	75%	69%	93%	90%
Baseball	7%	9%	13%	13%
Cross Country	7%	11%	--	6%
Volleyball	3%	5%	20%	0%
Lacrosse	3%	8%	13%	0%

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Soccer	17%	17%	42%	53%
Field Hockey	14%	12%	40%	22%
Volleyball	7%	8%	19%	9%
Cross Country	6%	10%	0%	9%
Softball	4%	7%	7%	6%
Lacrosse	4%	7%	19%	6%

How supportive would you be of eliminating non-conference mid-week games?
 (Percent endorsing "Supportive" and "Very Supportive," DI SAAC Survey Results)

Men's Sports		Women's Sports	
Water Polo	49%	Volleyball	57%
Ice Hockey	44%	Tennis	52%
Gymnastics	43%	Field Hockey	52%
Soccer	43%	Soccer	49%
Rifle	43%	Softball	48%
Tennis	42%	Swimming & Diving	46%
Football-FCS	41%	Ice Hockey	44%
Football-FBS	40%	Water Polo	43%
Swimming & Diving	39%	Lacrosse	43%
Fencing	39%	Gymnastics	42%
Wrestling	37%	Rowing	41%
Lacrosse	35%	Cross Country	39%
Track & Field	34%	Track & Field	39%
Volleyball	32%	Beach Volleyball	38%
Cross Country	29%	Basketball	32%
Golf	29%	Bowling	29%
Basketball	28%	Golf	29%
Baseball	24%		
Skiing	17%		

Would you be supportive of reducing the number of non-conference mid-week games?
 (Percent endorsing "Supportive" and "Very Supportive")

Men's Sports	Coaches	Women's Sports	Coaches
Gymnastics	50%	Rowing	39%
FBS Football	44%	Cross Country	36%
Cross Country	43%	Gymnastics	36%
Soccer	37%	Soccer	29%
Track & Field	32%	Track & Field	28%
Volleyball	31%	Swimming & Diving	25%
Fencing	29%	Volleyball	25%
FCS Football	27%	Softball	24%
Swimming & Diving	26%	Ice Hockey	23%
Wrestling	23%	Beach Volleyball	22%
Water Polo	18%	Bowling	22%
Tennis	16%	Field Hockey	21%
Golf	15%	Tennis	18%
Rifle	13%	Water Polo	18%
Baseball	12%	Basketball	17%
Basketball	11%	Golf	10%
Lacrosse	11%	Lacrosse	7%
Ice Hockey	7%	Equestrian	0%
Skiing	0%	Rugby	0%

Would you be supportive of reducing the number of non-conference mid-week games?

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Support this concept for all sports	35%	34%	35%	Support this concept for all sports	40%	45%	39%
This concept should only apply to some sports	28%	30%	27%	This concept should only apply to some sports	22%	20%	22%
Do not support any changes in this area	38%	36%	38%	Do not support any changes in this area	38%	34%	39%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Support this concept for all sports	71%	65%	73%	Support this concept for all sports	46%	45%	46%
This concept should only apply to some sports	11%	16%	10%	This concept should only apply to some sports	14%	14%	13%
Do not support any changes in this area	18%	19%	18%	Do not support any changes in this area	41%	41%	40%

**Would you be supportive of reducing the number of non-conference mid-week games?
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	A5 Coaches	Other Coaches
Gymnastics	56%	40%
FBS Football	50%	37%
Volleyball	40%	27%
Swimming & Diving	35%	22%
Track & Field	30%	33%
Wrestling	26%	22%
Lacrosse	25%	5%
Tennis	21%	14%
Ice Hockey	20%	0%
Soccer	15%	41%
Basketball	14%	11%
Golf	12%	17%
Baseball	10%	13%
Rifle	0%	20%
Cross Country	--	44%
Fencing	--	30%
FCS Football	--	28%
Water Polo	--	13%
Skiing	--	0%

**Would you be supportive of reducing the number of non-conference mid-week games?
(Percent endorsing "Supportive" and "Very Supportive")**

Women's Sports	A5 Coaches	Other Coaches
Gymnastics	52%	23%
Cross Country	50%	32%
Rowing	41%	38%
Softball	35%	22%
Basketball	27%	15%
Beach Volleyball	25%	20%
Volleyball	22%	27%
Swimming & Diving	19%	29%
Tennis	18%	18%
Soccer	15%	33%
Track & Field	15%	34%
Golf	11%	10%
Field Hockey	7%	28%
Lacrosse	6%	7%
Water Polo	--	29%
Bowling	--	25%
Ice Hockey	--	22%
Equestrian	--	0%
Rugby	--	0%

**Would you be supportive of setting a uniform start date for all fall sports?
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Soccer	48%	48%	Volleyball	43%	43%
FCS Football	40%	27%	Soccer	42%	58%
FBS Football	35%	19%	Field Hockey	40%	53%
Water Polo	35%	45%	Cross Country	31%	39%
Cross Country	25%	34%			

**Would you be supportive of setting a uniform start date for all fall sports?
(Percent endorsing "Supportive" and "Very Supportive")**

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
	43%	40%	44%		48%	27%	53%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
	41%	29%	45%		46%	39%	51%

**Would you be supportive of setting a uniform start date for all fall sports?
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Soccer	36%	50%	26%	51%
FBS Football	35%	36%	19%	17%
Cross Country	19%	28%	--	38%
FCS Football	--	40%	--	25%
Water Polo	--	38%	--	38%

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Volleyball	40%	45%	42%	44%
Soccer	39%	43%	45%	63%
Field Hockey	27%	47%	53%	50%
Cross Country	27%	33%	38%	39%

Breaks in Competition



Would you be supportive of requiring an in-season athletics break? (Percent endorsing "Supportive" and "Very Supportive")

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Lacrosse	69%	11%	Basketball	78%	23%
Basketball	65%	23%	Lacrosse	71%	9%
FBS Football	64%	15%	Volleyball	65%	14%
FCS Football	62%	16%	Softball	64%	12%
Ice Hockey	57%	13%	Tennis	62%	17%
Fencing	56%	13%	Equestrian	60%	14%
Volleyball	55%	13%	Field Hockey	59%	11%
Tennis	51%	16%	Ice Hockey	59%	31%
Water Polo	47%	9%	Rowing	58%	6%
Baseball	46%	6%	Soccer	57%	18%
Soccer	45%	19%	Water Polo	57%	18%
Wrestling	45%	26%	Golf	53%	16%
Golf	40%	25%	Rugby	53%	50%
Rifle	39%	19%	Beach Volleyball	53%	22%
Track & Field	37%	11%	Bowling	48%	18%
Swimming & Diving	34%	7%	Swimming & Diving	45%	6%
Skiing	26%	0%	Track & Field	45%	11%
Cross Country	25%	9%	Gymnastics	44%	4%
Gymnastics	19%	0%	Cross Country	39%	10%

Complete survey question: "Would you be supportive of requiring an in-season athletics break (e.g., prohibiting practice or competition over a multiday period during the season)?"

Would you be supportive of requiring an in-season athletics break?

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Support this concept for all sports	33%	36%	32%	Support this concept for all sports	32%	20%	35%
This concept should only apply to some sports	4%	10%	2%	This concept should only apply to some sports	6%	7%	5%
Do not support any changes in this area	63%	54%	66%	Do not support any changes in this area	62%	73%	60%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Support this concept for all sports	52%	44%	54%	Support this concept for all sports	42%	40%	43%
This concept should only apply to some sports	6%	14%	4%	This concept should only apply to some sports	6%	5%	6%
Do not support any changes in this area	42%	42%	42%	Do not support any changes in this area	52%	55%	51%

Complete survey question: "Would you be supportive of requiring an in-season athletics break (e.g., prohibiting practice or competition over a multiday period during the season)?"

**Would you be supportive of requiring an in-season athletics break?
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Lacrosse	76%	66%	13%	10%
FBS Football	64%	64%	17%	13%
Basketball	61%	67%	16%	25%
Ice Hockey	61%	54%	17%	10%
Volleyball	59%	53%	20%	9%
Fencing	57%	55%	--	10%
Tennis	47%	54%	13%	17%
Wrestling	45%	45%	16%	32%
Baseball	42%	48%	5%	6%
Golf	39%	41%	11%	30%
Rifle	38%	39%	0%	30%
Soccer	36%	47%	7%	21%
Swimming & Diving	34%	33%	5%	8%
Track & Field	33%	40%	14%	9%
Cross Country	23%	27%	--	9%
Gymnastics	18%	20%	0%	0%
FCS Football	--	62%	--	16%
Water Polo	--	46%	--	0%
Skiing	--	--	--	--

**Would you be supportive of requiring an in-season athletics break?
(Percent endorsing "Supportive" and "Very Supportive")**

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Basketball	79%	77%	21%	24%
Ice Hockey	68%	53%	--	33%
Equestrian	64%	52%	--	20%
Volleyball	63%	66%	16%	14%
Lacrosse	62%	74%	0%	11%
Field Hockey	60%	59%	20%	8%
Softball	59%	67%	4%	14%
Rowing	59%	58%	5%	4%
Tennis	56%	65%	11%	18%
Beach Volleyball	53%	53%	13%	30%
Soccer	52%	59%	8%	21%
Golf	51%	54%	16%	16%
Gymnastics	46%	42%	7%	0%
Swimming & Diving	42%	47%	6%	7%
Track & Field	40%	47%	9%	10%
Cross Country	32%	43%	11%	9%
Water Polo	--	56%	--	14%
Bowling	--	49%	--	20%
Rugby	--	--	--	--

**What would be the appropriate length for an in-season athletics break?
(Percent endorsing "1-3 days")**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Fencing	67%	31%	Beach Volleyball	81%	50%
FCS Football	63%	40%	Water Polo	78%	45%
Baseball	61%	27%	Gymnastics	77%	16%
Water Polo	60%	45%	Softball	75%	38%
Volleyball	58%	25%	Volleyball	75%	45%
Tennis	57%	38%	Field Hockey	75%	42%
FBS Football	56%	49%	Soccer	73%	38%
Lacrosse	56%	32%	Lacrosse	70%	36%
Basketball	53%	46%	Golf	68%	42%
Rifle	52%	38%	Bowling	68%	36%
Wrestling	52%	31%	Rowing	67%	24%
Swimming & Diving	51%	25%	Rugby	67%	100%
Track & Field	50%	22%	Tennis	66%	43%
Golf	49%	40%	Track & Field	64%	48%
Soccer	47%	34%	Ice Hockey	63%	17%
Gymnastics	47%	33%	Swimming & Diving	63%	20%
Cross Country	44%	37%	Basketball	60%	37%
Ice Hockey	43%	19%	Cross Country	57%	33%
Skiing	36%	60%	Equestrian	57%	29%

**What would be the appropriate length for an in-season athletics break?
(Three responses with strongest support shown)**

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
0 days	31%	25%	33%	0 days	30%	35%	29%
1-3 days	34%	40%	31%	1-3 days	33%	28%	35%
Should vary by sport	22%	19%	23%	Should vary by sport	20%	28%	18%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
0 days	14%	7%	17%	0 days	28%	31%	27%
1-3 days	49%	51%	49%	1-3 days	39%	38%	40%
Should vary by sport	13%	22%	10%	Should vary by sport	16%	16%	16%

**What would be the appropriate length for an in-season athletics break?
(Percent endorsing "1-3 days")**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Fencing	65%	68%	--	30%
Tennis	59%	55%	39%	38%
Volleyball	59%	57%	80%	0%
Baseball	58%	63%	18%	32%
Lacrosse	56%	56%	38%	30%
Wrestling	54%	48%	39%	28%
FBS Football	54%	63%	55%	42%
Track & Field	51%	49%	24%	20%
Swimming & Diving	51%	52%	14%	32%
Gymnastics	49%	36%	44%	17%
Basketball	48%	55%	42%	48%
Rifle	48%	57%	33%	40%
Soccer	46%	47%	11%	38%
Ice Hockey	45%	41%	0%	30%
Golf	45%	51%	31%	44%
Cross Country	42%	45%	--	41%
FCS Football	--	63%	--	41%
Water Polo	--	59%	--	38%
Skiing	--	--	--	--

**What would be the appropriate length for an in-season athletics break?
(Percent endorsing "1-3 days")**

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Beach Volleyball	83%	78%	25%	70%
Volleyball	74%	75%	44%	45%
Soccer	74%	72%	35%	38%
Gymnastics	74%	81%	15%	17%
Lacrosse	73%	70%	19%	41%
Field Hockey	72%	76%	40%	46%
Softball	70%	77%	30%	41%
Golf	70%	67%	40%	44%
Rowing	69%	65%	30%	18%
Tennis	66%	65%	57%	37%
Track & Field	63%	64%	64%	42%
Swimming & Diving	61%	64%	19%	21%
Equestrian	58%	54%	--	20%
Basketball	58%	61%	39%	36%
Cross Country	54%	59%	33%	33%
Ice Hockey	49%	70%	--	13%
Water Polo	--	79%	--	43%
Bowling	--	67%	--	40%
Rugby	--	--	--	--

**Would you be supportive of a mandatory "no athletics activity period" during
a portion of the winter break?
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Fencing	62%	20%	Basketball	71%	22%
Basketball	56%	22%	Ice Hockey	59%	38%
Ice Hockey	54%	19%	Bowling	50%	55%
Wrestling	42%	22%	Gymnastics	45%	4%
Rifle	39%	38%	Swimming & Diving	43%	5%
Track & Field	36%	11%	Track & Field	37%	23%
Swimming & Diving	35%	8%			
Gymnastics	23%	0%			
Skiing	20%	0%			

Would you be supportive of a mandatory “no athletics activity period” during a portion of the winter break for those sports in-season?

