INTRODUCTION:

This Athletic Strength and Conditioning Guide was put together by the staff of the University of Alabama Athletic Compliance Office in an effort to provide you with the most commonly encountered rules and regulations by coaches and staff. Please familiarize yourself with these rules and regulations; however, this guide is not meant to be all encompassing. Please do not hesitate to contact the compliance office with all of your questions and concerns.

-UA Compliance

NCAA RULES – STRENGTH & CONDITIONING

COACHING ACTIVITIES

11.7.1.1.1 Countable Coach
An athletics department staff member must count against coaching limits as soon as the individual participates (in any manner) in the coaching of the intercollegiate team in practice, games or organized activities directly related to that sport, including any organized staff activity directly related to the sport.

11.7.1.1.1.1 Non Coaching Activities
Institutional staff members involved in non-coaching activities (e.g., administrative assistants, recruiting coordinators in sports other than football, academic counselors) do not count in the institution's coaching limitations, provided such individuals are not identified as coaches, do not engage in any on-or off-field coaching activities (e.g., attending meetings involving coaching activities, analyzing video involving the institution's or an opponent's team), and are not involved in any off-campus recruitment of prospective student-athletes or scouting of opponents.

11.7.2.1.1 and 11.7.4.2.1 Weight or Strength Coach and Weight or Strength Coach [FBS]
A weight (strength and conditioning) coach may conduct flexibility, warm-up and physical conditioning activities prior to any game and prior to or during any practice or other organized activities without being included in the limitations on number of coaches. Not more than five weight or strength coaches are permitted to work with a football program in any capacity, including all workouts (required and voluntary), practices and game-related activities.

CONDUCT OF ATHLETIC STAFF

Buckley Amendment
An institution is not permitted to disclose information regarding a student-athlete’s:

1. Results of NCAA, Conference or institutional drug tests;
2. Academic transcripts from any institution including the University of Alabama;
3. Pre-college test scores and information relating to eligibility of nonstandard testing (e.g. learning disabilities);
4. Records concerning financial aid; and
5. Any other papers or information pertaining to his/her NCAA eligibility.

10.01.1 Honesty and Sportsmanship
Individuals employed by (or associated with) a member institution to administer, conduct or coach intercollegiate athletics and all participating student-athletes shall act with honesty and sportsmanship at all times so that intercollegiate athletics as a whole, their institutions and they, as individuals, shall represent the honor and dignity of fair play and the generally recognized high standards associated with wholesome competitive sports.
10.1 Unethical Conduct
Unethical conduct by a prospective or enrolled student-athlete or a current or former institutional staff member may include, but is not limited to, the following:

a. Refusal to furnish information relevant to an investigation of a possible violation of an NCAA regulation when requested to do so by the NCAA or the individual's institution;

b. Knowing involvement in arranging for fraudulent academic credit or false transcripts for a prospective or an enrolled student-athlete;

c. Knowing involvement in offering or providing a prospective or an enrolled student-athlete an improper inducement or extra benefit or improper financial aid;

d. Knowingly furnishing the NCAA or the individual's institution false or misleading information concerning the individual's involvement in or knowledge of matters relevant to a possible violation of an NCAA regulation; or

e. Receipt of benefits by an institutional staff member for facilitating or arranging a meeting between a student-athlete and an agent, financial advisor or a representative of an agent or advisor (e.g., "runner").

10.2 Knowledge of Use of Banned Drugs
A member institution's athletics department staff members or others employed by the intercollegiate athletics program who have knowledge of a student-athlete's use at any time of a substance on the list of banned drugs, as set forth in Bylaw 31.2.3.4, shall follow institutional procedures dealing with drug abuse or shall be subject to disciplinary or corrective action as set forth in Bylaw 19.9.

10.4 Disciplinary Action
Institutional staff members found in violation of the provisions of the NCAA Rules and Regulations shall be subject to disciplinary or corrective action as set forth in Bylaw 19.9 of the NCAA enforcement procedures, whether such violations occurred at the certifying institution or during the individual's previous employment at another member institution.

11.1 Conduct Of Athletics Personnel
11.1.1 Responsibility for Violations of NCAA Regulations
Institutional staff members found in violation of NCAA regulations shall be subject to disciplinary or corrective action as set forth in the provisions of the NCAA enforcement procedures, whether such violations occurred at the certifying institution or during the individual's previous employment at another member institution.

11.1.2 Use of Association Name or Affiliation
Staff members of member institutions and others serving on the Association's committees or acting as consultants shall not use, directly or by implication, the Association's name or their affiliation with the Association in the endorsement of products or services.

