

Introduction

In accordance with the National Association of Intercollegiate Athletics bylaw Article I, Section H, Item 7, Concordia University, NE believes in the value of providing one day off per week during each team's defined 24-week practice and play season. The intent of the Institutional Day Off Policy is to enhance the physical and mental health of student-athletes and support their academic success as part of our Championship Experience.

Concordia University, NE Institutional Day Off Policy

Each Concordia University, NE Athletics team shall schedule a minimum of one day off from participation in athletic activities during each week. The Institutional Day Off Policy applies to all student-athletes. If individuals feel as though this policy has been violated it is imperative that they report the suspected violation. Individuals may also meet with the following designated administrators to discuss or report suspected violations.

Devin Smith
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Assistant Athletic Director
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Individuals reporting potential violations can expect confidentiality in the handling of the inquiry and will be protected from any repercussion/retaliation for reporting, regardless of the outcome of the inquiry into the violation.

Exceptions Include

- Travel Day - A travel day related to athletics participation may be considered as a day off, provided no countable athletically related activities occur during that day.
- Cancelled Competition - When an institution's competition is cancelled prior to the start of competition an institution may use that day as its required day off, provided the institution does not engage in any further countable athletically related activities during that day.
- Missed Day Off - If a day off is missed during a week due to extenuating circumstances, the Head Coach of the respective sport if required to make-up the day the following week, the earliest day possible.
- Practice Periods Before Classes Start/After Classes End - A day off is not required during periods of time when classes are not in session (ex. pre-season, before semester begins, after semester ends).
- Post-season Competition - A day off is not required while participating in post-season competition (conference championship or NAIA championships).