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Support this concept for all sports	45%	52%	43%	Support this concept for all sports	47%	39%	50%
This concept should only apply to some sports	7%	8%	6%	This concept should only apply to some sports	4%	9%	3%
Do not support any changes in this area	48%	40%	51%	Do not support any changes in this area	48%	52%	47%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Support this concept for all sports	64%	69%	62%	Support this concept for all sports	52%	48%	55%
This concept should only apply to some sports	6%	17%	2%	This concept should only apply to some sports	4%	4%	4%
Do not support any changes in this area	31%	14%	36%	Do not support any changes in this area	44%	49%	41%

Would you be supportive of a mandatory “no athletics activity period” during a portion of the winter break?
(Percent endorsing “Supportive” and “Very Supportive”)

Men’s Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Fencing	65%	57%	--	11%
Ice Hockey	57%	51%	17%	20%
Basketball	56%	56%	18%	23%
Wrestling	40%	45%	15%	27%
Rifle	38%	40%	0%	60%
Swimming & Diving	34%	36%	9%	8%
Track & Field	30%	40%	33%	0%
Gymnastics	21%	30%	0%	0%
Skiing	--	--	--	--

Women’s Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Ice Hockey	76%	50%	--	44%
Basketball	75%	70%	15%	24%
Gymnastics	45%	45%	8%	0%
Swimming & Diving	40%	45%	3%	6%
Track & Field	33%	40%	50%	0%
Bowling	--	51%	--	60%

What is the appropriate length for a mandatory no athletics period during the winter break?

(Percent endorsing "1-3 days" and "4-7 days")

Men's Sports	SAs	Coaches	SAs	Coaches
	1-3 days	1-3 days	4-6 days	4-6 days
Basketball	39%	36%	35%	21%
Wrestling	36%	18%	30%	22%
Gymnastics	35%	36%	15%	21%
Swimming & Diving	32%	15%	19%	12%
Track & Field	32%	22%	22%	22%
Ice Hockey	28%	13%	32%	25%
Skiing	24%	40%	21%	20%
Fencing	23%	0%	31%	20%
Rifle	22%	13%	17%	6%

Women's Sports	SAs	Coaches	SAs	Coaches
	1-3 days	1-3 days	4-6 days	4-6 days
Gymnastics	42%	16%	26%	12%
Track & Field	42%	15%	26%	0%
Swimming & Diving	39%	14%	22%	10%
Basketball	32%	30%	40%	29%
Bowling	31%	9%	31%	27%
Ice Hockey	24%	8%	28%	39%

What is the appropriate length for a mandatory no athletics period during the winter break?

(Percent endorsing "1-3 days" and "4-7 days")

Athletic Directors	All	A5	Non-A5
1-3 days	35%	40%	33%
4-6 days	22%	27%	20%

Senior Women Administrators	All	A5	Non-A5
1-3 days	37%	40%	36%
4-6 days	25%	19%	27%

Faculty Athletic Representative	All	A5	Non-A5
1-3 days	28%	44%	23%
4-6 days	36%	34%	37%

Other	All	A5	Non-A5
1-3 days	30%	30%	31%
4-6 days	28%	25%	30%

What is the appropriate length for a mandatory no athletics period during the winter break?
 (Percent endorsing "1-3 days")

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Basketball	41%	38%	36%	36%
Wrestling	39%	32%	6%	25%
Gymnastics	36%	33%	33%	40%
Track & Field	35%	30%	33%	17%
Swimming & Diving	35%	30%	5%	21%
Ice Hockey	24%	30%	0%	20%
Rifle	23%	21%	33%	0%
Fencing	23%	22%	--	0%
Skiing	--	--	--	--

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Track & Field	45%	40%	17%	14%
Gymnastics	39%	46%	23%	9%
Swimming & Diving	39%	39%	19%	11%
Basketball	33%	31%	30%	31%
Ice Hockey	14%	29%	--	11%
Bowling	--	30%	--	10%

Day of Competition



**Support limiting the length of time prior to a weekday home competition that student-athletes can be required to report for pre-competition activities
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Fencing	46%	19%	Softball	53%	24%
Lacrosse	41%	21%	Volleyball	51%	15%
Tennis	40%	18%	Tennis	49%	26%
Baseball	38%	8%	Beach Volleyball	49%	11%
FCS Football	38%	14%	Basketball	49%	10%
FBS Football	36%	13%	Equestrian	48%	43%
Water Polo	36%	18%	Lacrosse	48%	13%
Volleyball	32%	19%	Field Hockey	47%	17%
Swimming & Diving	32%	10%	Rowing	46%	32%
Soccer	32%	19%	Golf	41%	12%
Golf	31%	16%	Soccer	41%	21%
Wrestling	31%	14%	Rugby	40%	0%
Basketball	30%	7%	Swimming & Diving	39%	13%
Track & Field	29%	24%	Water Polo	39%	9%
Rifle	28%	19%	Cross Country	37%	33%
Cross Country	27%	40%	Bowling	36%	33%
Ice Hockey	26%	6%	Track & Field	36%	31%
Skiing	20%	0%	Gymnastics	35%	21%
Gymnastics	18%	14%	Ice Hockey	32%	0%

Support limiting the length of time prior to a weekday home competition that student-athletes can be required to report for pre-competition activities

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Support this concept for all sports	57%	50%	60%	Support this concept for all sports	65%	48%	70%
This concept should only apply to some sports	6%	8%	5%	This concept should only apply to some sports	2%	7%	1%
Do not support any changes in this area	37%	42%	35%	Do not support any changes in this area	33%	45%	30%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Support this concept for all sports	87%	91%	85%	Support this concept for all sports	51%	50%	52%
This concept should only apply to some sports	3%	7%	2%	This concept should only apply to some sports	3%	3%	3%
Do not support any changes in this area	10%	2%	13%	Do not support any changes in this area	46%	47%	46%

**Support limiting the length of time prior to a weekday home competition that student-athletes can be required to report for pre-competition activities
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Lacrosse	54%	36%	25%	20%
Fencing	48%	44%	--	20%
Baseball	37%	40%	3%	11%
FBS Football	36%	36%	16%	10%
Volleyball	36%	30%	20%	18%
Tennis	35%	42%	16%	18%
Basketball	34%	29%	7%	7%
Swimming & Diving	32%	33%	14%	8%
Wrestling	30%	32%	10%	16%
Golf	28%	33%	7%	20%
Rifle	27%	28%	0%	30%
Track & Field	26%	32%	17%	26%
Ice Hockey	25%	26%	17%	0%
Soccer	24%	33%	19%	19%
Cross Country	24%	29%	--	41%
Gymnastics	17%	20%	11%	20%
Water Polo	--	41%	--	25%
FCS Football	--	38%	--	13%
Skiing	--	--	--	--

**Support limiting the length of time prior to a weekday home competition that student-athletes can be required to report for pre-competition activities
(Percent endorsing "Supportive" and "Very Supportive")**

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Beach Volleyball	55%	44%	25%	0%
Softball	52%	54%	13%	28%
Basketball	49%	49%	0%	13%
Equestrian	48%	47%	--	60%
Volleyball	47%	52%	13%	16%
Lacrosse	47%	48%	19%	11%
Rowing	46%	46%	33%	31%
Tennis	46%	51%	18%	28%
Field Hockey	43%	49%	7%	22%
Soccer	37%	42%	10%	25%
Golf	36%	44%	15%	9%
Ice Hockey	36%	29%	--	0%
Gymnastics	36%	35%	20%	23%
Swimming & Diving	35%	42%	19%	10%
Cross Country	33%	40%	25%	34%
Track & Field	31%	38%	29%	32%
Water Polo	--	40%	--	14%
Bowling	--	36%	--	38%
Rugby	--	--	--	--

**What should be the maximum number of hours student-athletes could be required to report prior to weekday home competition?
(Percent endorsing "2 hours" or "3-4 hours")**

Men's Sports	SAs	Coaches	SAs	Coaches
	3-4 hours	3-4 hours	2 hours	2 hours
Baseball	52%	59%	27%	19%
Volleyball	52%	38%	30%	19%
FCS Football	50%	48%	27%	19%
FBS Football	48%	22%	22%	5%
Lacrosse	46%	43%	33%	50%
Ice Hockey	42%	44%	23%	31%
Soccer	40%	45%	29%	35%
Wrestling	40%	46%	21%	19%
Basketball	40%	20%	38%	35%
Golf	39%	31%	24%	42%
Tennis	38%	32%	31%	44%
Fencing	37%	43%	37%	43%
Track & Field	36%	29%	28%	49%
Rifle	34%	25%	39%	50%
Water Polo	33%	18%	38%	64%
Cross Country	33%	24%	28%	50%
Swimming & Diving	32%	39%	33%	51%
Gymnastics	25%	50%	27%	29%
Skiing	15%	40%	29%	20%

**What should be the maximum number of hours student-athletes could be required to report prior to weekday home competition?
(Percent endorsing "2 hours" or "3-4 hours")**

Women's Sports	SAs	Coaches	SAs	Coaches
	3-4 hours	3-4 hours	2 hours	2 hours
Volleyball	54%	59%	33%	17%
Beach Volleyball	52%	72%	35%	17%
Field Hockey	46%	51%	42%	32%
Rowing	45%	32%	38%	40%
Equestrian	45%	43%	18%	14%
Rugby	45%	0%	35%	100%
Lacrosse	44%	55%	43%	25%
Soccer	42%	47%	42%	31%
Golf	41%	29%	33%	35%
Cross Country	40%	23%	37%	55%
Gymnastics	39%	47%	37%	27%
Track & Field	39%	38%	36%	42%
Basketball	38%	20%	44%	40%
Softball	38%	33%	51%	58%
Ice Hockey	37%	23%	40%	77%
Bowling	36%	22%	34%	44%
Tennis	35%	26%	44%	59%
Water Polo	33%	36%	54%	36%
Swimming & Diving	33%	34%	44%	36%

**What should be the maximum number of hours student-athletes could be required to report prior to weekday home competition?
(Percent endorsing "2 hours" or "3-4 hours")**

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
2 hours	37%	34%	38%	2 hours	38%	27%	41%
3-4 hours	27%	18%	30%	3-4 hours	27%	25%	28%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
2 hours	45%	26%	51%	2 hours	28%	25%	30%
3-4 hours	33%	48%	28%	3-4 hours	34%	34%	35%