11.1.3 Representing Individuals in Marketing Athletics Ability/Reputation
Staff members of the athletics department of a member institution shall not represent, directly or indirectly, any individual in the marketing of athletics ability or reputation to an agent, a professional sports team or a professional sports organization, including receiving compensation for arranging commercial endorsements or personal appearances for former student-athletes, except as specified in Bylaw 11.1.5.1, and shall not receive compensation or gratuities of any kind, directly or indirectly, for such services.

11.1.4 Use of Tobacco Products
The use of tobacco products is prohibited by all game personnel (e.g., coaches, trainers, managers, and game officials) in all sports during practice and competition. Uniform penalties (as determined by the applicable rules-making committees and sports committees with rules-making responsibilities) shall be established for such use.

11.2.2 Athletically Related Income
Contractual agreements, including letters of appointment, between a full-time or part-time athletics department staff member (excluding secretarial or clerical personnel) and an institution shall include the stipulation that the staff member is required to provide a written detailed account annually to the president or chancellor for all athletically
related income and benefits from sources outside the institution. In addition, the approval for all athletically related income and benefits shall be consistent with the institution’s policy related to outside income and benefits applicable to full-time or part-time employees. Sources of such income shall include, but are not limited to, the following:

a) Income from annuities;
b) Sports camps;
c) Housing benefits (including preferential housing arrangements);
d) Country club memberships;
e) Complimentary ticket sales;
f) Television and radio programs; and
g) Endorsement or consultation contracts with athletics shoe, apparel or equipment manufacturers.

11.3.1 Control of Employment and Salaries
The institution, as opposed to any outside source, shall remain in control of determining who is to be its employee and the amount of salary the employee is to receive within the restrictions specified by NCAA legislation.

11.3.2.1 Bona Fide Outside Employment
A staff member may earn income in addition to the institutional salary by performing services for outside groups.

11.3.2.2 Supplemental Pay
An outside source is prohibited from paying or regularly supplementing an athletics department staff member’s annual salary and from arranging to supplement that salary for an unspecified achievement. This includes the donation of cash from outside sources to the institution earmarked for the staff member’s salary or supplemental income. It would be permissible for an outside source to donate funds to the institution to be used as determined by the institution, and it would be permissible for the institution, at its sole discretion, to use such funds to pay or supplement a staff member’s salary.

11.3.2.3 Bonuses for Specific and Extraordinary Achievement
An institution may permit an outside individual, group or agency to supplement an athletics department staff member’s salary with a direct cash payment in recognition of a specific and extraordinary achievement (e.g., contribution during career to the athletics department of the institution, winning a conference or national championship, number of games or meets won during career/season), provided such a cash supplement is in recognition of a specific achievement and is in conformance with institutional policy.

11.3.2.4 Noninstitutional Publications That Report on Athletics Program
Athletics department staff members shall not endorse (either orally or in writing) any non institutional publication dedicated primarily to reporting on an institution’s athletics activities, except as provided in this section, and shall not write for or receive any remuneration from such publications.

11.3.2.5 Recruiting Service Consultants
An institution’s staff member may not endorse, serve as consultants or participate on advisory panels for any recruiting or scouting service involving prospects.

SPORT WAGERING ACTIVITIES

10.3 Sport Wagering Activities
The following individuals shall not knowingly participate in sports wagering activities or provide information to individuals involved in or associated with any type of sports wagering activities concerning intercollegiate, amateur or professional athletics competition:

a. Staff members of an institution's athletics department;
b. Non-athletics department staff members who have responsibilities within or over the athletics department (e.g., chancellor or president, faculty athletics representative, individual to whom athletics reports); and
c. Staff members of a conference office; and
Fantasy Leagues
If a staff member or a student-athlete is involved in any fantasy sports league that involves the exchange of money, prizes, or other tangible item of value, the student-athlete may be declared ineligible for all regular season and postseason competition for at least one year and a staff member could be terminated.

NCAA Championships/Bowl Games/"March Madness"
NCAA rules prohibit soliciting or accepting a bet on any intercollegiate competition for any item that has tangible value. These regulations apply to all staff members in an institution’s athletic department and all student-athletes. THIS INCLUDES NCAA TOURNAMENT POOLS.

Departmental Policy on Gambling
The following should serve as departmental policy for all student-athletes AND staff members governing gambling activities:

Staff members of the athletic department and student-athletes shall not participate in any gambling activity that involves intercollegiate or professional athletics, through a bookmaker, a parlay card or any other method employed by organized gambling (e.g., sports “pools”, internet gambling, etc.). This includes other methods not run through organized gambling (e.g., pools, fantasy leagues that require a buy-in, etc.), even if the bet or value of the prize is a “friendly” wager.

