

*2025-26*

# ***STUDENT-ATHLETE HANDBOOK***



***ASSUMPTION UNIVERSITY***

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## ROLE OF A GREYHOUND

As an Assumption University Student-Athlete, your primary responsibility is to better yourself academically and acquire a degree. Student-athletes are expected to always behave with pride, honesty, integrity, and sportsmanship on and off the playing surface. Assumption University has a highly visible NCAA Division II Intercollegiate Athletics program, where student-athletes represent the Department of Athletics and the University itself.

Team Expectations for student-athletes are established by each individual sport's head coach, staff, and/or captains/team members, within the parameters established by the NCAA, Northeast-10 Conference, New England Women's Hockey Alliance, Assumption University, and the Department of Athletics. Each student-athlete will receive a copy of their respective team's rules at the beginning of the season. The Head Coach should review the team rules and provide an opportunity for questions.

Standards of ethical conduct are established and enforced by the NCAA, Assumption University, and the Department of Athletics. When you participate in Intercollegiate Athletics, you are representing Assumption University, your program, and all the people who support you. As a student-athlete you will be in the public eye and your personal conduct should reflect favorably upon yourself, your team and the University. Furthermore, you are part of a larger team. A team made up of all the members on each of Assumption University's 26 NCAA sports:

Men		Women	
-Baseball	-Lacrosse	-Basketball	-Soccer
-Basketball	-Soccer	-Cross Country	-Softball
-Cross Country	-Swimming & Diving	-Field Hockey	-Swimming & Diving
-Football	-Track & Field (Indoor & Outdoor)	-Golf	-Tennis
-Golf	-Tennis	-Ice Hockey	-Track & Field (Indoor & Outdoor)
-Ice Hockey		-Lacrosse	-Volleyball
		-Rowing	

All student-athletes who represent Assumption University, and all for which it stands, are held to the highest standards of personal integrity and honor.

We cherish the diverse backgrounds and talents of every member of the University community yet recognize the common thread that unites us. We have the responsibility to develop our minds, our bodies, and our moral character.

We stand for sportsmanship at all times, but most importantly for that which is right. We tell the truth and ensure that the truth is known. We embrace fairness in all actions.

We shall develop a selfless sense of behavior that demands excellence from ourselves and of those whom we represent. When we attain our goal, we shall raise our expectations. When we fall short, we will rise up and rededicate ourselves to the task.

We espouse leadership by example, an example that will inspire others to follow us. Without compromising our ultimate obligation to truth, we must never settle for achieving merely what is expected of us but will strive for a standard of excellence that reflects the dedication and honor of all members of this University community who have gone before us.

## **PERSONAL CONDUCT**

As a highly visible representative of Assumption University, your conduct is important not only to yourself, but to the University as a whole. By joining the University's intercollegiate athletics program, you become a representative of your team and the university. It is essential that you act responsibly. Your personal conduct is a direct reflection on your character and judgment. You are expected to behave both on- and off-campus in a manner that brings pride to the University and your team.

In addition to team, Departmental, Conference and NCAA rules on conduct, all Assumption University students are responsible to abide by the standards of the University's Conduct Code, which can be found on the Assumption portal.

While your coach may impose additional standards for conduct, the following is meant to serve as a guide to the types of personal conduct that will not be tolerated:

- Sexual Harassment
- Verbal Abuse
- Assault & Battery
- Internet Harassment
- Sexual Assault
- Trespassing
  - Off-Campus Violations
- Hazing
- Racist or Otherwise Discriminatory Actions
- Theft, damages, and/or unauthorized entering
- Obstruction or disruption of property

Note: As a result, unsportsmanlike behavior or violations of personal conduct will result in sanctions. These sanctions will be determined on a case-by-case basis by the Department of Athletics. Repetitive unsportsmanlike behavior or violations of personal conduct will not be tolerated and will lead to more severe sanctions.

## **GOOD SPORTSMANSHIP**

At all times, Assumption University student-athletes are expected to:

- Represent the values of fair play, honesty and sportsmanship.
- Act respectfully towards officials, event staff, fans, opponents, and coaches; and
- Maintain control during emotionally charged situations and assist teammates to do the same.

The following are some examples of unacceptable behavior:

- Language, gestures or acts that provoke ill will or incite spectators or opponents.
- Physical or verbal abuse of officials, coaches, opponents, teammates, staff or spectators; or
- Engaging in public criticism (including through social media) of officials, opponents, teammates, coaches or other University or conference staff members.

## **STUDENT-ATHLETE LEADERS**

Student-athletes are expected to be leaders for both their teammates and the coaching staff. All student-athletes serve as an advocate for their team and should act accordingly to that role.

## **GREYHOUND LEAD: SAAC**

The Assumption Athletics Student-Athlete Advisory Committee (SAAC) is organized for the purpose of enhancing the collegiate experience of Assumption University student-athletes by providing a forum of positive growth and development in the athletic community. SAAC members work to create strong lines of communication between student-athletes and Assumption Athletics staff members and strengthen unity among student-athletes and members of the student body through education, awareness, and communication.

Annually, at least two student-athletes from each athletic team are appointed to serve on the SAAC. The SAAC executive committee consists of co-presidents, treasurer/fundraising, communications officer, social media chair, Team Impact liaison(s), mental health liaison(s), and community engagement liaison(s). Meetings are typically held every-other week on Sunday evenings at 7:00PM.

SAAC provides educational, leadership, social and service opportunities that exemplify and exhibit the spirit and essence of Assumption Athletics. All activities encompass this vision and help to further maximize human potential in the pursuit of comprehensive excellence. If you are interested in joining SAAC, contact the SAAC representative on your team or head coach.

## **ENFORCEMENT**

If a student-athlete is found to be in violation of University, Department of Athletics, or NCAA policies the sanctions imposed depend upon the severity of the offense and may include the following as deemed appropriate:

- Written warning
- Cancellation of athletic aid
- Suspension from practice and/or competition
- Suspension or expulsion from the team
- Dismissal from the team

## **GRIEVANCE PROCEDURES**

Assumption University has an open-door policy for any student-athlete to address concerns.

In the event that a student-athlete has a grievance pertaining to a situation with a coach or Department of Athletics policy, he/she has the opportunity of discussing the case by following the grievance procedure.

The student-athlete should discuss the current problem with their coach in hopes that the issue can be resolved. If the student-athlete and the head coach do not mutually agree upon a resolution, then the student-athlete should appeal the grievance according to the following procedures.

The student-athlete should schedule a meeting with the Associate Athletic Director for Compliance and Student-Athlete Services (Assoc. AD) and the Senior Woman Administrator (SWA). The Assoc. AD and SWA will collect all the necessary information to resolve the issue. If there is not a mutually agreed upon resolution, the student-athlete should then move on to the next phase in the grievance procedure.

The student-athletes' final appeal is to the Director of Athletics (AD). The student-athlete should meet with the AD to discuss the issue and attempt to come to a mutually agreed-upon resolution. This decision is final and cannot be appealed.

### **GRIEVANCE PROCEDURE**

1. Attempt to resolve the issue with your head coach directly.
  - a. If not satisfied with the outcome, then proceed to 2.
2. Contact the Assoc. AD and the SWA in the Department of Athletics to set up a meeting.

- a. If not satisfied with the outcome, then proceed to 3
3. Contact the AD to set up a meeting.

## **RECRUITING HOST**

When a prospective student-athlete visits Assumption University, you may be asked to serve as his/her host. It is important to note that you are being asked to represent your sport's program as well as Assumption University. Therefore, it is important to act in a manner consistent with the values of Assumption University. While good judgment is expected of student-athletes, and all possible activities cannot be listed, the following are some examples of appropriate and inappropriate behaviors:

- Appropriate Activities
  - You may take the prospect out for a snack.
  - You may take the prospect to an on-campus athletics or student event.
  - You may take the prospect to engage in recreational activities (i.e., bowling, swimming, etc.)
- Inappropriate Activities:
  - NEVER provide excessive meals.
  - NEVER provide alcohol or drugs to recruits.
  - NEVER attend an adult entertainment facility.
  - NEVER use vehicles provided or arranged by a coach, institutional staff member or booster to transport a prospect.
  - NEVER allow a prospect to use or drive your car.
  - NEVER force or require a prospect to do anything against his/her own will.
  - NEVER participate in unethical or illegal activity.



## **ACADEMIC/MAJOR ADVISING**

Student-athletes are assigned an advisor in their degree program to assist them with academic curriculum decisions and program navigation. Student-athletes should meet with their advisor at least once per semester to help ensure degree progress.