**What should be the maximum number of hours student-athletes could be required to report prior to weekday home competition?
(Percent endorsing "3-4 hours")**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Baseball	55%	50%	60%	59%
Lacrosse	54%	43%	63%	35%
Volleyball	53%	51%	60%	27%
Ice Hockey	52%	36%	17%	60%
FBS Football	48%	47%	20%	23%
Wrestling	44%	34%	35%	53%
Basketball	41%	39%	18%	21%
Tennis	41%	36%	26%	35%
Fencing	40%	31%	--	60%
Soccer	38%	41%	44%	46%
Golf	37%	41%	36%	29%
Cross Country	35%	32%	--	23%
Track & Field	34%	38%	31%	28%
Swimming and Diving	31%	34%	36%	39%
Rifle	30%	39%	17%	30%
Gymnastics	24%	28%	33%	80%
FCS Football	--	50%	--	47%
Water Polo	--	29%	--	13%
Skiing	--	--	--	--

What should be the maximum number of hours student-athletes could be required to report prior to weekday home competition?
(Percent endorsing "3-4 hours")

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Beach Volleyball	56%	48%	88%	60%
Volleyball	55%	53%	58%	60%
Rowing	49%	42%	31%	33%
Soccer	49%	40%	49%	47%
Softball	46%	34%	44%	30%
Lacrosse	44%	44%	73%	50%
Equestrian	44%	47%	--	60%
Basketball	43%	36%	12%	22%
Golf	43%	41%	26%	31%
Field Hockey	42%	48%	67%	44%
Cross Country	40%	41%	25%	22%
Track & Field	39%	38%	52%	32%
Ice Hockey	39%	36%	--	33%
Tennis	38%	33%	46%	19%
Gymnastics	37%	41%	56%	35%
Swimming and Diving	34%	33%	39%	30%
Bowling	--	36%	--	13%
Water Polo	--	35%	--	43%
Rugby	--	--	--	--

Out of Season Time Demands

Summary of Findings

▶ *Post-Season Break*

- ▶ **Student-athletes and administrators strongly support a mandatory no-activity period at the end of the competition season. Overall, a majority of coaches support this concept as well, however within some sports there is not majority coach support (e.g. MFB-FCS, 31%; MSW, 33%; MGY, 0%; WSW, 24%).**
- ▶ A two-week post-season break is preferred by student-athletes, although there is less than majority support for this from coaches in most sports. Most coaches split their support between a 1-week or 2-week break.

▶ *Post-Season CARA Limits*

- ▶ A majority of student-athletes would like to devote fewer than 8 hours to required athletics activities in the post-season. The average number of preferred hours varies widely by sport (e.g. MBB, 4 hours; MGY, 7 hours). In almost all cases, head coaches would prefer more hours per week than student-athletes.
- ▶ How coaches and student-athletes prefer to split these hours by skill-related workouts and strength and conditioning varies widely by sport. A belief that these limits should vary by sport received the strongest preference from administrators, but it did not reach majority support.
- ▶ Support for requiring athletics activities over the summer is very mixed, with a majority of coaches supporting the concept and student-athlete support varying widely by sport (MLA, 18%; MBA, 58%). A slight majority of ADs and SWAs do not support any changes in this area.



Summary of Findings

▶ *Days Off*

- ▶ **A majority of student-athletes, coaches and administrators are comfortable requiring two days off per week out of season.** However in some sports over a third of student-athletes would prefer three days off per week (MBB, MFB, MFE, MLA, MWP, MWR, WBB, WEQ, WGO, WGY). Cross country, men's gymnastics and skiing are outliers here as a majority would prefer 0-1 days off per week.
- ▶ In determining time off out of season, a majority of student-athletes believe that coaches and student-athletes should jointly make such decisions, while half of all administrators and three-quarters of coaches believe that this should be a head coach only decision.

▶ *Opportunities for Career and Educational Development*

- ▶ **A majority of athletes, coaches and administrators support allowing student-athletes to take a period of no-activity outside of the playing season to participate in an educational or career development opportunity. However, coach support is lower in some sports.**
- ▶ A majority of student-athletes and coaches would prefer that this opportunity be limited to 2-4 weeks.



Post-Season Break



Would you be supportive of a mandatory "no activity period" at the end of the competition season?
 (Percent endorsing "Supportive" and "Very Supportive")

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Lacrosse	90%	75%	Volleyball	94%	65%
Ice Hockey	87%	75%	Field Hockey	93%	58%
Water Polo	87%	73%	Ice Hockey	93%	69%
Volleyball	84%	50%	Soccer	92%	63%
Football-FBS	82%	55%	Basketball	91%	58%
Football-FCS	81%	31%	Lacrosse	90%	66%
Soccer	81%	56%	Softball	88%	75%
Wrestling	80%	40%	Water Polo	88%	64%
Fencing	77%	59%	Swimming & Diving	86%	24%
Swimming & Diving	76%	33%	Beach Volleyball	85%	61%
Baseball	75%	53%	Cross Country	83%	40%
Basketball	75%	70%	Tennis	83%	52%
Track & Field	74%	34%	Track & Field	83%	39%
Tennis	73%	38%	Golf	80%	46%
Rifle	71%	56%	Gymnastics	80%	53%
Golf	70%	55%	Rowing	80%	53%
Cross Country	68%	40%	Bowling	70%	64%
Skiing	63%	40%			
Gymnastics	47%	0%			

Note: SA data from all sports but MBB and MFB merged in from DI SAAC Survey

Would you be supportive of a mandatory "no activity period" at the end of the competition season?

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Support this concept for all sports	84%	72%	88%	Support this concept for all sports	84%	61%	90%
This concept should only apply to some sports	9%	12%	8%	This concept should only apply to some sports	8%	27%	3%
Do not support any changes in this area	7%	16%	4%	Do not support any changes in this area	8%	11%	7%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Support this concept for all sports	88%	77%	91%	Support this concept for all sports	83%	76%	88%
This concept should only apply to some sports	7%	19%	3%	This concept should only apply to some sports	3%	5%	2%
Do not support any changes in this area	6%	5%	6%	Do not support any changes in this area	14%	19%	10%

Would you be supportive of a mandatory "no activity period" at the end of the competition season?
(Percent endorsing "Supportive" and "Very Supportive")

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Ice Hockey	96%	84%	67%	80%
Lacrosse	90%	91%	88%	70%
Soccer	83%	80%	59%	57%
Football-FBS	81%	82%	0%	54%
Baseball	79%	74%	40%	58%
Swimming & Diving	78%	75%	18%	42%
Volleyball	78%	84%	80%	36%
Tennis	77%	72%	24%	45%
Fencing	77%	78%	--	52%
Wrestling	76%	85%	30%	46%
Track & Field	71%	74%	30%	38%
Golf	70%	70%	36%	63%
Basketball	69%	77%	70%	70%
Cross Country	67%	68%	--	41%
Rifle	67%	73%	33%	70%
Gymnastics	48%	46%	0%	0%
Water Polo	--	86%	--	75%
Football-FCS	--	81%	--	40%
Skiing	--	--	--	--

Note: SA data from all sports but MBB and MFB merged in from DI SAAC Survey

**Would you be supportive of a mandatory "no activity period"
at the end of the competition season?
(Percent endorsing "Supportive" and "Very Supportive")**

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Ice Hockey	96%	91%	--	67%
Volleyball	94%	94%	71%	63%
Basketball	93%	91%	64%	58%
Beach Volleyball	91%	82%	50%	70%
Soccer	91%	92%	43%	69%
Field Hockey	91%	93%	60%	56%
Softball	88%	88%	76%	74%
Swimming & Diving	85%	86%	17%	29%
Tennis	85%	82%	50%	52%
Lacrosse	83%	90%	69%	65%
Track & Field	83%	83%	18%	47%
Gymnastics	82%	80%	63%	43%
Cross Country	82%	83%	22%	45%
Rowing	80%	80%	65%	48%
Golf	78%	81%	41%	48%
Water Polo	--	89%	--	71%
Bowling	--	70%	--	70%

Note: SA data merged in from DI SAAC Survey

**What is the appropriate length for a mandatory break
following the championship season?
(Percent endorsing "2 weeks")**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Volleyball	51%	27%	Ice Hockey	57%	69%
Fencing	48%	56%	Soccer	51%	43%
Ice Hockey	46%	50%	Basketball	50%	52%
Wrestling	46%	26%	Lacrosse	50%	41%
Basketball	45%	54%	Swimming & Diving	49%	29%
Lacrosse	43%	36%	Volleyball	49%	42%
Football-FCS	43%	38%	Field Hockey	48%	38%
Baseball	42%	40%	Softball	45%	42%
Skiing	42%	20%	Water Polo	44%	36%
Swimming & Diving	42%	30%	Beach Volleyball	43%	56%
Water Polo	39%	55%	Track & Field	40%	32%
Soccer	38%	36%	Gymnastics	39%	34%
Track & Field	37%	26%	Golf	37%	34%
Football-FBS	37%	36%	Cross Country	34%	10%
Golf	35%	34%	Tennis	32%	40%
Rifle	34%	6%	Rowing	31%	33%
Cross Country	32%	29%	Bowling	24%	27%
Tennis	32%	31%			
Gymnastics	26%	7%			

Note: SA data from all sports but MBB and MFB merged in from DI SAAC Survey

What is the appropriate length for a mandatory break following the championship season?

Men's Sports	0 weeks	1 week	2 weeks	3 weeks	4 weeks
Volleyball	10%	20%	51%	12%	7%
Fencing	10%	28%	48%	3%	12%
Wrestling	9%	23%	46%	11%	12%
Ice Hockey	3%	15%	46%	27%	10%
Basketball	2%	18%	45%	22%	14%
Lacrosse	8%	21%	43%	13%	16%
Football-FCS	2%	15%	43%	21%	20%
Swimming & Diving	13%	28%	42%	12%	6%
Skiing	19%	22%	42%	13%	5%
Baseball	15%	26%	42%	11%	7%
Water Polo	6%	12%	39%	24%	19%
Soccer	13%	18%	38%	16%	15%
Track & Field	16%	31%	37%	8%	8%
Football-FBS	2%	18%	37%	27%	22%
Golf	19%	32%	35%	6%	7%
Rifle	23%	27%	34%	9%	7%
Tennis	17%	40%	32%	6%	5%
Cross Country	18%	46%	32%	3%	1%
Gymnastics	26%	43%	26%	4%	0%

Note: SA data from all sports but MBB and MFB merged in from DI SAAC Survey

What is the appropriate length for a mandatory break following the championship season?