AGENTS / PROFESSIONAL TEAMS
Protecting the integrity of the amateurism of our student-athletes should be of the utmost importance to all staff members. The following are some basic rules to remember with regards to amateurism.

12.3.1 General Rule
An individual shall be ineligible for participation in an intercollegiate sport if he or she ever has agreed (orally or in writing) to be represented by an agent for the purpose of marketing his or her athletics ability or reputation in that sport. Further, an agency contract not specifically limited in writing to a sport or particular sports shall be deemed applicable to all sports, and the individual shall be ineligible to participate in any sport.

12.3.1.1 Representation for Future Negotiations
An individual shall be ineligible per 12.3.1 if he or she enters into a verbal or written agreement with an agent for representation in future professional sports negotiations that are to take place after the individual has completed his or her eligibility in that sport.

12.3.1.2 Benefits From Prospective Agents
An individual shall be ineligible per 12.3.1 if he or she (or his or her relatives or friends) accepts transportation or other benefits from:
a. Any person who represents any individual in the marketing of his or her athletics ability. The receipt of such expenses constitutes compensation based on athletics skill and is an extra benefit not available to the student body in general; or
b. An agent, even if the agent has indicated that he or she has no interest in representing the student-athlete in the marketing of his or her athletics ability or reputation and does not represent individuals in the student-athlete’s sport.

12.2.1.3 Tryout after Enrollment
After initial full-time collegiate enrollment, an individual who has eligibility remaining may try out with a professional athletics team (or participate in a combine including that team) at any time, provided the individual does not miss class. The individual may receive actual and necessary expenses in conjunction with one 48-hour
tryout per professional team (or a combine including that team). The 48-hour tryout period shall begin at the time the individual arrives at the tryout location. At the completion of the 48-hour period, the individual must depart the location of the tryout immediately in order to receive return transportation expenses. A tryout may extend beyond 48 hours if the individual self-finances additional expenses, including return transportation. A self-financed tryout may be for any length of time, provided the individual does not miss class.

**Departmental Policy on Agent Interactions**
The following shall serve as the departmental policy for coach and staff interaction with agents, financial advisors, or others associated with them (runners, intermediaries, etc):

**If any coach or staff member has contact with any agent or advisor (other than their own), they shall notify the Compliance Office to insure that all actions and conversations are permissible. Staff members of the athletic department shall not engage in any activity to arrange any type of communications between any student-athlete and sports agents or advisors without working with the Compliance Office. While it is not impermissible for a coach or staff member to assist a student-athlete with finding representation for a future professional career, the Compliance Office must be involved to ensure that no violations are inadvertently committed.**

**RECRUITING**

13.1 Contacts and Evaluations
Recruiting contacts (per Bylaw 13.02.4) and telephone calls by institutional staff members or representatives of the institution’s athletics interests are subject to the provisions set forth in this bylaw.

13.1.2 Permissible Recruiters
13.1.2.3 General Restrictions-Staff Members and Governing Board
The following are additional restrictions that apply to an institution’s staff members and governing board.

a) **Non-coaching Staff Members with Sport Specific Responsibilities.** A non-coaching staff member with sport-specific responsibilities (except a staff member who only performs clerical duties) shall not attend an on-or off-campus athletics event in the staff member’s sport that involved prospective student-athletes (e.g., high school contest, non-institutional sports camp) unless the staff member is an immediate family member or legal guardian of a participant in the activity. A staff member who is an immediate family member or legal guardian of a participant may attend such an event, subject to the following conditions:

(i) Attendance shall not be for evaluation purposes (the staff member shall not provide information related to the performance of a prospective student-athlete back to the institution’s coaching staff); and

(ii) The staff member shall not have direct contact with a prospective student-athlete or a prospective student-athlete’s parent (or legal guardian) or coach (other than the immediate family member, if applicable) participating in the activity.

b) **Board of Governors/Regents.** Recruiting contacts on or off campus between a member of the institution’s board of governors (or regents) and a prospective student-athlete are not permissible.

13.1.2.5 Off-Campus Contacts or Evaluations
Only those coaches who are identified by the institution, in accordance with Bylaws 11.7.2.2, 11.7.3.2 and 11.7.4, may contact or evaluate prospective student-athletes off campus. Institutional staff members (e.g., faculty members) may contact prospective student-athletes for recruiting purposes in all sports, on campus, or within 30 miles of campus during the prospective student-athletes official visit.

13.02.15 Telephone Calls
All electronically transmitted human voice exchange (including videoconferencing and videophones) shall be considered telephone calls.
13.1.3.4 Permissible Callers.