## **DECLARING A MAJOR**

The NCAA requires that a student-athlete declare a major before the start of the fifth semester. Student-athletes are encouraged to declare a major in or before their fourth semester. Student-athletes should speak with their advisor on an ongoing basis to ensure that the qualifications for a desired major will be met.

## **DROPPING A COURSE**

Student-athletes must meet with their academic advisor in order to receive authorization to drop a class and complete the course withdrawal form. After discussing all options with their advisor, if withdrawing is the only choice, each student-athlete should check with their Head Coach and the Compliance Office to ensure dropping the course will not jeopardize their athletic eligibility.

## **PRIOR APPROVAL REQUIRED FOR NON-AU COURSES**

Before enrolling in a non-Assumption course, a student-athlete must obtain prior approval from the Department Chair and Registrar's Office to verify that the course will apply toward his or her degree.

## **NCAA ELIGIBILITY**

Student-athletes must meet all NCAA, Conference and University rules to be eligible for athletics competition as stated below.

## **MAINTAIN FULL-TIME STATUS**

Student-athletes must be enrolled in a full-time (minimum 12 credit hours for undergraduates and minimum of 9 credit hours for graduate students) program of studies leading to a baccalaureate or graduate degree to remain eligible for practice and competition.

## **MINIMUM GRADE POINT AVERAGE (GPA)**

Student-athletes must meet the following GPA requirements to be eligible for practice and competition:

- Maintain at least a 2.00 semester GPA each semester; and
- Maintain a minimum 2.00 cumulative GPA.
- Graduate students must maintain a semester and cumulative GPA of 3.00

## **GOOD ACADEMIC STANDING**

Undergraduate students who fall below a 2.0 for a semester grade point average (GPA) are no longer in good academic standing and are assigned an Academic Status by the Academic Policy Board. When placed on a status, athletic participation is reduced, as follows:

- **Academic Warning:** Student-Athletes placed on academic warning are permitted to practice and compete but must make a plan with their academic advisor to get off Academic Status.
- **Academic Probation:** Student-Athletes placed on academic probation are permitted to practice only. No travel or competition is permitted for the entire semester while on academic probation.

Students on academic probation might, by means of successful completion of pre-approved intersession or summer course work, regain their good academic standing and be permitted to return to full athletic participation. Such students are still required to participate in academic support assigned by the Academic Policy Board.

- **Conditional Enrollment:** Student-Athletes placed on conditional enrollment are permitted three days of weight training a week with their team. No travel, practice, or competition is permitted for the entire semester while on conditional enrollment.
- **Required Withdraw:** Student-Athletes who are required to withdraw from the University must leave for at least one full semester. Should the Dean of Undergraduate Studies readmit that student to Assumption, he/she would return on Conditional Enrollment and would only be eligible for three hours of weight training a week. No practice, travel, or competition would be permitted for the entire semester while on conditional enrollment.

## **CREDIT REQUIREMENTS**

Undergraduate student-athletes must satisfactorily complete at least the following credits each academic year to be eligible to travel and compete:

- 9 credit hours during the preceding semester
- 24 credit hours between the fall, intersession, spring, and summer semesters.

Graduate student-athletes do not have credit requirements.

## **CLASS ATTENDANCE POLICY**

Perhaps the number one reason a student-athlete is not successful academically is lack of class attendance. As such:

- Student-athletes should never miss class, leave early, or arrive late due to practice or strength and conditioning activities per NCAA and Assumption rules.
- Student-athletes are expected to attend class on time and be prepared for all classes, tutoring, and mentoring sessions.

## **EXCUSED ABSENCE POLICY**

Assumption University recognizes student participation in extracurricular activities is essential to building a rich and multi-faceted student experience. Students' absences from class, due to participation in a University-sanctioned event, in which they serve as official representatives of the institution (e.g., intercollegiate athletic competition, drama/musical performances, student/group competition, student government travel, student research presentation, etc.) is to be considered an excused absence, and the students is permitted to make-up, without penalty, work missed as a result of participating in these activities.

### **Student Responsibilities:**

1. The student must provide the instructor with documentation of the absence as soon as the anticipated absence is determined, preferably at the beginning of the semester. If the anticipated absence is determined on short notice (e.g., qualified for postseason competition, a student-athlete making the travel team due to a sudden injury to

another student-athlete, or a student receiving late notification of acceptance of the research paper for presentation at a conference, etc.), official documentation must still be provided to the instructor as soon as possible. Students may be asked by faculty to provide documentation that the event is University-sanctioned through the Office of Undergraduate Studies, Department of Athletics, or other University offices supervising the event/conference.

2. No less than a week before the anticipated absence, when possible, the student and faculty should communicate to determine what classwork will be missed as a result of the absence.
3. The student has seven calendar days after the return from the absence to complete missed in-class work without penalty. If the student fails to complete the missed in-class work within the allowed time, faculty reserve the right to apply a reasonable academic penalty.

## **EXCUSED ABSENCE LETTERS**

Student-athletes are provided a travel letter to discuss with their professors at the beginning of the semester. The letter outlines all possible missed classes due to travel to and from competition within the course of the semester. These letters serve as a communication tool for the student-athletes to inform instructors of their upcoming absence(s), the reason why, and the specific dates. It is the student-athlete's responsibility to communicate with instructors ahead of time and make arrangements to make up any work that will be missed.

Student-athletes are expected to use the travel letter in the following manner:

- Review the attendance policy found in the course syllabus for each course.
- Compare the travel & competition schedule to the course schedule for each course and identify the days/times where conflicts exist.
- Complete the travel letter conflict identification form provided by the coach for each course and present it to the professor(s) at the beginning of the semester for discussion about the conflicts.
- Complete any and all requirements for any missed classes according to the course policies and any requirements assigned by the professor in consideration for missing the class.
- Student-athletes are required to attend class if the competition is postponed before the class is scheduled. Postponements are usually made by 11 AM on the day of competition.
- Any post-season competition conflicts will require a separate notification process as dates and times become available.

## **ACADEMIC PROGRESS REPORTS**

Each head coach is provided with an Academic Progress Report. These reports are meant to be used throughout the semester to identify academic concerns amongst the team. It is the Head Coach's decision on which student-athletes are asked to have these completed thus, not all student-athletes may be provided or required to have these completed.

## **ASSUMPTION UNIVERSITY EMAIL ACCOUNTS**

The Assumption University email address assigned to each newly admitted student is considered the official and regular means of communication for university and athletic notifications.

## **ASSUMPTION UNIVERSITY ATHLETIC INCOMPLETE GRADE POLICY**

The Assumption Athletic Department holds its student-athletes to a high academic standard. Part of that standard is to advise student-athletes to complete all course work during a given semester. It is understood that circumstances may arise that could/would impact a student-athletes ability to complete their course work and force the student to take an incomplete.

If a student-athlete takes an incomplete in a course, they should communicate to their Head Coach and the Associate Athletic Director for Compliance and Student-Athlete Services (Assoc. AD) as soon as possible. Further, the policy below will be followed to determine a student-athlete's academic eligibility if an incomplete occurs.

If a student-athlete has an incomplete and that course is needed to meet NCAA progress toward degree requirements, then the student-athlete will be deemed ineligible for competition until the grade has been officially posted by the Registrar for the incomplete course.

If the student-athlete would meet NCAA progress toward degree requirements without the credits from the incomplete course, the student can appeal his/her eligibility status. An appeal can be filed by submitting the "Incomplete Appeal" Workflow in ARMs.

Once this appeal is received, the FAR will calculate to see if the student-athlete will have both a semester and cumulative GPA of at least a 2.0 if the incomplete course was given a zero (0). If, during this calculation, it is determined that the student-athlete has a semester and cumulative GPA at or above a 2.00, then the student-athlete would be determined eligible for competition. If the student-athletes' semester and cumulative GPA are determined to be below a 2.00, then the student-athlete would be ineligible for competition until a grade is officially posted for the incomplete grade(s).

If a student-athlete is determined ineligible after appeal, once the grade is officially posted, a second calculation will be done, and once complete, the eligibility of the student-athlete will be determined.