Women's Sports	0 weeks	1 week	2 weeks	3 weeks	4 weeks
Ice Hockey	2%	21%	57%	12%	8%
Soccer	3%	22%	51%	15%	10%
Basketball	5%	18%	50%	19%	8%
Lacrosse	3%	30%	50%	11%	7%
Swimming & Diving	6%	30%	49%	11%	4%
Volleyball	4%	18%	49%	16%	13%
Field Hockey	3%	23%	48%	15%	12%
Softball	4%	33%	45%	11%	7%
Water Polo	3%	30%	44%	15%	8%
Beach Volleyball	6%	37%	43%	12%	1%
Track & Field	9%	37%	40%	9%	6%
Gymnastics	7%	43%	39%	8%	4%
Golf	7%	45%	37%	6%	4%
Cross Country	8%	53%	34%	4%	1%
Tennis	10%	48%	32%	6%	5%
Rowing	11%	49%	31%	5%	4%
Bowling	9%	57%	24%	8%	2%

Note: SA data merged in from DI SAAC Survey

**What is the appropriate length for a mandatory break following the championship season?
(Percent endorsing "2 weeks")**

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
	52%	44%	54%		52%	47%	53%
Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
	51%	37%	55%		44%	40%	48%

**What is the appropriate length for a mandatory break following the championship season?
(Percent endorsing "2 weeks")**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Volleyball	50%	50%	40%	20%
Baseball	48%	41%	33%	42%
Lacrosse	47%	42%	50%	30%
Ice Hockey	43%	45%	67%	40%
Wrestling	43%	50%	16%	32%
Soccer	39%	38%	37%	36%
Fencing	39%	53%	--	50%
Basketball	38%	47%	45%	55%
Football-FBS	38%	37%	55%	58%
Swimming & Diving	37%	44%	24%	34%
Golf	35%	36%	27%	37%
Track & Field	33%	38%	28%	26%
Rifle	33%	35%	0%	10%
Tennis	28%	33%	26%	33%
Gymnastics	28%	23%	0%	20%
Cross Country	24%	34%	--	31%
Football-FCS	--	43%	--	35%
Water Polo	--	41%	--	63%
Skiing	--	--	--	--

Note: SA data from all sports but MBB and MFB merged in from DI SAAC Survey

**What is the appropriate length for a mandatory break following the championship season?
(Percent endorsing "2 weeks")**

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Lacrosse	56%	49%	44%	40%
Soccer	50%	51%	39%	44%
Basketball	49%	50%	67%	48%
Volleyball	48%	49%	42%	41%
Beach Volleyball	48%	39%	50%	60%
Ice Hockey	47%	59%	--	67%
Field Hockey	46%	48%	36%	42%
Softball	46%	45%	41%	42%
Swimming & Diving	45%	50%	17%	37%
Gymnastics	42%	38%	48%	18%
Tennis	38%	31%	50%	36%
Track & Field	38%	40%	27%	33%
Golf	33%	38%	33%	35%
Rowing	31%	30%	45%	27%
Cross Country	28%	36%	0%	12%
Water Polo	--	42%	--	29%
Bowling	--	24%	--	30%

Note: SA data merged in from DI SAAC Survey

Post-Season CARA Limits



**How many hours per week is it appropriate to require
athletics activities outside of the playing season?
(Mean Response, 0-8 hours)**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Baseball	6	7	Basketball	5	8
Basketball	4	7	Beach Volleyball	6	7
Cross Country	6	7	Bowling	5	6
FBS Football	5	8	Cross Country	6	8
FCS Football	5	8	Equestrian	5	5
Fencing	5	7	Field Hockey	6	8
Golf	6	7	Golf	6	7
Gymnastics	7	7	Gymnastics	6	8
Ice Hockey	5	6	Ice Hockey	5	8
Lacrosse	6	7	Lacrosse	6	7
Rifle	5	6	Rowing	7	8
Skiing	7	7	Rugby	6	8
Soccer	6	8	Soccer	6	8
Swimming & Diving	6	8	Softball	6	7
Tennis	6	7	Swimming & Diving	7	8
Track & Field	6	7	Tennis	6	7
Volleyball	6	7	Track & Field	6	7
Water Polo	7	7	Volleyball	6	7
Wrestling	6	7	Water Polo	7	8

**How many hours per week is it appropriate to require
athletics activities outside of the playing season?
(Percent endorsing "8 hours" and "Should Vary by Sport")**

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
8 hours	34%	23%	37%	8 hours	53%	57%	52%
Should Vary by Sport	49%	69%	42%	Should Vary by Sport	31%	41%	28%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
8 hours	20%	10%	23%	8 hours	42%	41%	42%
Should Vary by Sport	42%	60%	36%	Should Vary by Sport	37%	41%	34%

**How many hours per week is it appropriate to require
athletics activities outside of the playing season?
(Mean Response, 0-8 hours)**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Gymnastics	7	6	8	6
Soccer	7	6	8	8
Swimming & Diving	7	6	8	8
Baseball	6	6	7	7
Cross Country	6	6	--	7
Fencing	6	5	--	6
Golf	6	5	7	6
Lacrosse	6	6	7	7
Rifle	6	5	6	6
Tennis	6	6	7	7
Track & Field	6	6	7	7
Volleyball	6	6	7	7
Wrestling	6	6	7	7
FBS Football	5	5	8	8
Ice Hockey	5	5	6	7
Basketball	4	4	7	7
Water Polo	--	6	--	6
FCS Football	--	5	--	8
Skiing	--	--	--	--

**How many hours per week is it appropriate to require
athletics activities outside of the playing season?
(Mean Response, 0-8 hours)**

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Rowing	7	6	8	8
Swimming & Diving	7	6	8	8
Beach Volleyball	6	6	7	7
Cross Country	6	6	8	8
Field Hockey	6	6	7	8
Golf	6	5	7	7
Lacrosse	6	6	8	7
Soccer	6	6	8	8
Softball	6	6	8	7
Tennis	6	5	7	7
Track & Field	6	6	6	7
Volleyball	6	6	8	7
Basketball	5	5	8	8
Equestrian	5	4	--	5
Gymnastics	5	6	8	8
Ice Hockey	5	5	--	8
Water Polo	--	7	--	7
Bowling	--	5	--	6
Rugby	--	--	--	--

**Out of season, how many hours per week of skill-related workouts should be permitted in your sport?
(Mean Response, 0-8 hours)**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Gymnastics	7	8	Beach Volleyball	6	5
Skiing	7	8	Gymnastics	6	7
Soccer	6	7	Water Polo	6	7
Swimming & Diving	6	7	Cross Country	5	6
Water Polo	6	7	Field Hockey	5	5
Baseball	5	6	Lacrosse	5	5
Cross Country	5	5	Rowing	5	7
Fencing	5	6	Rugby	5	6
Golf	5	6	Soccer	5	7
Ice Hockey	5	6	Softball	5	6
Rifle	5	6	Swimming & Diving	5	7
Tennis	5	7	Tennis	5	6
Track & Field	5	7	Track & Field	5	6
Volleyball	5	5	Volleyball	5	6
Wrestling	5	6	Basketball	4	5
Basketball	4	5	Bowling	4	5
FBS Football	4	4	Equestrian	4	5
FCS Football	4	4	Golf	4	6
Lacrosse	4	5	Ice Hockey	4	4

**Out of season, how many hours per week of skill-related workouts should be permitted in each sport?
(Percent endorsing "Should Vary by Sport")**

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Should Vary by Sport	42%	56%	37%	Should Vary by Sport	26%	34%	24%
Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Should Vary by Sport	42%	59%	36%	Should Vary by Sport	32%	37%	28%

- A belief that the number of skill-related workouts permitted per week should vary by sport received the highest response from administrators.
- One in five indicated that 4 hours per week should be permitted, while another 20% believed that 8 hours should be permissible.

**Out of season, how many hours per week of skill-related workouts
should be permitted in your sport?
(Mean Response, 0-8 hours)**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Gymnastics	7	7	8	8
Soccer	6	6	7	7
Swimming & Diving	6	6	8	7
Tennis	6	5	7	6
Track & Field	6	5	7	6
Baseball	5	5	6	6
Cross Country	5	5	--	5
Fencing	5	4	--	6
Golf	5	5	7	6
Ice Hockey	5	4	6	6
Rifle	5	4	7	5
Volleyball	5	5	6	5
Wrestling	5	5	7	6
Basketball	4	4	5	5
FBS Football	4	4	4	5
Lacrosse	4	4	7	5
Water Polo	--	5	--	7
FCS Football	--	4	--	4
Skiing	--	--	--	--

**Out of season, how many hours per week of skill-related workouts
should be permitted in your sport?
(Mean Response, 0-8 hours)**

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Beach Volleyball	6	5	6	5
Gymnastics	6	6	7	8
Swimming & Diving	6	5	7	7
Cross Country	5	5	6	6
Field Hockey	5	5	7	5
Lacrosse	5	5	6	5
Rowing	5	5	6	7
Soccer	5	5	7	7
Softball	5	5	6	6
Tennis	5	5	7	6
Track & Field	5	5	6	6
Volleyball	5	5	6	6
Basketball	4	4	5	5
Equestrian	4	4	--	4
Golf	4	4	6	6
Ice Hockey	4	4	--	4
Water Polo	--	5	--	6
Bowling	--	4	--	6
Rugby	--	--	--	--

**Out of season, how many hours per week of weight training and/or conditioning should be permitted in your sport?
(Mean Response, 0-8 hours)**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Skiing	6	8	Ice Hockey	5	7
Baseball	5	5	Rugby	5	5
FBS Football	5	7	Basketball	4	5
FCS Football	5	7	Beach Volleyball	4	5
Gymnastics	5	7	Cross Country	4	5
Ice Hockey	5	6	Field Hockey	4	5
Soccer	5	5	Golf	4	4
Swimming & Diving	5	5	Gymnastics	4	6
Tennis	5	5	Lacrosse	4	5
Track & Field	5	6	Rowing	4	6
Volleyball	5	6	Soccer	4	5
Water Polo	5	5	Softball	4	5
Wrestling	5	6	Swimming & Diving	4	6
Basketball	4	5	Tennis	4	5
Cross Country	4	4	Track & Field	4	6
Fencing	4	5	Volleyball	4	5
Golf	4	4	Water Polo	4	4
Lacrosse	4	5	Bowling	3	3
Rifle	4	3	Equestrian	3	4

**Out of season, how many hours per week of weight training and/or conditioning should be permitted in each sport?
(Percent endorsing "Should Vary by Sport")**

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Should Vary by Sport	40%	52%	35%	Should Vary by Sport	24%	30%	23%
Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Should Vary by Sport	41%	57%	36%	Should Vary by Sport	29%	34%	25%

- A belief that the number of weight training and/or conditioning workouts permitted per week should vary by sport received the highest response from administrators.

Out of season, how many hours per week of weight training and/or conditioning should be permitted in your sport?
(Mean Response, 0-8 hours)

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Ice Hockey	6	5	7	6
Baseball	5	5	6	5
Cross Country	5	4	--	5
FBS Football	5	5	7	8
Gymnastics	5	6	7	6
Rifle	5	3	5	3
Soccer	5	5	4	5
Swimming & Diving	5	5	6	5
Tennis	5	4	6	5
Track & Field	5	5	6	6
Volleyball	5	5	7	5
Wrestling	5	5	6	6
Basketball	4	4	5	5
Fencing	4	4	--	3
Golf	4	4	5	4
Lacrosse	4	4	7	5
FCS Football	--	5	--	6
Water Polo	--	5	--	6
Skiing	--	--	--	--

Out of season, how many hours per week of weight training and/or conditioning should be permitted in your sport?
(Mean Response, 0-8 hours)

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Ice Hockey	5	5	--	7
Volleyball	5	4	5	5
Basketball	4	4	5	5
Beach Volleyball	4	4	5	5
Cross Country	4	3	5	5
Field Hockey	4	4	5	5
Golf	4	4	4	4
Gymnastics	4	3	6	6
Lacrosse	4	4	5	5
Rowing	4	4	6	6
Soccer	4	4	5	5
Softball	4	4	5	5
Swimming & Diving	4	4	6	6
Tennis	4	4	5	5
Track & Field	4	4	6	6
Equestrian	3	3	--	3
Water Polo	--	4	--	5
Bowling	--	3	--	4
Rugby	--	--	--	--

**Would you be supportive of requiring athletics activities
(e.g., weight training, conditioning) in the summer?
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Basketball	58%	85%	Basketball	52%	81%
Skiing	57%	60%	Track & Field	46%	46%
FBS Football	56%	95%	Ice Hockey	45%	75%
Wrestling	55%	76%	Bowling	44%	64%
Track & Field	50%	49%	Gymnastics	44%	76%
Water Polo	48%	73%	Swimming & Diving	43%	74%
Gymnastics	47%	79%	Cross Country	43%	43%
Swimming & Diving	45%	70%	Rugby	41%	100%
Cross Country	45%	57%	Volleyball	40%	71%
FCS Football	44%	84%	Water Polo	37%	73%
Fencing	42%	44%	Tennis	35%	58%
Tennis	41%	52%	Golf	33%	51%
Ice Hockey	41%	75%	Soccer	32%	61%
Soccer	36%	64%	Field Hockey	29%	64%
Baseball	33%	49%	Equestrian	26%	14%
Volleyball	32%	63%	Softball	26%	56%
Rifle	30%	19%	Rowing	26%	46%
Golf	29%	31%	Beach Volleyball	25%	67%
Lacrosse	18%	32%	Lacrosse	24%	40%