13.1.3.4.1 Institutional Coaching Staff Members—General Rule

All telephone calls made to a prospective student-athlete (or the prospective student-athlete’s parents, legal guardians or coaches) must be made by the head coach or one or more of the assistant coaches who count toward the numerical limitations in Bylaw 11.7.4 (see Bylaw 11.7.1.2). In bowl subdivision football and women’s rowing, such telephone calls also may be made by a graduate assistant coach, provided the coach has successfully completed the coaches’ certification examination per Bylaw 11.5.1.1.

13.1.3.4.1.1 Exceptions—Before Commitment.

Before a prospective student-athlete signs a National Letter of Intent or the institution’s written offer of admission and/or financial aid or before the institution receives a financial deposit in response to the institution’s offer of admission, the following institutional staff members may make telephone calls to a prospective student-athlete (or the prospective student-athlete’s parents or legal guardians) as specified:

(d) Non-coaching Staff Members and Non-countable Coaches—Telephone Calls in Conjunction with Official Visit. A non-coaching staff member or a coach who does not count toward the numerical limitations on head and assistant coaches in Bylaw 11.7.4 may initiate telephone calls to a prospective student-athlete or those individuals accompanying the prospective student-athlete during the prospective student-athlete’s official visit transportation and during his or her official visit.

13.4 Recruiting Materials

13.4.1 Recruiting Materials

In sports other than men’s basketball and men’s ice hockey, an institution shall not provide recruiting materials, including general correspondence related to athletics, to an individual (or his or her parents or legal guardians) until September 1 at the beginning of his or her junior year in high school. In men’s basketball and men’s ice hockey, an institution shall not provide recruiting materials, including general correspondence related to athletics, to an individual (or his or her parents or legal guardians) until June 15 at the conclusion of his or her sophomore year in high school. In men’s basketball, if an individual attends an educational institution that uses a nontraditional academic calendar (e.g., Southern Hemisphere) an institution shall not provide recruiting materials, including general correspondence related to athletics to an individual (or his parents or legal guardians) until the day after the conclusion of the individual’s sophomore year in high school.

13.4.1.1 Printed Recruiting Materials.

(h) Pre-enrollment Information. Necessary pre-enrollment information regarding orientation, conditioning, academics and practice activities, may be provided to a prospective student-athlete, provided he or she has signed a National Letter of Intent or institutional financial aid agreement or has been officially accepted for enrollment.

13.02.12.1 Exception—After Commitment

After an individual has signed a National Letter of Intent (NLI) or the institution’s written offer of admission and/or financial aid or after the institution has received his or her financial deposit in response to its offer of admission, the individual shall no longer be subject to the restrictions of Bylaw 13.1. The individual remains a prospective student-athlete for purposes of applying the remaining provisions of Bylaw 13 and other bylaws.

13.11.1 Prohibited Activities

A member institution, on its campus or elsewhere, shall not conduct (or have conducted on its behalf) any physical activity (e.g., practice session or test/tryout) at which one or more prospective student-athletes (as defined in Bylaws 13.11.1.1 and 13.11.1.2) reveal, demonstrate or display their athletics abilities in any sport except as provided in Bylaws 13.11.2 and 13.11.3.

CAMPUS VISITS [PROSPECTIVE STUDENT-ATHLETES]

DEFINITIONS

13.02.12 Prospective Student-Athlete
A prospective student-athlete is a student who has started classes for the ninth grade. In addition, a student who has not started classes for the ninth grade becomes a prospective student-athlete if the institution provides such an individual (or the individual’s relatives or friends) any financial assistance or other benefits that the institution does not provide to prospective students generally. An individual remains a prospective student-athlete until one of the following occurs (whichever is earlier):

(a) The individual officially registers and enrolls in a minimum full-time program of studies and attends classes in any term of a four-year collegiate institutions’ regular academic year (excluding summer);
(b) The individual participates in a regular squad practice or competition at a four-year collegiate institution that occurs before he beginning of any term;
(c) The individual officially registers, enrolls and attends classes during the certifying institution’s summer term prior to his or her initial full-time enrollment at the certifying institution; or
(d) The individual reports to an institutional orientation session that is open to all incoming students within 14 calendar days prior to the opening day of classes of a regular academic term.

13.02.16.1 Official (Paid) Visit
An official visit to a member institution by a prospective student-athlete is a visit financed in whole or in part by the member institution.

13.5.2.4 Transportation From Airport or Bus or Train Station
During the official visit, any member of an institution’s athletics department staff may provide ground transportation for a prospective student-athlete and the prospective student-athlete’s parents, relatives or legal guardians between the campus and any bus or train station or airport. If a prospective student-athlete is transported by a member of the institution’s athletics department from an airport or bus or train station other than the major airport or bus or train station nearest the institution, the 48-hour official visit period begins with the initiation of the ground transportation by the member of the institution’s athletics department staff.

