

NORTH CAROLINA STATE UNIVERSITY DEPARTMENT OF ATHLETICS

Designation of “week” for Countable Athletically Related Activities

_____ *Academic Year*

In completing the Playing and Practice Season Declaration, a “week” (7 day period) must also be designated for your countable athletically related activities. This is extremely important because, as you know, you must take one day off during each 7-day period and you may not exceed 20 hours of countable athletically related activities for this 7-day period. Also, the designation may not change for the remainder of the segment (championship season or nonchampionship season).

To make it simple, most sports designate their 7-day period the same as a calendar week, Sunday-Saturday. I highly recommend this to keep it simple.

Please complete this form and return it to me as soon as possible.

SPORT _____

Check which Week

- Sunday-Saturday
- Monday-Sunday
- Tuesday-Monday
- Wednesday-Tuesday
- Thursday-Wednesday
- Friday-Thursday
- Saturday-Friday

Should you have any questions, please contact the Compliance Office at 5-5076.