**Would you be supportive of requiring athletics activities
(e.g., weight training, conditioning) in the summer?**

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Support this concept for all sports	40%	44%	38%	Support this concept for all sports	33%	41%	31%
This concept should only apply to some sports	10%	16%	8%	This concept should only apply to some sports	6%	0%	7%
Do not support any changes in this area	50%	40%	54%	Do not support any changes in this area	61%	59%	61%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Support this concept for all sports	31%	26%	32%	Support this concept for all sports	42%	44%	41%
This concept should only apply to some sports	10%	12%	10%	This concept should only apply to some sports	12%	13%	11%
Do not support any changes in this area	59%	62%	58%	Do not support any changes in this area	46%	43%	48%

**Would you be supportive of requiring athletics activities
(e.g., weight training, conditioning) in the summer?
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Basketball	57%	58%	93%	83%
FBS Football	57%	55%	95%	94%
Wrestling	53%	57%	75%	76%
Track & Field	48%	51%	49%	48%
Gymnastics	46%	48%	89%	60%
Cross Country	45%	45%	--	56%
Fencing	43%	39%	--	50%
Swimming & Diving	43%	47%	86%	62%
Tennis	39%	43%	46%	54%
Rifle	37%	23%	17%	20%
Ice Hockey	35%	45%	83%	70%
Soccer	34%	36%	70%	62%
Volleyball	34%	32%	80%	55%
Baseball	33%	34%	35%	54%
Golf	25%	32%	24%	32%
Lacrosse	12%	20%	13%	40%
Water Polo	--	49%	--	63%
FCS Football	--	44%	--	86%
Skiing	--	--	--	--

**Would you be supportive of requiring athletics activities
(e.g., weight training, conditioning) in the summer?
(Percent endorsing "Supportive" and "Very Supportive")**

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Basketball	52%	51%	82%	81%
Swimming & Diving	47%	41%	72%	74%
Track & Field	45%	47%	38%	49%
Gymnastics	43%	44%	85%	70%
Volleyball	42%	40%	75%	71%
Cross Country	41%	43%	33%	45%
Tennis	33%	36%	50%	62%
Ice Hockey	30%	53%	--	75%
Golf	29%	34%	47%	53%
Soccer	28%	33%	70%	58%
Field Hockey	27%	30%	53%	69%
Beach Volleyball	25%	26%	75%	60%
Equestrian	25%	28%	--	20%
Rowing	23%	29%	30%	53%
Softball	21%	28%	65%	52%
Lacrosse	19%	25%	19%	46%
Bowling	--	46%	--	70%
Water Polo	--	38%	--	57%
Rugby	--	--	--	--

Days Off



**How many off-days per week should be required while your sport is out of season?
(Percent endorsing "2 days")**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Volleyball	65%	75%	Water Polo	64%	55%
Ice Hockey	60%	50%	Lacrosse	64%	64%
Baseball	59%	70%	Softball	63%	76%
Soccer	55%	61%	Field Hockey	62%	69%
Lacrosse	52%	71%	Beach Volleyball	62%	61%
Basketball	52%	76%	Rowing	62%	57%
Rifle	49%	50%	Tennis	62%	60%
Wrestling	48%	61%	Ice Hockey	61%	67%
Tennis	47%	50%	Soccer	60%	69%
FBS Football	47%	60%	Rugby	59%	100%
FCS Football	47%	59%	Volleyball	57%	74%
Track & Field	45%	43%	Basketball	56%	77%
Golf	42%	59%	Gymnastics	55%	69%
Swimming & Diving	42%	32%	Bowling	52%	55%
Fencing	42%	67%	Swimming & Diving	50%	35%
Gymnastics	41%	29%	Track & Field	49%	56%
Water Polo	30%	55%	Golf	49%	65%
Skiing	29%	60%	Equestrian	44%	43%
Cross Country	24%	37%	Cross Country	34%	37%

**How many off-days per week should be required while student-athletes are out of season?
(Percent endorsing "2 days")**

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
	50%	43%	52%		69%	61%	71%
Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
	38%	33%	40%		55%	53%	57%

**How many off-days per week should be required while your sport is out of season?
(Percent endorsing "2 days")**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Volleyball	69%	63%	80%	73%
Ice Hockey	66%	55%	50%	50%
Baseball	59%	58%	78%	68%
Soccer	56%	55%	70%	60%
Tennis	52%	45%	45%	53%
Basketball	50%	53%	84%	74%
Wrestling	48%	48%	58%	62%
Fencing	48%	31%	--	78%
Rifle	47%	51%	67%	40%
FBS Football	47%	49%	61%	57%
Lacrosse	47%	54%	75%	70%
Swimming & Diving	45%	39%	10%	45%
Track & Field	44%	46%	38%	47%
Golf	42%	42%	62%	58%
Gymnastics	40%	48%	11%	60%
Cross Country	27%	22%	--	34%
FCS Football	--	47%	--	58%
Water Polo	--	28%	--	38%
Skiing	--	--	--	--

How many off-days per week should be required while your sport is out of season?"
(Percent endorsing "2 days")

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Ice Hockey	65%	60%	--	63%
Beach Volleyball	64%	60%	75%	50%
Soccer	64%	59%	66%	69%
Softball	64%	62%	76%	76%
Rowing	63%	61%	60%	53%
Lacrosse	62%	64%	81%	59%
Field Hockey	62%	63%	67%	69%
Tennis	62%	62%	59%	60%
Volleyball	56%	57%	76%	73%
Basketball	53%	58%	85%	75%
Gymnastics	53%	59%	70%	65%
Golf	50%	48%	69%	63%
Swimming & Diving	49%	50%	29%	39%
Track & Field	49%	50%	57%	55%
Equestrian	41%	49%	--	40%
Cross Country	31%	35%	38%	36%
Water Polo	--	64%	--	57%
Bowling	--	53%	--	50%
Rugby	--	--	--	--

Who should decide when days off will be taken outside the playing season?
(Percent endorsing "Joint decision by coaches and student-athletes")

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Fencing	65%	25%	Ice Hockey	70%	25%
Rifle	64%	31%	Rowing	70%	14%
Volleyball	63%	19%	Soccer	69%	11%
Water Polo	60%	36%	Field Hockey	68%	15%
Swimming & Diving	60%	17%	Volleyball	66%	21%
Golf	59%	24%	Swimming & Diving	66%	13%
Track & Field	59%	23%	Gymnastics	65%	27%
Cross Country	58%	26%	Cross Country	65%	34%
Ice Hockey	57%	6%	Basketball	65%	13%
Gymnastics	57%	50%	Beach Volleyball	64%	44%
Soccer	56%	17%	Water Polo	63%	27%
Skiing	54%	40%	Golf	63%	21%
FCS Football	54%	14%	Rugby	63%	50%
Lacrosse	54%	4%	Track & Field	63%	20%
Tennis	53%	21%	Equestrian	63%	43%
Wrestling	53%	17%	Bowling	62%	64%
Basketball	52%	18%	Lacrosse	61%	16%
FBS Football	52%	4%	Softball	60%	12%
Baseball	50%	15%	Tennis	60%	20%

**Who should decide when days off will be taken outside the playing season?
(Percent endorsing "Joint decision by coaches and student-athletes")**

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
	35%	50%	30%		26%	28%	25%
Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
	55%	64%	53%		32%	33%	30%

**Who should decide when days off will be taken outside the playing season?
(Percent endorsing "Joint decision by coaches and student-athletes")**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Fencing	67%	60%	--	30%
Volleyball	62%	65%	60%	0%
Golf	61%	58%	13%	28%
Swimming & Diving	60%	60%	19%	16%
Ice Hockey	58%	57%	0%	10%
Soccer	58%	56%	19%	17%
Track & Field	58%	61%	24%	22%
Rifle	57%	70%	50%	20%
Tennis	56%	51%	24%	20%
Cross Country	54%	59%	--	25%
Gymnastics	54%	68%	56%	40%
Lacrosse	53%	54%	0%	5%
FBS Football	52%	52%	2%	6%
Wrestling	51%	56%	25%	14%
Baseball	49%	50%	20%	14%
Basketball	45%	55%	18%	18%
Water Polo	--	63%	--	38%
FCS Football	--	54%	--	14%
Skiing	--	--	--	--

Who should decide when days off will be taken outside the playing season?
 (Percent endorsing "Joint decision by coaches and student-athletes")

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Field Hockey	73%	65%	20%	11%
Golf	71%	59%	14%	25%
Soccer	70%	69%	15%	10%
Rowing	68%	72%	11%	13%
Basketball	67%	64%	9%	15%
Volleyball	66%	66%	25%	19%
Ice Hockey	65%	72%	--	25%
Swimming & Diving	65%	66%	22%	8%
Equestrian	65%	58%	--	60%
Gymnastics	65%	66%	37%	13%
Cross Country	64%	66%	25%	36%
Tennis	64%	58%	11%	23%
Lacrosse	61%	60%	19%	15%
Softball	61%	60%	7%	15%
Track & Field	60%	64%	45%	10%
Beach Volleyball	55%	73%	38%	50%
Water Polo	--	64%	--	43%
Bowling	--	59%	--	60%
Rugby	--	--	--	--

Opportunities for Career and Educational Development



**Support allowing SAs to take a period of no athletics activity out-of-season to participate in an educational or career development opportunity
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Fencing	91%	75%	Basketball	86%	63%
Rifle	83%	88%	Rugby	84%	50%
Skiing	74%	60%	Equestrian	84%	57%
Swimming & Diving	73%	50%	Bowling	83%	82%
FCS Football	72%	41%	Volleyball	80%	47%
Wrestling	70%	66%	Rowing	80%	42%
FBS Football	70%	48%	Swimming & Diving	79%	39%
Water Polo	70%	36%	Gymnastics	76%	59%
Volleyball	68%	88%	Field Hockey	75%	42%
Lacrosse	66%	64%	Soccer	75%	46%
Track & Field	66%	57%	Cross Country	75%	30%
Tennis	63%	48%	Golf	74%	44%
Cross Country	63%	46%	Lacrosse	74%	29%
Ice Hockey	62%	50%	Track & Field	74%	57%
Basketball	61%	56%	Water Polo	73%	45%
Gymnastics	59%	64%	Tennis	73%	49%
Soccer	58%	55%	Ice Hockey	72%	58%
Golf	57%	60%	Beach Volleyball	71%	50%
Baseball	51%	42%	Softball	70%	52%

Support allowing SAs to take a period of no athletics activity out-of-season to participate in an educational or career development opportunity

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Support this concept for all sports	89%	88%	89%	Support this concept for all sports	79%	84%	78%
This concept should only apply to some sports	2%	2%	1%	This concept should only apply to some sports	2%	2%	2%
Do not support any changes in this area	10%	10%	10%	Do not support any changes in this area	18%	14%	19%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Support this concept for all sports	98%	100%	97%	Support this concept for all sports	81%	78%	83%
This concept should only apply to some sports	1%	0%	1%	This concept should only apply to some sports	1%	1%	1%
Do not support any changes in this area	1%	0%	1%	Do not support any changes in this area	18%	21%	16%

**Support allowing SAs to take a period of no athletics activity out-of-season to participate in an educational or career development opportunity
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Fencing	91%	90%	--	70%
Rifle	83%	82%	83%	90%
Swimming & Diving	71%	75%	33%	58%
Wrestling	71%	70%	55%	70%
FBS Football	70%	71%	61%	29%
Volleyball	70%	67%	80%	91%
Lacrosse	67%	66%	75%	60%
Cross Country	64%	62%	--	47%
Ice Hockey	62%	62%	50%	50%
Track & Field	62%	69%	54%	58%
Basketball	58%	62%	59%	55%
Gymnastics	58%	63%	56%	80%
Tennis	54%	68%	45%	49%
Golf	53%	60%	51%	63%
Soccer	53%	59%	59%	55%
Baseball	49%	52%	35%	44%
Water Polo	--	75%	--	25%
FCS Football	--	72%	--	40%
Skiing	--	--	--	--