## **ACADEMIC SUPPORT CENTER (ASC)**

The Academic Support Center (ASC) is a Nationally Certified peer tutoring center located on the second floor of the Emmanuel d'Alzon Library. The ASC is committed to helping Assumption students reach their academic potential. They provide one-on-one tutoring in all different academic content areas and help with paper writing. The ASC is designed to enrich the academic and learning skills of Assumption University students through the utilization of on-ground peer tutors and professional staff. There is no additional charge for peer tutoring, as it is included in your tuition. To make an appt, please call 508-767-7071, visit the ASC, or you can schedule your own appt at:

<https://asc tutoring.assumption.edu>.

## **ASC STUDY SKILLS PROGRAM**

The ASC professional staff conducts Academic Expectation Workshops for first-year students during Orientation and the fall semester. All students are invited to attend study skills programs at any time during their time at Assumption. The programs concentrate on important skills including:

- Time management
- Organization
- Note-taking
- Reading strategies
- Test preparation

## **PEER TUTORING SUBJECTS INCLUDE:**

- General Writing (prewriting, organization of ideas, grammar, proofread, etc.)
- Mathematics
- Accounting/Economics/Finance
- Biology/Chemistry/Organic Chemistry/Physics
- Computer Science/Cybersecurity
- French/Spanish/Italian
- History
- Philosophy
- Psychology
- Political Science
- Sociology/Criminology
- Theology

## **DISABILITY SERVICES**

Assumption University is dedicated to ensuring access and support for all students with disabilities within the Assumption community. Student Accessibility Services (SAS) provides reasonable accommodations and coordinates resources for students with documented disabilities, utilizing an individualized approach to support student success.

Students who are interested in self-identifying and requesting accommodations should contact Julie LeBlanc, Senior Director of Student Accessibility Services at [jm.leblanc@assumption.edu](mailto:jm.leblanc@assumption.edu) or 508-767-7500.

## **SPORT CLEARANCE**

- All student-athletes must be listed on the official team roster or process a walk-on checklist form in order to be cleared to receive equipment.
- All student-athletes who tryout or walk-on onto a team, must receive clearance through the compliance office in order to receive any equipment or apparel.

## **EQUIPMENT**

Official team gear and uniforms are to be worn for all practices and contests.

Do not exchange issued gear or equipment with another student-athlete. Team gear may be laundered throughout the traditional season.

You are responsible for the return of your issued equipment/uniforms. Do not give your uniform to someone else to turn in. Select apparel and equipment may be required to be returned at the end of the season. Failure to do so may result in a hold being placed on the student-athlete's account.

## **TRAVEL POLICY**

Transportation to and from an athletic event will be provided by the Department of Athletics. A student-athlete may travel to and from an athletic event with a parent/guardian, or travel in their own vehicle with a written notification from a parent that is given to the coaching staff and Sport Administrator prior to the athletic event. A student-athlete who is van certified by Assumption University can provide transportation to a teammate to an athletic event.

Student-athletes may only travel from an event with a parent/ guardian, the coaching staff, or the Department of Athletics staff.

The Sports Medicine Department is comprised of Certified Athletic Trainers who are board certified healthcare professionals trained to provide student-athletes with high quality healthcare through the six domains of Athletic Training. Assumption University Athletic Trainers work under the direction of head team physician Dr. Lee Mancini and make referrals through the UMASS Memorial system.

## **MEDICAL CLEARANCE**

The Assumption University Athletic Department and Sports Medicine require all student-athletes to fill out medical and compliance forms on an annual basis prior to allowable participation and competition in any and all sponsored athletic-related events.

Select individuals may be required to complete additional tests and/or examinations if deemed necessary by either the student-athletes primary physician or the Sports Medicine Department.

Upon successful completion of the annual physical and other required paperwork, the student-athlete will receive approval from the Sports Medicine Department to participate in practice, strength and conditioning sessions, and/or competitions. Final approval for these activities must come from the Compliance Director. If, for any reason, the student-athlete is not cleared for athletics participation by their primary Physician or Assumption University's Team Physician, or any specializing Physician (Cardiologist, Neurologist, etc.), the student-athlete must take the appropriate steps for final clearance. This may include but is not limited to, diagnostic testing and/or more doctor appointments. The Sports Medicine Department does not have the power to give final clearances when under the care of a Physician. Upon final medical clearance by a Physician, the athletic trainers will clear the student-athlete once a letter of clearance is received.

## **HEALTHCARE MANAGEMENT**

All medical needs of the student-athletes shall be processed through the Sports Medicine Department.

The student-athlete shall be responsible for reporting all injuries/illnesses to a staff AT in a timely fashion. Coaches shall report any injuries they may be aware of, especially if the student-athlete has not yet reported to an AT.

Student-athletes shall report injuries and/or illnesses at the time of incident when possible. If an injury or illness occurs outside of normal athletic training room (ATR) operation hours, the incident shall be reported to the team's AT as stated above.

In any emergency that occurs when an AT is not present to provide care, a student- athlete shall attempt to notify their team's AT within a 24-hour period, or when medically practicable.

Sport participation status of an injured or ill athlete shall be at the discretion of the Sports Medicine Department and Head Team Physician. The Head Team Physician at Assumption University shall retain the right to remove any student-athlete from any level of intercollegiate athletic participation, regardless of outside medical opinions or clearance.

Student-athletes may seek medical services outside of the department's network of providers, with or without conferring with the Assumption University Sports Medicine staff. Conference with Sports Medicine staff in these cases is strongly recommended to streamline care and discuss insurance capabilities.

If a second opinion is desired, the student-athlete shall provide appropriate documentation for the Assumption University Sports Medicine staff to review the diagnosis and the recommended treatment plan. Assumption University Sports Medicine staff may suspend ongoing treatment and progress toward medical clearance until the results of the second opinion are received.

The Sports Medicine staff shall utilize the most conservative treatment plan deemed medically appropriate when more than one opinion has been sought. This includes when a student-athlete obtains an outside medical evaluation or opinion, the more conservative treatment plan shall be followed.

Once treatment is initiated, the injured student-athlete shall be responsible for arranging further treatment with an Assumption University AT. Coaches shall communicate with the AT regarding the student-athlete's progress through the rehabilitation process.

The student-athlete has a right to control the release of protected health information to or from the Sports Medicine Department. If medical information regarding injury or illness needs to be released, a written document signed by the affected student-athlete shall be required. If medical information is withheld from the Sports Medicine Department, Sports Medicine shall retain the right to reject medical clearance.

Coaches and other informed personnel shall maintain the student-athlete's privacy rights regarding their injury or illness.

## **MENTAL HEALTH RESOURCES**

Below is a list of Mental Health Resources on campus. Assumption University Sports Medicine invite student athletes to speak with ATs regarding mental health care for referrals to one of the on-campus resources listed below, or for assistance with off campus mental healthcare access. ATs will refer student athletes to the most appropriate mental healthcare provider.

- Counseling Center 508-767-7275
  - Open M-F 8:30-12 and 1-4:30
- Student Health Center 508-767-7329
  - Open M-F 8:30-4:30
- Public Safety 508-767-7777
  - Open 24 hours
- Residence Life 508-767-7505
  - Open M-F 8:30-4:30

## **INSURANCE POLICY CHANGE**

The Assumption University Sports Medicine Department must receive any changes to a health insurance policy as soon as they occur. If proper notification is not received, the Assumption University Athletic Department may not be responsible for any delays in payment, collections notices, credit reports, etc., that occur.

## **INSURANCE COVERAGE**

Assumption University, though not an insurance agent, acts on behalf of the student-athletes to facilitate the processing of claim payments in the event of an injury sustained while participating in intercollegiate athletics. "Injury" generally means the bodily injury of an athlete from which loss results directly and independently of all other causes from accident occurring while such person is:

- Participating as a member of the team in a scheduled or official tournament practice or game or
- Traveling directly to or from such game or practice session



The student-athlete insurance, whether through his/her own policy or as a covered member under a parent/guardian's policy, is primarily responsible for medical costs incurred due to injury. Assumption University purchases additional excess insurance coverage to supplement the personal insurance selection of the student-athlete, which may cover additional medical costs if the following conditions are met:

- Medical clearance for student-athlete participation in athletic activity is granted, and documentation of such is provided on file with Assumption University Sports Medicine.
- The injury is reported to the athletic trainer as soon as possible so it can be recorded. The student-athlete is responsible for ensuring the submission of a claim in regard to this record.
- The claim is refused in part or in total by the primary insurance company of the student-athlete.
- Dental injuries must immediately be reported to the athletic trainer for secondary policy coverage. A student-athlete must obtain a detailed repair estimate within seven (7) days of injury. Injury repair must be completed within thirty (30) days of the injury. Coverage will only include injuries to sound teeth.

