



ECU ATHLETICS
STUDENT-ATHLETE HANDBOOK
2023-2024

The policies, regulations, and procedures within this Student-Athlete Handbook are subject to change without prior notice, if necessary, to keep University policies in compliance with State and Federal laws and/or with rules and regulations of the AAC and NCAA.



Table of Contents

AD Welcome Letter

- ECU Athletics Department Mission
- ECU Athletics Department Overview
- Frequently Asked Questions
- Student-Athlete Code of Conduct
- Sexual Assault and Title IX Policy
- Athletics Disclosure Policy
- Athletic Department Reporting Resources
- Incident Reporting
- Emergency Resources

Mental Health Fact Sheet & Resources

- Mental Health & Suicide Prevention Resources

Student-Athlete Academic Support Services (SAAS)

- Class Attendance Policy
- Academic Integrity
- Academic Misconduct Policy
- NCAA Academic Misconduct
- Study Hall Program & Policies

Team Travel Policy

Athletic Training

- ECU Athletics Drug Education, Screening, Counseling, & Testing Program
- Guidance on Student-Athlete Pregnancy Policy

Social Media Policy

Anti-Hazing Affirmation

ECU Strength & Conditioning

- Nutrition

Facilities & Captain's Practices

Life Skills

- SAAC

Equipment & Apparel Policies

Compliance

- Commitment to Compliance & Department Overview
- Clearance for Practice
- Student-Athletes Rules Education Meetings & Resources
- Playing & Practice Season Guidelines & Restrictions
- Time Management Plan (TMP)
- Seasons of Eligibility / Five-Year Clock
- Outside Competition
- Amateurism
- Agents - Not NIL Agents
- Draft
- Extra Benefits
- Complimentary Admissions / Ticket Policies
- Student-Athlete Hosts During Recruiting Visits
- Notification of Transfer Policy / Transfer Portal
- Roster Removal Process
- Financial Aid
- Student-Athlete Employment
- Competition Eligibility - Academic Requirements
- NCAA Drug Testing Policy & Banned Substances
- Sports Wagering - Don't Bet On It
- Promotional / Community Services Activities

Name, Image, & Likeness (NIL)

- SABRE NIL Program

Pirate Club

AAC Sportsmanship Policy

Other University Policies & Resources



Dear Pirates,

We are excited to welcome you to East Carolina University as a student-athlete. We truly believe there is no better time to be a Pirate! It is our hope the opportunity presented to you at ECU will be a rewarding experience and that you will achieve academic, athletic, and personal success.

This handbook was created to assist you throughout the academic year by outlining resources and policies available to our student-athletes. Please seek assistance from your coaches or our staff if you have any questions. Our primary goal is to provide you with the opportunity to succeed and give you the best experience possible.

Our mission statement for athletics revolves around the well-being of our student-athletes and these principles guide our coaches and staff in their work with each of you.

In alignment with the educational Mission of East Carolina University we guide and support our student-athletes in their pursuit of excellence – Academically, Athletically and Personally. We serve as ambassadors and advocates for the University, Department of Athletics and the community. Above all else, we protect the safety, health, and well-being of our student-athletes.

It is important for us that you to grow from an academic, athletic and personal standpoint during your time on campus. You have a unique opportunity in front of you and your success will be determined by your attitude and willingness to be the best version of yourself daily. We understand the demands placed on student-athletes and we encourage to use the resources we have available to you.

Being a student-athlete at ECU is a privilege and honor and it comes with expectations. You are representing your families, coaches, teammates and ECU in everything you do. Along with our coaches and staff, we will respect each other and treat others as we would like to be treated. We are a Family and we are Pirates!

I encourage each of you to set goals for the next year, academically and competitively, and work tirelessly to reach those goals. It won't come easy. It will require discipline, commitment, dedication, time management and a lot of hard work.

As I said from the day I was hired, it's a privilege to lead this department and everything we do is with the success of student-athletes in mind. I wish you the best in the upcoming academic year. We all look forward to celebrating your success and supporting you in any way possible.

Go Pirates!

Jon Gilbert



Department of Athletics Mission Statement

In alignment with the educational mission of East Carolina University:

We guide and support our Student-Athletes in the pursuit of excellence - academically, athletically and personally;

We serve as ambassadors and advocates for our Department of Athletics and the University; and

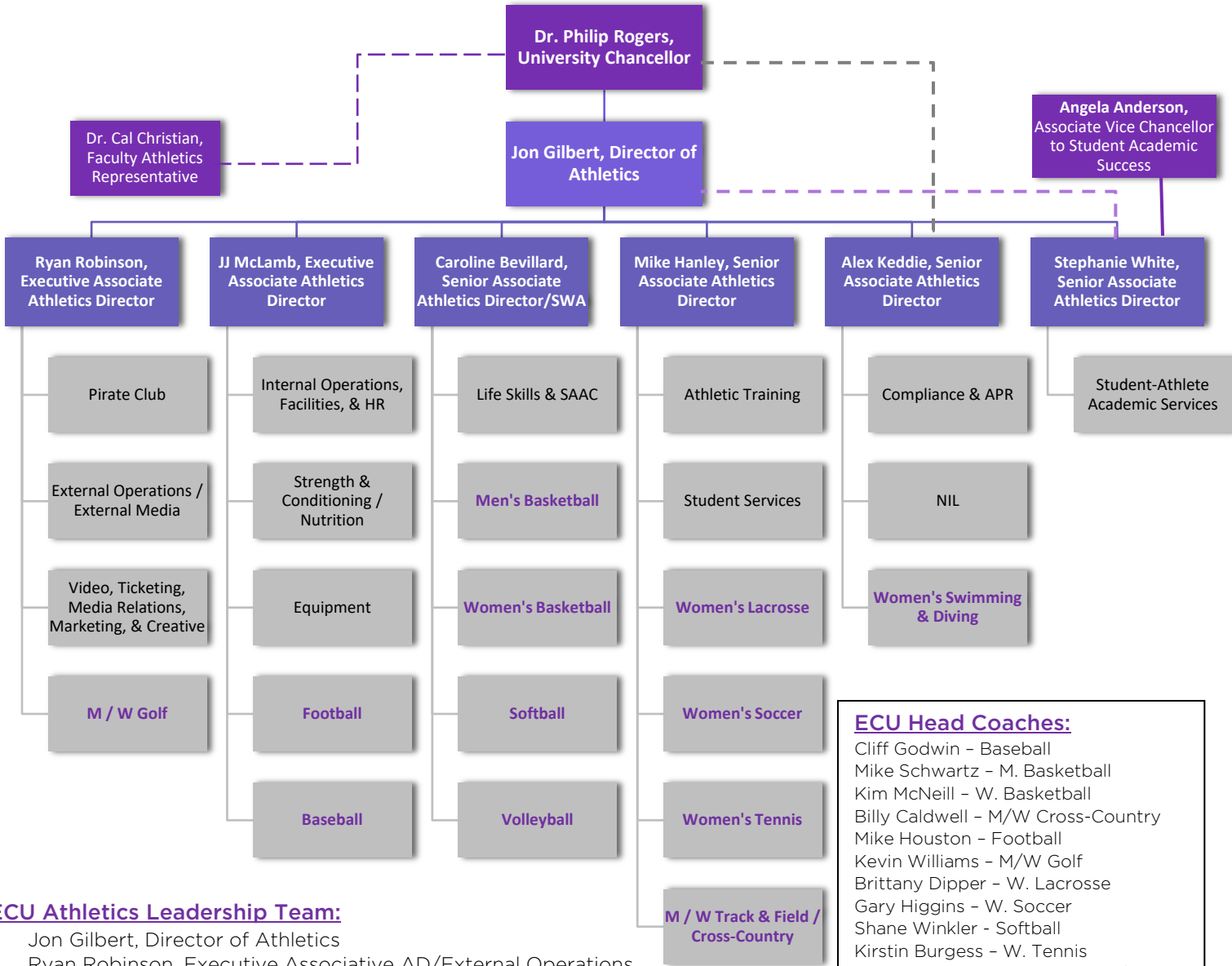
Above all else we promote and protect the safety, health, and well-being of each and every one of our student-athletes.



ECU Athletic Department Overview & Reporting Structure

Click [HERE](#) for the ECU Athletics Department website.

Click [HERE](#) for the ECU Athletics Staff Directory.



ECU Head Coaches:
 Cliff Godwin - Baseball
 Mike Schwartz - M. Basketball
 Kim McNeill - W. Basketball
 Billy Caldwell - M/W Cross-Country
 Mike Houston - Football
 Kevin Williams - M/W Golf
 Brittany Dipper - W. Lacrosse
 Gary Higgins - W. Soccer
 Shane Winkler - Softball
 Kirstin Burgess - W. Tennis
 Matthew Jabs - W. Swimming / Diving
 Curt Kraft - M/W Track & Field
 Adler Augustin - Volleyball

ECU Athletics Leadership Team:

- Jon Gilbert, Director of Athletics
- Ryan Robinson, Executive Associate AD/External Operations
- JJ McLamb, Executive Associate AD/Internal Operations
- Caroline Bevallard, Senior Associate AD/Administration & SWA
- Mike Hanley, Senior Associate AD/Student Services
- Alex Keddie, Senior Associate AD/Compliance
- Stephanie White, Senior Associate AD/Student-Athlete Academic Services



Frequently Asked Questions

- 1. If I am struggling in a course and would like to drop it, who should I contact?**
 - Please contact your Academic Coordinator in Student-Athlete Academic Services prior to dropping any course.
- 2. What is the best way to contact my professor?**
 - Review your course syllabus and follow the instructions by the professor.
- 3. What are these texts and emails from Teamworks ?**
 - Teamworks is a communication and compliance program used by ECU Athletics. We can review your class schedule/Time Management Plan/practice activities as well as send timely email/text reminders to student-athletes through this program. We also have many of our student-athlete forms in Teamworks.
- 4. Who do I speak with about my athletic scholarship?**
 - Please speak with your head coach if your question is regarding the amount of your scholarship.
 - Please speak with the Athletics Compliance Office if you have general questions about scholarships or if your athletic scholarship is not showing on your bill/account.
- 5. If I have questions about financial aid, institutional aid, or outside scholarships, who should I contact?**
 - You may email AthleticsCompliance@ecu.edu or feel free to stop by the Athletics Compliance Office located on the third floor of the Ward Sports Medicine Building.
- 6. If I would like to know more about career workshops, resume drafting, interview preparation, who should I meet with?**
 - Please set-up a meeting with our Life Skills Director, **Bri Wood**. Her office is located on the third floor of the Ward Sports Medicine Building.
- 7. How can I schedule an appointment with the Counseling Center?**
 - Reach out to your Athletic Trainer and they will get an appointment set-up for you or you can call the center at 252-328-6661.
- 8. How can I learn more about ECU's Mental Health resources?**
 - [ECU Counseling Center](#) can help provide tools through their resource tab as well as services they provide.
 - The [Mental Health Fact Sheet](#) provides warning signs and ways to find help or to help other Pirates through ECU or local resources.





ECU Student-Athlete Code of Conduct

Student-Athletes enrolled at East Carolina University (ECU) are expected to uphold, at all times, high standards of integrity and behavior that will reflect credit upon themselves, their families, coaches, teammates, and ECU. Students representing ECU's intercollegiate athletics program shall accept responsibility to conform to the policies and procedures contained in the ECU Student-Athlete Handbook and ECU Student Code of Conduct, as well as rules pertaining to his/her athletics participation as established by the National Collegiate Athletic Association (NCAA), American Athletic Conference (AAC), ECU Department of Athletics and the respective sport coaches. In addition, student-athletes are expected to abide by local, state, and federal laws. Failure to abide by all aforementioned policies and laws may result in suspension from the athletics team and/or university. Scholarship student-athletes risk having all or part of their athletics grant-in-aid cancelled/reduced for any infraction of this code of conduct.

As representatives of ECU and its intercollegiate athletics program, student-athletes must be responsible for their actions at all times. Acceptance of this responsibility requires student-athletes to:

- Adhere to all institutional, NCAA, AAC, and athletic department policies.
- Uphold the ECU Academic Honor Code and ECU Student Code of Conduct.
- Act with integrity always.
- Embrace diversity and respect the views and opinions of others.
- Display honesty in all academic efforts by not engaging in any forms of cheating, plagiarism, or fabrication in the process of completing academic work.
- Exhibit high moral standards to include no underage drinking and partaking of alcoholic beverages while representing the University both on- and off-campus and no partaking of drugs which would enhance performance or modify mood or behavior at any time unless prescribed by a physician for medical purposes.
- Use social media responsibly.
- Exhibit dignity in manner and dress when representing the University both on and off the playing field.
- Exert maximum effort in all games, practices, workouts, and team activities (if cleared to participate).
- Abide by the rules and regulations of the American Athletic Conference Sportsmanship Policy.
- Treat all players, officials, staff and coaches with respect and courtesy.
- Refrain from acts of sexual misconduct. Sexual misconduct includes sexual assault, harassment, discrimination, and any conduct of a sexual nature that is without mutual consent or has the effect of threatening or intimidating the person against whom such conduct is directed. It is the responsibility of members of the University community to strive to create an environment free of sexual misconduct. Acts of sexual misconduct will not be tolerated. The University will take appropriate action against any individual found responsible for such acts.
- Refrain from hazing activities, which is defined as acting in a manner that would subject another student to physical injury or mental or emotional harm as part of an initiation, or as a criterion of membership, into any organized University group.



- Be responsible for meeting all academic eligibility standards, including University and NCAA progress-toward-degree requirements (e.g., GPA, percentage-towards-degree).
- Adhere to the University's Attendance Policy and the Athletics Department Class Attendance Policy and report a violation of the class attendance policy on the day of the occurrence.
- Adhere to the state of NC, NCAA and institutional NIL rules and regulations.
- Adhere to the NCAA and Athletics Department drug testing policies.
- Abide by rules of respective sport team.
- Abide by rules of all support units: Student-Athlete Academic Support Services, Athletic Training, Nutrition, Equipment, and Strength & Conditioning.

While student-athletes are held accountable by the same policies and procedures as other University students as outlined in the ECU Student Handbook, they are held to additional standards. Student-athletes are subject to all Department of Athletics rules and policies, as stated in written sport team rules, the Student-Athlete Handbook and in other department publications including, but not limited to, those regarding Compliance, Athletic Training, Strength and Conditioning, Equipment, Nutrition, and Student Development. Violations of these standards may result in disciplinary action, suspension/dismissal, and/or cancellation/reduction of athletic aid (if applicable).

Alleged violations of the ECU Student Code of Conduct may result in referral to the University Office of Student Rights and Responsibilities. Student-athletes found responsible for violations of the Student Code of Conduct are subject to the same disciplinary action(s) as any other East Carolina University student. Accordingly, student-athletes found responsible by the Office of Student Rights and Responsibilities for violations of the University Student Code of Conduct are subject to additional disciplinary action as deemed appropriate by Athletics Department staff, including dismissal from the program and loss of athletics financial aid.

All student-athletes are required to notify their head coach or sport administrator as soon as possible if he/she is:

- **Arrested and/or charged with a criminal offense by any law enforcement agency in any location in the United States or internationally;**
- **Cited for a violation of academic integrity;**
- **Cited for a violation or infraction of ECU Student Code of Conduct and/or Campus Living (Residence Hall) policies; and/or**
- **In the presence of a crime, but not arrested or charged for the crime.**

If charged and/or arrested for a misdemeanor or felony crime, the student-athlete may be immediately suspended from the team pending outcome of the charge.

If convicted of a misdemeanor crime (other than minor traffic violations), the Athletic Director and Head Coach may administer subsequent discipline. Discipline may include, but not limited to, suspension from practice and/or competition for a pre-determined period, dismissal from the team, and/or reduction/cancellation of athletic aid.



A student-athlete who is convicted of, pleads guilty or no contest to, or enters an Alford plea to any felony charge or a crime involving sports gambling or game fixing under North Carolina law, federal law or any other jurisdiction may be dismissed from the team and have his/her athletic aid reduced/cancelled.

If at any time a student-athlete's athletic scholarship is reduced, cancelled, or nonrenewed, the institution's regular financial aid authority shall notify the student-athlete in writing of the opportunity for a hearing. The written notification of the opportunity for a hearing shall include a copy of the institution's established policies and procedures for conducting the required hearing, including the deadline by which a student-athlete must request such a hearing.

If a student-athlete has a question/concern about an institutional, conference, athletic department, team, or NCAA rule/policy, he/she should not hesitate to contact his/her Head Coach, Sport Administrator, Athletic Director, Athletics Compliance Office, Faculty Athletics Representative (FAR), and/or any other University Official (e.g., Office for Equity and Diversity, Office of the Dean of Students, etc.).

All student-athletes are required to sign the ECU Athletics Student Code of Conduct at the beginning of each academic year. When the form is signed, the student-athlete acknowledges the following:

- I read the ECU Student-Athlete Code of Conduct and understand I am responsible for abiding by the policies it contains. You understand that if I am found in violation of standards of the University Student Code of Conduct and/or the Student-Athlete Code of Conduct, I will be subject to consequences that may range from a warning to probation or suspension to expulsion, reduction/cancellation of athletic aid, as well as the possible removal from the athletics program.
- As part of this policy, the Athletics Department may verify via the Office of Student Rights and Responsibilities that students are in good disciplinary standing with University Policies.
- I understand that if I have questions or concerns regarding any rule or policy listed within the Student-Athlete Code of Conduct or Student-Athlete Handbook, I will contact either my Head Coach, Sport Administrator, Athletic Director, Athletics Compliance Office, FAR, and/or other University Official (e.g., Office for Equity and Diversity, Office of the Dean of Students, etc.).



Sexual Assault & Title IX Policy

Click the links for the most updated ECU policies regarding the [Regulation on Reports of Prohibited Interpersonal Violence and Related Misconduct](#) and [Title IX Compliance and Resolution Regulations](#).

Annually all student-athletes will be required to complete sexual violence prevention training modules.

Information to Know:

- **Consent:** Is explicit approval and permission to engage in sexual activity demonstrated by clear actions, words, or writing(s). Consent is informed, freely given, continuing, and mutually understood by all parties involved. If coercion, intimidation, threats, and/or physical force are used to obtain participation or continuing participation, then consent is not present. If the Complainant was mentally or physically incapacitated or impaired so that the Complainant could not understand the fact, nature, and/or extent of the sexual situation, there is no consent; this includes conditions due to alcohol or drug consumption, or being asleep or unconscious, or under the age of legal consent, or unable to give consent under current law.
- **Sexual Assault:** Is an offense classified as a forcible or nonforcible sex offense under the Uniform Crime Reporting system of the Federal Bureau of Investigation including:
 - Rape: which is defined as the carnal knowledge of a person, without the consent of the person, including instances where the person is giving consent because of age or because of temporary or permanent mental or physical incapacity.
 - Sodomy: which is defined as oral or anal sexual intercourse with another person, without the consent of the person, including instances where the person is incapable of giving consent because of age or because of temporary or permanent mental or physical incapacity.
 - Fondling, which is defined as the touching of the private body parts of another person for the purpose of sexual gratification, without the consent of the victim, including instances where the victim is incapable of giving consent because of his/her youth or because of age or because of his/her temporary or permanent mental incapacity.

