



### **Mandatory Day Off Policy**

The Montana Technological University Athletic Department, in accordance with the National Association of Intercollegiate Athletics (NAIA) adheres to a mandatory day off policy once per week during the academic year.

The day off policy restricts mandated athletic activity one day per week. Mandated athletic activity includes (but is not limited to) practices, games, weight training, walkthroughs, etc.

Exceptions to this policy:

- Conference or post season championships
- Postponements or other unforeseen circumstances
- Necessary team travel
- Injury treatment/prevention
- Team film not to exceed 1 hour
- Group study table
- Individual workouts not scheduled or required by coaches, staff, etc.

**Student-Athletes that feel this policy is being violated should contact the Athletic Director.**