The following losses will not be covered:

- Injuries occurring prior to the intercollegiate season.
- Injuries occurring prior to the successful completion of the athletic physical examination.
- Injuries occurring while traveling outside the United States.
- Injuries not related to the intercollegiate sport in which he/she participates.
- Cost associated with secondary opinions sought without Sports Medicine knowledge.
- Cost totaling less than \$100.00
- Illness
- Cosmetic surgery, except for reconstructive surgery, is needed as the result of an injury.

If a student-athlete decides to seek non-emergent medical care from a provider outside of the University network, a copy of the school's insurance policy containing the necessary contact information will be provided. It shall be the responsibility of the student-athlete, parent, or primary policyholder to follow up with claims and submit all medical bills to the secondary insurance provider.

If the Assumption University staff determines that a previously injured area is subject to greater risk of re-injury during athletic participation, the student-athlete will be required to waive the responsibility of expenses associated with such re-injury before athletic participation will be allowed. In the event that a previously injured area is re-injured, the student-athlete or his/her parents/guardians bear full financial responsibility for the resulting medical expenses.

Unforeseeable health crises, such as the COVID-19 pandemic, may require the University to enact or adopt policies that impact student-athletes and the medical treatment they receive. In circumstances in order which local, state, and/or federal guidance necessitates additional medical testing or treatment in order for the University student-athletes to participate in athletic training or competition, the student-athlete may bear the cost of this additional treatment, even if his or her insurance policy does not cover the additional treatment. Student-athletes are encouraged to contact their health insurance providers at each stage of treatment to ensure compliance with referral and network requirements.

For more information about the secondary insurance policy, please visit the Sports Medicine page on the athletics website.

## **INTERNATIONAL STUDENTS**

In order to be enrolled in classes at Assumption University, international students must purchase the University Student Insurance Policy or provide proof of an adequate international insurance plan.

## **COMPLIANCE WITH INSURANCE COMPANY REQUESTS**

It is the student-athlete and his/her parent(s)/guardian(s) responsibility to understand the conditions that apply to their policy and comply with any requests for information from the primary insurance company. Any delinquent bills resulting in bad credit due to non-compliance with insurance company requests may be the responsibility of the student-athlete and/or his/her parent(s)/guardian(s). In the event that a student-athlete and/or his/her parent(s)/guardian(s) receives payment/reimbursement directly from their insurance company for athletic-related injury claims, the full account balance becomes the responsibility of the student-athlete and/or his/her parent(s)/guardian(s), until payment is turned over to the provider.

## **MEDICAL BILLS**

In the event that a student-athlete should receive a bill/statement for an injury that occurred as a direct result of participation in intercollegiate athletics at Assumption University, the student-athlete must submit the bill/statement to the Assumption University Sports Medicine Department in a timely manner. Bills not received in a timely manner may be the responsibility of the student-athlete and/or the student-athlete's parent(s)/guardian(s).

The Assumption University Department of Intercollegiate Athletics and/or the Assumption University Sports Medicine Department WILL NOT be responsible for any delays in payment, collections notices, credit reports, etc., that occur due to bills not being submitted in a timely manner. Student-athletes should submit all correspondence to:

Assumption University Athletics Excess Insurance BMI Benefits, LLC  
PO BOX 511  
Matawan, NJ 07747  
Phone 800-445-3126  
Fax 732-583-9610

## **MISSED DOCTOR'S APPOINTMENT POLICY**

Student-athletes who are late and/or fail to show up for scheduled appointments with the Head Team Physician, medical consultants, and/or diagnostic tests/ procedures will be financially responsible for any and all charges resulting from the missed appointment.

## **MEDICAL HARDSHIP WAIVER APPLICATION POLICY**

### **Overview**

A Medical Hardship Waiver (MHW) is a waiver granted by the Conference Office on behalf of the NCAA to allow a student-athlete to participate in another season of competition. All student-athletes are given four seasons of athletic competition in one sport, and those seasons must be used within the first ten full-time semesters that the student-athlete attends at any college or university. A MHW allows a student-athlete to participate in a fifth season of competition in one sport.

### **Requirements**

There are two requirements to be eligible for the MHW:

- 1) The injury or illness that the student-athlete sustained must be season-ending.
  - a. This means that a student-athlete cannot be cleared to participate in competition until after the season has been completed (including postseason).
- 2) The student-athlete can only have participated in a select number of competitions.
  - a. The general rule is that a student-athlete cannot participate in more than thirty percent of the first half of the competitions in their season (this will differ by sport).

### **Medical Paperwork Checklist**

All documents must be signed by the treating physician or therapist.

- ☐ All Physical Therapy Notes, including the initial visit evaluation and each subsequent visit until completion of your physical therapy
- ☐ All Doctor Visit Notes
- ☐ Initial Injury Report Document stating the time of the injury (date it occurred)
- ☐ Document from your treating physician stating that the injury was season-ending (Contemporaneous medical documentation from a physician or medical doctor that establishes the student-athletes inability to compete for the remainder of the playing season as a result of an injury or illness)
- ☐ Surgical Report
- ☐ All Post-Surgical Operation Notes
- ☐ Note stating that the student-athlete is cleared to fully participate in athletics (if you are cleared prior to the season-ending, you are not eligible for an MHW)

### **Procedure**

In order for a student-athlete to apply for an MHW, the following steps must be followed. Failure to complete the steps can result in a delay or denial to file the MHW Application.

1. Any student-athlete who would like to apply for a MHW must speak to his or her team's athletic trainer (AT) as soon as possible. The AT will discuss the student-athlete's eligibility based on the injury or illness severity.
2. After speaking with his or her AT, the student-athlete should speak to the Assoc. AD about being eligible for an MHW based on the number of competitions the SA participated in.
  - a. It should be noted that step 1 and step 2 can happen in any order and the AT and the Assoc. AD should be in contact with each other about any SA they met with about an MHW.
3. If the student-athlete is eligible for the MHW, they will be informed of the medical documents that they must collect. (This list can be found in the next section.)
4. Once the student-athlete has been cleared to fully participate, the Medical Documents are due to AT within three-weeks of being cleared to participate.
5. When all the necessary documents are received by AT, the AT will send the documents to the Assoc. AD
6. Assoc. AD will then complete the Northeast 10 Conference MHW Application.
  - a. This will include the signature from the student-athlete, AT, and Assoc. AD
7. Once the application is complete, the Assoc AD will submit the waiver to the Northeast-10 Conference.
8. The answer from the Northeast-10 Conference will be communicated to the student-athlete, AT, Athletic Senior Staff, and Head Coach via email by the Assoc. AD.

### **Timeline**

The timeline to submit an MHW is in the summer following the injury, but the student-athlete must be fully cleared to participate in athletics before we can apply for the MHW. Thus, applying during the summer sometimes will not be possible. If a student-athlete recovers from their injury in the middle of the academic year, the application will be submitted as soon as possible by the Associate Athletic Director for Compliance (Assoc. AD).

### **Miscellaneous**

All scholarship decisions after the first eight full-time semesters are up to the Head Coach of that sport. Being granted a MHW does not guarantee a student-athlete's athletic scholarship or participation at Assumption University after their eight full-time semesters. It is suggested that student-athletes have a conversation with their Head Coach about their plan if granted a MHW. Also, it is important to note that a MHW should "follow" a student-athlete to any NCAA Division II institution but, the determination of eligibility for a student-athlete is the responsibility of the institution that the student-athlete is enrolled in. In addition, Assumption can only submit MHW for currently enrolled student-athletes. Student-athletes that transfer should speak to their current institution regarding a MHW application.

The Assumption University Strength and Conditioning Department promotes student-athlete success within a welcoming environment. The department's mission of promoting student-athlete success stems further than just accomplishments in the weight room but achievement on the field and in the classroom.

Every sport at Assumption University trains to meet their individual and team needs through periodized programming rooted in research-based methods. While embracing the differences between sports, the strength and conditioning program fosters strength and power through efficient movement patterns to reduce risk of injury and improve athletic performance.