What if I Have Been Sexually Assaulted, Stalked, Harassed?

- If you are in danger or have injuries, call 911 immediately.
- Contact the Office of the Dean of Students at (252) 328-9297 (daytime) or after-hours, the Center for Counseling and Student Development has crisis support available by calling (252) 328-6661, and following the prompts.
- For other reporting options, including campus, legal, and medical options, click [HERE](#).



Other Resources:

- ECU Office of The Dean of Students: <https://deanofstudents.ecu.edu/resource/>
- ECU Advocacy through The Dean of Students: <https://deanofstudents.ecu.edu/advocacy/>
- ECU Counseling Center: <https://counselingcenter.ecu.edu>
- Title IX Resource Sheet: https://titleix.ecu.edu/wp-content/uploads/sites/64/2019/11/1-FINAL_TitleIX_Resource_List_090122.pdf



ECU Athletics Disclosure Policy

PURPOSE

East Carolina University (“ECU”) is committed to the overall well-being and safety of its student-athletes and campus community. ECU is a supporter of the National Collegiate Athletic Association’s (“NCAA”) Policy to Combat Campus Sexual Violence (“NCAA Policy”). As a NCAA member institution, ECU is required to have its incoming, continuing, and transfer student-athletes complete an annual disclosure form (“Annual Disclosure Form”) related to their conduct that resulted in discipline through a Title IX proceeding or a criminal conviction for sexual, interpersonal or other acts of violence. Transfer student-athletes also must disclose whether a Title IX proceeding was incomplete at the time of transfer.

The purpose of this Disclosure Policy is to set forth the applicable definitions under the NCAA Policy and to establish a procedure for gathering information from incoming, continuing, and transfer student-athletes related to conduct subject to the NCAA Policy. Information obtained will also be reviewed pursuant to applicable ECU, Conference, and NCAA eligibility rules.

DEFINITIONS

- Sexual violence includes both forcible and nonforcible sex offenses, ranging from sexual battery to rape.
- Interpersonal Violence is defined as violence that is predominantly caused due to the relationship between the victim and the perpetrator, including dating and domestic violence.
- Other Acts of Violence includes crimes such as murder, manslaughter, aggravated assault or any assault that employs the use of a deadly weapon or causes serious bodily injury.

PROCEDURE

- All incoming, continuing, and transfer student-athletes must complete the Annual Disclosure Form on a yearly basis prior to practicing, competing, or receiving athletically related financial aid.
- All signed/committed walk-on prospective student-athletes (“PSA”) will complete the Annual Disclosure Form. The Annual Disclosure Form will be sent to the PSA after signing their Letter of Intent (“LOI”) or after verbally committing to walk-on at ECU. The Annual Disclosure Form will have to be completed and submitted to ECU’s Athletic Compliance Office for review before a PSA is formally cleared to receive financial aid or a walk-on position is finalized.
- ECU’s Athletic Compliance Office will receive and assess all disclosure forms. Any disclosure form that has a response of “yes” will be thoroughly reviewed by ECU’s Senior Associate Athletic Director/Senior Woman Administrator, the Senior Associate Athletic Director for Compliance, the applicable Sport Supervisor, and the appropriate ECU Title IX representative before a PSA grant-in-aid or walk-on position is issued.
- ECU’s Head Coaches, Assistant Coaches, and members of each programs support staff will be educated annually regarding the NCAA’s Policy to Combat Campus Sexual Violence



and must take reasonable steps throughout the recruiting process to determine if a PSA has been disciplined through a Title IX proceeding or a criminal conviction for sexual, interpersonal or other acts of violence.

- Providing false information may result in ineligibility for athletics team participation and athletically related financial aid, as well as discipline under ECU's Student Code of Conduct.



Athletic Department Reporting Resources

Playing Time / Team Issues

Talk to your Head Coach. If you are more comfortable talking to an assistant do so but know that head coaches have the ultimate responsibility for playing time, team dynamics/policies, and program administration. **The East Carolina Athletic Department administration will not address issues regarding playing time.**

Issues with Your Program

After discussing concerns with the Head Coach, and if the issue has not been resolved, feel free to contact the sport administrator who supervises the sport and/or the Director of Athletics.

Jon Gilbert: athletic_director@ecu.edu

JJ McLamb: mclambj@ecu.edu - Football and Baseball

Ryan Robinson: robinsonry18@ecu.edu - Men's & Women's Golf

Mike Hanley: hanleym@ecu.edu - M/W Cross Country/Track & Field, W. Lacrosse, W. Soccer, & W. Tennis

Caroline Beviillard: bevillardc18@ecu.edu - M. Basketball, W. Basketball, Softball, & Volleyball

Alex Keddie: keddiea19@ecu.edu - W. Swimming & Diving

Justin Behr: behrj17@ecu.edu - Cheerleading & Dance

Reporting Violations or Issues with NCAA/American Athletic Conference Rules:

If you are aware or suspect possible NCAA/AAC rules violation(s) or need clarification on rules, you should contact Senior Associate Athletics Director/Compliance, Alex

Keddie [keddiea19@ecu.edu (252) 737-4533] or any member of the East Carolina Athletic Compliance Staff [AthleticsCompliance@ecu.edu]. Their offices are in the Ward Sports Medicine Building.

Issues with Your Student-Athlete Experience:

Some athletics staff are uniquely qualified in certain areas such as athletics trainers (injuries, health issues); academic advisors and learning specialist (academic issues); compliance directors (questions with AAC/ NCAA rules, scholarship, eligibility, transfer portal); the Faculty Athletic Representative, Dr. Cal Christian (faculty concerns); or you may prefer speaking with another member of the staff (including your coaches and/or sport administrators) with whom you feel most comfortable, and they will guide you to your next steps.

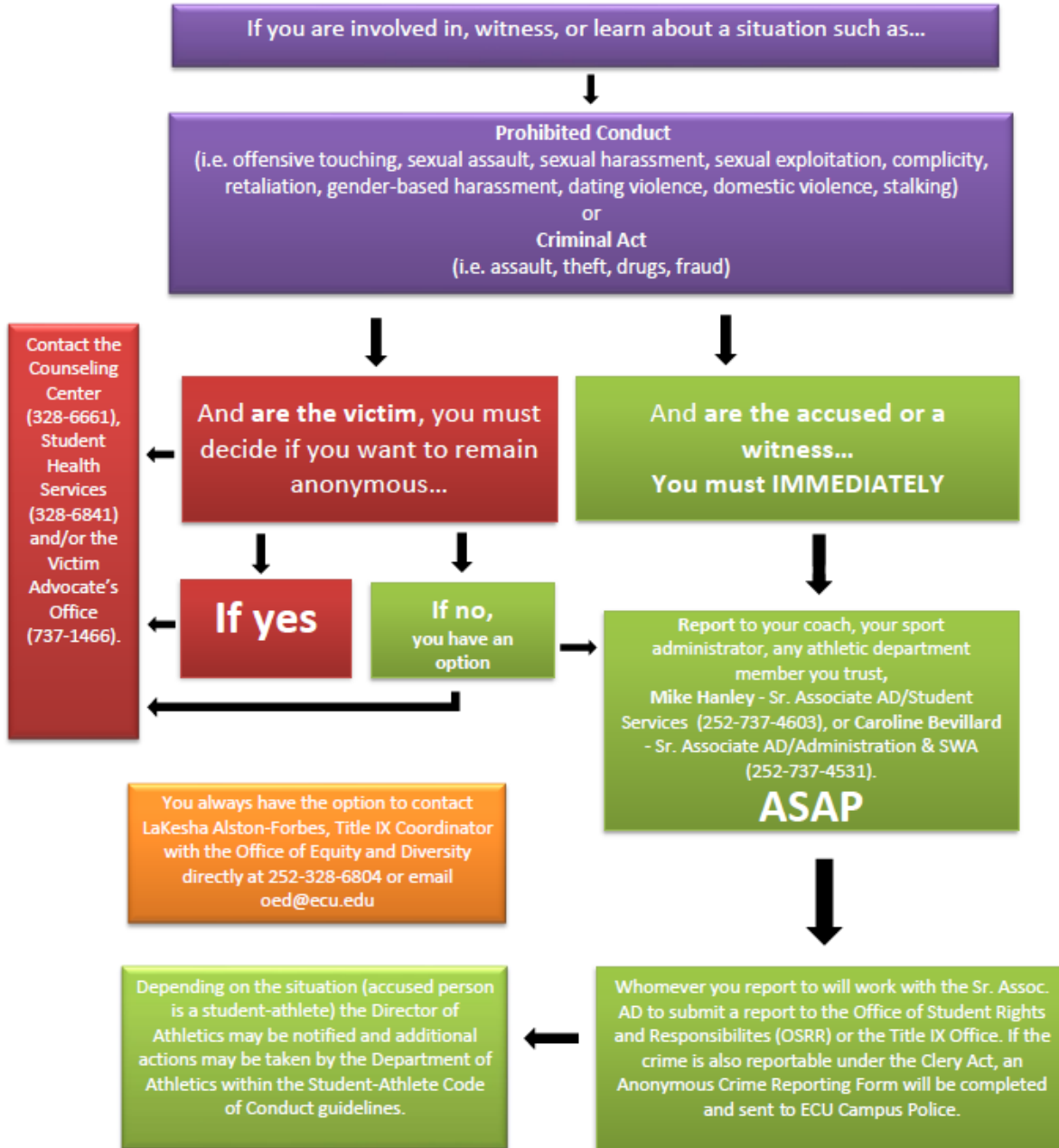
Life Skills Director, Bri Wood is a great resource, particularly in the areas of welfare, wellness, mental health, conduct, and behavior.

Each team has a representative on the ECU Student-Athlete Advisory Committee (SAAC). Issues can be brought to them for discussion with the committee who can then bring it to the administration if appropriate.



Incident Reporting

AS AN ECU STUDENT-ATHLETE, WHAT DO I DO IF I AM INVOLVED IN, WITNESS, OR LEARN ABOUT AN INCIDENT?





Emergency Resources

EMERGENCY, LAW ENFORCEMENT, & MEDICAL RESOURCES			
Emergency:		911	
Greenville Police Department:	Non-Emergency	(252) 329 - 4315	500 S. Greene St.
	Information Desk	(252) 329 - 4317	
Pitt County Sheriff's Office:	Office Hours M - F, 8:00 - 5:00	(252) 902 - 2800	100 W. 3rd St.
	24 hour dispatch	(252) 830 - 4141	
*Vidant Medical Center:	Information	(252) 847 - 4100	2100 Stantonsburg Rd.
	Emergency Department	(252) 847 - 0279	
		(252) 847 - 0191	
	Minor Emergency Department	(252) 847 - 1537	2380 West Arlington Blvd.
UNIVERSITY			
ECU Police Department:	Emergency	911	Blount House
	Non-Emergency	(252) 328 - 6787	609 E. Tenth St.
	East Campus Hotline	(252) 328 - 0062	
	West (Health Sciences) Campus Hotline	(252) 744 - 5080	
Dean of Students Office:		(252) 328 - 9297	362 Wright Building
ECU CARES:		(252) 737 - 5555	
Title IX Coordinator:	LaKesha Alston Forbes	(252) 328 - 6804	
*Student Health Services:	24 hour Nurse Assistance line	(252) 328 - 6841	Student Health Services Building
Campus Security Authority:	See list of Campus Security Authorities and their contact information in the Annual Security & Fire Safety Report at http://www.ecu.edu/cs-admin/police/upload/2015-Annual-Security-and-Fire-Safety-Report.pdf		
COUNSELING & VICTIM ADVOCACY RESOURCES			
*Center for Counseling and Student Development		(252) 328 - 6661	
*Victim Advocate (in cases of sexual trauma)		(252) 737 - 1466	
COMMUNITY RESOURCES			
*REAL Crisis Intervention:		(252) 758 - 4357	1011 Anderson St.
*Center for Family Violence Prevention:	24 Hour Crisis Line	(252) 752 - 3811	150 E. Arlington Blvd., Ste. D
	Toll Free	(800) 537 - 2238	
<i>*Items denoted with * are considered Confidential Resources.</i>			
			➤ Title IX

- Title IX Guide to Resources On Campus & Beyond: <https://titleix.ecu.edu/wp-content/uploads/sites/64/2019/11/1-FINAL TitleIX Resource List 090122.pdf>



Mental Health Fact Sheet

Important Phone Numbers and Links:

- For life-threatening emergencies, call 911
- For mental health crisis support:
 - Call or go to ECU Counseling Services at 137 Umstead Hall (Hours M-F 8am-5pm)
 - ECU Counseling: 252-328-6661 (after 5pm, call 328-6661 and select #2 and a crisis counselor will answer your call)
- Other Resources:
 - Real Crisis Center: 252-758-4357 24-hour hotline; <https://realcrisis.org/>
 - UWill: <https://counselingcenter.ecu.edu/uwill/> (Teletherapy Resource)
 - SafeZone App: <https://safezoneapp.com/>
 - Anonymous Mental Health Screen: <https://screening.mhanational.org/screening-tools/>

Depression Red Flags:

- Low or sad moods, often with crying episodes
- Irritability or anger
- Feeling worthless, helpless, and hopeless
- Eating and sleeping disturbances
- Decrease in energy and activity levels, with feelings of fatigue or tiredness
- Decrease in concentration, interest and motivation
- Social withdrawal or avoidance
- Negative thinking/thoughts of death or suicide
- Discussing attempting suicide

Eating Disorder Red Flags:

- Unnecessary dieting
- Avoidance of eating and eating situations
- Ritualistic eating habits
- Self-critical about body weight, shape, or size
- Excessive use of bathroom or disappearing after eating
- Unusual weighing behavior
- Social withdrawal
- Depression and insomnia
- Changes in behavior

Anxiety Disorder Red Flags:

- Excessive worry, fear or dread
- Sleep disturbances – especially falling asleep
- Changes in appetite
- General uneasiness
- Pounding heart, sweating, shaking or trembling
- Impaired concentration
- A feeling of being out of control
- Fear that one is dying or going crazy
- Disruption of everyday life

Click [HERE](#) for the Mental Health Fact Sheet.



Mental Health and Suicide Prevention Resources

National Resources

- National Institute of Mental Health - www.nimh.nih.gov/index.shtml
- Anxiety and Depression Association of America - www.adaa.org
- National Suicide Prevention Lifeline and Chat Services - www.suicidepreventionlifeline.org
- Suicide Prevention Resource Center - www.sprc.org
- 988 Hotline - <https://counselingcenter.ecu.edu/suicide-lifeline/>
- You Matter - www.youmatter.suicidepreventionlifeline.org
- American Foundation for Suicide Prevention - www.afsp.org
- Help Guide - www.helpguide.org/home-pages/suicide-prevention

Campus Resources

- Center for Counseling and Student Development - <https://counselingcenter.ecu.edu/>
- Student Health Services - <https://studenthealth.ecu.edu/>
- Dean of Students Office - <https://deanofstudents.ecu.edu/>
- ECU Cares - <https://ecucares.ecu.edu/>
- ECU Well-Being - <https://well-being.ecu.edu/>

Community Resources

- ECU Health Medical Center Emergency Department - <https://www.ecuhealth.org/services/emergency-trauma/>
- Pitt County Emergency Management - <https://www.pittcountync.gov/182/Emergency-Management>



Student-Athlete Academic Support Services

ECU's Student-Athlete Academic Support Services (SAAS) Department is committed to the success and graduation of our student-athletes by providing extensive services and diverse experiences in order to promote the development of academic achievement, leadership, and personal growth.

Our commitments are:

- To assist with the transition into college through academic counseling, orientation, and social activities
- To support the efforts of every student-athlete to earn a degree
- To encourage the development of values, emphasizing leadership qualities
- To enhance interpersonal relationships and communication skills
- To provide opportunities that instill life skills and ethics
- To facilitate the fulfillment of career and personal goals of each student-athlete while in school and beyond
- To safeguard the academic integrity of the University by ensuring compliance with all regulations put forth by the University and NCAA.

Services Include:

- Academic Advising
- Priority Registration
- Study Hall
- Progress Reports
- Study Skills Seminars
- Learning Specialist
- Tutor & Mentor Program
- NCAA Requirement Tracking
- Career Development
- Study Center & Computer Labs
- Travel Laptop Program

For more information regarding services, review [HERE](#).

Who to contact with questions?

- Stephanie White, Senior Associate Athletics Director - whitestep21@ecu.edu
- Student-Athlete Academic Services Staff List - Click [HERE](#).



Study Hall Program and Policies

The Office of Student-Athlete Academic Service's study hall system provides a flexible structure that enables student-athletes and their coordinators to work around rigid curriculums and athletic demands. Students will have opportunities to seek assistance in a structured environment while also being able to take a more active role in their learning.

Study Hall Operational Hours

Students may be assigned to attend study hall during the following operational hours:

- Sundays 6-9pm
- Mondays through Thursdays 8am-9pm
- Fridays 8am-2pm

Any of the Office of Student-Athlete Academic Services study areas may be utilized for study hall.

Coordinators have the discretion to count tutoring/mentor sessions, learning specialist meetings, professor office hour/review sessions, and so forth toward required study hall hours.

General Study Hall Scheduling Requirements

Students *required* to attend study hall (i.e., first-semester freshmen & transfers, at-risk student-athletes, upperclassmen in GPA categories, etc.):

- Must be assigned times to attend study hall
- Times assigned are not to exceed 2 hours per session and 3 hours per day
- Study hall sessions should not be scheduled after 2pm on Friday each week

Students attending at the academic coordinator's discretion:

- Academic coordinator has the discretion to add study hall hours within the appropriate range for the student's GPA level at any time.
- Study hall hours may be increased at the discretion of the academic coordinator for student-athletes whose academic or athletic eligibility is in jeopardy at any point in the semester.
- Specific assigned times are not required, but are strongly recommended
- Study hall sessions should not be scheduled after 2pm on Friday each week

Attendance Tracking & Monitoring

All students will use the Teamworks study hall system to track their hours of attendance. Academic coordinators will have access to attendance reports. Study hall attendance reports will be sent to coaches weekly.