13.02.16.2 Unofficial Visit
An unofficial visit to a member institution by a prospective student-athlete is a visit made at the prospective student-athlete’s own expense. The provision of any expenses or entertainment valued at more than $100 by the institution or representatives of its athletics interests shall require the visit to become an official visit, except as permitted in Bylaws 13.5 and 13.7.

13.2.1.1 Specific Prohibitions
Specifically prohibited financial aid, benefits and arrangements include, but are not limited to, the following:
(a) An employment arrangement for a prospective student-athlete’s relatives;
(b) Gift of clothing or equipment;
(c) Co-signing of loans;
(d) Providing loans to a prospect's relatives or friends;
(e) Cash or like items;
(f) Any tangible items, including merchandise;
(g) Free or reduced-cost services, rentals or purchases of any type;
(h) Free or reduced-cost housing;
(i) Use of an institution’s athletics equipment (e.g., for a high-school all-star game); and
(j) Sponsorship of or arrangement for an awards banquet for high-school, preparatory school or two-year-college athletes by an institution, representatives of its athletics interests or its alumni groups or booster clubs.
(k) Expenses for academic services (e.g., tutoring, test preparation) to assist in the completion of initial-eligibility or transfer-eligibility requirements or improvement of the prospective student-athlete has a proprietary in conjunction with a waiver request.

**DRUG-TESTING CONSENT FORM**

14.1.4.1 Content and Purpose.
Each academic year, a student-athlete shall sign a form maintained by the Committee on Competitive Safeguards and Medical Aspects of Sports and approved by the Legislative Council in which the student consents to be tested for the use of drugs prohibited by NCAA legislation. Failure to complete and sign the consent form prior to practice or competition, or before the Monday of the fourth week of classes (whichever occurs first) shall result in the student-athlete's ineligibility for participation (practice and competition) in all intercollegiate athletics.

14.1.4.2 Administration.
The following procedures shall be used in administering the form (see Constitution 3.2.4.7):

(a) The consent form shall be administered individually to each student-athlete by the athletics director or the athletics director's designee each academic year;

(b) The athletics director or the athletics director's designee shall disseminate the list of banned drug classes to all student-athletes and educate them about products that might contain banned drugs. All student-athletes are to be notified that the list may change during the academic year, that updates may be found on the NCAA website (www.ncaa.org) and informed of the appropriate athletics department procedures for disseminating updates to the list; and

(c) The consent form shall be kept on file by the athletics director and shall be available for examination upon request by an authorized representative of the NCAA.

CAMP OR CLINICS

Please DO NOT work any camp without speaking with compliance and receiving their prior approval.

EXTRA BENEFITS

16.02.3 Extra Benefit.
An extra benefit is any special arrangement by an institutional employee or representative of the institution's athletics interests to provide a student-athlete or the student-athlete family member or friend a benefit not expressly authorized by NCAA legislation. Receipt of a benefit by student-athletes or their family members or friends is not a violation of NCAA legislation if it is demonstrated that the same benefit is generally available to the institution's students or their family members or friends or to a particular segment of the student-body (e.g., international students, minority students) determined on a basis unrelated to athletics ability.

16.5.2 (g) Nutritional Supplements
(g) Nutritional Supplements. An institution may provide permissible nutritional supplements to a student-athlete for the purpose of providing additional calories and electrolytes. Permissible nutritional supplements do not contain any NCAA banned substances and are identified according to the following classes: carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals.

Interpretation: Muscle Building Supplements
It is not permissible for an institution or an institutional staff member to sell or arrange the sale of muscle-building supplements to student-athletes. [References: NCAA Bylaw 16.02.3 (extra benefit) and Proposal No. 99-72 (housing and meals – nutritional supplements)]

Interpretation: Nutritional Supplements
It is not permissible for an institution to provide any nutritional supplement to its student-athletes, unless the supplement is a nonmuscle-building supplement and is included in one of the four classes identified specifically in NCAA Bylaw 16.5.2.2 (i.e., carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters, and vitamins and minerals). The following is a list of examples of permissible and nonpermissible nutritional supplements/ingredients as developed by the NCAA Competitive Safeguards
and Medical Aspects of Sports Committee (CSMAS). The list below is not exhaustive but should assist institutions in determining the types of nutritional supplements that may be provided to student-athletes.