**Support allowing SAs to take a period of no athletics activity out-of-season to participate in an educational or career development opportunity
(Percent endorsing "Supportive" and "Very Supportive")**

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Ice Hockey	84%	67%	--	63%
Equestrian	84%	85%	--	60%
Basketball	84%	87%	67%	63%
Rowing	77%	83%	40%	42%
Volleyball	77%	81%	44%	48%
Field Hockey	76%	75%	47%	39%
Swimming & Diving	75%	81%	42%	39%
Gymnastics	75%	76%	67%	48%
Cross Country	72%	76%	38%	28%
Tennis	72%	73%	45%	51%
Track & Field	70%	75%	52%	59%
Beach Volleyball	70%	71%	50%	50%
Soccer	70%	76%	50%	45%
Softball	70%	71%	63%	48%
Golf	69%	77%	40%	46%
Lacrosse	67%	77%	31%	28%
Bowling	--	83%	--	90%
Water Polo	--	73%	--	43%
Rugby	--	--	--	--

**What is the appropriate length for a period of no athletics activity out-of-season to participate in an educational or career development opportunity?
(Percent endorsing 2-4 weeks)**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
FCS Football	71%	63%	Gymnastics	74%	78%
FBS Football	69%	62%	Bowling	74%	82%
Skiing	69%	60%	Volleyball	73%	68%
Ice Hockey	68%	63%	Basketball	72%	67%
Lacrosse	65%	75%	Field Hockey	71%	53%
Wrestling	64%	66%	Lacrosse	71%	48%
Basketball	63%	69%	Softball	70%	68%
Volleyball	63%	50%	Soccer	69%	61%
Swimming & Diving	63%	40%	Golf	69%	76%
Gymnastics	62%	57%	Ice Hockey	68%	75%
Rifle	61%	53%	Swimming & Diving	66%	51%
Golf	60%	61%	Equestrian	64%	43%
Baseball	60%	59%	Tennis	63%	59%
Soccer	60%	53%	Beach Volleyball	62%	89%
Track & Field	58%	58%	Water Polo	62%	82%
Tennis	52%	56%	Track & Field	61%	53%
Cross Country	51%	60%	Rowing	56%	47%
Fencing	47%	44%	Cross Country	56%	60%
Water Polo	42%	82%	Rugby	40%	50%

**What is the appropriate length for a period of no athletics activity out-of-season to participate in an educational or career development opportunity?
(Percent endorsing 2-4 weeks)**

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
	47%	57%	43%		44%	60%	39%
Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
	32%	43%	28%		42%	39%	43%

**What is the appropriate length for a period of no athletics activity out-of-season to participate in an educational or career development opportunity?
(Percent endorsing 2-4 weeks)**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Ice Hockey	71%	66%	50%	70%
FBS Football	69%	68%	67%	58%
Lacrosse	67%	64%	88%	70%
Rifle	67%	54%	80%	40%
Gymnastics	66%	45%	56%	60%
Wrestling	64%	64%	55%	70%
Swimming & Diving	63%	62%	38%	42%
Basketball	61%	64%	77%	67%
Golf	60%	60%	53%	64%
Track & Field	60%	56%	60%	56%
Soccer	59%	60%	46%	53%
Baseball	59%	61%	60%	60%
Volleyball	54%	72%	80%	36%
Tennis	52%	52%	58%	55%
Cross Country	51%	51%	--	59%
Fencing	47%	47%	--	50%
FCS Football	--	71%	--	63%
Water Polo	--	43%	--	75%
Skiing	--	--	--	--

**What is the appropriate length for a period of no athletics activity out-of-season to participate in an educational or career development opportunity?
(Percent endorsing 2-4 weeks)**

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Softball	75%	69%	61%	69%
Volleyball	75%	72%	66%	68%
Field Hockey	74%	70%	67%	47%
Golf	73%	67%	77%	75%
Gymnastics	71%	77%	85%	70%
Ice Hockey	71%	67%	--	75%
Soccer	71%	69%	58%	61%
Basketball	69%	74%	76%	65%
Swimming & Diving	67%	65%	50%	52%
Lacrosse	67%	73%	56%	45%
Track & Field	66%	59%	57%	50%
Equestrian	65%	63%	--	40%
Tennis	65%	62%	59%	58%
Beach Volleyball	62%	62%	75%	100%
Rowing	61%	51%	45%	48%
Cross Country	60%	53%	50%	63%
Bowling	--	74%	--	80%
Water Polo	--	58%	--	71%
Rugby	--	--	--	--

Academics



Summary of Findings

- ▶ *Limiting Competition During Exam Periods*
 - ▶ **A majority of student-athletes, coaches and administrators support limiting the number of contests during exam periods.**

- ▶ *Pausing the Eligibility Clock for Study Abroad and Internships*
 - ▶ **A large majority of student-athletes and administrators support pausing a student-athletes' eligibility clock to allow for a study abroad or internship experience. While a majority of head coaches in some sports supported these concepts, overall they garnered support from just over a third of head coaches.**



Limiting Competition During Exam Periods



Would you be supportive of limiting the number of contests during exam periods?
(Percent endorsing "Supportive" and "Very Supportive")

Men's Sports		Coaches	Women's Sports		Coaches
Fencing	74%	81%	Rugby	78%	50%
Swimming & Diving	72%	78%	Swimming & Diving	76%	73%
Rifle	66%	88%	Water Polo	75%	73%
Tennis	64%	53%	Rowing	74%	35%
Volleyball	63%	60%	Ice Hockey	73%	92%
Water Polo	63%	64%	Basketball	73%	78%
FCS Football	61%	71%	Volleyball	72%	55%
Soccer	60%	63%	Equestrian	71%	43%
Lacrosse	59%	43%	Field Hockey	71%	70%
FBS Football	59%	66%	Tennis	71%	57%
Wrestling	58%	72%	Softball	71%	50%
Basketball	58%	75%	Soccer	69%	64%
Basketball	54%	59%	Lacrosse	68%	36%
Cross Country	53%	65%	Golf	67%	50%
Golf	52%	56%	Cross Country	66%	63%
Track & Field	49%	46%	Bowling	62%	73%
Skiing	49%	20%	Beach Volleyball	62%	35%
Ice Hockey	45%	56%	Track & Field	58%	53%
Gymnastics	36%	50%	Gymnastics	56%	50%

Would you be supportive of limiting the number of contests during exam periods?

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Support this concept for all sports	85%	88%	84%	Support this concept for all sports	77%	73%	78%
This concept should only apply to some sports	1%	2%	0%	This concept should only apply to some sports	0%	0%	0%
Do not support any changes in this area	14%	10%	16%	Do not support any changes in this area	23%	27%	22%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Support this concept for all sports	94%	98%	92%	Support this concept for all sports	81%	77%	84%
This concept should only apply to some sports	1%	0%	1%	This concept should only apply to some sports	1%	1%	1%
Do not support any changes in this area	6%	2%	7%	Do not support any changes in this area	18%	22%	15%

Would you be supportive of limiting the number of contests during exam periods?
(Percent endorsing "Supportive" and "Very Supportive")

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Fencing	76%	72%	--	80%
Swimming & Diving	68%	75%	76%	79%
Volleyball	65%	63%	80%	50%
Rifle	63%	69%	83%	90%
Lacrosse	62%	58%	75%	30%
Wrestling	58%	58%	55%	84%
FBS Football	58%	59%	63%	71%
Basketball	55%	59%	74%	76%
Tennis	55%	68%	41%	58%
Soccer	51%	62%	59%	63%
Baseball	49%	57%	56%	61%
Cross Country	48%	55%	--	65%
Golf	46%	56%	40%	61%
Track & Field	45%	51%	51%	42%
Ice Hockey	34%	53%	67%	50%
Gymnastics	32%	48%	44%	60%
Water Polo	--	64%	--	50%
FCS Football	--	61%	--	71%
Skiing	--	--	--	--

Would you be supportive of limiting the number of contests during exam periods?
(Percent endorsing "Supportive" and "Very Supportive")

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Equestrian	78%	58%	--	20%
Ice Hockey	73%	73%	--	100%
Swimming & Diving	71%	80%	75%	71%
Basketball	71%	74%	81%	78%
Rowing	70%	78%	37%	33%
Volleyball	67%	74%	54%	56%
Softball	67%	72%	52%	52%
Lacrosse	67%	68%	38%	35%
Soccer	64%	71%	57%	67%
Field Hockey	64%	75%	67%	69%
Tennis	63%	75%	45%	62%
Beach Volleyball	63%	63%	29%	40%
Golf	62%	70%	45%	52%
Cross Country	59%	71%	50%	67%
Gymnastics	54%	60%	63%	36%
Track & Field	51%	61%	55%	53%
Water Polo	--	74%	--	71%
Bowling	--	65%	--	80%
Rugby	--	--	--	--

Pausing the Eligibility Clock for Study Abroad and Internships

**Would you be supportive of pausing a student-athlete's 5-year eligibility window to allow for an academic study abroad experience?
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports		Coaches	Women's Sports		Coaches
Fencing	85%	69%	Water Polo	81%	64%
Skiing	77%	80%	Rowing	81%	54%
Rifle	76%	56%	Equestrian	78%	29%
Swimming & Diving	73%	43%	Cross Country	75%	54%
Track & Field	72%	42%	Track & Field	73%	44%
Volleyball	69%	50%	Rugby	73%	100%
Water Polo	68%	45%	Lacrosse	71%	36%
FCS Football	66%	40%	Swimming & Diving	71%	35%
Lacrosse	65%	43%	Bowling	70%	55%
Cross Country	65%	54%	Beach Volleyball	69%	56%
Soccer	64%	53%	Volleyball	69%	34%
Tennis	64%	40%	Soccer	68%	42%
FBS Football	63%	29%	Field Hockey	67%	34%
Wrestling	62%	40%	Golf	66%	31%
Golf	61%	43%	Tennis	66%	28%
Gymnastics	56%	50%	Basketball	64%	33%
Basketball	54%	33%	Ice Hockey	61%	33%
Baseball	48%	30%	Softball	57%	40%
Ice Hockey	45%	25%	Gymnastics	53%	27%

Would you be supportive of pausing a student-athlete's 5-year eligibility window to allow for an academic study abroad experience?