STUDY HALL CONTRACT

Academic Center Expectations & Study Hall Rules

1. Be respectful. Respectfulness includes respecting property, staff, and fellow attendees.
2. Be on time and prepared.
 - a. Clock in immediately upon arrival. If you are unable to clock in, notify your academic coordinator prior to beginning your work.
3. Academic productivity is expected. Students should be on task throughout their entire study hall period.
 - a. Students who are a distraction to others despite warnings may be asked to leave.
 - b. Students who need to leave to retrieve work materials or who do not have enough material to occupy them for the duration of study hall will be viewed as a distraction.
 - c. Music is allowed only from your computer and only with headphones.
 - d. Only academic websites are permitted during study hall.
 - e. If you are asked to leave study hall, you will lose all your clocked study hall hours on that day.
4. The following are not permitted in the study hall area.
 - a. Food of any kind. Beverages are permitted.
 - b. Scooters, Bicycles, etc.
5. The use of tobacco products, including e-cigarettes, is strictly prohibited in the study centers.
6. No more than 2 students are allowed in a study room at a time, unless meeting in a group session with a tutor.
7. Students assigned to meet with a tutor/mentor must provide at least 8 hours advance notice to cancel a session.
 - a. Failure to provide advance notice may result in the student being charged the cost of the session.
8. Violations of academic integrity of any kind are not tolerated.
 - a. Any witnessed or suspected violation of academic integrity will be reported.
 - b. Working in groups on assignments, quizzes, tests, etc., if not indicated as permissible by the instructor, is a violation of academic integrity. Tutors and Student Workers (monitors, managers, etc.) are not allowed to help you with a test or quiz.
9. Communication with tutors, mentors, and assistant learning specialists outside of the academic center is prohibited. If you have questions or schedule adjustments, please ask your academic coordinator.

Failure to comply with the above rules and expectations will result in disciplinary action, up to expulsion from study hall.



Class Attendance Policy

Academic success and graduation must be every student-athlete's, coach's, and administrator's top priority. The expectation for student-athletes academically is to attend and be on time for every class and academic appointment while respecting the university's policies and procedures as well as their individual classmates, professors, and academic coordinators.

To maintain focus on academics as the top priority, the Athletics Department has implemented several policies to assist in the monitoring of each student-athlete's progress.

CLASS ATTENDANCE

Regular attendance in class sessions is a critical component of a student-athlete's academic success. This class attendance policy requires student-athletes to attend classes daily and complete all assigned academic work. Student-athletes must be on time for their classes and prepared with all the necessary textbooks and course assignments.

To assist the student-athlete in complying with this policy, the following procedures will be implemented.

- Within the first week of each semester, student-athletes will communicate with their individual course instructors regarding class sessions that will be missed because of team travel. During this time, each student-athlete should present his/her instructor with a copy of the "Team Travel Letter" provided by the SAAS Department. Student-athletes must make arrangements with instructors for completing any missed work and must communicate any changes in their travel schedule to instructors as soon as possible.
- Class attendance is monitored in three ways:
 - University Starfish Alerts
 - Student-Athlete Progress Reports
 - Athletics Department Class Checkers
- A student-athlete will be considered absent if he/she is not present when the class is checked. Students are expected to arrive on time for each class and remain for the duration of the class.
- Other than team-related travel, excused absences are determined by the university's class attendance policy. This policy is available at the link below.
 - <https://deanofstudents.ecu.edu/home/university-excused-absence/>
- Student-athletes should also be mindful that some instructors and academic departments have a strict unexcused absence policy. It is the responsibility of the student to be aware of, and adhere to, all class attendance policies of academic departments, the athletics department, and the university.



COMMUNICATION PROCESS FOR REPORTING STUDENT-ATHLETE ILLNESS OR INJURY

- Student-athletes must notify their athletic trainer of an illness or injury prior to missing a class. Failure to do so may result in an unexcused absence. Students should report to the athletic training office in person if physically possible for a medical examination and possible physician referral.
- A staff athletic trainer will notify the academic coordinator that the student-athlete has reported an illness or injury and will indicate the time the student-athlete was evaluated.
- If the student-athlete is evaluated by a physician, a staff athletic trainer will notify the class check coordinator if additional class absences are indicated. The student-athlete will need to have daily contact with their athletic trainer during any period in which they will miss class due to illness or injury. The athletic trainer will notify the academic coordinator of the continued need to miss class.



Academic Integrity

Academic integrity is recognized as a cornerstone value of the intellectual community at East Carolina University and ensures that students obtain the best possible benefit from their educational experiences. It is important for one to understand the specific components that define the principle of academic integrity, since it is the responsibility of all members of the academic community to guarantee that this value is maintained for our university.

There are 6 components that make up ECU’s definition of academic integrity. They are:

CHEATING:	<p>“unauthorized aid or assistance or the giving or receiving of unfair advantage on any form of academic work.”</p> <p><u>Examples:</u> receiving unauthorized assistance during a quiz or exam; using books, notes, or other devices when not authorized; collaborating on academic work without authorization; etc.</p>
PLAGIARISM:	<p>“copying the language, structure, ideas, and/or thoughts of another and adopting the same as one’s own original work.”</p> <p><u>Examples:</u> directly quoting, from any source, including online sources, without indicating that the material comes directly from that source; omitting a citation to a source when paraphrasing work; etc.</p>
FALSIFICATION/FABRICATION:	<p>statement of any untruth, either spoken or written, regarding any circumstances relative to academic work.” Statements related to a suspected academic integrity violation are also included.</p> <p><u>Examples:</u> falsifying hours obtained as a part of an internship or practicum experience, claiming to attend a required class event that was not attended; etc.</p>
MULTIPLE SUBMISSION:	<p>submission of substantial portions of the same academic work for credit more than once without authorization from the faculty member who receives the later submission.”</p> <p><u>Examples:</u> submitting the same essay for credit in two courses without written, faculty permission; making minor revisions to an assignment from one course and submitting as if it were new work in another; etc.</p>
VIOLATION ASSISTANCE:	<p>“knowingly helping or attempting to help someone else in an act that constitutes an academic integrity violation.”</p> <p><u>Examples:</u> <i>allowing</i> another to copy answers on an assignment/exam/quiz; completing work or writing a paper, or substantial portions of a paper, for another student to submit as their own; etc.</p>
VIOLATION ATTEMPT:	<p>attempting any act that, if completed, would constitute an academic integrity violation” as defined in one of the previous five components.</p> <p><u>Examples:</u> bringing a cheat-sheet to an exam, even though it is not utilized; soliciting persons to write papers or complete assignments for compensation; etc.</p>



Academic Misconduct Policy

Student-athletes are held to standards of integrity by the NCAA as well as their academic institutions. These standards relate to ethics in and out of their chosen area of competition. There are several NCAA by-laws concerning academic conduct and integrity. The select few listed below are most applicable to student-athletes and their work in the classroom.

NCAA Bylaw	Summary
14.02.1: Academic Misconduct Post Enrollment	<p>All institutional staff members and student-athletes are expected to act with honesty and integrity in all academic matters. (Adopted: 4/28/16 effective 8/1/16)</p> <p>A violation of the institution’s academic integrity is considered academic misconduct.</p>
14.02.10: Impermissible Academic Assistance - Institutional Staff Member or Representative of Athletics Interests	<p>Impermissible academic assistance by a current or former institutional staff member or representative of an institution’s athletics interests includes, but is not limited to the arrangement of assistance that is not generally available to the general student body and or an academic exception that results in a grade change, receiving academic credit, or fulfillment of graduation requirements results in the certification of a student-athletes eligibility, financial aid, or APR. (Adopted 4/28/16 effective 8/1/16)</p>
14.9.2.1: Post-Enrollment Academic Misconduct - Student-Athlete	<p>A student-athlete shall not be involved in:</p> <ul style="list-style-type: none"> • Academic misconduct involving a current or former staff member or representative of athletics interests • Academic misconduct without the involvement of a current or former staff member or representative of athletics interests that results in a false declaration of eligibility to participate in intercollegiate athletics, to receive financial aid, awarding of an APR point, or • Academic misconduct involving altering or falsifying a student-athlete’s transcript

NOTE: The NCAA defines an institutional staff member as “any individual who performs work for the institution or the athletics department, regardless of whether compensation is received for such work. This includes student employees.

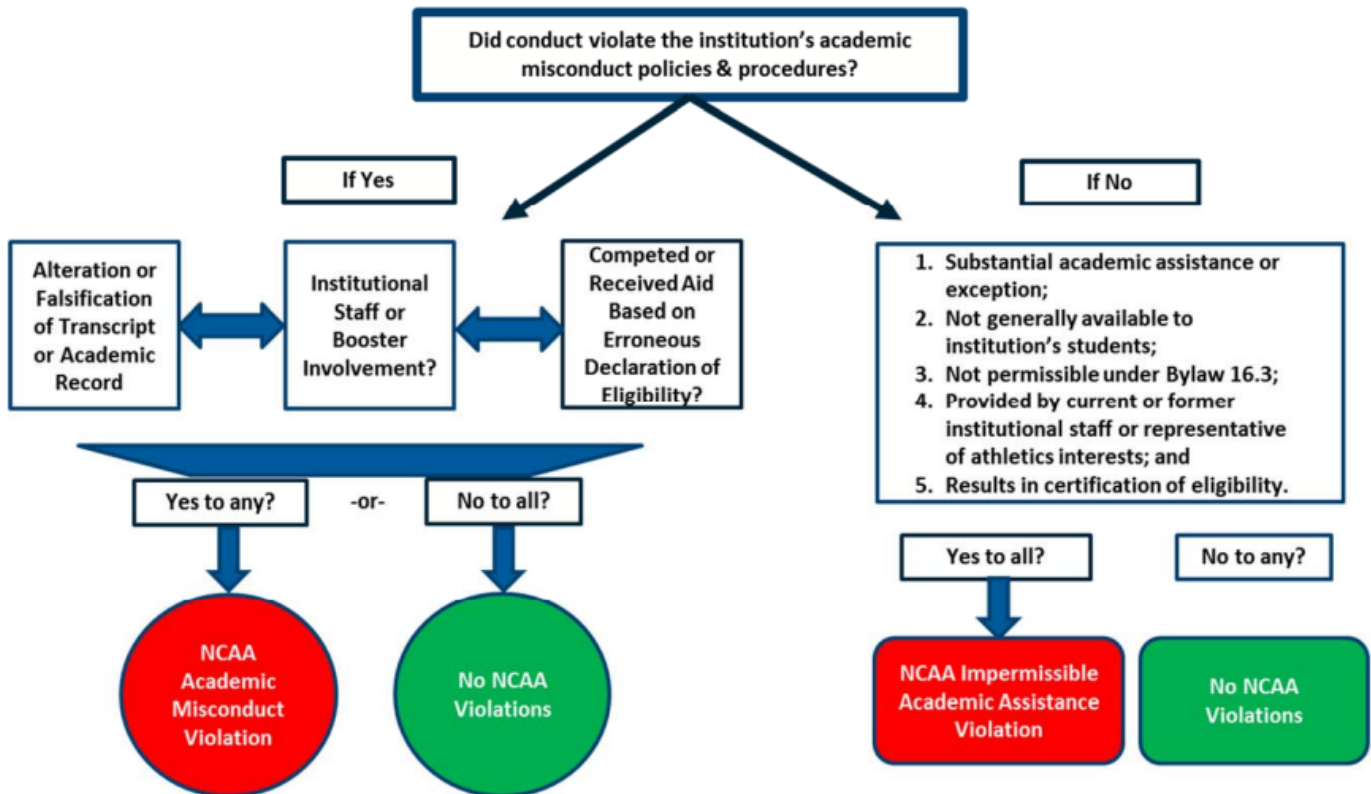


ECU Academic Integrity Report Process - https://osrr.ecu.edu/wp-content/uploads/sites/234/2022/02/Updated-AI-Flowchart_Feb-2022.pdf

Disciplinary Actions:

If a student-athlete is found to be in violation of the University’s Academic Integrity Policy, after exhausting the University’s process, (complete process found at <http://www.ecu.edu/csacad/fsonline/customcf/currentfacultymanual/part6section2.pdf>), The Director of Athletics has the discretion to impose additional sanctions for Academic Integrity violations. Multiple and/or repeat violations could result in more severe penalties including but not limited to dismissal from the team and/or reduction/loss of athletic aid.

NCAA Academic Misconduct



Academic Do's & Don'ts for Student-Athletes Resource - Click [HERE](#)



Team Travel Policy

Student-athletes are representatives of ECU Athletics and its athletics program. Therefore, when traveling, all student-athletes are expected to conduct themselves with dignity and the highest ethical, moral, and behavioral standards.

Every head coach is responsible for communicating the team travel rules with all team members. Specific requirements for dress code, individual conduct, curfews, and free time activities are some of the topics that will be addressed by head coaches. Each head coach will let you know if he/she requires a specific dress code.

At no time, while traveling with a University team, shall any student-athletes consume alcoholic beverages, drugs, or banned substances.

Ineligible or injured student-athletes will not always be approved to travel with their team. Each situation will be reviewed on a case-by-case basis with the head coach, sport administrator, and academic coordinator.

For information regarding missing classes for team travel, please review the Student-Athlete Academic Services class attendance policies and/or contact your academic coordinator.



Athletic Training

Mission Statement

The mission of the East Carolina University Athletic Training Department is to provide the highest quality healthcare available in the areas of injury prevention, treatment, and rehabilitation. Should an injury occur, an individualized approach to treatment and rehabilitation will be utilized to ensure a safe return to sport. The East Carolina Athletic Training Department is assisted by a wide array of community-based physicians and other health care providers to ensure our student-athletes are afforded the best healthcare available.

Athletic Training Room Rules

1. Treat the athletic training staff, doctors, and outside providers with respect.
2. No food or drink permitted in the athletic training room.
3. You must shower before receiving treatment and before using the hot/cold tubs.
4. Arrive on time for your assigned treatment/rehab time.
5. Shoes should not be worn on the treatment tables.
6. Phones will not be permitted while performing rehab exercises. Phones are only permitted while receiving treatment.
7. Phones are not permitted while you are seeing a doctor or an outside provider. Their time is valuable, and they should receive your full attention.
8. There should be no photographs taken in the athletic training room. This is a HIPAA violation and a violation of other individual's rights.
9. If you are listening to something on your phone, please make sure you have headphones. Be considerate that the people around you may not want to hear what you are listening to.
10. A shirt must be worn at all times, except while in the tubs.
11. No tobacco products are permitted in the athletic training room.
12. No university logos other than ECU should be worn in the athletic training room.
13. No equipment should leave the athletic training room without prior approval from the athletic training staff.
14. Treatment/rehab time is limited, therefore socializing in the athletic training room should be kept to a minimum.
15. Do not neglect or misuse any equipment in the athletic training room.
16. Do not leave personal belongings in the athletic training room.
17. Injuries are to be reported to the athletic training staff immediately.

Concussion Management Plan: Click [HERE](#)

Student-Athlete Insurance Coverage: Click [HERE](#)

For additional resources, review the Athletic Training Department website, [HERE](#).



ECU Athletics Drug Education, Screening, Counseling, & Testing Program

ECU Athletics Drug Education, Screening, Counseling, and Testing Program can be found at this link: <http://www.ecu.edu/prr/09/35/02>

The sport's athletic trainer will go over this policy with all student-athletes at the beginning of the academic year. Midyear incomers will be educated upon arrival.

- Student-athletes are required to sign an ECU Drug Testing Consent Form at the start of each academic year. This form will be kept on file with the Athletic Training Department.
- Any student-athlete may seek assistance for a substance abuse problem at any time by contacting his or her coach, a departmental staff member, sports medicine, life skills, a student development employee, or a representative of the ECU Division of Student Affairs. Voluntary use of available assistance before the occurrence of any positive drug test and before imposition of any sanction under this regulation shall not be considered, standing alone, as reasonable cause for testing.
 - If you are struggling with substance abuse, there is a ECU Safe Harbor policy in place: <https://cdn.ecu.edu/docs/prr-uploaded-docs/Appendix%20G%20REG09.35.02.pdf>
- If an otherwise prohibited drug is being used pursuant to a lawfully issued prescription under the supervision and authority of a licensed physician or other medical professional authorized to provide medical prescription, the student may continue to participate in athletics if the athlete meets the requirements as set forth by the NCAA concerning medical exceptions to impermissible drug use **and if the student-athlete notifies team physician of such fact, including the name of the prescribing physician.**
- NCAA Banned Substances: Review [HERE](#).

Quick Tips:

- Always confirm with the ECU Athletics sports dietician prior to taking any nutritional / dietary supplement. **Nutritional/dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.**
- Always report your prescribed medications to your Athletic Trainer or Team Physician.



Guidance on Student-Athlete Pregnancy and Pregnancy-Related Conditions

The East Carolina University Athletics Department is committed to the personal health, well-being, and development of all our members, and to the educational mission of our school. We strive to provide an environment that respects all pregnancy, parental, family or marital statuses, whether actual or potential, and urges all participants to work cooperatively toward degree completion. This Guidance sets forth the protections that should be provided for all students, including those pregnant or with pregnancy related conditions. In compliance with applicable laws, including Title IX, ECU also prohibits retaliation against any student or employee who complains about issues related to the pregnancy or pregnancy related conditions. This Guidance demonstrates ECU's commitment to providing a non-discriminatory environment for student-athletes and ECU's commitment to help student-athletes with the maintenance of their physical and psychological health, as well as their ability to complete their education.

FEDERAL LAWS Title IX of the Education Amendments of 1972 bars discrimination on the basis of sex, which prohibits a student's actual or potential parental, family or marital status causing a difference in treatment on the basis of sex.

IN COMPLIANCE WITH APPLICABLE LAWS, DEPARTMENTAL GUIDELINES INCLUDE THE FOLLOWING:

- ECU shall not discriminate against any student or exclude any student from its education program or activity, including any class or extracurricular activity, on the basis of such student's pregnancy, childbirth, false pregnancy, termination of pregnancy or recovery therefrom, unless the student requests voluntarily to participate in a separate portion of the program or activity.
- The ECU Athletics Department will require a student-athlete to obtain a certification from the student's physician to certify physical and emotional fitness as a condition for participating in athletics when such certification is required of all student-athletes who experience other physical or emotional conditions requiring the attention of a physician. 34 CFR 106.40(b)(2)
- The ECU Athletics Department will allow a pregnant or parenting student-athlete to fully participate on the team, including all team-related activities, unless the student-athlete's team physician or other medical caregiver certifies that participation is not medically safe.
- Medically necessary absences from team activities due to pregnancy will be considered excused absences.
- No coach or Athletics Department personnel shall suggest to any student-athlete that his or her continued participation on a team will be affected in any way by pregnancy, parental, familial or marital status.
- The ECU Athletics Department prohibits conduct that produces a hostile or intimidating environment on the basis of pregnancy, parental or familial status. Such conduct producing a hostile environment may prevent an individual from effectively participating in, or may deny a person the benefits of, the educational opportunities provided by East Carolina University. Acts or statements that are hostile towards pregnancy or parenting or



shun or shame the student-athlete because she is pregnant or parenting, may create a hostile environment and may subject a student or employee to disciplinary action.