**Permissible**
- Vitamins and Minerals
- Energy bars
- Calorie replacement drinks (e.g., Ensure, Boost)
- Electrolyte replacement drinks (e.g., Gatorade, Powerade)

**Nonpermissible**
- Amino Acids
- Chrysin
- Condroitin
- Creatine/creatine-containing compounds
- Ginseng
- Glucosamine
- Glycerol
- HMB
- I-carnitin
- Melatononin
- Pos-2
- Protein powders
- Tribulus

The subcommittee, at the recommendation of the CSMAS, also determined that a supplement that contains protein may be classified as a nonmuscle-building supplement provided it is included in one of the four permissible categories, does not contain more than 30 percent of calories from protein (based solely on the package label) and does not contain additional ingredients that are designed to assist in the muscle-building process (see examples of nonpermissible supplements/ingredients). Nutritional supplements containing more than 30 percent of calories from protein are classified as muscle-building supplements and may not be provided to student-athletes.

To assist the membership in calculating the percentage of calories from protein contained in a particular supplement, the subcommittee noted that one gram of protein equals four calories. Therefore, the percentage of calories from protein contained in a nutritional supplement may be calculated by multiplying the number of grams of protein per serving by four and dividing the product by the total number of calories per serving. For example, a nutritional supplement that contains 120 total calories per serving and nine grams of protein per serving would contain 36 calories from protein (i.e., 9 grams x 4). Therefore, the percentage of calories from protein would be 0.3 or 30 percent (i.e., 36 calories from protein/120 total calories). [References: Bylaw 16.5.2.2 (nutritional supplements) and Proposal No. 99-72 (benefits/nutritional supplements)]

### 16.11.1.5 Occasional Meals

A student-athlete or the entire team in a sport may receive an occasional meal in the locale of the institution on infrequent and special occasions from an institutional staff member. An institutional staff member may provide reasonable local transportation to student-athletes to attend such meals. A student-athlete or the entire team in a sport may receive an occasional meal from a representative of athletics interests on infrequent and special occasions under the following conditions:

(a) The meal may only be provided in an individual’s home, on campus or at a facility that is regularly used for home competition and may be catered; and

(b) A representative of the institution’s athletics interests may provide reasonable local transportation to student-athletes to attend the meal function only if the meal function is at the home of that representative.

*Note: All occasional meals that will make use of athletics department money must have prior approval from your administrative sport oversight, athletics business office and the athletics compliance office prior to the meal on the University of Alabama Occasional Meal Request Form.*
Non-permissible-Telephones

**Departmental Policy:** A student-athlete's use of an institutional staff member's telephone for long distance calls would constitute an impermissible extra benefit and represent a violation of NCAA regulations.

Please be sure to keep your office locked and, also, continue to audit your monthly phone bills to ensure that all calls were in fact made by you. If you become aware that your phone number is being utilized improperly by a student-athlete or any other unauthorized individual, please contact Compliance immediately, so that appropriate corrective action can be taken.

16.11.2.2 Other Prohibited Benefits
An institutional employee or representative of the institution's athletics interests may not provide a student-athlete with extra benefits or services, including, but not limited to:
(a) A loan of money;
(b) A guarantee of bond;
(c) An automobile or the use of an automobile;
(d) Transportation (e.g., a ride home with a coach), except as permitted in Bylaw 16.9.1, even if the student-athlete reimburses the institution or the staff member for the appropriate amount of the gas or expense; or
(e) Signing or co-signing a note with an outside agency to arrange a loan.

ATHLETICALLY RELATED ACTIVITIES

17.02.1 Countable Athletically Related Activities
Countable athletically related activities include any required activity with an athletics purpose involving student-athletes and at the direction of, or supervised by one or more of an institution's coaching staff (including strength and conditioning coaches) and must be counted within the weekly and daily limitations under Bylaw 17.1.5.1 and 17.1.5.2. Administrative activities (e.g., academic meetings, compliance meetings) shall not be considered as countable athletically related activities.

17.02.13 Voluntary Athletically Related Activities
In order for any athletically related activity to be considered "voluntary," all of the following conditions must be met:

- The student-athlete must not be required to report back to a coach or other athletics department staff member (e.g., strength coach, trainer, manager) any information related to the activity. In addition, no athletics department staff member who observes the activity (e.g., strength coach, trainer, manager) may report back to the student-athlete's coach any information related to the activity,

- The activity must be initiated and requested solely by the student-athlete. Neither the institution nor any athletics department staff member may require the student-athlete to participate in the activity at any time. However, it is permissible for an athletics department staff member to provide information to student-athletes related to available opportunities for participating in voluntary activities (e.g., times when the strength and conditioning coach will be on duty in the weight room or on the track). In addition, for students who have initiated a request to engage in voluntary activities, the institution or an athletics department staff member may assign specific times for student-athletes to use institutional facilities for such purposes and inform the student-athletes of the time in advance,

- The student-athlete's attendance and participation in the activity (or lack thereof) may not be recorded for the purposes of reporting such information to coaching staff members or other student-athletes, and

- The student-athlete may not be subjected to penalty if he or she elects not to participate in the activity. In addition, neither the institution nor any athletics department staff member may provide recognition or incentives (e.g., awards) to a student-athlete based on his or her attendance or performance in the
activity. [Note: Coaching staff members may be present during permissible skill-related instruction pursuant to By-laws 17.1.6.2.2 and 17.1.6.2.3]

17.02.12.1 Team Sports
The following are team sports for the purposes of this bylaw: Baseball, Basketball, Football, Soccer, Softball, Volleyball, and Women's Rowing.

