



# MSU Compliance Frequently Asked Questions

What is CARA and what are the daily and weekly hour limits on countable athletically related activities?

Countable athletically related activities (CARA) include any required activities with an athletics purpose involving student athletes at the direction of an institution's coaching staff. During the academic year, sports in-season are limited to no more than four hours per day and 20 hours per week of CARA with one day off during that week. Out-of-season sports are limited to 8 hours of CARA per week with two days off for that week.

What is an official visit?

An official visit is an expense paid visit to an institution.

The visit shall not exceed 48 hours. Airfare may be provided and reimbursement may be provided for mileage if the athlete is driving. The prospective student-athlete and up to four family members may receive lodging, meals, and entertainment within a 30-mile radius of the institution. During the official visit the prospective student-athlete may receive a maximum of 5 complimentary admissions to preseason or regular season home events. The prospective student-athlete must meet with a member of the Academics staff or an MSU faculty member. Mississippi State University Athletics strictly prohibits the use of alcohol, drugs, sex, or adult entertainment on official visits and enforces a 1:00 am curfew.

What is the difference between equivalency sports and head count sports?

In head count sports, student-athletes on scholarship receive tuition and fees, room, board, books, and personal transportation expenses up to the cost of attendance. In equivalency sports, student-athletes may receive any variation of the previously listed expenses.

What is the difference between a contact and an evaluation in the recruiting process?

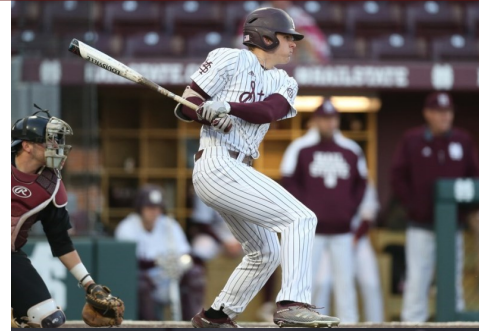
A contact is any face-to-face encounter, in excess of a simple greeting, between a prospective student-athlete (or their family member) and a member of the institution's coaching staff. An evaluation occurs when a member of the institution's staff is off-campus to assess the academic or athletic qualifications of a prospective student athlete but no contact is made.

What is a dead period?

During a dead period, it is not permissible for institutional staff members to host official or unofficial visits or have any in-person recruiting contacts or evaluations, on-or-off the institution's campus, with prospective student-athletes. During a dead period, coaches may still text and call prospects who are of permissible age.

When may coaches begin recruiting prospective student-athletes?

Recruiting is limited by permissible dates and time periods for each sport. First, a prospective student-athlete must be of permissible age to contact based on their grade. For a complete list, go to [ncaa.org](http://ncaa.org). Secondly, each sport follows a recruiting calendar which outlines permissible times for on-or-off campus recruiting. Those dates may be found at [ncaa.org](http://ncaa.org).





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## What is a redshirt?

A redshirt is commonly used to refer to a season of competition in which a student-athlete does not compete but is academically and athletically eligible for competition.

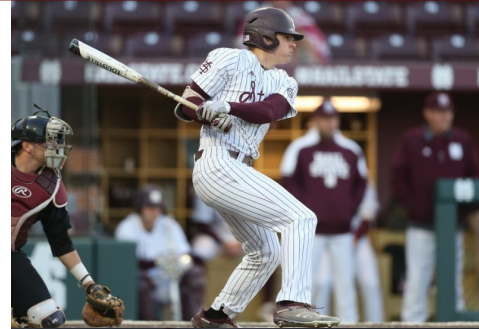
## How many seasons of eligibility does a student-athlete have?

As a general rule, student-athletes on a traditional schedule, with no amateurism issues, will have five years to compete in four seasons.

## What is a COVID-19 Waiver?

The NCAA passed two COVID-19 waivers for student-athletes in regard to eligibility and seasons of competition. One is a season of competition waiver to allow eligible student-athletes competing in the Spring of 2020 or Fall/Winter of 2021 an additional season of competition if needed. (This is separate from a redshirt season).

The other is an extension of eligibility waiver to allow eligible student-athletes competing in the Spring of 2020 or Fall/Winter of 2021 to receive a clock extension if they need a sixth year of eligibility to compete in their fourth season of competition.



## Ask Before You Act!

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