- The ECU Athletics Department prohibits the use of any written or verbal contract or affirmation from a student-athlete purportedly conditioning the receipt of an athletics award(s) on a student's pregnancy or parental status or seeking a promise to not become pregnant.
- The ECU Athletics Department may provide health benefits through student-athlete health insurance that may include certain health benefits related to pregnancy, including counseling, physical examinations, medical treatment, surgical expenses, medication, rehabilitation and physical therapy expenses and dental expenses, provided that all health benefits provided are the same as those benefits provided to student-athletes who experience temporary disabilities, and within the limitations of any insurance policy provided. Any health benefits provided are strictly limited to those conditions covered by any provided insurance policy. The East Carolina University Athletics Department's medical coverage policy for student-athletes can be obtained from the Department Insurance Coordinator.
- Pregnant and students with parental status who wish to continue to participate in athletics are entitled to assistance and rehabilitation on the same basis as such assistance is provided to all other student-athletes with temporary disabilities.

IN ORDER TO ASSIST OUR STUDENT-ATHLETES:

- The ECU Athletics Department will provide assistance to help the pregnant or parenting student-athlete plan for his or her continued academic progress in accord with the university's education mission.
- The ECU Athletics Department will provide assistance to help the student-athlete return to sport after pregnancy and during parenting, if the student-athlete so desires.
- The ECU Athletics Department will assist the student-athlete to access the pregnancy and parenting support resources that are available to all ECU students.
- The ECU Athletics Department will publish this Guidance in the ECU Student Athlete Handbook, make this Guidance available to student-athletes and their families on-line, and provide specific education on the topics for all student-athletes and their families upon request.
- The ECU Athletics Department, in conjunction with the team physician, Senior Associate Athletics Director for Student Services, licensed athletic trainers, Senior Woman Administrator, and any others as designated by the Director of Athletics, will regularly review student-athlete pregnancy and parenting cases as they occur to monitor compliance with all applicable laws.

REPORTING:

- Our department will work to create an environment where a student-athlete feels comfortable to voluntarily reveal pregnancy or parental status in order for the institution to provide optimal support for physical and mental health, and with professional health care. ECU recognizes that the coach's attitude towards pregnancy and parenting can be pivotal in creating such a safe environment.



- No Athletics Department personnel will publicly release personally identifiable health information about pregnancy without written, timely authorization from the student-athlete.
- When a student-athlete reveals her pregnancy or parenting status to athletics personnel, the relevant personnel should direct the student-athlete to this Guidance. All Athletics Department personnel should reiterate the department's protection of the student-athlete's team membership status and financial aid. Athletics personnel should refer the student-athlete to the team physician, or to the student-athlete's personal physician.
- Consistent with ECU Athletics procedure for all student athletes, athletics personnel who believe that a student athlete has a physical or emotional condition that may require certification from a physician for continued participation in any athletics activity may report their concerns to the team physician, the Senior Woman Administrator or the Senior Associate Athletics Director for Student Services or a licensed athletic trainer.
- All students may report any concerns related to these guidelines to the team physician, the Senior Woman Administrator or the Senior Associate Athletics Director for Student Services.

ENFORCEMENT AND NON-RETALIATION:

- Any member of the Athletics Department found to have violated University non-discrimination policy by threatening to withhold or withholding athletics participation or an athletics award, by harassing a student-athlete on the basis of pregnancy or parenting status, or by breaching medical confidentiality, will be subject to disciplinary action up to and including discharge or termination of employment from the university. The Athletics Department will also take remedial action to correct the situation, if available.
- Any member of the Athletics Department who becomes aware of conduct that violates applicable law or policies should report the conduct to the appropriate officials, such as the Athletic Director, the University Attorney's office, the Title IX Coordinator, the Faculty Athletics Representative, or the Director of Equal Opportunity and Title IX. The Athletics Department and university will make every effort to prevent public disclosure of the names of all parties involved, except to the extent necessary to carry out the investigation or as otherwise required by law.
- Retaliation is specifically prohibited against anyone using applicable policies responsibly, including complaints about pregnancy or parental status discrimination.



Social Media Policy

As a student-athlete participating in intercollegiate sports at East Carolina University (ECU), you are a representative of the university and are always in the public eye. Student-athletes should be concerned with any behavior that might humiliate themselves, their families, their teams, their coaches, their athletic department, and/or ECU. **This includes any activities conducted online.** Potential employers, internship supervisors, graduate programs, and scholarship committees now search these sites to screen candidates and applications.

Please keep the following guidelines in mind as you participate on social networking websites/applications:

Before participating in any social networking website/application (e.g., Facebook, Instagram, Snapchat, Venmo, TikTok), understand that anything posted online is available to anyone in the world. Any text, photo, video, etc. placed online is completely out of your control the moment it is placed online – even if you limit access to your site.

You should not post information, photos, or other items online that could degrade or humiliate you, your family, your team, the athletic department, or ECU. This includes information about team activities, teammates, and opponents.

You cannot post any information that is proprietary to the Athletic Department which is not public information such as tentative or future schedules, or information that is sensitive or personal in nature, such as travel plans, itineraries, injuries, starting lineup, athletic suspensions, or NCAA violations.

You are personally liable for any copyright violations committed, such as posting photographs, audio, or video that is not your personal property. This includes the use of the logos and trademarks of ECU if used for NIL purposes.

You are personally liable for any violations of other students or student-athletes' privacy rights, especially those that fall under federal privacy laws (FERPA or HIPAA, i.e. student-athlete flunking out or a teammate's injury) or that violate ECU student codes of conduct or codes of computing practices.

You should not post your home address, local address, social security number, phone number, birth date, or other personal information such as your whereabouts or your plans. You could be opening up yourself to predators.

The malicious use of social media, such as derogatory language, demeaning or threatening statements about any individual or third party, unsportsmanlike comments directed at a ref/umpire, institution, team, or coach, and incriminating photos or statements depicting or encouraging hazing, sexual harassment, vandalism, academic misconduct, sports wagering, stalking, underage drinking, illegal drug use or other inappropriate behavior will be subject to disciplinary action by the head coach, sport administrator and/or Director of Athletics if they gain knowledge of such violations. **Sanctions may include written notification requiring the unacceptable content be removed, temporary suspension from the team, dismissal from the team and loss/reduction of athletic aid, if applicable.**

Coaches and athletic department administrators can and will monitor your social media accounts.

All student-athletes sign a form at the beginning of the year regarding the ECU Social Media policy. When signing, the student-athlete affirms that he/she understands the ECU Athletic Department Social Media Policy and Guidelines for Student-Athletes and the requirements that he/she must adhere to as an ECU student-athlete. Also, he/she affirms that failure to adhere to this policy and guidelines may result in consequences that include suspension from your athletic team, and additional penalties if necessary.



Anti-Hazing Affirmation

The ECU Department of Athletics supports only those activities which are constructive, educational, and that contribute to the intellectual and personal development of the student-athlete.

As a student-athlete, your actions (positive or negative) are subject to review by law enforcement, your coaching staff, the Department of Athletics, East Carolina University, the American Athletic Conference, and/or the NCAA. ECU and the Department of Athletics defines hazing as any act, whether physical, mental, emotional, or psychological, which subjects another person voluntarily or involuntarily to anything that may abuse, mistreat, degrade, humiliate, harass, or intimidate him/her, or which may in any fashion compromise his/her inherent dignity as a person. In addition, any requirements by a team member which compels another team member to participate in any activity which is against University policy or state/federal law, will be defined as hazing.

Instances of hazing can be considered either misdemeanors or felonies according to North Carolina State law.

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

- Forced consumption of substances not intended for normal eating or drinking
- Forced shaving of one's body parts
- Cyberbullying (use of social media)
- Physical and sexual abuse to include but not limited to handcuffing or tying to a building, structure, or other
- Discriminating against sexual orientation/ gender/ political affiliation, race, or religion
- Performance of chores or tasks for others including the requirement of carrying items such as water bottles, equipment, clothing, etc.
- Assigned or endorsed pranks, such as borrowing or stealing items, painting property or objects, or harassing other individual groups
- Verbal or cruel harassment, including yelling and screaming
- Any activity that 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 good state, or designed to humiliate the individuals wearing it

Allegations of hazing will be thoroughly investigated and violations will result in disciplinary actions which may include separation from the University and athletic participation. All potential cases will be referred to the Office of Students Rights and Responsibilities (OSRR) for evaluation and possible sanctions. The Department of Athletics reserves the right to institute penalties and restrictions prior to OSRR review, and may also impose additional penalties to those applied by OSRR to those found responsible of hazing.

[Here](#) is the University page on hazing.



Strength and Conditioning

Create a safe, holistic (mind, body and spirit) focused environment that will allow us to EMPOWER, ENCOURAGE, EDIFY, EDUCATE and EQUIP the student-athlete to be motivated to train at their highest ability.

We will utilize the positive character of FAITH, HONOR, STRENGTH AND SACRIFICE as the pillars for a successful culture of TRUST in the program.

- #LivingLifeinHD
- #ChampionshipLifestyle

Rules of Conduct and Operation

All student-athletes and staff members who use the strength and conditioning facilities are required to comply with the rules of operation regarding conduct and equipment use. Those found in violation will be reported to their Head Coach. Rules have been established to ensure a safe environment for all facilities.

The following shall serve as the rules of conduct and operation in the ECU strength and conditioning facilities:

**The use of the ECU strength & conditioning facilities and the instruction of the strength staff is a privilege and should be treated accordingly.*

1. No personal food or drink. Water bottles are allowed.
2. No horseplay of any kind.
3. No tobacco, chewing gum, toothpicks, etc.
4. No jewelry.
5. Close toed, athletic shoes must always be worn. No sandals, cleats or spikes allowed in the facilities.
6. Spotters are always required.
7. Clean up after yourself. All weights, dumbbells and equipment should be returned to the racks, and benches should be returned to their proper location.
8. Training time is limited; therefore, socializing should be kept to a minimum.
9. Freelance training will not be permitted. Athletes will follow a workout prescribed by the strength staff.
10. Do not neglect or misuse any of the equipment and if something breaks report it.
11. Follow all verbal and written instructions from the strength staff.
12. No cell phone usage, and/or the wearing of headphones allowed in weight room during training sessions.
13. For reasons of liability, no keys to the weight training facilities will be distributed to athletes or other non-coaching athletic staff members.
14. All weight training workouts must be supervised by a member of the strength staff.
15. Every student-athlete will always wear shirt, shorts/pants, and athletic shoes.
16. No one will be allowed to lift in street clothes. In addition, no University logos other than ECU logos will be permitted in the facilities.
17. No equipment is to leave the facilities for any reason unless a strength coach has checked it out.
18. Chalk is to stay in the chalk bowl; hands should be kept over the bowl while chalking up.
19. A strength coach or intern must be on the floor of the strength and conditioning facilities when the training of individuals or teams is happening.



20. ECU student-athletes are to be mindful of the purpose of the strength and conditioning facilities and give maximum effort during workouts.
21. Individuals are expected to be courteous to others and respectful of the facility (e.g. defacing of walls or equipment is prohibited). Failure to do so will result in disciplinary action.
22. Student-athletes are to consult with the Strength and Conditioning staff whenever they have a training question.
23. Injuries of any type are to be reported to the strength staff and/or Athletic Trainer immediately.
24. The stereo sound system is controlled by the strength staff and subject to volume or content change.

Expectations of all ECU Student-Athletes

- All ECU student-athletes are expected to arrive on time, ready to train (i.e. proper clothing, shoes on and tied, no jewelry, etc.).
- All ECU student-athletes are expected to follow all weight room rules of conduct and operation.
- All ECU student-athletes are expected to follow all instruction from the strength staff.
- All ECU student-athletes are expected to be respectful of teammates, coaches, and strength staff.

Disciplinary Action

Disciplinary action will be based on the severity of the rule's infraction. The Head Strength & Conditioning Coach and/or assigned Assistant Coach will consult with the individual's Head Coach when discipline is deemed appropriate.

Prior to Participation

- A medical examination and doctor's approval must be on file with the Sports Medicine Staff.
- All student-athletes must be cleared by athletic training and compliance each year.
- Participants must be adequately oriented to the program's policies, rules, and regulations, and instructed in the proper execution of exercises and use of equipment.
- All participants must understand the consequences and dangers involved with improper technique or utilization.

Injuries and Rehabilitation

Any injuries that inhibit any portion of a workout must be seen by the Sports Medicine Staff. Any facility-related injuries must be reported to the strength staff on duty and the Sports Medicine staff. All rehabilitation must be supervised and coordinated by a Sports Medicine Staff member.

Strength & Conditioning Staff & Contact Information - Click [Here](#).



Nutrition

Mission Statement

The mission of the Sports Nutrition Department is to support athletes as they prepare for, perform during and recover from training and competition. This tri-phasic approach ensures that athletes are fueled to prevent injury and illness and have peak performance. We are dedicated to supporting the nutrition needs of our student-athletes with a tailored approach to providing high-quality nutrition services.

Core Values

- Educate student athletes on best nutrition practices for competition and life
- Empower student athletes to make the best food choices possible
- Enhance student athlete performance by providing nutrition pre, during and post preparation and competition
- Elevate the student athlete experience by working in collaboration with the performance team

Services Provided

- 1 on 1 nutrition consultation
- Individualized Fueling Plans
- Educational Handouts and Talks
- Dietary Supplement Review

Resources

- Notemeal food tracking app
- Fueling stations within weight rooms

Nutrition Supplements Policy

All supplements should be checked by a dietitian prior to consumption by the student-athlete. It is ultimately the responsibility of the student-athlete what they choose to consume, but the dietitian will check for any banned or impermissible ingredients and verify the third-party testing.



Facilities & Captain's Practices

This link has the most update information about ECU Athletic Facilities:

<https://ecupirates.com/facilities>

If you are looking to hold a Captain's Practice or need to use any of these facilities, please contact:

Olivia Narron
Assistant Director of Operations
252-737-4469
narrono121@ecu.edu

J.J. McLamb
Executive Associate Athletics Director/Internal Operations
252-737-4669
mclambj@ecu.edu

For facility policies related to NIL activities, please reference the ECU Athletics NIL addendum policy located in Teamworks.



Life Skills

The Life Skills department develops and implements innovative programs and individualized support services that empower student-athletes to make positive contributions to their communities and put them in a position to succeed in college and in life.

Life Skills focuses on commitments in but not limited to:

- Career Development
- Community Outreach
- Mental Health
- Personal Development

The Life Skills department uses athletic, campus, and community resources to help educate our student-athletes in these different areas. Along with these components, the program is dedicated to establishing a structured and influential Student-Athlete Advisory Committee (S.A.A.C).

Career Development

ECU Athletics' Life Skills department works to enhance student-athlete career development by collaborating with ECU Career Services. This partnership supports a liaison with ECU Career Services who is dedicated to working with student-athletes. The Life Skills department and along with the liaison from ECU Career Services work to plan, develop, and implement career development programs, workshops, and presentations to enhance student-athlete's career advancement.

Our liaison helps student-athletes recognize and market their unique transferrable skills, get involved in the multitude of career development programs available on campus, create a working resume, develop and refine interview skills, and gain internship or work experience upon the completion of their degree.

Community Outreach

Community service is highly encouraged, and ECU Athletics feels strongly in the value of giving back to Pitt County and the ECU campus. The Life Skills department has formed several partnerships in the community and encourages teams and individual student-athletes to get involved.

Mental Health

The Life Skills department along with our Athletic Training department maintains a relationship with our Center for Counseling and Student Development here at ECU. Just as we have a liaison with ECU Career Services we also have a liaison from the Counseling Center. This liaison is available to talk and help our student-athletes here at ECU.



Personal Development

Programs, Workshops, and events are put on by the Life Skills department to assist in the personal and athletic development of ECU student-athletes. All topics presented on are carefully selected and picked to benefit the needs of our student-athletes. Each program presented gives student-athletes the opportunity to gather information to support a healthy lifestyle and achieve optimum athletic performance.

Topics include, but are not limited to:

- | | |
|--|--------------------------------------|
| Bystander Intervention Training | Time / Stress Management |
| Diversity & Inclusion | Transition Workshops |
| Drugs & Alcohol substance misuse & abuse | Campus Partner Programming |
| Financial Literacy / Budget Management | Name, Image, & Likeness |
| Leadership Development | Communication / Interpersonal Skills |
| Healthy Relationships | Personal Brand Awareness |
| Mental Health Awareness | Teambuilding Skill |



Student-Athlete Advisory Committee (SAAC)

East Carolina University's Student-Athlete Advisory Committee (SAAC) is a group of diverse student leaders that promotes a positive experience for student-athletes through effective means of communication. SAAC serves as the voice for the student-athletes to athletic administration, coaches, and on-campus representatives. SAAC serves student-athlete needs and seeks opportunities that encourage excellence in competition, the classroom, in the community, and in life. Student-athletes not on SAAC can suggest ideas and address issues directly to their SAAC representatives whenever necessary.

SAAC will also be involved with hosting the annual Goldspys athletic department award event for all student-athletes.

Each team will be represented by at least two SAAC representatives. SAAC representatives are required to attend SAAC meetings throughout the year. These meetings will occur monthly, and as needed.

Effective 8/1/2023 - 20.2.4.24 Student-Athlete Advisory Committee:

An active member institution shall establish a student-athlete advisory committee for its student-athletes, which must:

- a) Appoint an executive team that, at a minimum, includes a chair and vice chair;
- b) Be directly overseen by a senior athletics administrator; and
- c) Be provided two opportunities annually for committee leaders to engage with members of the athletics senior leadership team, management team, or members of groups of equivalent nature to discuss and exchange feedback on student-athlete-related topics in academics, facilities, campus life and other initiatives, as well as department-wide projects and strategic planning.

For more information regarding SAAC, contact Bri Wood (woodbri22@ecu.edu) or Caroline Bevillard (bevillardc18@ecu.edu), or review [here](#).



Equipment & Apparel Policies

An item received for participation in intercollegiate athletics may not be sold or exchanged or assigned for another item of value. This means student-athletes with eligibility remaining and/or on athletic aid (e.g., medical noncounter) may not trade or sell their apparel, gear, equipment, awards, or any other item provided to them by ECU Athletics, the AAC, or the NCAA.



Compliance

Commitment to Compliance & Department Overview

The compliance program for student-athletes exists to facilitate and ensure compliance with East Carolina University, American Athletic Conference (AAC) and NCAA regulations. Guidelines established by these governing bodies provide a framework for fair competition, good sportsmanship, and ethical behavior. The charge of the ECU's Athletics Office of Compliance is to not only educate, monitor and verify NCAA rules compliance for the athletic department, but also work collectively with the institution's various constituency groups to ensure that policies and procedures are implemented to ensure we are maintaining institutional control.