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Support this concept for all sports	75%	70%	76%	Support this concept for all sports	60%	39%	66%
This concept should only apply to some sports	1%	0%	1%	This concept should only apply to some sports	1%	2%	1%
Do not support any changes in this area	25%	30%	23%	Do not support any changes in this area	39%	59%	34%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Support this concept for all sports	92%	88%	93%	Support this concept for all sports	69%	65%	71%
This concept should only apply to some sports	1%	2%	0%	This concept should only apply to some sports	0%	0%	0%
Do not support any changes in this area	7%	10%	7%	Do not support any changes in this area	31%	34%	28%

Would you be supportive of pausing a student-athlete's 5-year eligibility window to allow for an academic study abroad experience?
(Percent endorsing "Supportive" and "Very Supportive")

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Fencing	90%	75%	--	70%
Rifle	78%	74%	33%	70%
Track & Field	71%	72%	41%	44%
Lacrosse	68%	64%	75%	30%
Swimming & Diving	68%	77%	29%	50%
Volleyball	66%	72%	60%	45%
FBS Football	63%	63%	27%	29%
Cross Country	62%	66%	--	53%
Wrestling	62%	62%	26%	49%
Soccer	57%	65%	56%	52%
Tennis	56%	68%	50%	36%
Golf	56%	65%	24%	50%
Gymnastics	55%	58%	22%	100%
Basketball	55%	53%	34%	32%
Baseball	45%	50%	20%	34%
Ice Hockey	38%	49%	33%	20%
Water Polo	--	76%	--	50%
FCS Football	--	66%	--	39%
Skiing	--	--	--	--

Would you be supportive of pausing a student-athlete's 5-year eligibility window to allow for an academic study abroad experience?
(Percent endorsing "Supportive" and "Very Supportive")

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Rowing	80%	81%	45%	56%
Equestrian	76%	82%	--	20%
Cross Country	71%	77%	50%	55%
Beach Volleyball	71%	68%	38%	70%
Track & Field	71%	74%	36%	45%
Swimming & Diving	69%	72%	31%	39%
Golf	66%	66%	26%	33%
Volleyball	66%	69%	18%	40%
Ice Hockey	66%	60%	--	50%
Field Hockey	66%	68%	40%	28%
Lacrosse	65%	73%	25%	39%
Soccer	64%	70%	34%	45%
Basketball	64%	65%	27%	35%
Tennis	62%	67%	20%	31%
Softball	55%	58%	33%	44%
Gymnastics	52%	55%	26%	26%
Water Polo	--	82%	--	57%
Bowling	--	66%	--	60%
Rugby	--	--	--	--

**Would you be supportive of pausing a student-athlete's 5-year eligibility window to allow for an internship program?
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports		Coaches	Women's Sports		Coaches
Fencing	81%	56%	Rugby	82%	100%
Rifle	79%	50%	Rowing	79%	39%
Swimming & Diving	72%	43%	Equestrian	77%	29%
Skiing	71%	80%	Track & Field	74%	40%
Track & Field	71%	39%	Cross Country	74%	44%
FCS Football	69%	41%	Bowling	73%	55%
Volleyball	67%	56%	Water Polo	73%	55%
Golf	66%	43%	Golf	72%	33%
FBS Football	66%	32%	Swimming & Diving	72%	34%
Cross Country	66%	49%	Tennis	70%	25%
Tennis	65%	40%	Soccer	69%	40%
Water Polo	64%	36%	Beach Volleyball	69%	44%
Soccer	63%	45%	Volleyball	69%	29%
Wrestling	62%	33%	Field Hockey	67%	30%
Lacrosse	62%	36%	Lacrosse	67%	34%
Gymnastics	57%	50%	Basketball	67%	26%
Basketball	55%	32%	Softball	63%	32%
Baseball	51%	27%	Gymnastics	58%	24%
Ice Hockey	45%	25%	Ice Hockey	57%	33%

Would you be supportive of pausing a student-athlete's 5-year eligibility window to allow for an internship program?

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Support this concept for all sports	72%	66%	74%	Support this concept for all sports	57%	39%	61%
This concept should only apply to some sports	1%	0%	1%	This concept should only apply to some sports	0%	2%	0%
Do not support any changes in this area	27%	34%	25%	Do not support any changes in this area	43%	59%	39%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Support this concept for all sports	90%	85%	91%	Support this concept for all sports	67%	64%	69%
This concept should only apply to some sports	1%	2%	1%	This concept should only apply to some sports	1%	1%	0%
Do not support any changes in this area	9%	12%	8%	Do not support any changes in this area	33%	36%	31%

**Would you be supportive of pausing a student-athlete's 5-year eligibility window to allow for an internship program?
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Fencing	84%	74%	--	60%
Rifle	73%	85%	17%	70%
Swimming & Diving	71%	73%	29%	50%
Track & Field	69%	72%	38%	40%
Cross Country	66%	66%	--	47%
FBS Football	66%	67%	32%	29%
Lacrosse	65%	61%	75%	20%
Wrestling	62%	63%	21%	41%
Volleyball	62%	73%	60%	55%
Golf	61%	69%	36%	45%
Tennis	61%	66%	47%	36%
Gymnastics	57%	58%	33%	80%
Soccer	57%	64%	41%	45%
Basketball	56%	54%	32%	32%
Baseball	47%	54%	15%	32%
Ice Hockey	36%	51%	17%	30%
Water Polo	--	72%	--	38%
FCS Football	--	69%	--	40%
Skiing	--	--	--	--

**Would you be supportive of pausing a student-athlete's 5-year eligibility window to allow for an internship program?
(Percent endorsing "Supportive" and "Very Supportive")**

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Rowing	78%	80%	40%	36%
Equestrian	74%	82%	--	20%
Track & Field	72%	76%	32%	43%
Golf	72%	72%	24%	37%
Cross Country	72%	76%	38%	45%
Swimming & Diving	70%	73%	33%	35%
Beach Volleyball	69%	69%	38%	50%
Soccer	67%	70%	29%	44%
Volleyball	67%	70%	18%	32%
Basketball	67%	67%	33%	24%
Tennis	66%	73%	16%	28%
Field Hockey	65%	68%	47%	19%
Lacrosse	64%	68%	25%	37%
Softball	60%	65%	26%	35%
Ice Hockey	59%	57%	--	38%
Gymnastics	59%	58%	26%	17%
Water Polo	--	75%	--	57%
Bowling	--	74%	--	60%
Rugby	--	--	--	--

Travel



Summary of Findings

- ▶ *Post-travel Rest Period*
 - ▶ **There is strong support from student-athletes, coaches and administrators to require a minimum rest period between returning from travel and permitting practice or competition. Athletes, coaches, and administrators prefer a minimum rest period of at least 7 hours.**

- ▶ *Travel During a Day Off*
 - ▶ A majority of student-athletes do not feel that the current rule permitting travel on a day off to be appropriate, while a large majority of coaches are comfortable with the current rule. Administrators are more mixed in their opinions, with a slight majority of athletic directors in favor of the current rule, while a majority of SWAs, FARs, and other administrators believe the current rule is inappropriate.
 - ▶ Student-athletes indicated a preference that an off-day not involve any form of travel, even if travel spans a two-day period (arriving after midnight). Coaches in some sports (MFE, MWP, MWR, WEQ, WFE, WIH, WRU, WSY and WWP) indicated a similar first choice, but generally most coaches did not prefer this option. A quarter to a third of student-athletes would prefer to allow the institution to count the latter day as a day off provided that student-athletes have 24 consecutive hours of time off, and administrators strongly prefer this approach as well. However, a majority of coaches would prefer to maintain the current rule allowing return travel to count as a day off.



Post-travel Rest Period



**Support requiring a minimum number of "rest" hours after returning from travel before SAs would be permitted to practice or compete
(Percent endorsing "Supportive" and "Very Supportive")**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Fencing	87%	69%	Beach Volleyball	88%	56%
FCS Football	80%	63%	Rowing	86%	42%
Volleyball	78%	38%	Volleyball	86%	49%
FBS Football	77%	67%	Rugby	86%	50%
Water Polo	75%	55%	Softball	86%	47%
Tennis	74%	45%	Gymnastics	85%	63%
Lacrosse	74%	50%	Field Hockey	85%	45%
Soccer	73%	50%	Lacrosse	84%	46%
Swimming & Diving	72%	38%	Golf	84%	61%
Basketball	71%	43%	Basketball	83%	31%
Golf	70%	57%	Equestrian	83%	43%
Baseball	70%	44%	Tennis	83%	54%
Ice Hockey	69%	44%	Water Polo	82%	73%
Wrestling	68%	34%	Soccer	81%	51%
Rifle	67%	63%	Ice Hockey	79%	67%
Track & Field	67%	53%	Swimming & Diving	79%	37%
Cross Country	56%	57%	Track & Field	75%	57%
Gymnastics	53%	43%	Cross Country	73%	59%
Skiing	46%	40%	Bowling	73%	64%

Support requiring a minimum number of "rest" hours after returning from travel before SAs would be permitted to practice or compete

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
Support this concept for all sports	76%	81%	75%	Support this concept for all sports	75%	85%	72%
This concept should only apply to some sports	2%	0%	3%	This concept should only apply to some sports	1%	0%	1%
Do not support any changes in this area	21%	19%	22%	Do not support any changes in this area	24%	15%	26%

Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
Support this concept for all sports	88%	80%	91%	Support this concept for all sports	77%	76%	78%
This concept should only apply to some sports	4%	15%	0%	This concept should only apply to some sports	1%	2%	1%
Do not support any changes in this area	8%	5%	9%	Do not support any changes in this area	22%	22%	21%

Support requiring a minimum number of "rest" hours after returning from travel before SAs would be permitted to practice or compete (Percent endorsing "Supportive" and "Very Supportive")

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Fencing	87%	86%	--	70%
Volleyball	80%	75%	40%	36%
Lacrosse	80%	72%	38%	55%
FBS Football	76%	80%	73%	58%
Tennis	73%	74%	37%	48%
Swimming & Diving	73%	72%	33%	42%
Golf	70%	70%	47%	61%
Ice Hockey	70%	69%	17%	60%
Wrestling	68%	68%	30%	38%
Basketball	67%	72%	50%	41%
Rifle	65%	69%	33%	80%
Baseball	65%	72%	33%	49%
Soccer	64%	75%	42%	51%
Track & Field	64%	69%	43%	59%
Cross Country	54%	57%	--	59%
Gymnastics	53%	50%	33%	60%
FCS Football	--	80%	--	63%
Water Polo	--	79%	--	50%
Skiing	--	--	--	--

**Support requiring a minimum number of "rest" hours after returning from travel before SAs would be permitted to practice or compete
(Percent endorsing "Supportive" and "Very Supportive")**

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Equestrian	88%	73%	--	20%
Rowing	86%	87%	45%	40%
Ice Hockey	86%	76%	--	63%
Gymnastics	86%	85%	67%	61%
Field Hockey	86%	85%	33%	47%
Softball	84%	87%	42%	48%
Volleyball	84%	87%	45%	49%
Beach Volleyball	83%	93%	38%	70%
Basketball	83%	83%	39%	29%
Golf	83%	84%	60%	61%
Lacrosse	80%	86%	69%	40%
Tennis	79%	84%	45%	57%
Soccer	79%	81%	40%	55%
Swimming & Diving	77%	81%	36%	39%
Track & Field	72%	76%	50%	60%
Cross Country	71%	75%	63%	58%
Water Polo	--	82%	--	71%
Bowling	--	73%	--	70%
Rugby	--	--	--	--

**What would be an appropriate length for such a rest period after returning from travel?
(Percent endorsing 7 or more hours)**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Fencing	79%	94%	Gymnastics	81%	80%
Ice Hockey	79%	75%	Water Polo	81%	91%
Volleyball	78%	87%	Rowing	79%	66%
Water Polo	77%	91%	Softball	79%	76%
FBS Football	71%	84%	Golf	78%	85%
FCS Football	70%	86%	Ice Hockey	78%	100%
Soccer	70%	65%	Rugby	78%	100%
Swimming & Diving	69%	71%	Volleyball	77%	69%
Lacrosse	69%	79%	Field Hockey	75%	85%
Baseball	68%	75%	Tennis	75%	83%
Track & Field	68%	74%	Equestrian	75%	86%
Rifle	68%	94%	Cross Country	74%	75%
Tennis	66%	71%	Swimming & Diving	73%	67%
Golf	65%	83%	Lacrosse	72%	61%
Cross Country	64%	66%	Beach Volleyball	71%	89%
Wrestling	61%	65%	Track & Field	70%	75%
Gymnastics	59%	86%	Basketball	70%	61%
Basketball	58%	63%	Soccer	70%	72%
Skiing	57%	60%	Bowling	68%	64%

**What would be an appropriate length for such a rest period after returning from travel?
(Percent endorsing 7 or more hours)**

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
	66%	61%	68%		68%	64%	69%
Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
	71%	67%	72%		69%	67%	70%