17.02.12.2 Individual Sports
The following are individual sports for purposes of this bylaw: Cross Country, Golf, Gymnastics, Swimming, Tennis and Track & Field.

17.1.6 Time Limits for Athletically Related Activities. In all sports, the following time limitations shall apply:

17.1.6.1 Daily and Weekly Hourly Limitations—Playing Season
A student-athlete's participation in countable athletically related activities shall be limited to a maximum of four (4) hours per day and 20 hours per week.

17.1.6.1.1 Golf/Practice Round Exception.
A practice round of golf may exceed the four-hours-per-day limitation. A practice round played on the day prior to the start of a golf tournament at the tournament site shall count as three hours, regardless of the actual duration of the round.

17.1.5.2 Weekly Hour Limitations — Outside of Playing Season.

(a) Sports Other Than Football. Outside of the playing season, from the institution's first day of classes of the academic year or September 15, whichever occurs earlier, to one week prior to the beginning of the institution's final examination period at the conclusion of the academic year, only a student-athlete's participation in required weight training, conditioning and skill-related instruction shall be permitted. A student-athlete's participation in such activities per Bylaw 17.02.1 shall be limited to a maximum of eight hours per week with not more than two hours per week spent on skill-related workouts. All countable related activities outside the playing season are prohibited one week prior to the beginning of the final examination period for the applicable academic term through the conclusion of each student-athlete's final exams.

(b) Bowl Subdivision Football. [FBS] Activities between the institution's last contest and January 1 are limited to required weight training, conditioning and the review of game film. A student-athlete's participation in such activities shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on the viewing of film. All activities beginning January 1 and outside the playing season shall be conducted pursuant to Bylaw 17.9.6.

17.1.6.2.1 Institutional Vacation Period and Summer
A student-athlete may not participate in any countable athletically related activities outside the playing season during any institutional vacation period and/or summer. Strength and conditioning coaches who are not countable coaches and who perform such duties on a department-wide basis may design and conduct specific workout programs for student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete.

17.1.5.2.2 Skill Instruction
Participation by student-athletes in skill-related instruction in sports other than baseball and football is permitted outside the institution's declared playing season, from the institution's first day of classes of the academic year or September 15, whichever occurs earlier, to one week prior to the beginning of the institution's final examination period at the conclusion of the academic year [see Bylaw 17.1.6.2-(a)]. More than four student-athletes from the
team may be involved in skill-related instruction with their coaches from September 15 through April 15. Prior to September 15 and after April 15, not more than four student-athletes from the same team may be involved in skill-related instruction with their coaches at any one time in any facility. Skill-related instruction shall not be publicized and shall not be conducted in view of a general public audience.

17.1.6.2.3 Skill Instruction--Baseball
In baseball, participation by student-athletes in skill-related instruction is permitted outside the institution's declared playing season, from the institution's first day of classes of the academic year or September 15, whichever occurs earlier, to one week prior to the beginning of the final examination period at the conclusion of the academic year [see Bylaw 17.1.6.2-(a)]. More than four student-athletes may be involved in skill-related instruction with their coaches from September 15 to one week prior to the final examination period for the fall term and from January 15 through April 15. Not more than four student-athletes may be involved in skill-related instruction with their coaches at any one time in any facility prior to September 15, from the opening day of classes of the institution's second academic term to January 15 (for those institutions that begin classes prior to January 15) and after April 15. Skill-related instruction shall not be publicized and shall not be conducted in view of a general public audience.

17.1.6.2.4 Conditioning Activities
Conditioning drills per Bylaw 17.1.6.2 that may simulate game activities are permissible, provided no offensive or defensive alignments are set up and no equipment related to the sport is used. In ice hockey, a student-athlete may be involved in on-ice conditioning activities, provided no equipment other than skates is used. In swimming and diving, a student-athlete may be involved in in-pool conditioning activities and swim-specific equipment (e.g., starting blocks, kickboards, pull buoys) may be used.