ECU Athletics and its varsity sport programs have a strong commitment to rules compliance. In that regard, you, the student-athlete are asked to assist ECU Athletics in ensuring compliance at all times. Specifically, you are requested to:

- Provide complete and accurate information regarding all eligibility matters.
- When you are unsure of how governing legislation or rules may apply to a situation, please ask your Head Coach, the Office of Compliance, or Sport Administrator for clarification before taking any action that might jeopardize your eligibility. ***Always ASK before you ACT.***
- Report any possible violations you become aware of to your Head Coach, Senior Associate Athletic Director for Compliance, Sport Administrator, Faculty Athletic Representative and/or the Director of Athletics.
 - If you suspect a violation may have occurred, please report this immediately to the Athletics Compliance Office. An investigation will be conducted of all suspected violations of NCAA regulations. All efforts will be made to ensure the reporting of said violations remain confidential.
 - Retaliation against a student-athlete who has made a complaint, filed a grievance, reported a suspected NCAA violation and/or participated in the review process is prohibited and should be reported immediately. Anyone who engages in retaliatory conduct will be subject to disciplinary actions. If additional concerns arise with this process, the Office of Equity and Diversity is available for review.

The Office of Compliance staff and contact details can be found [HERE](#).

Anyone can also contact the Office of Compliance at AthleticsCompliance@ECU.EDU. Any email sent to this email address will automatically be sent to all four compliance administrators at ECU.



Clearance to Practice

In order to be cleared for practice/workouts at the start of the academic year/semester and/or upon arrival for preseason, student-athletes must be:

1. Medically Cleared by ECU Athletic Training;
2. Admitted to ECU and Enrolled Full-Time;
 - **Exception: A student-athlete may practice during the official vacation period immediately preceding initial enrollment, provided the student has been accepted by the institution for enrollment at the time of the individual's initial participation; is no longer enrolled in the previous educational institution; and is eligible under all institutional and NCAA requirements.*
 - **Exception: A student-athlete may practice, but may not compete, during the institution's first five days of classes if the student-athlete is enrolled in less than a minimum full-time program of studies, provided the student is otherwise eligible under all institutional, conference and NCAA requirements.*
3. Complete all required NCAA, AAC, and ECU Athletic Department forms.
 - All student-athletes will be sent NCAA, AAC, and ECU Athletics forms every year via Teamworks in July/August prior to fall classes starting.
 - The required forms are as follows:
 - ECU & AAC Forms:
 - ECU Athletics Student-Athlete Code of Conduct
 - Title IX NCAA Annual Attestation
 - ECU Questionnaire & Education - Agents/Extra Benefits
 - ECU & AAC Promotional Activities Authorization
 - ECU Athletics Social Media Policy
 - ECU Unethical Conduct Form
 - ECU Transfer Portal Education & Acknowledgment
 - ECU CARA & Time Management Plan Rules Acknowledgment
 - ECU Athletics FERPA - For Academic Awards
 - AAC HIPAA Form
 - AAC Conference Sportsmanship Policy
 - NCAA Forms:
 - NCAA D1 Student-Athlete Statement
 - NCAA D1 Drug-Testing Consent
 - *If a student-athlete is under 18 at the time he/she is signing the required forms, a parent/legal guardian is required to also sign the NCAA Student-Athlete Statement, NCAA Drug Testing Consent, and AAC Authorization for Disclosure of Health Information.*
4. Incoming transfers from two-year/four-year colleges ONLY - Provided an unofficial / official college transcript showing the previous semester's course grades and credits to the ECU Athletics Office of Compliance and/or ECU Admissions.



In order to be cleared for practice/workouts upon arrival for summer workouts/practice (voluntary or required for basketball/football), incoming student-athletes must have:

1. Signed an NLI/ECU Athletics Grant-In-Aid, and/or submitted an enrollment deposit to ECU;
2. Medical Clearance by ECU Athletic Training; and
3. **Incoming transfers from two-year/four-year colleges ONLY** - Provided an unofficial / official college transcript showing the previous semester's course grades and credits to the ECU Athletics Office of Compliance and/or ECU Admissions.

For more information regarding summer athletic activities enrollment requirements for football and basketball, review the Playing & Practice Season Guidelines & Restrictions > Required Summer Athletic Activities.

Student-Athlete Rules Education Meetings & Resources

The Office of Compliance will provide rules education to student-athletes throughout the academic year and summer through scheduled meetings, email/text reminders, and resource documents to ensure they understand the rules and are notified of timely issues and reminders.

Meetings:

1. **Beginning of the Year (July/August/September):**

All student-athletes are required to attend the Compliance Beginning of the Year Eligibility meeting, where the Compliance Office will present NCAA, AAC, and ECU rules and policies. *This meeting is not required to be scheduled prior to the student-athlete's first practice date.*

2. **Upon Request & Optional:**

When needed, team or individual rules education meetings may be scheduled by coaches, student-athletes, administration, or SAAC throughout the academic year or summer.

3. **SAAC Meetings:**

Compliance staff will attend SAAC meetings throughout the academic year and provide timely updates/reminders and rules education initiatives. Compliance will educate SAAC and seek their feedback on NCAA legislative proposals to ensure their voice is heard during the NCAA proposal voting period.

Resources Available:

- Compliance resources can be found in Teamworks under Files > Organization > Compliance.
- Additional resources can be found on the ECU Athletics Compliance Website specific for student-athletes. Link [HERE](#).
- All signed compliance forms can be viewed by student-athletes in Teamworks at any time.
- Resources will be sent via email/text throughout the year.
- Resources will be created/sent upon request.



Playing & Practice Season Guidelines & Restrictions

NCAA regulations identify the academic year in two distinct segments; in-season and out-of-season. At the beginning of each academic year, each coach must identify the days during the academic year that will consist of the in-season period of time for his/her respective sport.

Countable Athletically Related Activities (CARA)

CARA		
Limitations	IN SEASON – 20-HR WEEKS	OUT OF SEASON – 8-HR WEEKS
Max # of Hours a Week	20	8
Max # of Hours of Skill Instruction	N/A	4
Max # of Hours Per Day	4	4
# of Required Days Off	1	2
Date of Competition (# of Hours)	3 No CARA after Competition.	N/A – No competition can occur.
Final Examination Period	Permitted	All CARA is prohibited one week prior to the beginning of the final examination period through the conclusion of each student-athlete's final exams.

Football Out-of-Season Rules

- In football, between January 1 and the institution’s reporting date for preseason practice, an institution shall conduct its out-of-season conditioning period as follows:
 - Two required days off a week when out-of-season and in eight hour weeks.
 - Only four hours of CARA per day when not in a discretionary week.
 - An institution shall designate eight weeks as student-athlete discretionary time. An institution is permitted to designate institutional vacation periods (e.g., holiday break, spring break) as student-athlete discretionary time.
 - Required conditioning, weight-training activities, review of game film and walk-throughs shall remain permissible during the academic year outside the eight weeks designated as student-athlete discretionary time. **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 game film and participating in walk-throughs.**
 - Spring football practice per Bylaw 17.10.6.5 shall remain permissible outside the eight weeks.
 - Summer Athletic Activities -- An institution shall designate nine consecutive weeks between the conclusion of the academic year and its reporting date for preseason practice



as its summer conditioning period. During this nine-week period, institutions shall designate one week as student-athlete discretionary time (in addition to the eight weeks already designated). Such activities are limited to eight hours per week.

- During the remaining eight weeks of the summer conditioning period, student-athletes may be involved in voluntary weight training and conditioning activities and prospective student-athletes may be involved in voluntary weight training and conditioning activities.
- All remaining days between the conclusion of the academic year and the institution's reporting date for preseason practice that are not part of the institution's designated summer conditioning period and not already designated as student-athlete discretionary time shall be considered student-athlete discretionary time*.

- *Student-Athlete Discretionary Time.

Student-athlete discretionary time is time during which a student-athlete may only participate in athletics activities at his or her discretion. There shall be no required workouts and institutions are not permitted to recommend that student-athletes engage in weight-training or conditioning activities; however, if the student-athlete opts to work out, the strength and conditioning coach may monitor the facility in use for health and safety purposes.

Vacation Period CARA Rules

When the sport is **in-season**, there are no hour limitations when a sport is in-season during a vacation period. However, there must be ONE DAY OFF during a preseason period or vacation period [except Football - review below].

- In football, an institution is not required to provide student-athletes with one day off per week during the preseason practice period prior to the first day of classes, or seven days before the institution's first scheduled contest, whichever is earlier; however, on one day in every seven days during the preseason practice period, a student-athlete's participation in required athletically related activities shall be limited to not more than two hours of off-field meetings or film review.

When the sport is **out-of-season**, student-athletes may not participate in any CARA/RARA during any institutional vacation period [except for MBB/WBB/MFB Required Summer Athletic Activities].

Required Summer Athletic Activities

Required summer athletic activities are only allowed for members of the football and men's and women's basketball teams.

Football and M/W Basketball returning student-athletes are required to be enrolled in at least three credits at ECU during at least one-term in the summer in order to be cleared to participate in such activities, *unless the student-athlete meets an academic or walk-on exception*. All Football and M/W Basketball incomers must be enrolled in at least three credits during at least one-term in the summer to participate in required athletic activities, *unless the incoming student-athlete is a graduate transfer*.



In M/W Basketball, student-athletes 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 four hours per week spent on skill-related instruction.

In Football, student-athletes may engage in required weight-training, conditioning, review of practice and game film and noncontact 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 film review and not more than two hours per week spent on noncontact skill-related instruction. During noncontact skill-related instruction, it is not permissible for student-athletes to wear any protective equipment (e.g., helmet, shoulder pads) or use any equipment related to the sport other than footballs.

Voluntary Athletic Activities

In **individual sports**, a coach may participate in individual-workout sessions with student athletes during any **institutional vacation period and/or the summer**, at the request of the student-athlete. Individual sports at ECU include golf, swimming/diving, tennis, track & field/cross-country.

All Sports – ECU strength coaches (who are not countable coaches) may be **present** during voluntary strength and conditioning workouts during the academic year or vacation periods.

All Sports -- ECU strength coaches (who are not countable coaches) **may conduct** voluntary strength and conditioning workouts with student-athletes during the summer vacation period. Workouts **MUST** be voluntary in nature (initiated by student-athlete).

A student-athlete may engage in voluntary workouts at their discretion under the following conditions:

- No coaching staff member (coach/noncoaching staff) may be present. **
- Student-athletes are **not** required to report back to a coach/designee any information related to the activity.
- Staff members (ex: student managers, trainers) observing activities may **not** report back to a coach any information related to the activity.
- Activity must be initiated & requested solely by the student-athlete.
- Participation is **not** required.
- Attendance & participation in the activity (or lack thereof) **may not be recorded** for the purpose of reporting to coaching staff or other student-athletes.
- Student-athletes may **not** be subjected to penalties should they not participate & no recognition or incentive may be awarded based on attendance or performance.

Coaches may 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).

Coaches may assign specific times for student-athletes to use institutional facilities for such purposes and inform the student-athletes of the time in advance.



****Safety Exception: A coach may be present during voluntary activities (which are non countable) in a practice facility when students are using equipment in the following sports:**

- **Swimming & Diving**
- **Track (jumping & field events only)**

Student-Athlete Review & Approval of CARA

- Coaches are required to have their Time Management Plan listing all team activities in Teamworks throughout the academic year, including CARA activities. Coaches and staff are also required to submit CARA logs for summer required activity sports (football & basketball) and fall preseason sports (football, soccer, volleyball & cross-country).
- Coaches are also required to submit their weekly CARA reports through Teamworks at the end of each week or by the end of the month.
- Compliance will remind coaches if CARA logs are not submitted within a timely manner.
- **If the Teamworks calendar or a submitted CARA week is inaccurate, student-athletes should feel comfortable notifying the Compliance Office, Life Skills Director, FAR, or their sport administrator.**

Time Management Plan (TMP) / Teamworks Calendar



As of August 1st, 2017, ECU shall develop a student-athlete time management plan for each varsity program at ECU. The student-athlete time management plan shall include, at a minimum, policies to ensure that:

- Student-athletes are provided adequate notice of all countable athletically related activities (CARA) and other required athletically related activities (RARA).
- Schedules for all CARA and other required athletically related activities are developed through a collaborative process involving student-athletes, coaches and senior athletics department staff members.
- Student-athletes are provided adequate notice of changes to a previously established schedule for countable athletically related activities and other required athletically related activities. **If student-athletes feel their schedule is being updated without adequate notice, they can contact the Compliance Office, Life Skill Director, FAR, or their sport administrator.**
 - Exceptions include: weather, facility issues, travel delays, and staff unavailable due to emergency/sickness, etc.*

The TMP for the fall semester should be made available in the student-athlete's Teamworks calendar before their first day of classes in August or practice (whichever is earlier) in the fall semester. For sports required to practice/compete during the winter break, the TMP throughout the winter break should be updated and made available.

The TMP for the spring semester should be made available in the student-athlete's Teamworks calendar before their first day of classes in January or practice (whichever is earlier) in the spring



semester. For sports required to practice/compete during the summer break, the TMP throughout the summer break should be updated and made available.

All support staff are required to update the TMP with their appointments/meetings, and other required athletic activities. This includes, but not limited to: Athletic Training, Strength & Conditioning, Compliance, Nutrition, Student-Athlete Academic Services, Life Skills, Pirate Club, Equipment, and Media Relations.

When a student-athlete has a scheduled off day, athletics staff/coaches cannot require student-athletes to participate in any required athletically related activity (RARA). This includes, but not limited to: practice, competition, strength and conditioning workouts, promotional activities, community service activities, life-skills/team-building activities, travel to-and-from an away competition, and student host duties. **If student-athletes feel they are not given a true day off, they can contact the Compliance Office, Life Skill Director, FAR, or their sport administrator.**

- **Exceptions:**

- *Health and medical activities (e.g., medical evaluations or treatment for prevention and/or rehabilitation of injuries);*
- *Activities that are academically related (e.g., meetings with academic advisor, tutoring sessions) are permitted on days off;*
- *Required life-skills activities that involve multiple sports and are formally organized by the athletics department (e.g., life skills department, athletics director's office) are permitted on a student-athlete's day off;*
- *Team meals with no athletic meeting attached to it (e.g., training table, occasional meal); and*
- *Voluntary athletic activities with team or individually.*

The NCAA requires that an institution shall conduct an annual review of each sport's student-athlete time management plan. ECU compliance, FAR, the sport's head coach, sport administrator, and at least one student-athlete representative (e.g., SAAC rep) shall be involved in the review. At the end of the academic year, a required form will be sent to Head Coach (or designee of sport program), Sport Administrator, Student-Athlete, FAR, and compliance. The review shall include, at a minimum, an evaluation of the extent to which the student-athletes were free from all athletically related activities, other than those initiated by student-athletes, during the required eight-hour overnight period and all required days off. The findings of each annual review shall be submitted to the Chancellor.

If a student-athlete has questions or concerns regarding his/her sport's TMP, he/she should contact the Compliance Office, FAR, Life Skills Director, or sport administrator.

For more information regarding TMP rules, student-athletes can review their signed TMP Rules Acknowledgment form in "My Completed" forms or the TMP resource in Teamworks > Files > Organization > Compliance.



Seasons of Eligibility / Five-Year Clock

Student-Athletes have four years of eligibility to compete in each sport within a five-year clock. All student-athletes' athletic participation is monitored by the coaching staff, media relations department, and compliance office. **If a student-athlete is concerned about his/her five-year clock and/or participation records, he/she should contact the Compliance Office.**

A student-athlete utilizes a season of competition if, at any time during an academic year, he/she represents the institution in competition against individuals not on the institution's team. Any competition during a season, regardless of the amount of time spent, counts as one season of competition in that sport. For example: one play, one second on the clock, one at bat will count as one season of competition.

Five-Year Clock Defined

A student-athlete's five-year clock begins when he/she enrolls full-time in a regular term at any collegiate institution (four-year or two-year, domestic, or foreign).

Redshirt Defined

If a student-athlete never competes during the season, this is known as a "redshirt" season.

Football Only - Beginning August 1st, 2018, football student-athletes may compete in four or less contests during the season without using a year of eligibility. The competitions during the season do not need to be consecutive and the student-athlete can be any year (e.g., freshman, junior). This is considered the "football redshirt rule".

- *This legislation cannot be applied retroactively for student-athletes who competed in less than four games in a season before fall 2018.*

Medical Hardship Waiver

If a student-athlete suffers an incapacitating injury during the first half of his/her championship season and only competed in 30% of the season (or less), the student-athlete may qualify for a medical hardship.

In order to have the medical hardship be reviewed/approved, the sport's Athletic Trainer is required to submit the Medical Hardship Request Form to the Compliance Office. The Compliance Office will work with Athletic Training and the coaching staff to ensure all required documentation is submitted.

The AAC will confirm final approval for all medical hardships. If approved, the student-athlete will receive that year of eligibility back and the Compliance Office will update all internal participation records and athletics bio information.

Extension of Five-Year Clock Waiver

If a student-athlete has two seasons within his/her five-year clock in which he/she could not compete because of documented circumstances beyond the student-athlete's control, the Compliance Office may submit an extension of eligibility waiver on behalf of the student-athlete.



Circumstances considered to be beyond the control of the student-athlete or the institution and do not cause a participation opportunity to be used shall include, but are not limited to, the following:

- Situations clearly supported by contemporaneous medical documentation, which states that a student-athlete is unable to participate in intercollegiate competition as a result of incapacitating physical or mental circumstances;
- The student-athlete is unable to participate in intercollegiate athletics as a result of a life threatening or incapacitating injury or illness suffered by a member of the student athlete's immediate family, which clearly is supported by contemporaneous medical documentation;
- Reliance by the student-athlete upon written, contemporaneous, clearly erroneous academic advice provided to the student-athlete from a specific academic authority from a collegiate institution regarding the academic status of the student-athlete or prospective student-athlete, which directly leads to that individual not being eligible to participate and, but for the clearly erroneous advice, the student-athlete would have established eligibility for intercollegiate competition;
- Natural disasters (e.g., earthquake, flood); and
- Extreme financial difficulties as a result of a specific event (e.g., layoff, death in the family) experienced by the student-athlete or by an individual upon whom the student-athlete is legally dependent, which prohibit the student-athlete from participating in intercollegiate athletics. These circumstances must be clearly supported by objective documentation (e.g., decree of bankruptcy, proof of termination) and must be beyond the control of the student-athlete or the individual upon whom the student-athlete is legally dependent.

COVID-19 Season of Competition Waiver

The NCAA adopted a blanket waiver for spring 2020 spring sport student-athletes and fall 2020-spring 2021 fall/winter sport student-athletes which allows their season not to count against their four years of competition eligibility.

Spring Sports - **Spring 2020 Season** will not count as a year of eligibility used.