**What would be an appropriate length for such a rest period after returning from travel?
(Percent endorsing 7 or more hours)**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Fencing	83%	73%	--	100%
Ice Hockey	81%	78%	83%	70%
Volleyball	76%	80%	80%	90%
Lacrosse	74%	66%	63%	85%
Tennis	72%	62%	71%	71%
FBS Football	71%	71%	92%	74%
Rifle	70%	66%	83%	100%
Swimming & Diving	68%	70%	71%	73%
Track & Field	68%	68%	70%	76%
Baseball	66%	69%	75%	75%
Soccer	66%	71%	58%	66%
Golf	65%	64%	82%	84%
Cross Country	64%	63%	--	63%
Wrestling	60%	63%	63%	65%
Basketball	59%	58%	70%	62%
Gymnastics	59%	58%	78%	100%
Water Polo	--	76%	--	88%
FCS Football	--	71%	--	86%
Skiing	--	--	--	--

**What would be an appropriate length for such a rest period
after returning from travel?
(Percent endorsing 7 or more hours)**

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Golf	84%	76%	88%	84%
Softball	84%	77%	65%	79%
Ice Hockey	82%	76%	--	100%
Rowing	82%	76%	70%	64%
Gymnastics	81%	80%	93%	70%
Tennis	81%	72%	79%	83%
Field Hockey	77%	74%	87%	83%
Volleyball	75%	77%	74%	68%
Equestrian	74%	77%	--	80%
Cross Country	73%	75%	75%	75%
Swimming & Diving	72%	73%	69%	65%
Basketball	71%	69%	73%	60%
Lacrosse	71%	72%	73%	57%
Soccer	71%	69%	65%	74%
Track & Field	67%	72%	71%	75%
Beach Volleyball	66%	74%	100%	80%
Water Polo	--	79%	--	86%
Bowling	--	69%	--	70%
Rugby	--	--	--	--

Travel During a Day Off

**Is the current rule that allows a travel day to be considered a day off appropriate?
(Percent endorsing "Yes")**

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Gymnastics	72%	100%	Bowling	51%	82%
Cross Country	65%	86%	Cross Country	50%	83%
Skiing	57%	100%	Track & Field	48%	84%
Track & Field	56%	84%	Gymnastics	46%	100%
Golf	51%	79%	Golf	38%	86%
Swimming & Diving	49%	92%	Swimming & Diving	36%	85%
Tennis	46%	77%	Soccer	34%	74%
Soccer	45%	86%	Beach Volleyball	33%	72%
Rifle	44%	81%	Equestrian	31%	86%
Wrestling	44%	86%	Ice Hockey	31%	75%
Baseball	42%	88%	Rowing	29%	91%
Ice Hockey	41%	81%	Rugby	29%	100%
FCS Football	37%	66%	Tennis	29%	77%
Volleyball	37%	88%	Water Polo	28%	91%
FBS Football	36%	58%	Volleyball	24%	82%
Basketball	35%	91%	Field Hockey	23%	64%
Fencing	35%	69%	Basketball	21%	92%
Water Polo	34%	82%	Lacrosse	21%	87%
Lacrosse	33%	89%	Softball	21%	82%

**Is the current rule that allows a travel day to be considered a day off appropriate?
(Percent endorsing "Yes")**

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
	63%	66%	62%		47%	55%	46%
Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
	25%	16%	27%		46%	48%	45%

**Is the current rule that allows a travel day to be considered
a day off appropriate?
(Percent endorsing "Yes")**

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Gymnastics	70%	82%	100%	100%
Cross Country	64%	66%	--	84%
Track & Field	58%	54%	89%	80%
Swimming & Diving	51%	47%	95%	89%
Golf	48%	53%	87%	76%
Soccer	46%	45%	78%	88%
Rifle	45%	43%	100%	70%
Wrestling	45%	44%	85%	86%
Baseball	44%	41%	93%	86%
Tennis	44%	47%	87%	73%
Ice Hockey	39%	42%	83%	80%
Basketball	36%	35%	86%	92%
FBS Football	35%	40%	43%	77%
Volleyball	34%	41%	80%	91%
Fencing	32%	40%	--	70%
Lacrosse	19%	38%	88%	90%
FCS Football	--	37%	--	67%
Water Polo	--	31%	--	88%
Skiing	--	--	--	--

**Is the current rule that allows a travel day to be considered
a day off appropriate?
(Percent endorsing "Yes")**

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Cross Country	55%	48%	89%	82%
Track & Field	53%	46%	91%	81%
Gymnastics	44%	49%	100%	100%
Beach Volleyball	38%	30%	100%	50%
Soccer	38%	33%	77%	74%
Golf	37%	38%	86%	86%
Swimming & Diving	37%	35%	92%	81%
Rowing	29%	29%	95%	89%
Equestrian	29%	34%	--	100%
Tennis	28%	29%	77%	79%
Volleyball	25%	23%	82%	82%
Field Hockey	24%	23%	73%	61%
Lacrosse	23%	20%	93%	85%
Basketball	21%	21%	78%	94%
Softball	19%	22%	85%	82%
Ice Hockey	18%	38%	--	88%
Bowling	--	50%	--	90%
Water Polo	--	26%	--	100%
Rugby	--	--	--	--

Percent ranking "Travel during any portion of a day means that day may not be considered a day off" as #1 (top choice)

Men's Sports	SAs	Coaches	Women's Sports	SAs	Coaches
Fencing	61%	78%	Rowing	59%	42%
Rifle	61%	27%	Cross Country	59%	32%
Water Polo	59%	50%	Swimming & Diving	58%	41%
Skiing	54%	25%	Equestrian	57%	50%
Swimming & Diving	54%	28%	Soccer	56%	44%
Cross Country	51%	48%	Track & Field	56%	41%
Golf	51%	41%	Field Hockey	55%	58%
Volleyball	50%	40%	Golf	55%	44%
FCS Football	49%	46%	Gymnastics	55%	31%
Soccer	49%	39%	Ice Hockey	54%	71%
Baseball	49%	36%	Volleyball	53%	39%
Track & Field	49%	33%	Water Polo	52%	50%
Wrestling	48%	50%	Lacrosse	51%	42%
Tennis	46%	41%	Softball	50%	43%
Lacrosse	45%	29%	Bowling	49%	17%
FBS Football	44%	40%	Rugby	49%	50%
Gymnastics	44%	20%	Tennis	48%	47%
Basketball	44%	21%	Beach Volleyball	47%	73%
Ice Hockey	44%	33%	Basketball	45%	21%

Percent ranking "Travel during any portion of a day means that day may not be considered a day off" as #1 (top choice)

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
	5%	6%	5%		10%	4%	11%
Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
	21%	24%	19%		17%	18%	16%

Percent ranking "Travel during any portion of a day means that day may not be considered a day off" as #1 (top choice)

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Fencing	63%	58%	--	67%
Rifle	60%	62%	25%	29%
Swimming & Diving	55%	53%	0%	38%
Cross Country	52%	51%	--	46%
Golf	52%	50%	41%	42%
Basketball	49%	42%	15%	23%
Tennis	48%	45%	33%	44%
Volleyball	48%	51%	50%	33%
Wrestling	46%	49%	56%	47%
Soccer	46%	50%	29%	41%
Track & Field	46%	51%	33%	34%
Baseball	45%	51%	35%	36%
FBS Football	43%	47%	42%	38%
Gymnastics	43%	50%	25%	0%
Ice Hockey	41%	46%	50%	29%
Lacrosse	38%	48%	25%	30%
Water Polo	--	64%	--	60%
FCS Football	--	49%	--	47%
Skiing	--	--	--	--

Percent ranking "Travel during any portion of a day means that day may not be considered a day off" as #1 (top choice)

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Golf	60%	53%	32%	48%
Cross Country	60%	58%	0%	35%
Equestrian	59%	52%	--	67%
Rowing	59%	60%	33%	46%
Swimming & Diving	57%	58%	42%	41%
Soccer	56%	56%	27%	50%
Volleyball	55%	52%	29%	42%
Track & Field	54%	56%	20%	48%
Gymnastics	53%	58%	40%	17%
Field Hockey	51%	58%	33%	67%
Ice Hockey	51%	57%	--	67%
Softball	49%	51%	26%	47%
Tennis	46%	48%	45%	47%
Beach Volleyball	46%	47%	60%	83%
Lacrosse	46%	53%	30%	48%
Basketball	44%	45%	27%	20%
Water Polo	--	54%	--	50%
Bowling	--	48%	--	17%
Rugby	--	--	--	--

Percent ranking “The institution may count the latter calendar day (i.e., past midnight) as a day off so long as SAs are provided at least 24 consecutive hours of time-off after returning to campus” as #1 (top choice)

Men’s Sports	SAs	Coaches	Women’s Sports	SAs	Coaches
Lacrosse	32%	0%	Basketball	41%	6%
FBS Football	31%	13%	Tennis	37%	5%
Ice Hockey	31%	0%	Volleyball	37%	5%
Basketball	30%	2%	Lacrosse	36%	6%
FCS Football	29%	11%	Softball	36%	3%
Tennis	28%	6%	Field Hockey	33%	3%
Volleyball	28%	0%	Rugby	33%	0%
Fencing	25%	0%	Water Polo	32%	0%
Soccer	25%	5%	Equestrian	31%	0%
Baseball	24%	3%	Beach Volleyball	29%	0%
Wrestling	23%	7%	Ice Hockey	29%	0%
Swimming & Diving	22%	6%	Rowing	29%	3%
Water Polo	22%	17%	Golf	26%	7%
Skiing	21%	0%	Soccer	26%	8%
Golf	19%	6%	Swimming & Diving	26%	2%
Track & Field	19%	10%	Gymnastics	24%	6%
Rifle	16%	0%	Bowling	23%	17%
Cross Country	12%	4%	Track & Field	21%	10%
Gymnastics	8%	0%	Cross Country	16%	11%

Percent ranking “The institution may count the latter calendar day (i.e., past midnight) as a day off so long as SAs are provided at least 24 consecutive hours of time-off after returning to campus” as #1 (top choice)

Athletic Directors	All	A5	Non-A5	Senior Women Administrators	All	A5	Non-A5
	68%	57%	74%		68%	73%	67%
Faculty Athletic Representative	All	A5	Non-A5	Other	All	A5	Non-A5
	72%	67%	74%		64%	60%	66%

Percent ranking "The institution may count the latter calendar day (i.e., past midnight) as a day off so long as SAs are provided at least 24 consecutive hours of time-off after returning to campus" as #1 (top choice)

Men's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Lacrosse	40%	29%	0%	0%
Volleyball	33%	24%	0%	0%
FBS Football	32%	29%	8%	19%
Ice Hockey	28%	34%	0%	0%
Tennis	28%	28%	11%	4%
Basketball	26%	30%	0%	2%
Fencing	26%	25%	--	0%
Baseball	24%	23%	0%	4%
Wrestling	23%	23%	11%	5%
Soccer	22%	25%	6%	5%
Swimming & Diving	22%	22%	0%	8%
Golf	22%	17%	4%	7%
Track & Field	20%	17%	20%	6%
Rifle	15%	18%	0%	0%
Cross Country	9%	14%	--	4%
Gymnastics	8%	7%	0%	0%
FCS Football	--	29%	--	11%
Water Polo	--	19%	--	20%
Skiing	--	--	--	--

Percent ranking "The institution may count the latter calendar day (i.e., past midnight) as a day off so long as SAs are provided at least 24 consecutive hours of time-off after returning to campus" as #1 (top choice)

Women's Sports	A5 SAs	Other SAs	A5 Coaches	Other Coaches
Basketball	41%	42%	0%	7%
Softball	38%	36%	9%	1%
Field Hockey	38%	31%	0%	5%
Lacrosse	38%	36%	0%	10%
Ice Hockey	37%	26%	--	0%
Tennis	36%	37%	10%	4%
Volleyball	35%	37%	4%	5%
Beach Volleyball	30%	29%	0%	0%
Rowing	29%	28%	0%	5%
Equestrian	29%	36%	--	0%
Swimming & Diving	27%	26%	5%	0%
Gymnastics	25%	23%	10%	0%
Soccer	25%	26%	15%	6%
Golf	25%	27%	4%	8%
Track & Field	22%	21%	20%	6%
Cross Country	15%	17%	0%	12%
Water Polo	--	31%	--	0%
Bowling	--	24%	--	17%
Rugby	--	--	--	--