Assumption University Strength and Conditioning follows three main values:

- Intent
- Teamwork
- Community

## **EXPECTATIONS**

- Focused
  - No phones in the weight room
  - No headphones
- Respectful of the Weight Room
  - No drinks other than water in the weight room
  - No tobacco or nicotine products
  - Leave it better than you found it
- Appropriate Attire
  - No cutoffs or tank tops during team training sessions
  - No hats or hoods
  - Bring a pair of sneakers (2 shoe rule in winter months)
  - No flip flops or crocs
  - No logos or branding of other universities
- Safe
  - Safety pins up during heavy lifts
  - Have spotters present
  - Notify the strength and conditioning coach of any injury or issue you have had in the past that may affect the session before the session
  - If training on your own, you must have a partner in the Varsity Weight Room

## **COMMUNICATIONS QUESTIONNAIRES**

It is mandatory for each student-athlete to complete the communications questionnaire in ARMS on an annual basis. Please fill them out as completely as possible.

## **DEALING WITH THE MEDIA**

Student-athletes should not respond to requests made for interviews by media outlets directly. All interviews should be arranged through the athletic communications office. You should remember that anything you say on or off the record, may be used by a journalist, and therefore, you should carefully consider your words before answering any questions. If you do not feel comfortable answering something, you should not feel obligated to do so. If you have any questions regarding this, please contact the athletic communications office.

## **SOCIAL MEDIA & INTERNET CONDUCT POLICY**

The Assumption University Department of Athletics understands the popularity and usefulness of social media networking websites such as Facebook, Twitter, YouTube, Instagram, TikTok, and others and supports their use by student-athletes provided you adhere to the following guidelines.

- No offensive or inappropriate pictures are posted.
- No offensive or inappropriate comments are posted.
- Any information placed on these websites does not violate Assumption University, Department of Athletics, or student-athlete codes of conduct.

Photos and/or comments posted on these websites do not depict team-related or University-identifiable activities in an inappropriate fashion (including wearing/using team uniforms or athletic department gear inappropriately). Student-athletes need to always be aware of the fact that they are representatives of Assumption University Athletics and are in the public eye more so than other students. Please keep the following in mind as you participate on social networking websites:

- Before participating in any online community, understand that anything posted online is available to anyone in the world. Any text or photo placed online becomes the property of the site(s) and is completely out of your control the moment it is placed online, even if you limit the access to your site.
- You should not post any information, photos, or other items online that could embarrass you, your family, your team, the Department of Athletics or Assumption University. This includes information that may be posted by others on your page. You are responsible for what is posted by others, and you should be very aware of what is on your page at all times.
- Never post your home address, local address, phone numbers, birth date or other personal information. You could be a target for online predators.
- Coaches and Department of Athletics administrators may monitor these websites.
- Student-athletes could face discipline and even dismissal for violations of team, University and/or NCAA policies.

In addition, please be aware of the problems and consequences when participating in other online websites. On these websites, photos that you submit become property of that site and if there are inappropriate photos that are posted, you will be subject to sanctions from the Department of Athletics.

Potential employers and internship supervisors may monitor these websites to screen applicants. In addition, many graduate programs and scholarship committees also search these sites to screen candidates. Assumption University student-athletes should be very careful when using online social networking sites and remember that sanctions may be imposed, including the loss of your eligibility for the season, if these sites are misused or depict inappropriate, embarrassing, illegal, or dangerous behaviors.

## **EXTRA BENEFITS**

Although NCAA legislation specifically defines and categorizes different types of impermissible benefits (e.g., extra benefits and preferential treatment), the prohibition is generally the same: under most circumstances, student-athletes cannot receive goods or services based on their status as student-athletes.

Examples of Impermissible extra benefits:

- Cash or cost-free goods and services (e.g., lodging, meals, tutoring, entertainment)
- Special discounts, payment arrangements, or credit options for products or services if the same is not available to all Assumption University students.
- Preferential treatment, benefits, or services based on a student-athlete's athletics reputation, skill, or pay-back potential as a future professional athlete.
- Payment for work not performed.
- The purchase of items or services from student-athletes or relatives at inflated prices
- Free or reduced-cost use of transportation.
- Free or reduced-cost use of personal property (e.g., boat, home, computer, iPad, telephone).

Reminder: Student-athletes should contact the Compliance Office if they have any questions about the permissibility of accepting any benefit

## **COMPLIMENTARY ADMISSIONS**

Student-athletes may be provided two complimentary admissions for each regular season home contest in their sport for which tickets are sold to attend. Complimentary admissions may not be sold or exchanged for value and may only be provided (through a pass list via the Compliance Office's online system) to family members and friends. All student-athlete complimentary ticket recipients are reviewed for approval by the Compliance Office and, therefore must be submitted at a time that provides sufficient opportunity for review.

## **SPORTS WAGERING**

NCAA legislation prohibits student-athletes from gambling or wagering on any sport (amateur, professional, or otherwise) in which the NCAA conducts a championship. The legislation defines wagering as any agreement in which an individual agrees to give up an item of value (e.g., cash, shirt, meal) in exchange for the possibility of gaining another item of value. Thus, the NCAA gambling prohibition applies to a pool or fantasy league in which an entry fee is required, and the opportunity exists for the participant to win a prize or money. A student-athlete's failure to abide by the legislation can result in permanent ineligibility.

Specifically, student-athletes shall not:

- Provide any information (e.g., reports concerning team morale, game plans, or injuries of team members) to individuals involved in organized gambling activities (including informal pools) concerning any intercollegiate athletics.
- Solicit bets or participate in gambling activities on any noncollegiate amateur, intercollegiate, or professional athletics team for anything that has value (e.g., cash, shirt, meal), including through a bookmaker, a parlay card, or any other method employed by organized gambling.
- Fix or otherwise engage in any activities designed to illegally influence the out-come of an intercollegiate contest (e.g., point-shaving).



## **COMPETITIONS ON AN OUTSIDE TEAM**

Student-athletes are not permitted to participate in any competition on an outside team during the academic year. Any such competition may result in the loss of eligibility.

## **AMATEURISM**

All student-athletes must maintain their amateur status – as that term is defined under NCAA legislation – to be eligible to participate in collegiate athletics. Among other things, NCAA amateurism legislation places limitations or absolute prohibitions relating to the following areas:

1. Agent activities, including representation, contracts, and benefits.
2. Salary or other compensation for participating in athletics.
3. Contracts with professional teams
4. Impermissible sources or types of funding for athletics participation.
5. Tryouts, practice, or competition with a professional team
6. Prize money and other performance-based payments
7. Promotional activities

The bottom line – before student-athletes participate with any team outside of Assumption, sign any document relating to participation in athletics, or agree to accept payment or funding relating to athletics, they need to check with the Compliance Office to determine whether they are jeopardizing their collegiate eligibility.

## **PLAYING AND PRACTICE SEASONS**

The NCAA set limitations on the number of hours a coach requires a student-athlete to participate in athletic activities during the year. Below are examples of what types of activities are and are not countable for those limitations:

Countable Athletically Related Activities (count toward limitation):

- Practice (no more than four hours per day)
- Athletic meetings with a coach that are initiated or required by the coach.
- Competition (counts as 3 hours regardless of actual length)
- Field, floor, or on-court activities
- Setting up offensive and defensive alignments
- On-court or on-field activities are called by any member of the team and confined to members of the team.
- Required weight training and conditioning activities.
- Required participation in camps/clinics.
- Visiting the competition site in golf or cross-country
- Participation outside the regular season in individual skill-related instructional activities with a member of the coaching staff
- Discussion or review of film.
- Participation in a physical activity class for student-athletes only and taught by athletics staff.
- Participation in clinics in which student-athletes and coaches are both present.

Non-countable Athletically Related Activities (do not count toward limitation). The following activities are not considered countable athletically related activities for the purpose of practice hour limitations.

- Compliance meetings
- Meetings with a coach that are initiated by the student-athlete.
- Drug/alcohol educational meetings or life skills meetings
- Study hall, tutoring, or academic meetings.
- Student-athlete advisory committee meetings

- Voluntary weight training is not conducted by a coach.
- Voluntary sport-related activities, no attendance taken, no coach present.
- Traveling to/from the site of competition.
- Training room activities
- Fundraising activities or public relations/promotional activities, or community service project
- Recruiting activities (e.g., student host)
- Training table meals
- Attending banquets

## **HOURLY LIMITATIONS**

- Championship Season:
  - During the team's declared playing season, student-athletes are limited to 4 hours per day and 20 hours seven-day period (one day off per seven-day period) of countable athletically related activities.
- Non-Championship Season:
  - During the teams declared non-championship season, students are limited to 4 hours of practice a day and 15 hours per seven-day period (two days off per seven-day period) of countable athletically related activities.
- Out of Season:
  - Outside the team's declared playing and practice season during the academic year, student-athletes are limited to 8 hours per seven-day period (2 days off per seven-day period) of countable athletically related activities. 4 hours of those 8 hours can be skill instruction.