- These sports include baseball, softball, lacrosse, outdoor track, golf, and tennis

Fall Sports / Winter Sports - **Fall 2020 - Spring 2021** Season will not count as a year of eligibility used.

- These sports include football, cross-country, soccer, volleyball, basketball, indoor track, and swimming/diving

COVID-19 Extension Waiver

The NCAA adopted a blanket waiver which allows institutions to self-apply extensions of eligibility for spring 2020 **spring** sport student-athletes and fall 2020 - spring 2021 **fall/winter** sport student-athletes who are unable to compete or who qualify for a season of competition waiver due to the COVID-19 pandemic.



Outside Competition

All student-athletes must seek approval from their Head Coach and Compliance Office before competing as an individual unattached or with any outside team (outside of their ECU Athletics team). All outside competition forms are available in Teamworks > Forms > Perpetual.

A student-athlete who participates during the academic year as a member of any outside team in any non-collegiate, amateur competition becomes ineligible for intercollegiate competition in that sport for the remainder of the year and for the next academic year.

Exceptions - All Sports Except Basketball:

- A student-athlete may compete outside of the institution’s declared playing and practice season as a member of an outside team in any non-collegiate amateur competition during any official vacation period (e.g., summer) published in the institution’s catalog.
- In the following sports, an outside team may not include more than the following number of student-athletes from the same institution.

Outside Competition Student-Athlete Limitation		
Sport	Other Vacation Periods	Summer Limitations
Baseball	Not more than 4	Not more than 4
Cross-Country	Not more than 2	During summer - no limits
Football	Not more than 5	Not more than 5
Golf	Not more than 2	During summer - no limits
Lacrosse	Not more than 5	Not more than 5
Soccer	Not more than 5	Not more than 5
Softball	Not more than 4	Not more than 4
Track & Field	Not more than 7	During summer - no limits
Volleyball	Not more than 2	Not more than 2

Basketball

A basketball student-athlete who participates in any organized basketball competition except while representing the institution in intercollegiate competition in accordance with the permissible playing season becomes ineligible for any further intercollegiate competition in basketball.

Basketball Summer League Exception

A student-athlete may compete during the period between June 15 and August 31 or the institution’s opening day of classes (see Bylaw 17.02.13.3), whichever comes earlier, on a team in a league certified per Bylaw 17.33.4.1, provided the student-athlete has received written permission from the institution’s athletics director (or the director’s official representative) prior to participation in the league. If the student-athlete is transferring and has been officially accepted for enrollment in a second institution, and if the previous institution certifies that the student has withdrawn and does not intend to return to that institution for the next term, this written permission is to be obtained from the member institution to which the student-athlete is transferring. Under such circumstances, the



student-athlete does not count on the summer-league roster as a representative of either institution unless the student-athlete has enrolled and attended classes during the certifying institution's summer term.

- The summer league must be certified by the NCAA.
- Geographical Limitation - League play shall be within 100 air miles of the city limits of the student-athlete's official residence at the end of the previous academic year or the institution the student-athlete last attended as a regular student. If a league does not exist within 100 air miles of the student-athlete's residence, a student-athlete may participate in the summer league located closest to the student's official residence;
- Player Limitations - Number From Any One College - Each team shall include on its roster not more than two players with intercollegiate basketball eligibility remaining from any two-year or four-year college (other than a Division II or Division III member institution).
- One Team, One League - All Division I student-athletes must limit their competition to one team in one league.
- Basketball Other Exceptions:
 - Puerto Rico Superior Basketball League - A student-athlete who is a resident of Puerto Rico may participate in the Superior Basketball League of Puerto Rico.
 - United States vs. U.S. National Teams - A student-athlete may participate in the United States against U.S. national teams.
 - Outside-Team Tours - A student-athlete may participate in an outside team summer foreign basketball tour.
 - Basketball Draft Combine. A student-athlete using the draft exception set forth in Bylaw 12.2.4.2.1 may participate in a draft combine sponsored by a professional sports organization (during the summer or academic year), provided the student-athlete has received written permission from the institution's director of athletics.

Other Exceptions - All Sports:

The following exceptions to the outside-competition regulations are permitted:

- a) **High School or Two-Year College All-Star Contests.** A student-athlete may compete in a high school or two-year college all-star contest during the summer prior to initial full-time enrollment in a regular term at the institution.
- b) **High School Alumni Game.** A student-athlete may compete in one game a year involving participants from the student-athlete's former high school and its alumni team. In sports other than basketball, this game must take place during an official vacation period of the institution's academic year.
- c) **Multisport Events.** A student-athlete may participate in officially recognized state and national multisport events.
- d) **Established Regional and National Championships.** A student-athlete may participate in established regional (e.g., North American Championships, European Championships) and national championship events (including junior regional and national championships) and qualifying competition for such events.
- e) **International Events.** A student-athlete may participate in the Olympic Games, Paralympic Games, Pan American Games, Parapan American Games, World Championships, World Cup,



World University Games (Universiade) and World University Championships or the junior level equivalent competition (e.g., Youth Olympic Games, Junior World Championships, U19 World University Games) and qualifying competition (e.g., Olympic or Paralympic Trials) for such events.

- f) **National Team Tryouts.** A student-athlete may participate in national team training, tryouts or competition events used for consideration for selection or to determine members of a national team that will participate in the Olympic Games, Paralympic Games, Pan American Games, Parapan American Games, World Championships, World Cup, World University Games (Universiade) or World University Championships or the junior level equivalent competition.
- g) **National Team Competition.** A student-athlete may participate in competition involving national teams and junior national teams sponsored by the appropriate national governing bodies of the U.S. Olympic and Paralympic Committee (or, for the student-athletes representing another nation, the equivalent organization of that nation or, for student-athletes competing in a non-Olympic or non-Paralympic sport, the equivalent organization of that sport).

Unattached Competition - Individual Sports (Golf, Track & Field/Cross-Country, Tennis, and Swimming & Diving)

It is permissible for a student-athlete to participate in outside competition as an individual during the academic year in the student-athlete's sport, as long as the student-athlete represents only himself or herself in the competition and does not engage in such competition as a member of or receive expenses from an outside team.

Student-Athletes who would like to compete unattached are required to seek approval via the Outside Competition Request form in Teamworks.

Amateurism

An individual loses amateur status and thus shall not be eligible for intercollegiate competition in a particular sport if the individual:

- a) Uses athletics skill (directly or indirectly) for pay in any form in that sport;
- b) Accepts a promise of pay even if such pay is to be received following completion of intercollegiate athletics participation;
- c) Signs a contract or commitment of any kind to play professional athletics, regardless of its legal enforceability or any consideration received, except as permitted in Bylaw 12.2.5.1;
- d) Receives, directly or indirectly, a salary, reimbursement of expenses or any other form of financial assistance from a professional sports organization based on athletics skill or participation, except as permitted by NCAA rules and regulations;
- e) Competes on any professional athletics team per Bylaw 12.02.12, even if no pay or remuneration for expenses was received, except as permitted in Bylaw 12.2.3.2.1;
- f) After initial full-time collegiate enrollment, enters into a professional draft (see Bylaw 12.2.4); or
- g) Enters into an agreement with an agent (not an NIL agent).

Required NCAA Eligibility Center Task - All Sports:



Prior to engaging in competition, a student-athlete shall receive a final certification of amateur status based on activities that occur prior to his or her request for final certification or initial full-time enrollment at an NCAA Division I or II institution (whichever occurs earlier).

- If a prospective student-athlete reports for athletics participation before the student's amateur status has been certified, the student may practice, but not compete, for a maximum period of 45 days. After this period, the student shall have his or her amateur status certified to continue to practice or to compete.

Agents - Not NIL Agents

An agent is any individual who, directly or indirectly:

- a) Represents or attempts to represent an individual for the purpose of marketing the individual's athletics ability or reputation for financial gain; or
- b) Seeks to obtain any type of financial gain or benefit from securing a prospective student-athlete's enrollment at an educational institution or from a student-athlete's potential earnings as a professional athlete.

An agent may include, but is not limited to, a certified contract advisor, financial advisor, marketing representative, brand manager or anyone who is employed or associated with such persons.

North Carolina Requirement

All agents, advisors, and representatives thereof are required to register with the University of North Carolina Agent and the East Carolina Department of Athletics prior to contacting student-athletes or any other individual affiliated therewith regarding possible future representation.

- NC Athlete Agent Registration Office: https://www.sosnc.gov/divisions/athlete_agents

ECU Athletics Policy

Student-Athletes may meet with and have contact (calls/emails) with agents; however, they should contact the Compliance Office or their Agent Contact on their coaching staff before continuing any contact. The Compliance Office along with the Agent Contact for the student-athlete's sport will confirm the agent is certified properly with the state of NC.

ECU Compliance will review the agent's certification with the state of NC and confirm if he/she can contact ECU student-athletes. ECU Compliance will ensure the student-athlete and the agent contact on the coaching staff are informed.

All Sports - Agents & How They Impact Eligibility

You will become automatically ineligible for participation under NCAA regulations by entering into a verbal or written agreement now or in the future with an agent for representation in further professional sports negotiations prior to the completion of intercollegiate athletic eligibility.



Furthermore, you will become automatically ineligible by accepting money, transportation or other benefits from any person who wishes to represent you in the marketing of your athletic ability. This prohibition against receipt of benefits includes relatives and friends as well.

Securing advice from a lawyer concerning a professional sports contract is permissible, but the lawyer may not represent you in negotiations for such a contract. A lawyer may not be present during discussions of a contract offer with a professional organization or sports organization on your behalf. A lawyer's presence during such discussions is considered representation by an agent.

Baseball - Exception - Prior to Collegiate Enrollment

The Baseball agent exception is only prior to enrolling at any college.

Men's Basketball - Exceptions

In men's basketball, any individual who solicits a prospective or enrolled student-athlete to enter into an agency contract or attempts to obtain employment for an individual with a professional sports team or organization or as a professional athlete must be certified and maintain active certification per the policies and procedures of the NCAA agent certification program.

After the conclusion of the playing season, a men's basketball student-athlete who has requested an evaluation from the NBA Undergraduate Advisory Committee may be represented by an NCAA-certified agent. An enrolled student-athlete is not required to compensate an NCAA-certified agent for his or her services.

- 12.3.1.2.3.1 Expenses Before Agreement. [A] Before signing a written agreement with an NCAA-certified agent, a prospective or enrolled student-athlete (and his family members) who is eligible to be represented by an NCAA-certified agent may receive transportation and meals from an NCAA-certified agent in the locale where the prospective or enrolled student-athlete is located (e.g., locale of home or institution) in conjunction with the process to select an agent.
- 12.3.1.2.3.2 Expenses After Agreement. [A] After signing a written agreement with an NCAA-certified agent, the agent may provide the prospective or enrolled student-athlete (and his family members) with transportation, lodging and meals associated with meeting with the agent or a professional team.
- 12.3.1.2.4 No Missed Class Time. [A] A prospective or enrolled student-athlete shall not miss class in conjunction with the agent selection process or to meet with an agent or professional team.
- 12.3.1.2.5 Written Agreement. [A] An agreement between a prospective or enrolled student-athlete and an NCAA-certified agent shall be in writing. An agreement that involves a prospective student-athlete shall be disclosed to the NCAA national office. An agreement that involves an enrolled student-athlete shall be disclosed to his institution. If a high school prospective student-athlete does not sign a contract with a professional team, the agreement must be terminated before full-time enrollment. **If an enrolled**



student-athlete or two-year college prospective student-athlete does not sign a contract with a professional team, the agreement must be terminated before full-time enrollment in the ensuing regular academic term.

- If the agent agreement is terminated, the All Sport Agent rules apply (listed above). The agent cannot continue providing expenses and the student-athlete cannot enter into an oral 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.

For more information on agents and ECU's policy, visit the compliance website and review [here](#).

Draft

If a student-athlete is interested in entering his/her name in a professional draft, it is strongly encouraged that the student-athlete discusses this process with his/her Head Coach, Compliance Office and/or Sport Administrator.

After initial full-time collegiate enrollment, an individual loses amateur status in a particular sport when the individual asks to be placed on the draft list or supplemental draft list of a professional league in that sport, even though:

- (a) The individual asks to be removed from the draft list prior to the actual draft;
- (b) The individual's name remains on the list but the individual is not drafted; or
- (c) The individual is drafted but does not sign an agreement with any professional athletics team.

Contracts and Compensation: An individual shall be ineligible for participation in an intercollegiate sport if the individual has entered into any kind of agreement to compete in professional athletics, either orally or in writing, regardless of the legal enforceability of that agreement.

Men's Basketball Exception – NBA Draft

In men's basketball, a student-athlete may enter the National Basketball Association's draft each year during collegiate participation without jeopardizing eligibility in that sport, provided:

- (a) The student-athlete requests an evaluation from the National Basketball Association's Undergraduate Advisory Committee before entering the draft;
- (b) The student-athlete requests to be removed from the draft list and declares the intent to resume intercollegiate participation not later than 10 days after the conclusion of the NBA draft combine;
- (c) The student-athlete's declaration of intent is submitted in writing to the institution's director of athletics; and
- (d) The student-athlete is not drafted.

Men's Basketball Exception – Professional League Other Than NBA

In men's basketball, a student-athlete may enter a professional league's draft (other than the National Basketball Association's draft) each year during the student-athlete's four-year college participation without jeopardizing eligibility in that sport, provided:



- (a) The student-athlete requests to be removed from the draft list and declares the intent to resume intercollegiate participation not later than 10 days after the conclusion of the professional league's draft combine. If the professional league does not conduct a draft combine, the student-athlete must request to be removed from the draft list not later than the end of the day before the first day of the spring National Letter of Intent signing period for the applicable year;
- (b) The student-athlete's declaration of intent is submitted in writing to the institution's director of athletics; and
- (c) The student-athlete is not drafted.

Women's Basketball Exception

In women's basketball, a student-athlete may enter a professional league's draft one time during collegiate participation without jeopardizing eligibility in that sport, provided the student-athlete is not drafted by any team in that league and the student-athlete declares the intention to resume intercollegiate participation within 30 days after the draft. The student-athlete's declaration of intent shall be in writing to the institution's director of athletics.

Football Exception

In football, a student-athlete (as opposed to a prospective student-athlete) may enter the National Football League draft one time during collegiate participation without jeopardizing eligibility in that sport, provided the student-athlete is not drafted by any team in that league and the student-athlete declares the intention to resume intercollegiate participation within 72 hours following the National Football League draft declaration date. The student-athlete's declaration of intent shall be in writing to the institution's director of athletics.

Sports Other Than Basketball & Football

A student-athlete in a sport other than basketball or football may enter a professional league's draft one time during collegiate participation without jeopardizing eligibility in the applicable sport, provided the student-athlete is not drafted and, within 72 hours following the draft, declares the intention to resume participation in intercollegiate athletics. The student-athlete's declaration of intent shall be in writing to the institution's director of athletics.

Extra Benefits

A student-athlete will jeopardize his/her eligibility if a booster/donor, fan, business, professor, etc., provides him/her with any kind of special benefit.

Examples of Extra Benefits:

- Free or reduced cost merchandise;
- Free or special discounts for goods/services (e.g., discounted hotel rate or car repair);
- Cash or loans from someone other than their family members;
- Free or discounted meals, lodging, or transportation;
- Complimentary tickets;
 - Boosters should not be inviting student-athletes or their family members to specialty seating in the stadiums/arenas.
- Gifts or gift cards; and/or
- Any item of value.



If the free or discounted product or service is available to the public, all college students, or the ECU student body, then this is permissible for an ECU student-athlete to accept.

If a student-athlete has a pre-established relationship with an ECU donor, the donor or student-athlete should notify the Pirate Club or Compliance Office immediately. The Compliance Office will review further and confirm if the pre-established relationship is met.

Complimentary Admissions / Ticket Policies

The only ticketed sports at ECU are Football, M/W Basketball, and Baseball.

Complimentary tickets provided by ECU Athletics cannot be sold, exchanged, or assigned for another item of value.

All Student-Athletes - Tickets to ECU sports when they are not a participant

Student-athletes may request for ECU athletics tickets the same way that ECU students do. For more information regarding student ticket information, review [HERE](#).

Family Members of Student-Athletes

Per NCAA rules, ECU Athletics is not permitted to provide complimentary tickets to family members of student-athletes attending an ECU home athletics event in which the student-athlete is not a participant. Example - It is not permissible for soccer parents to receive complimentary tickets from ECU athletics to attend a home ECU Football game.

- *Exception:* On a case-by-case basis, ECU Athletics may provide a maximum of four complimentary admissions to a student-athlete for an institution's game or event during which a student-athlete is being honored but not participating, provided such complimentary admissions are used by the student-athlete's family members.

Student-Athletes Who Participate in Ticketed Sports

ECU Athletics may provide four complimentary admissions for home and away events to a student-athlete with eligibility remaining in the sport in which the individual participates (either practices or competes), regardless of whether the student-athlete competes in the contest.

- For away contests, the student-athlete should be in the official team travel party.

ECU Athletics may provide each student-athlete who participates in or is a member of a team participating in a postseason event (e.g., conference championship, NCAA championship, National Invitation Tournament, bowl game) with six complimentary admissions to all contests at the site at which the student (or team) participates.

ECU Athletics, the Head Coach, or Sport Administrator may reduce a student-athlete's complimentary tickets at regular or post-season events if the student-athlete violates an ECU, AAC, NCAA, or team rule/policy.



Process & Policy for Requesting Complimentary Tickets



Football, Basketball, and Baseball Student-Athletes will log into Teamworks to request their complimentary tickets.

- **Use the Teamworks app on a smartphone and then select event tickets (under the three dots in the dashboard).**
- **Add Guests for Approval** - The first step in reserving tickets is for users to add guests. Add required guest details. List the actual name of the individual and the relationship (e.g., friend, mother, sister, cousin).
 - o **Users will not be able to reserve tickets until they have added guests and they have been approved by compliance.**
 - o Once the guest is approved, he/she does not need to be approved again.
- **Reserve Tickets** - After users have added guests and the guests have been approved, they can begin to reserve tickets for an event with an open ticket window. **There is a deadline for student-athletes to reserve tickets. If the ticket window is closed, then no other guests can be added, transferred, or changed.**
 - o Student-athletes may reserve tickets for upcoming competitions listed in the competition schedule, provided the ticket window is open.
- **Optional - Transfer Tickets** - If a student-athlete is not using his/her complimentary tickets, he/she may transfer their unused complimentary tickets to a teammate eligible to receive complimentary tickets.

For a quick how-to Teamworks video, student-athletes can review [HERE](#).

NCAA/ECU Policy:

- **STUDENT-ATHLETES CANNOT REQUEST COACHES, MANAGERS, OR STAFF TO GIVE HIS/HER FAMILY/FRIENDS TICKETS.**
- Student-athletes can provide tickets to prospects, as long as it is not at the direction of a coaching staff member.
- Tickets cannot be sold, traded or exchanged for cash or items of value.
- Tickets cannot be used for current professors or agents/advisors.
- If there is an issue with the application or process, please contact the compliance complimentary ticket contact.