17.1.6.3.2 Competition Day
All competition and any associated athletically related activities on the day of a competition shall count as three (3) hours regardless of the actual duration of these activities.

17.1.5.3.2.1 Countable Athletically Related Activities Prohibited After Competition
Countable athletically related activities may not be conducted at any time (including vacation periods) following competition, except between contests, rounds or events during a multiday or multi-event competition (e.g., double-headers in softball or baseball, rounds of golf in a multiday tournament).

17.1.6.3.8 Multisport Participant
A multisport student-athlete's participation in countable athletically related activities is limited to a maximum of four hours per day and a total of 20 hours per week.

17.1.6.4 Required Day Off – Playing Season
During the playing season, all countable athletically related activities (Per Bylaw 17.02.1) shall be prohibited during one calendar day per week, except during participation in one conference and postseason championship and any postseason bowl games or National Invitation Tournament, and during any participation in NCAA championships.

17.1.6.5 Required Days Off -- Outside of the Playing Season
Outside the playing season during the academic year, all countable athletically related activities (per Bylaw 17.02.1) are prohibited during two calendar days per week.

17.1.6.6.1 No Class Time Missed in Conjunction with Non-Championship Segment Competition—Baseball, Cross Country, Field Hockey, Lacrosse, Soccer, Softball and Volleyball
In baseball, cross country, (for instructions with indoor or outdoor track and field), field Hockey, Lacrosse, Soccer, softball and volleyball, no class time shall be missed in conjunction with non-championship segment competition, including activities associated with such competition (e.g. travel and other pregame or postgame activities).
17.1.6.6.4 Preseason Off-Campus Intrasquad Games and Practice Activities Prohibition
Preseason off-campus intra-squad games shall be prohibited in all sports.

VOLUNTARY SUMMER CONDITIONING

13.11.3.7.1 Voluntary Summer Conditioning—Bowl Subdivision Football [FBS]
In bowl subdivision football, a prospective student-athlete may engage in voluntary summer workouts conducted by
an institution's strength and conditioning coach with department-wide duties and may receive workout apparel (on
an issuance and retrieval basis), provided he has signed a National Letter of Intent or, for those institutions not
using the National Letter of Intent or in the case of a four-year college prospective student-athlete, the prospective
student-athlete has signed the institution's written offer of admission and/or financial aid or the institution has
received his financial deposit in response to its offer of admission.

13.11.3.8 Voluntary Summer Conditioning—Basketball
In basketball, a prospective student-athlete may engage in voluntary summer workouts conducted by an institution's
strength and conditioning coach with department-wide duties and may receive workout apparel (on an issuance and
retrieval basis), provided he or she has signed a National Letter of Intent or, for those institutions not using the
National Letter of Intent or in the case of a four-year college prospective student-athlete, the prospective student­
athlete has signed the institution's written offer of admission and/or financial aid or the institution has received his
or her financial deposit in response to its offer of admission.

SUMMER ATHLETIC ACTIVITIES

17.1.6.1.5.1 Basketball
In basketball, a student-athlete who is enrolled in summer school may engage in required weight-training,
conditioning and skill-related instruction for up to eight weeks (not required to be consecutive weeks). Participation
in such activities shall be limited to a maximum of eight hours per week with not more than two hours per week
spent on skill-related instruction. An individual who is not eligible to use the exception to summer school
enrollment (Bylaw 17.1.6.2.1.5.3) may participate only during the period of the institution's summer term or terms
(opening day of classes through last day of final exams) in which the student-athlete is enrolled.

17.1.6.1.5.2 Football FBS/FCS
In football, a student-athlete who is enrolled in summer school may engage in required weight-training,
conditioning and review of practice and game film for up to eight weeks (not required to be consecutive weeks).
Participation in such activities shall be limited to a maximum of eight hours per week with not more than two hours
per week spent on film review. An individual who is not eligible to use the exception to summer school enrollment
(Bylaw 17.1.6.2.1.5.3) may participate only during the period of the institution's summer term or terms (opening
day of classes through last day of final exams) in which the student-athlete is enrolled.

17.1.6.2.1.4 Strength and Conditioning Coach First Aid/CPR Certification and Authority of Sports Medicine
Staff—Sports Other Than Football.
A strength and conditioning coach who conducts voluntary weight-training or conditioning activities is required to
maintain certification in first aid and cardiopulmonary resuscitation. If a member of the institution's sports
medicine staff (e.g., athletic trainer, physician) is present during voluntary conditioning activities conducted by
a strength and conditioning coach, the sports medicine staff member must be empowered with the unchallengeable
authority to cancel or modify the workout for health and safety reasons, as he or she deems appropriate.

ASK BEFORE YOU ACT!