## **STUDENT-ATHLETE EMPLOYMENT**

- Student-athletes may hold jobs both on- or off-campus. The NCAA rules relating to student-athlete employment is summarized as follows:
  - Compensation may not include any payment for value or utility that the student-athlete may have for the employer because of publicity, reputation, fame, or other personal.
  - Following that, he or she has obtained because of athletics.
  - Compensation may only be provided for work actually and already performed, and
  - Compensation must be at a rate commensurate with the going rate in the locality for similar services.

Student-athletes must report any on- or off-campus employment to the Compliance Office on an annual basis in ARMS.

## **CIVIC ENGAGEMENT POLICY**

The Athletic Department at Assumption University is committed to fostering an environment where people can learn, grow, and engage in a multitude of civic opportunities. At the heart of this is engaging in conversations with peers on multitude of topics. Being able to have these conversations is paramount to the success of our student-athletes.

To assist our student-athletes in engaging in this, the Athletic Department will require that all student-athletes be provided with information regarding events that they can participate in throughout the academic year with the Center for Civic Friendship as well as other Civic Engagement activities.

In addition, those sports who are in their Championship Segment on the Tuesday after the first Monday in November (Election Day) will no longer be required to take this day off. These sports will however have to designate another off day as their Civic Engagement Day. This designation will be communicated to the Associate Athletic Director for Compliance with the Season Declaration form. This day must be 15 days before or 15 days after Election Day. There will not be any required activities on this day but, Coaches are highly encouraged to promote a Center for Civic Friendship or other civic event for their student-athletes to participate in.



For any sport in their Non-Championship or Out of Season Segment, they will be required to provide Election Day off from CARA. Further, Coaches are highly encouraged to promote a Center for Civic Friendship or other civic event for their student-athletes to participate in.

## **TRANSFERRING**

The decision to transfer from Assumption University to another institution is a matter that requires very careful thought. Below is a summary of NCAA rules that will help provide you with a better understanding of the impact of such a decision.

1. Before an outside Coach is able to speak to a current Assumption student-athlete. The student-athlete must be entered into the Transfer Portal.
2. A student-athlete is entered into the Transfer Portal by the Compliance Office once the Notification of Transfer Process is complete (see below)
3. It is highly encouraged that a student-athlete speaks with their coach about their decision to request Notification of Transfer. Once, the Compliance Office enters a student-athlete into the Transfer Portal, the Head Coach will be notified.
4. Assumption reserves the right to restrict access to athletic facilities, remove a student-athlete from the roster, as well as not renew the student-athlete's athletic aid for the following academic year once Notification of Transfer has been submitted.
5. In most cases in order to be immediately eligible at the next institution, a student-athlete must be meeting eligibility requirements at Assumption.

## **NOTIFICATION OF TRANSFER PROCESS**

If a student-athlete would like to transfer from Assumption, they must meet with the Assumption Compliance Office, submit a Notification of Transfer form in ARMS, and complete the NCAA Transfer module. The Notification of Transfer form is assigned by the Compliance Office after meeting with the student-athlete. Upon receipt of this form and the student-athlete has completed the Module, the Compliance Office has seven calendar days to enter the student-athlete into the Transfer Portal.

Upon, entering the student-athlete into the Transfer Portal, the Compliance Office will notify the student-athlete's Coach about the student-athlete's submission. Thus, it is highly encouraged that the student-athlete speaks to their Coach before submitting a Notification of Transfer Form.

Once, a student-athlete is entered into the Transfer Portal, outside coaches are able to speak to them about transferring. Further, once a student-athlete has submitted Notification of Transfer, Assumption has the right to cancel the student-athlete's athletic aid, deny access to varsity athletic facilities, and request the return of departmental gear.

## **TRANSFER EXCEPTION**

When a student-athlete transfers (from a four-year institution to another four-year institution), they are not immediately eligible for competition, must serve a year of Academic Residency unless they are in good academic standing at their previous institution and earn at least nine (9) credits in the last full-time regular semester at the previous institution.

If a student is transferring to or from a two-year institution there are different requirements to be immediately eligible.

For further questions on transfer regulations, please speak to the Compliance Office.

## **STUDENT-ATHLETE SURVEYS**

Each senior student-athlete (or student-athlete who is exhausting his/her eligibility) is highly encouraged to participate in an exit survey. This is an opportunity to provide honest, candid feedback regarding your experience at Assumption University.

## **FINANCIAL AID**

Undergraduate and graduate student-athletes with remaining eligibility who meet applicable NCAA, NE10, and Assumption University regulations may be eligible for athletically related financial aid. The determination regarding whether any particular student-athlete will be offered aid is made by the student-athlete's coach (with approval from the Financial Aid Office). NCAA legislation governs the type and amount of aid that student-athletes may receive.

## **FASFA**

All student-athletes are highly encouraged to complete the FAFSA to determine if they qualify for other permissible grants or loans. If a student-athlete is on a full tuition, room, board, and books, they are **REQUIRED** to complete the FAFSA annually. Visit the FAFSA website at [www.fafsa.gov](http://www.fafsa.gov) to access the form.

## **ATHLETIC RELATED FINANCIAL AID**

Teams are provided with a specific number of athletic grants-in-aid (i.e., scholarships) in accordance with budgetary restrictions and NCAA regulations. These grants are awarded by the University upon the recommendation of the head coach and the approval of the Director of Athletics (or designee). An athletics grant-in-aid is restricted to educational expenses such as tuition, fees, room, board and required course-related books.

Once a grant-in-aid is awarded, the University is committed to fulfilling its financial obligation to you until your eligibility is exhausted. However, please remember that athletics grants are one-year awards, which are subject to renewal.

The Financial Aid Office and the Associate Director of Athletics must approve any financial assistance that is in addition to your athletic grant-in-aid to ensure the grant/loan is awarded in accordance with NCAA and Conference rules.

## **RENEWAL OR NONRENEWAL OR ATHLETIC AID**

Athletic grants-in-aid are awarded for a one-year period; NCAA rules forbid any commitment or guarantee beyond one year. The renewal of a grant-in-aid shall be made on or before July 1 prior to the start of the academic year. Assumption University will promptly notify in writing each student-athlete who received an award the previous academic year and who has eligibility remaining in the sport whether the grant-in-aid has been renewed or non-renewed for the upcoming academic year.

## **CANCELLATION OR REDUCTION OF ATHLETIC AID**

Athletic grant-in-aid may be cancelled or reduced during the period of the award if the student-athlete:

- Renders themselves ineligible for competition.
- Fraudulently misrepresents any information on an application, letter of intent or financial aid agreement.
- Engages in serious misconduct warranting substantial disciplinary penalty by or
- Voluntarily withdraws from a sport.

Athletic grant-in-aid may not be renewed for reasons stated above as well as if a student-athlete exhibits problem of motivation, incompatibility with the coaching staff of teammates or fails to adhere to all team and department policies.

## **ATHLETIC AID APPEAL PROCEDURES**

If you believe the decision to reduce or cancel your athletic grant-in-aid is unfair or unjustified, you may request a hearing as provided by NCAA regulations. To make this request, you must notify the Director of Financial Aid within 2-weeks of the date of the non-renewal or reduction letter. A hearing will be scheduled with the Financial Aid Appeals Committee.

## **ATHLETIC BOOK SCHOLARSHIP POLICY**

Any student-athlete who is on an athletic scholarship that includes an athletic book scholarship will need to follow the following policy.

Per NCAA Regulations (15.3.2.3) a student-athlete is only permitted to receive the books and supplies that are listed on the course syllabi. All books and supplies will be provided by the bookstore. The supplies and books should be purchased and not rented.

At the end of the semester, the student-athletes will keep any books that were purchased. The bookstore will not allow the student-athletes to sell the books back to the bookstore.

In the case that a book must be rented, a member of the athletic administration will provide their credit card to the bookstore so that the book can be rented by the student-athlete. At the end of the semester, the student-athlete will return the rented book back to the bookstore in acceptable condition. If the book is not returned or returned in unacceptable condition, the student-athlete will have to pay the charge of the book to the athletic department.

For books and supplies that cannot be purchased through the bookstore, the student-athlete will be able to purchase the books or supplies from another entity and be reimbursed by the institution. When this happens, the student-athlete will provide the syllabus and receipt of purchase to the Associate Athletic Director of Compliance. The Associate Athletic Director of Compliance will provide that information to the Financial Aid Office who will then process that information and provide the reimbursement to the student-athlete through the student's account.