Student-Athlete Hosts During Recruiting Visits

Student-athletes may be selected to assist with the recruiting process by hosting prospective student-athletes on their official/unofficial visits.

Appropriate conduct and adherence to institutional, conference and NCAA regulations are required. This includes, but not limited to: ECU residence hall policies, Athletics Department policies, team policies, etc.



Student Host Rules:

- Student-athletes cannot be required to host prospects during their required day off from CARA/RARA activities.
- During an official visit, a student host may receive a maximum of \$60 entertainment allowance for the prospect only.
- No cash may be given to the visiting prospect or anyone else.
- No ECU apparel, gear, or shoes can be given to the prospect as a gift.
- Entertainment funds may not be used to purchase gifts or souvenirs for the prospect (e.g., t-shirts or institutional mementos).
- The use of vehicles provided or arranged for by any institutional staff member or booster of the athletics department is prohibited. The prospect or anyone accompanying the prospect may not be transported more than 30- miles from the main campus.
- Conversations should not occur on or off-campus between the prospect and a booster/donor of the athletics program. If an unplanned meeting occurs, only an exchange of greetings is permissible.
- A student host may attend and receive meals with the prospect and coaches. A student host may attend the entertainment activity (if applicable) with the prospect and coaches.
- The prospect may participate in physical workouts or other recreational activities during the visit, provided such activities are not observed by the coaching staff and are not designed to test the athletics abilities of the prospect.
- The student host may receive complimentary admission (not a hard ticket) when accompanying a prospect to a campus athletics event.
- Hosting prospects is not an excuse to miss class, academic meetings, etc.
- The use of alcoholic beverages and drugs is strictly prohibited.
- Engaging in gambling/sport wagering activity is strictly prohibited.
- Involvement in any activity that violates criminal law is strictly prohibited.
- Sexual activities are strictly prohibited.
- The student host cannot stay in the prospect's hotel room.
- If a PSA or his/her parent gives a student-athlete a gift of any kind, please notify the Compliance Office immediately.

Student hosts will be required to sign the Student Host Official Visit Form each and every time he/she hosts a prospect. The prospect will be required to sign this form as well.

[Notification of Transfer Policy / Transfer Portal](#)

The Compliance staff is always available to answer any questions about the NCAA transfer rules and the transfer process in general.

If a student-athlete is considering transferring from ECU, we strongly encourage that the student-athlete discusses his/her desire to transfer (and the potential consequences of providing written



notification of transfer) with his/her parents/legal guardians/family members and Head Coach prior to taking any formal action.

Transfer Portal Request Process & Required NCAA Module

Student-athletes cannot make contact, directly or indirectly, with a coaching staff of another NCAA Division I, II, III, or NAIA institution (and vice-versa) without first obtaining authorization through the notification of transfer process.

Written notification of intent to transfer will NOT be considered to have occurred unless such notification is sent directly to the Compliance Office using the **Transfer Portal Notification Form** which is available via your Teamworks account under forms > perpetual forms. All other forms of communication will not be considered as written notification of intent to transfer.

- All D1 student-athletes interested in transferring need to watch the required NCAA module and acknowledge completion. The details for this module are within the Transfer Portal Notification Form and available on the ECU Compliance Website for Student-Athletes.

Upon receipt of written notification and completion of the NCAA module, ECU must enter the student-athlete's information into the NCAA Transfer Portal within two business days of receipt. However, student-athletes may only be added to the transfer portal during their applicable sport window. *Exceptions include postgraduate/graduating student-athletes, walk-on student-athletes, head coach resignation/change, and/or if athletic aid is nonrenewed/cancelled.*

Once entered into the transfer portal database by the Compliance Office, the student-athlete is free to engage in recruiting conversations with any institution they choose. ECU does not have the ability to restrict the institutions with which a student-athlete may have contact.

Expiration/Withdrawal from the Transfer Portal

A student-athlete's notification of transfer expires at the time in which he or she withdraws the notification or begins classes at his or her original institution or another institution during the subsequent academic year. In accordance with ECU transfer policy, withdrawal of written notification of intent to transfer will NOT be considered to have occurred unless such notification is sent directly to the Compliance Office via email to AthleticsCompliance@ecu.edu. All other forms of written communication will not be considered as withdrawal of written notification of intent to transfer.

Athletic Aid & Roster Status Implications

In conjunction with the implementation of the written notification of transfer process, the NCAA also amended NCAA Bylaw 15.3.5.1 *Reduction, Cancellation or Nonrenewal Permitted*. Specifically, ECU Athletics is permitted to **REDUCE** or **CANCEL** athletics aid at the end of the regular academic term [*end of fall or spring term*] **if a student-athlete submits the Transfer Portal Request Form in Teamworks**. For example, if a student-athlete submits the Transfer Portal Request Form in October, it is permissible to cancel his/her athletic aid at the conclusion of the fall term.



If a student-athlete provides written notification of transfer to ECU between regular academic terms (winter break or summer break) ECU may REDUCE or CANCEL his/her athletics aid IMMEDIATELY.

Additionally, your Head Coach is NOT required to keep you on his/her roster if you submit the Transfer Portal Request Form at any time during the academic year or summer. The Head Coach will remove you from the roster **immediately**. When the student-athlete is removed from the roster, the roster removal process will be followed. The student-athlete will be notified via email when the official roster removal has occurred. The email attachment will have a description of services and benefits (e.g., academic support services, access to athletics facilities) that will or will not be provided to the student-athlete being removed from the team.

Roster Removal Process

A roster change occurs when a student-athlete may:

- Quit the team;
- Withdraw/transfer from ECU;
- A Head Coach (HC) cuts/dismisses the student-athlete from the team;
- Exhaust eligibility in his/her sport; or
- Graduates at the conclusion of the term, and does not return.

The HC may cut/dismiss a student-athlete from the team at any time during the academic year or vacation period. If the student-athlete would like to quit his/her athletic team or withdraw from the University, he/she should notify the HC or Sport Administrator.

All roster removals should be reported by the HC (or designee) on an official Teamworks Roster Change Form as soon as there is a change.

It is recommended that a meeting is held with the HC and Student-Athlete before the HC (or designee) submits the roster change form in Teamworks.

The HC determines if the student-athlete may keep his/her athletic aid (if applicable) and if he/she will have access to ECU Athletic Facilities (e.g., weight room, locker room) and Athletic Support Services (e.g., Athletic Training, Student Development).

The Sport Administrator is required to sign the Roster Change Form after the HC. The Sport Administrator may make changes to any completed form. *For example, the Sport Administrator may change the access to support services.*

The Sport Administrator is recommended to meet with the student-athlete being removed from the roster before signing the form. If the Sport Administrator cannot meet with the student-athlete, he/she should document the attempt in the comment section of the roster change form. The time/date and how the attempt was made (e.g., email/phone/text) should be noted under *“comment”* on the form.



After the HC, Sport Administrator, and Compliance sign the form, the Compliance Office will send a PDF copy of the finalized Roster Change Form to the student-athlete's ECU email address. The finalized form will have a description of services and benefits (e.g., academic support services, access to athletics facilities) that will or will not be provided to the student-athlete being removed from the team. After receiving the email notification from the Compliance Office, the student-athlete may ask questions and/or request to meet with the HC, Sport Administrator, or Compliance.

There is no appeals process if a roster removal occurs.

Once a student-athlete is removed from the roster, he/she is no longer eligible for practice, competition, or competition travel at ECU.

If the Student-Athlete is removed from the roster, but still receiving athletic aid, he/she must continue to abide by all NCAA, AAC and ECU policies. Failure to comply with these requirements may lead to a cancellation of any athletics aid now or in the future.

Financial Aid

NCAA has specific regulations regarding the receipt of financial aid and the amount of aid a student-athlete may receive. A student's scholarship will be based upon the calculation of a Full Cost of Attendance which is an amount calculated by the institutional financial aid office, using federal regulations, that includes the total cost of tuition and fees, room and board, books and supplies, transportation, and other expenses related to attendance at the institution.

- **A student-athlete shall not be eligible to participate in intercollegiate athletics if he or she receives financial aid that exceeds the value of the cost of attendance.**

As per NCAA rules (Bylaw 15.01.3), any student-athlete who receives financial aid other than that administered by the student-athlete's institution shall not be eligible for intercollegiate athletics competition, unless it is specifically approved under the Association's rules of amateurism (see Bylaw 12) or the aid is:

- Received from one upon whom the student-athlete is naturally or legally dependent;
or
- Awarded solely on bases having no relationship to athletics ability; or
- Awarded through an established and continuing program to aid students under the conditions listed in Bylaw 15.2.6.4.

Aid Outside of ECU Athletics

- **Student-athletes are required to report to ECU Compliance any financial aid that he/she receives from a source other than ECU Athletics. This can include Outside Aid/Awards or Institutional Aid/Awards.**
- **An Outside Aid form should be submitted to the Compliance Office if a student-athlete has any form of outside aid [outside of ECU]. The form should be mailed to the Athletics Compliance Office or emailed to AthleticsCompliance@ecu.edu. This may include, but not limited to: local high school scholarship, church scholarship, essay contest, etc.**



- Any ECU institutional aid/awards should be reported to the Compliance Office. The student-athlete can email AthleticsCompliance@ecu.edu with his/her name, Banner ID, and institutional award name(s) and amount(s). These awards may include, but not limited to: ECU Honors College, Beacon Scholarship, ECU Legacy Award, ECU Academic Award, etc.
- The Compliance Office will need to determine if the outside scholarship or ECU institutional scholarship is exempt from the NCAA financial aid limits. The Compliance Office will also ensure that the student-athletes does not go over the full cost-of- attendance.

Student-athletes do not need to report to ECU if financial aid is received from anyone upon whom you are naturally or legally dependent [parents/legal guardians].

Athletic Grant-In-Aid

An athletic scholarship is financial aid awarded to a student-athlete based on his/her athletic ability. An athletic scholarship may be awarded for one academic year or for multiple years. It is permissible for the Head Coach and Director of Athletics to recommend that a student-athlete's athletic scholarship not be renewed or be reduced for the subsequent semester/academic year. Renewal of athletic aid is not guaranteed. *[**4-4 Undergraduate Transfers who signed for an athletic grant-in-aid for 23-24 are under different cancellation/reduction/nonrenewal guidelines. Please seek guidance from the coaching staff or compliance office with specific questions to these grant-in-aid terms and conditions.]*

Renewal of Aid

All student-athletes whose athletic scholarships are to be renewed, reduced, or not renewed for the ensuing academic year will be notified prior to July 1st.

The ECU Office of Financial Aid will send renewal statements via email to the student-athlete's ECU email address. The statement will include the rules and regulations of the scholarship renewal.

Summer School Aid

An athletics grant-in-aid is only for the academic year (regular fall and spring semesters at ECU). Therefore, student-athletes receiving an athletic scholarship CANNOT assume that their athletic grant-in-aid will cover summer school charges or off-campus expenses during the summer months.

Summer School aid must be applied for and approved through Student-Athlete Academic Services, Athletics Administration, and Compliance. The request form will be made available as a PDF form early in the spring semester.

For questions regarding summer school aid, student-athletes should contact their Athletics Academic Coordinator.

Study Abroad Programs

An athletics grant-in-aid is only for the academic year (regular fall and spring semesters at ECU). Therefore, scholarship athletes CANNOT assume that their athletic scholarship will cover study abroad program expenses. Study abroad aid will be reviewed on a case-by-case basis. If a student-athlete is interested in applying to a study abroad program in the fall, spring, and/or summer



terms, he/she should contact his/her Head Coach and Athletics Academic Coordinator, who will then contact the Compliance Office and Sport Administrator.

Non-Renewal - After the Period of the Award

As per current NCAA rules, the Head Coach may award athletic aid for a one-year period, with no obligation to re-award the following year. If a student-athlete's athletics aid agreement does not clearly state "multi-year" agreement and list future academic years, the athletic aid agreement is only for one academic year.

It is possible that a student-athlete's athletic aid may not be renewed or may be reduced for the ensuing academic year for any reason.

The institution's regular financial aid authority shall notify the student-athlete in writing of the opportunity for a hearing when institutional financial aid based in any degree on athletics ability is to be reduced or not renewed for the following academic year or years. In the event that athletic aid is reduced or not renewed for the next academic year, the student-athlete will be emailed the notification in writing directly from the ECU Office of Financial Aid prior to July 1st. The email will be sent to the student-athlete's ECU email address from the Office of Financial Aid. It will detail the process and deadline by which the student-athlete can request a hearing before the Appeals Committee -- Faculty Senate Student Academic Committee. If the student-athlete wishes to appeal the nonrenewal decision, the student-athlete's request must be in writing and sent to the ECU Office of Financial Aid.

The institution is not required to notify exhausted eligibility student-athletes whether their athletic aid is renewed or nonrenewed for the following year.

- ***COVID Blanket Waiver - Approved 6/23/2021: Approved a blanket waiver of NCAA Bylaws 15.3.2.3 (hearing opportunity) and 15.3.5.3 (reduction or nonrenewal not permitted) to allow an institution to reduce or not renew financial aid, and not provide an opportunity to appeal the decision, for the student-athlete's final year of eligibility, if the student-athlete received a COVID-19 season-of-competition waiver or extension of eligibility. Specifically, the waiver applies to underclassmen who received COVID-19-related relief and are provided the opportunity to use that relief in their final year at the same institution. This blanket waiver applies to any academic year in which the criteria stated above are met.***

Reduction or Cancellation Permitted - During the Period of Award (During the Academic Year)

Institutional financial aid based in any degree on athletics ability may be reduced or cancelled during the period of the award if the student-athlete:

- a) Renders himself or herself ineligible for intercollegiate competition;
- b) Fraudulently misrepresents any information on an application, letter of intent or financial aid agreement;
- c) Engages in serious misconduct warranting substantial disciplinary penalty, as determined by the institution's regular student disciplinary authority;
- d) Voluntarily (on his or her own initiative) withdraws from a sport (quits) at any time for personal reasons; however, the recipient's financial aid may not be awarded to another student-athlete in the academic term in which the aid is reduced or canceled;



- e) Violates a non-athletically related condition outlined in the financial aid agreement or violates a documented institutional rule or policy (e.g., academics policies or standards, athletics department or team rules or policies); or
- f) Provides written notification of transfer to the institution; however, the student-athlete's financial aid may not be reduced or canceled until the end of the regular academic term in which written notification of transfer is received. If a student-athlete provides written notification of transfer to the institution between regular academic terms (winter break, summer break) the institution may reduce or cancel the financial aid immediately.

Fraudulent Misrepresentation: If a student-athlete is awarded institutional financial aid on the basis of declaring intention to participate in a particular sport by signing a letter of intent, application or tender, action on the part of the grantee not to participate (either by not reporting for practice or after making only token appearances as determined by the institution) would constitute fraudulent misrepresentation of information on the grantee's application, letter of intent or financial aid agreement and would permit the institution to cancel or reduce the financial aid.

Misconduct: An institution may cancel or reduce the financial aid of a student-athlete who is found to have engaged in misconduct by the university's regular student disciplinary authority, even if the loss-of-aid requirement does not apply to the student body in general.

The institution's regular financial aid authority shall notify the student-athlete in writing of the opportunity for a hearing when institutional financial aid based in any degree on athletics ability is to be reduced or canceled during the period of the award. In the event that athletic aid is reduced or cancelled during the period of the award, the student-athlete will be emailed a notification in writing directly from the ECU Office of Financial Aid. The email notification from the Office of Financial Aid will detail the process and deadline by which the student-athlete can request a hearing before the Appeals Committee -- Faculty Senate Student Academic Committee. If the student-athlete wishes to appeal the nonrenewal decision, the student-athlete's request must be in writing and sent to the ECU Office of Financial Aid.

Reduction or Cancellation **Not Permitted** - During the Period of the Award (During the Academic Year)

Institutional financial aid based in any degree on athletics ability may not be reduced or canceled during the period of its award (during the academic year):

- a) On the basis of a student-athlete's athletics ability, performance or contribution to a team's success;
- b) Because of an injury, illness, or physical or mental medical condition (except as permitted pursuant to Bylaw 15.3.5.1); or
- c) For any other athletics reason.

Fifth Year Aid & Post-Participation Aid

Athletics aid is not guaranteed in a student-athlete's fifth year of enrollment. This includes student-athletes with a year of eligibility remaining within the fifth year and student-athletes who have exhausted eligibility and did not graduate.

For student-athletes who did not graduate, but **exhausted eligibility**, he/she can apply for Post-Participation Athletic Aid. In order to officially apply, the student-athlete needs to contact his/her



Head Coach and Athletics Academic Coordinator. Then he/she will initiate completion of the Post-Participation Aid Request Form. The request is reviewed by Student-Athlete Academic Support Services, Head Coach, Sport Administrator, Compliance Office and Associate Vice Chancellor/Budget & Athletics Fiscal Affairs. It is important to note that previous academic performance and adherence to the Student-Athlete Code of Conduct will be taken into consideration when determining if post-participation aid will be approved. COST OF ATTENDANCE AND ROOM AND BOARD STIPENDS MAY NOT BE INCLUDED IN POST-PARTICIPATION AID.

Basketball Aid Requirement - Former Student-Athletes

As of August 1st, 2019, an institution that provides athletically related financial aid to basketball student-athletes shall provide, at a minimum, tuition and fees, and course-related books to a former basketball student-athlete who requests financial aid to complete his or her first baccalaureate degree, provided:

- The former student-athlete received athletically related financial aid while previously enrolled at the institution;
- Fewer than 10 years have elapsed since the former student-athlete's departure from the institution;
- The former student-athlete's most recent enrollment as a full-time student occurred at the institution;
- The former student-athlete was previously enrolled as a full-time student at the institution for a minimum of two academic years (four semesters or six quarters);
- The former student-athlete meets all institutional admissions and financial aid requirements;
- The former student-athlete has exhausted other available degree completion funding options (e.g., funds from a professional league or contract); and
- The former student-athlete is in good academic standing at the institution and meets NCAA and institutional progress-toward-degree requirements. This requirement applies to initial and continuing eligibility for degree completion funds.

Former Student-Athletes - All Sports

Former student-athletes who were on athletic aid and are interested in returning to ECU to complete his/her degree need to contact the current Head Coach, Sport Administrator, Compliance Office or Student-Athlete Academic Services. Then the former student-athlete will work with the Academic Coordinator to complete the Former Student-Athlete Aid Request Form in Teamworks. As noted above in the Fifth Year Aid section, previous academic performance and adherence to the Student-Athlete Code of Conduct will be taken into consideration when determining if post-participation aid will be approved. COST OF ATTENDANCE AND ROOM AND BOARD STIPENDS MAY NOT BE INCLUDED IN POST-PARTICIPATION AID.