## **STUDENT-ATHLETE WELFARE**

As a student-athlete, your physical and mental well-being is essential to your success, both as a student and as an athlete. Assumption University feels a strong responsibility to help you reach and maintain your optimum health.

Therefore, the Department of Athletics has developed the following policies as guidelines to invoke sanctions regarding the use of alcohol, drugs, tobacco or hazing. The Director of Athletics has the authority to impose greater or lesser sanctions based on individual incidents.

It is the responsibility of the student-athlete to be familiar with all policies stated in this handbook, as well as the University's policies. If you do not understand a particular policy, it is your responsibility to seek clarification from the Department of Athletics.

## **ALCOHOL POLICY**

The following list of alcohol-related sanctions is not all-inclusive but is meant to serve as a guide. The following violations will result in sanctions:

- Arrest with possible conviction of Driving While Impaired (DWI).
- Arrest with a possible conviction for any other offense with legally defined intoxication as one of the charges.
- Drunken and Disorderly Conduct.
- Public Intoxication (i.e., protective custody or campus police involvement – which may include the need for transport to the hospital).
- Destruction of Property While Under the Influence.
- Purchasing, selling, or supplying prospective student-athletes with alcohol.
- Assault while Under the Influence.
- Use of Alcohol in Hotel Rooms or Vehicles while on an Athletic Department-sponsored road trip.
- Alcohol Poisoning.

Any student-athlete who commits an alcohol violation could have any of the following sanctions imposed:

- Head Coach's discretion/team sanctions
- Community Service
- Game suspension(s)
- Student-athletes may also be subject to sanctions by the University disciplinary board.

Note: The Director of Athletics will determine the sanction(s) for repetitive offenses as well as for alcohol offenses not listed above.

## **OTHER ALCOHOL OFFENSES**

In some instances, the Department of Athletics intervention is unnecessary, and offenses should be dealt with by the Head Coach. These cases include but are not limited to being in the presence of alcohol (whether drinking or not), drinking on the night before a game, being intoxicated at a practice or competition, etc. These are by no means any less important; however, they should be handled by the coaching staff in accordance with team rules and standards.

## **DRUG-FREE SCHOOLS**

Amendments of 1989 Public Law 101-226

- Assumption University, in accordance with federal legislation and University policy, is committed to providing a drug-free, healthy, and safe environment for all students, committed to providing a drug-free, healthy and safe environment for all student, faculty, and staff. The unlawful use, possession, manufacturing, distribution, or dispensation of a controlled substance and the illegal use or possession of alcoholic beverages on campus or at university-sponsored activities is prohibited. If it is determined that a violation of this policy has occurred, disciplinary action up to and including the dismissal of students and referral for prosecution may result. Applicable legal sanctions for the unlawful use, possession, or distribution of alcohol and other drugs are summarized in the following section. This information appears here to meet the requirements of the Drug-Free Schools and Communities Act. In addition to this policy, other University policies remain in effect.

## **GENERAL PROVISIONS**

The students and employees of Assumption University shall not unlawfully manufacture, dispense, possess, or use controlled substances, drug paraphernalia, or alcohol. Drug paraphernalia is defined as any equipment, product, or material that is modified for making, using, or concealing illegal drugs, such as bongs and hookah pipes. Any individual who violates this prohibition will be subject to disciplinary action. Sanctions may include expulsion or termination from the University, mandatory participation in alcohol or other drug abuse assistance or rehabilitation programs, or referral of the matter to law enforcement agencies for prosecution.

Any student-athlete who uses and/or is found in possession of banned or illegal will be subject to the following sanctions:

- Game Suspension(s) with or without Community Service;
- Season Suspension and/or
- Permanent Ban from Athletics

Please note, if possession is deemed in an amount that is consistent with distribution, sanctions can and will be subject to greater sanctions regardless of the number of offenses. In addition, any student-athlete who is found to be distributing and/or selling illegal substances can and will be subject to greater sanctions, regardless of the number of offenses.

## **DRUG TESTING**

As an Assumption University student-athlete, you are subject to drug testing by both the NCAA as well as the Department of Athletics. Under NCAA regulations, student-athletes who are active on the roster may be subject to random drug testing at any point during the year, including summer months. Failure to show up for a scheduled drug test will be considered a failed drug test.

If any of these tests confirm that you have used a banned drug, the NCAA will declare you ineligible for further participation in athletics for one calendar year. Please see the yearly Banned Drug list issued by the NCAA for further information regarding banned substances.

## **NUTRITIONAL SUPPLEMENTS**

Nutritional Supplements are marketed to athletes to improve performance and recovery time required after a workout to build muscles. Many athletes use nutritional supplements despite their having proven ineffective. In addition, such substances are expensive and may be harmful to health and performance.

Supplement powders might be used by a student-athlete who has problems consuming the required amount of carbohydrates in their diet because of the large volume of food they need. Energy bars marketed for athletes can

augment carbohydrate intake during intense training or provide a quick boost of energy. Protein supplements have been described as unnecessary, as athletes ingest a sufficient amount without the need for supplements. Other commonly advertised supplements are vitamins and minerals. Most scientific evidence shows that selected vitamins and minerals are found in every food.

Many “high-tech” nutritional supplements may seem to be effective at first, but this is a likely placebo effect-if athletes believe these substances will enhance performance; they may train harder or work more efficiently. Ultimately, most nutritional supplements are ineffective, costly, and unnecessary.

Please Note: All nutritional supplements/dietary supplements carry some risk of containing an NCAA-banned substance because they are not well-regulated and may be contaminated. Failure to check out a supplement with your sports medicine staff prior to use may result in a failed appeal for a positive drug test. It is important to note that the responsibility of taking supplements lies with the individual who is taking them (i.e., the student-athlete). Ignorance is not an excuse for the NCAA.

A confidential service provided to athletic department staff, coaches, and student-athletes to answer questions or concerns about supplements:

Resource Exchange Center

[www.drugfreesport.com/rec](http://www.drugfreesport.com/rec)

Password: ncaa2

1-877-202-0769

## **TOBACCO POLICY**

The use of tobacco is prohibited in connection with any intercollegiate team function. Smokeless tobacco is included in this prohibition. The Assumption University Department of Athletics encourages its student-athletes to abstain from tobacco use in their private lives as well.

As per the NCAA, tobacco use is prohibited at any NCAA-sanctioned event. If found using tobacco (smokeless or otherwise), you will be immediately suspended for the remainder of the practice or game. In addition, the following sanctions are deemed:

- Head Coach’s discretion/team sanctions
- Community service
- Regular season game suspension/s (next scheduled)

## **SANCTION APPEAL PROCESS**

Once the Department of Athletics has rendered a written sanction, the student-athlete has the right to appeal. The student-athlete may do so if he/she believes that there are additional facts or evidence that may warrant reconsideration or if he/she feels that the sanctions should be lessened or not imposed at all.

The student-athlete may file a written appeal with the Director of Athletics or designee within 48 hours of receiving the letter regarding the decision. The appeal must include any information that might suggest a different consideration of the sanction.

The Director of Athletics or designee will forward the appeal to the Athletics Appeals Committee for review. The Committee, consisting of the Director of Athletics (or designee), the Faculty Athletic Representative, and the Associate Athletic Director for Compliance and Student-athlete Services, will review the information submitted by the student-athlete and render a decision as to whether there exists a basis for appeal.

The committee will make the final decision regarding the appeal and will notify the student-athlete of the decision in writing. If warranted, the student-athlete would be asked to attend an appeal hearing to state his/her case.

## **HAZING POLICY**

Hazing of any sort is forbidden at Assumption University. The law of the Commonwealth of Massachusetts defines hazing as

“...any conduct or method of initiation into any student organization (formally recognized by the University or not), whether on private or public property, which will- fully or recklessly endangers the physical or mental health of any student or other person. “

Massachusetts State Law also states:

“Whoever knows that another person is the victim of hazing.... and is at the scene of such crime, shall to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practical. Whoever fails to report such a crime shall be punished by a fine of not more than one thousand dollars.”

An electronic copy of Massachusetts State Law Chapter 269, sections 17-19, is provided below.

[http://s p.mit.edu/government/housedocs/docs/MA\\_Hazing\\_Law.pdf](http://s p.mit.edu/government/housedocs/docs/MA_Hazing_Law.pdf)

The Department of Athletics has a NO TOLERANCE policy for hazing, and the consequences can be severe. In addition to any sanctions issued by The Department of Student Conduct, participation in hazing activities can lead to individual/team penalties, including but not limited to suspension or expulsion from the team and cancellation of the season. Consent is not a defense for hazing.

Any potential hazing incidents are to be reported to:

- Campus Police: 508-767-7225
- Department of Athletics: 508-767-7279
- Department of Student Affairs: 508-767-7325

Actions and activities that are prohibited include but are not limited to the following:

1. Any reckless activity or action that endangers the mental or physical health and safety of or violates the dignity of another person.
2. Any type of initiation or other activity where there is an expectation of individuals to join or maintain membership on a particular team to participate in behavior designed to humiliate, degrade, or abuse them, regardless of the person's willingness to participate.

Examples of prohibited behavior include, but are not limited to, the following:

- Forcing, requiring, or pressuring the consumption of any food, alcohol, beverage, drug, or other substance;
- Forcing, requiring, or pressuring the shaving of any part of the body, including hair on the head;
- Forcing, requiring, or pressuring the participation in any activity which is illegal, perverse, publicly indecent, or contrary to the individual's genuine moral beliefs, e.g., public profanity, nudity, indecent or lewd conduct, or sexual gestures in public,
- Forcing, requiring, or pressuring an individual to tamper with or damage University property;
- Creation of excessive fatigue, including sleep deprivation;
- Physical abuse of any kind, including paddling, whipping, beating, branding, forced calisthenics, or physical abuse of any kind;
- Any activity which interferes with one's ability to study or complete one's course of study;



- Forcing, encouraging, or pressuring the wearing of apparel in public which is conspicuous, not normally in good taste, or designed to humiliate the individual(s) wearing it;
- Any morally degrading, mentally abusive, or humiliating activity that adversely affects the mental health or dignity of another.

If a violation of this policy occurs, a student-athlete will be subject to discipline that may include but is not limited to probation, suspension, or expulsion from the team and/or the University. The team may be subject to group discipline that can include, but is not limited to, team probation, cancellation of contests/games, and/or cancellation of the entire season.

## **SEXUAL HARASSMENT POLICY**

Assumption Athletics follows the University's policy for sexual harassment, which can be found on the Assumption portal. A student who believes that he/she has been sexually harassed by another student may file a complaint with the Title IX Coordinator:

Christina Graziano, Esq.  
 Title IX Coordinator  
 508-767-7321  
[titleix@assumption.edu](mailto:titleix@assumption.edu)

## **CONFIDENTIAL RESOURCES**

A confidential resource is a person on campus who is not required by law to inform the Title IX office of any Title IX violations that they are made aware of. It is important to note that your Coach is not a confidential resource and thus is required by law to disclose any Title IX violation.

Below is a list of confidential resources that you can contact who do not need to contact the Title IX office.

- Campus Advocate | (508) 767-7641
  - Empowerment counseling, non-judgmental support, information about options, medical, legal, academic, and counseling advocacy. This position is employed by Pathways for Change Inc. but housed on campus.
- Office of Campus Ministry | (508) 767-7057
  - Campus Ministry can provide emotional support and information about your options.
- Student Counseling Center | (508) 767-7275
  - Individual counseling is available to students, including education regarding normal reactions to sexual violence and relationship abuse and how to cope with distress. Non-judgmental support and information about options. All services are included in tuition.
- Student Health Services | (508) 767-7329
  - Physical health services are available, including testing for sexually transmitted infections (STIs) and pregnancy. Non-judgmental support and information about options. All services are included in tuition.

## **NAME, IMAGE, AND LIKENESS POLICY**

Assumption University's Name, Image, and Likeness Policy ("Policy") is designed to establish guidelines and regulations to ensure a fair and transparent environment for student-athletes to benefit from their name, image, and likeness ("NIL") while maintaining the principles of amateurism and the integrity of collegiate sports.

The NCAA rules state that institutions located in states that do not have NIL laws must write their own policies. The Commonwealth of Massachusetts does not currently have a NIL law. In the event that Massachusetts enacts a NIL law, that law will supersede this policy to the extent that there are material differences between the two. Assumption University will inform student-athletes of any changes to policy as soon as possible.



Assumption University student-athletes may profit off their name, image, and likeness in limited circumstances, as explained herein. Assumption University, in keeping with established NCAA rules that prohibit pay-for-play and recruiting inducements, institutes the following guidelines for its student-athletes:

1. Scope:

This Policy applies to all student-athletes enrolled at Assumption University and participating in intercollegiate athletics programs. It covers all aspects related to using their name, image, and likeness for commercial purposes.

2. Rights and Opportunities:

- a. Student-athletes' right to their NIL: Assumption University recognizes that student-athletes have the right to control and benefit from using their name, image, and likeness.
- b. Commercial Opportunities: Student-athletes can engage in NIL activities, including endorsement deals, sponsorship agreements, appearances, and other promotional activities, subject to compliance with applicable laws, regulations, and this Policy.

3. Permissible NIL Activities and Obligations:

- a. Endorsements and Sponsorships: Student-athletes may enter into endorsement contracts and sponsorship agreements with businesses or organizations.
- b. Social Media and Personal Branding: Student-athletes may monetize their social media accounts and personal brands.
- c. Merchandising: Student-athletes may use their NIL for the production and sale of merchandise, provided it complies with applicable laws and regulations.
- d. Supplements: Student-athletes may use their NIL for the sale of health food supplements, provided that the products in question do not contain substances banned by the NCAA. The Student-athlete bears the responsibility of ensuring that the products endorsed do not include banned substances. The University strongly encourages Student-athletes to verify the safety and compliance of any supplements by utilizing third-party testing services or seeking professional advice from certified nutritionists or sports medicine professionals. The University reserves the right to object to using the Student-athlete's NIL in the promotion and sale of any supplement at any time.
- e. Camps and Clinics: Student-athletes may organize and participate in sports camps and clinics, subject to NCAA and university regulations.
- f. Disclosure: Student-athletes must disclose all details of NIL activities before the activity occurs through the ARMS Workflow.
- g. Market Rate: NIL compensation must reflect the market rate for the student-athletes work and performance.

4. Prohibited NIL Activities:

- a. Conflicts of Interest: Student-athletes are prohibited from engaging in NIL activities that conflict with existing institutional sponsorships or endorsement agreements.
- b. Pay-for-Play Arrangements: Student-athletes may not receive compensation for athletic performance or participation in university activities.
- c. Illegal or Impermissible Activities: Student-athletes must not participate in NIL activities that violate applicable laws, NCAA regulations, or university policies.
- d. Prospective Student-Athlete Recruitment: Prospective student-athletes may not be compensated in any way as an incentive to enroll at Assumption University or to participate on any Assumption University's athletics teams.
- e. Student-athletes may not miss class for an NIL opportunity or commitment and are subject to Assumption University's policies on attendance and class participation.
- f. NIL activities may not interfere with a student-athlete's athletic commitment to his or her athletic team(s).
- g. Student-athletes are expressly prohibited from entering into agreements with companies to endorse the following products or classes of products:
  - Alcohol
  - Drugs (including tobacco)
  - Gambling
  - Adult entertainment
  - Substances banned by the NCAA

- h. Use of the Assumption University logo, copyrights, or facilities in conjunction with NIL activities is expressly prohibited.
- 5. Disclosure and Reporting:
  - a. Transparency: Student-athletes must disclose their NIL activities to Assumption University's Athletics office as per the designated reporting process.
  - b. Contract Review: Student-athletes are encouraged to seek legal counsel to review endorsement contracts and sponsorship agreements before signing them.
  - c. Compliance Education: Assumption University will provide educational programs to help student-athletes understand their rights, responsibilities, and obligations related to NIL activities.
- 6. Impact on Financial Aid:
  - a. Nonimmigrant Status: It is strongly advised that nonimmigrant student-athletes with F1 visa status consult with the Assumption University International Student Success Center about how receiving compensation in any form may impact their visa status prior to engaging in NIL activities.
  - b. Need-Based Aid: Student-athletes are advised that NIL earnings could result in a student-athlete no longer qualifying for need-based financial aid such as Pell Grants. It is the student-athlete's responsibility to contact Assumption University's Financial Aid Office for guidance in this area.

**Assumption University reserves the right to amend this policy as necessary to comply with changes in applicable laws, NCAA regulations, or University requirements. These changes will take immediate effect. Student-athletes will be notified of any significant policy modifications.**