Medical Noncounters

A student-athlete on athletic aid who becomes injured or ill to the point that he or she apparently never again will be able to participate in intercollegiate athletics may continue to receive his/her athletic aid.



The Athletic Trainer or Team Physician will notify the Compliance Office of any potential Medical Noncounter. The Compliance Office will then review and confirm all legislation and requirements are met before moving forward with meeting with the student-athlete. The meeting should include the Head Coach, Athletic Trainer, Student-Athlete, and a Compliance Administrator.

Before a student-athlete is deemed a medical noncounter, the student-athlete must acknowledge he/she understands the following:

- He/she is no longer physically able to participate in college athletics at ECU because of his/her physical/mental condition.
- He/she has discussed the medical noncounter status with the coaching staff, athletics trainer, and compliance, and agree to the terms of being a medical noncounter at ECU.
- That being medically disqualified means he/she cannot practice, workout, or compete for his/her team or as an ECU individual student-athlete, effective immediately;
- That medical noncounters are subject to all NCAA, AAC, and ECU rules and policies just like any other student-athlete; and
- Athletic aid can be cancelled/reduced or non-renewed if NCAA, AAC, or ECU rules are violated.

Student-Athlete Employment (NOT NIL)

Student-athletes are permitted to work throughout the academic year and vacation periods (e.g., summer). **The student-athlete reports his/her employment (summer/academic year) to the Compliance Office through a Student-Athlete Employment Form available in Teamworks.** This includes employment at camps/clinics and personal business opportunities, but not Name, Image, and Likeness (NIL) employment.

Earnings from a student-athlete's on/off-campus employment that occurs at any time is exempt and is not counted in determining a student-athlete's full grant-in-aid or in the institution's financial aid limitations.

The student-athlete and the employer must comply with all NCAA student-athlete employment rules:

- The student-athlete is to be compensated only for work actually performed;
- The student-athlete is to be compensated at a rate commensurate with the going rate in the locality for similar services;
- The student-athlete will not receive any benefits and/or perks not provided to all employees in his/her job title/description;
- Compensation does not include any remuneration for value or utility that the student-athlete may have for the employer because of the publicity, reputation, fame or personal following that he or she has obtained because of athletics ability; and
- Upon request, the employer and student-athlete will make available for review and inspection by the Compliance Office, copies of all documents, earnings statements, and other records related to the employment.

Camps/Clinics - NOT NIL



Student-athletes may work institutional and private camps/clinics; however, student-athletes cannot conduct their own camp/clinic (if not NIL-related).

Fee-for-Lesson Instruction - NOT NIL

A student-athlete may receive compensation for teaching or coaching sport skills or techniques in his or her sport on a fee-for-lesson basis, provided:

- a) Institutional facilities are not used;
- b) Playing lessons shall not be permitted;
- c) The compensation is paid by the lesson recipient (or the recipient's family member) and not another individual or entity;
- d) Instruction to each individual is comparable to the instruction that would be provided during a private lesson when the instruction involves more than one individual at a time; and
- e) The student-athlete does not use his or her name, picture or appearance to promote or advertise the availability of fee-for-lesson sessions.

Personal Businesses

If a student-athlete owns/operates his/her personal business (e.g., photography business), he/she is required to notify the Compliance Office. The Compliance Office will educate the student-athlete regarding the permissible ways to promote and operate his/her personal business. For more information, reference the ECU Athletics NIL policy in Teamworks.

Competition Eligibility - Academic Requirements

For Everyone (Freshmen through Fifth Years)

- All student-athletes must remain in good academic standing.
- Student-Athletes are required to pass **6 degree applicable (DA)*** hours of academic credit the preceding regular academic term (fall and spring semester). ***During the first two years of enrollment, a student-athlete may use credits acceptable toward any of the institution's degree programs. Hours earned during the summer may not be used to fulfill this requirement.**
- Student-Athletes are required to successfully complete **18 credit hours** of academic credit since the beginning of his/her previous fall term or since the beginning of the certifying institution's preceding regular two semesters. **Hours earned during the summer may not be used to fulfill this requirement.** *[Effective 8/1/2019 - 18 credit hours do not need to be DA.]*

For Sophomores (Entering 3rd Full -Time Semester)

- Student-Athletes are required to successfully complete **24 semester hours** of academic credit prior to the start of his/her 3rd full-time semester. Hours earned during the summer preceding/following initial year of enrollment may be used to fulfill this requirement.
- Student-Athletes must present at least a **1.80*** cumulative GPA prior to the start of his/her 3rd semester. This equals at least 90% of the institution's overall cumulative grade-point average required for graduation (based on a 4.000 scale). ***ECU requires all students to**



maintain a 2.0 GPA.

For Juniors (Entering 5th Full-Time Semester)

- Student-Athletes are required to choose and declare a major that leads to a specific baccalaureate degree by the beginning of his/her third year of enrollment.
- Student-Athletes are required to complete at least **40%** of his/her specific degree program prior to his/her 5th semester. Hours during the summer/winter mini terms and from transfer institutions may be used to meet this requirement.
- Student-Athletes must present at least a **1.90*** cumulative GPA prior to the start of his/her 5th semester. This equals at least 95% of the institution's overall cumulative GPA required for graduation (based on a 4.000 scale). ***ECU requires all students to maintain a 2.0 GPA.**

For Seniors (Entering 7th Full-Time Semester)

- Student-Athletes are required to complete at least **60%** of his/her specific degree program prior his/her 7th semester. Hours during the summer may be used to meet this requirement. Hours during the summer/winter mini terms and from transfer institutions may be used to meet this requirement.
- Student-Athletes must present at least a **2.00** Cumulative GPA prior to the start of his/her 7th semester. This equals at least 100% of the institution's overall cumulative GPA required for graduation (based on a 4.000 scale).

For Fifth Years (Entering 9th Full-Time Semester)

- Student-Athletes are required to complete at least **80%** of his/her specific degree program prior to his/her 9th semester. Hours during the summer/winter mini terms and from transfer institutions may be used to meet this requirement.
- Student-Athletes must present at least a **2.00** cumulative GPA prior to the start of his/her 9th semester. This equals at least 100% of the institution's overall cumulative GPA required for graduation.

Graduate Student-Athletes/Post Baccalaureate Student-Athletes

- Student-Athletes are required to pass **6 DA credit hours** of academic credit the preceding regular academic term (fall and spring semester).

Exceptions to PTD Requirements

- **Hours Earned or Accepted Toward a Minor:** Credit hours earned or accepted toward a minor, including a voluntary or optional minor (a minor that is not a required element of the original baccalaureate degree program for all students) may be used to satisfy the **6/18 credit-hour requirements after the first two years of enrollment**, provided the



minor is officially designated (pursuant to institutional policy) by the student-athlete before the conclusion of the institution's first five days of classes of the applicable term.

- **This exception cannot be used to satisfy the percentage requirements UNLESS the minor is a required element for all students to obtain the original baccalaureate degree.**
- **Final Academic Year of Degree Program:** A student-athlete who is in the final academic year (final two semesters) of his/her designated degree program may use credit hours acceptable toward any of the institution's degree programs **to satisfy the six-hour requirement and the nine semester hours**, provided the institution certifies that the student-athlete is enrolled in courses necessary to complete degree requirements at the end of the two semesters or the following summer. Thereafter, the student-athlete shall forfeit eligibility in all sports, unless the student-athlete completes all degree requirements and is eligible to receive the baccalaureate diploma on the institution's next degree-granting date.

Additional Requirements - Football

- Football student-athletes are required to successfully complete **9 DA hours** of academic credit during the fall term and **earn the APR eligibility point [GPA & 6 hours]**.
 - **If a football student-athlete does not pass the 9 semester hours or earn the APR eligibility point, he will not be eligible in the first four contests in the following fall season. Walk-ons do not need to meet the APR point, but they must meet the 9-hour requirement.**
 - **ONE-TIME EXCEPTION - Regain all four contests:**
 - A football student-athlete may regain eligibility for all four contests **IF** he successfully completes at least 27 semester hours before the beginning of the next fall term. A student-athlete in his initial year of full-time collegiate enrollment may use credit hours earned at the certifying institution during the summer prior to initial full-time enrollment and credit hours earned during the summer following the regular academic year.
 - **EXCEPTION - Regain two contests:**
 - A football student-athlete may regain eligibility to compete in the third and fourth contests of that season, provided he successfully completes at least 27 semester hours of academic credit before the beginning of the next fall term.
- **Football graduate students/post bacs are not required to earn the nine semester hours and the APR eligibility point during the fall term to be eligible for all contests during the following playing season.**

Baseball Eligibility Requirement



- In baseball, a student-athlete who is ineligible at the beginning of an institution's fall term shall not be eligible during the remainder of the academic year. A Baseball student-athlete cannot be re-certified as eligible for the spring term, if he is ineligible due to PTD, GPA, or percentage requirements.

At any time a student-athlete has questions about their percentage-towards-degree requirements or projected graduation timeline, he/she should contact their Athletics Academic Coordinator or the Compliance Office.

Student-athletes may change their major; however, it is imperative that they meet with their Athletics Academic Coordinator first. The Academic Coordinator will confirm with the Registrar's Office and Compliance Office if the student-athlete can remain academically eligible and on track to graduate.

If the student-athlete is not meeting progress-towards-degree requirements due to reasons outside of the student-athlete's control, the Academic Coordinator will work with the Compliance Office to determine if there is an NCAA Progress-Towards-Degree Waiver opportunity. Outside of the student-athlete's control include but may not be limited to: mental health/illness or an injury preventing the student-athlete from attending class.

NCAA Drug Testing Policy & Banned Substances

WARNING: Before consuming any nutritional/dietary supplement product, review the product and its label with the ECU Athletics sports dietician.

REMINDER: It is highly encouraged that all student-athletes notify their athletic trainer or team physician of all prescriptions.

- ***Medical Exceptions: Exceptions to the prohibition on use of any substance in a banned-drug class may be provided to a student-athlete, as specified in the policies and procedures of the of the NCAA Drug-Testing Program.***

As mentioned in the Clearance for Practice section of this handbook, all ECU student-athletes are required to sign the NCAA D1 Drug-Testing Consent Form every year prior to being cleared for practice and competition.

By signing this form, you agree to allow the NCAA to test you on a year-round basis including, without limitation, in relation to any participation by you in any NCAA championship and in any postseason football game for drugs in the banned drug classes listed in Bylaw 18.4.1.4.7 (see [NCAA Banned Drugs List](#)). Examples of drugs in each class can be found at www.ncaa.org/drugtesting.

All student-athletes consent to the following:

1. To be tested by the NCAA in accordance with NCAA drug-testing policy, which provides among other things that:
 - a. I will be notified of selection to be tested;
 - b. I must appear for NCAA testing or be sanctioned for a positive drug test; and



- c. My urine sample collection will be observed by a person of my same gender. d. Any specimen provided by me as part of the NCAA drug testing program shall be deemed to be the exclusive property of the NCAA.
2. To accept the consequences of a positive drug test or a breach of drug testing protocol;
3. To allow my drug-test sample to be used by the NCAA drug-testing laboratories for research purposes to improve drug-testing detection; and
4. To allow disclosure of my drug-testing results only for purposes related to eligibility for participation in NCAA competition

NCAA Drug Testing Penalties

1. Drug Other Than Cannabinoids & Narcotics - Penalty:

- **First Positive:** The student-athlete shall be ineligible for competition in all sports until he or she has been withheld from the equivalent of one season of regular season competition. If the student-athlete tested positive during a year in which he or she did not use a season of competition, he or she shall be charged with the loss of one season of competition in all sports. If the student-athlete tested positive during a year in which he or she used a season of competition he or she shall be charged with the loss of one additional season of competition in all sports unless he or she uses a season of competition in the academic year immediately after the positive test. The student-athlete shall be ineligible for intercollegiate competition for 365 consecutive days after the student-athlete's positive drug test and until he or she tests negative pursuant to the policies and procedures of the NCAA Drug-Testing Program.
- **Second Positive:** A student-athlete who tests positive a second time for the use of any drug other than cannabinoids or narcotics shall lose all remaining regular season and postseason eligibility in all sports.

2. Narcotics - Penalty:

- **First Positive:** A student-athlete who, as a result of a drug test administered by the NCAA, tests positive for use of a substance in the banned drug class narcotics (in accordance with the testing methods authorized by the Board of Governors) shall be ineligible for competition during 50 percent of a season in all sports (50 percent of the Bylaw 17 maximum regular-season contests or dates of competition). The student-athlete shall remain ineligible from the time the institution is notified of the test result until the prescribed penalty is fulfilled and the student-athlete tests negative pursuant to the policies and procedures of the NCAA Drug-Testing Program.
- **Second Positive:** If a student-athlete who previously tested positive for use of a substance in the banned drug class narcotics tests positive a second time for use of a substance in the banned drug class narcotics or if a student-athlete who previously tested positive for use of a substance in the banned drug class narcotics tests positive for use of a substance in a banned drug class other than cannabinoids or narcotics, the student-athlete shall be subject to the penalties set forth in Bylaw 18.4.1.4.1. If a student-athlete who previously tested positive for use of a substance in the banned drug class narcotics tests positive for



use of a substance in the banned drug class cannabinoids, the student-athlete shall be subject to the penalties set forth in Bylaw 18.4.1.4.3.

3. Cannabinoids - Penalty:

- **First Positive:** A student-athlete who, as a result of a drug test administered by the NCAA, tests positive for use of a substance in the banned drug class cannabinoids (in accordance with the testing methods authorized by the Board of Governors) shall engage, with the institution, in an education and management plan for substance misuse (e.g., engagement with campus counseling services, participation in identified programs to address the substance misuse, enrollment in evidence-based educational sessions) as developed or facilitated by the institution.

- **Second Positive:** If a student-athlete who previously tested positive for use of a substance in the banned drug class cannabinoids tests positive a second time for the use of a substance in the banned drug class cannabinoids, the institution must attest that the student-athlete was compliant with the education and management plan required following the student-athlete's first positive test, as specified by the policies and procedures of the NCAA Drug-Testing Program, and has agreed to continue to engage in an education and management plan for substance misuse (e.g., engagement with campus counseling services, participation in identified programs to address substance misuse, enrollment in evidence-based educational sessions) as developed or facilitated by the institution and designed to mitigate any identified at-risk behavior. If a student-athlete who previously tested positive for use of a substance in the banned drug class cannabinoids tests positive for use of a substance in a banned drug class other than cannabinoids or narcotics or tests positive for use of a substance in the banned drug class narcotics, the student-athlete shall be subject to the penalties set forth in Bylaws 18.4.1.4.1 or 18.4.1.4.2, respectively.
 - o **Failure to Attest:** If an institution cannot or does not attest, the student-athlete shall be ineligible for competition during 25 percent of a season in all sports (25 percent of the NCAA Bylaw 17 maximum regular-season contests or dates of competition).

- **Additional Positive Tests:** If a student-athlete who previously tested positive for use of a substance in the banned drug class cannabinoids tests positive a third time or more for use of a substance in the banned drug class cannabinoids, the institution must attest that the student-athlete was compliant with the education and management plan required following the student-athlete's second or subsequent positive test, as specified by the policies and procedures of the NCAA Drug-Testing Program, and has agreed to continue to engage in an education and management plan for substance misuse (e.g., engagement with campus counseling services, participation in identified programs to address substance misuse, enrollment in evidence-based educational sessions) as developed or facilitated by the institution and designed to mitigate any identified at-risk behavior.
 - o **Failure to Attest:** If the institution cannot or does not attest, the student-athlete shall be ineligible for competition during 50 percent of a season in all sports (50 percent of the NCAA Bylaw 17 maximum regular-season contests or dates of competition).



4. No-Show / Miss / Skip Scheduled NCAA Drug Test - Penalty:

The penalty for missing a scheduled drug test is the same as the penalty for testing positive for the use of a banned drug other than a cannabinoid or narcotic.

Tampering with Drug-Test Sample

A student-athlete who is involved in a case of clearly observed tampering with an NCAA drug-test sample (e.g., urine substitution and related methods), as documented per NCAA drug-testing protocol by a drug-testing crew member, shall be subject to the following:

(a) The student-athlete shall be ineligible for competition in all sports until the student-athlete has been withheld from the equivalent of two seasons (the maximum number of championship segment regular-season contests or dates of competition in the applicable sport per Bylaw 17) of regular-season competition. The student-athlete must be otherwise eligible for competition to fulfill this penalty except a transfer student-athlete may fulfill a transfer residence requirement and a drug-testing penalty concurrently if the student-athlete meets all other eligibility requirements;

(b) A student-athlete who is involved in tampering during a year in which the student-athlete did not use a season of competition, shall be charged with the loss of two seasons of competition in all sports. A student-athlete who is involved in tampering during a year in which the student-athlete used a season of competition, shall be charged with the loss of two additional seasons of competition in all sports (in addition to the season used) unless the student-athlete uses a season of competition in one of the next two academic years. If the student-athlete uses a season of competition in one of the next two academic years, the student-athlete will only be charged one additional season of competition in all sports (in addition to the seasons used); and

(c) The student-athlete shall be ineligible for intercollegiate competition for 730 consecutive days after the student-athlete was involved in tampering and until the student-athlete tests negative pursuant to the policies and procedures of the NCAA Drug-Testing Program.

Appeal Information

A student-athlete who tests positive has an opportunity to appeal the sanctions resulting from the positive drug test. For more information regarding the NCAA Drug-Testing Appeals Process, click [HERE](#).

NCAA Banned Substances

The current academic year's banned substance list is located in Teamworks under Files > Organization > Compliance. It is a pinned file in your Teamworks account. It is also available [HERE](#).

For more information, review the NCAA Drug Testing Program at this [link](#).



Sports Wagering – Don't Bet On It

NCAA sports wagering rules do not allow student-athletes or athletics employees:

1. To bet on any sport sponsored by the NCAA at any level, including college and/or professional; or
2. To share information for sports wagering purposes (e.g., injury report, player suspension).

If you put something at risk (such as cash, entry fee, dinner or other tangible item) on any amateur and/or professional sporting event with a chance to win something in return, you violate NCAA sports wagering rules.

Examples of sports wagering include, but are not limited to, the use of a bookmaker or parlay card; Internet sports wagering; Fantasy Leagues, March Madness Brackets, auctions in which bids are placed on teams, individuals or contests; and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize. [Bylaws 10.02.1 and 10.3]

For all wagering-related violations reported on or after May 2, 2023, the following penalty guidelines will apply:

- Student-athletes who engage in activities to influence the outcomes of their own games or knowingly provide information to individuals involved in sports betting activities will potentially face permanent loss of collegiate eligibility in all sports. This would also apply to student-athletes who wager on their own games or on other sports at their own schools.
- If a student-athlete wagers on their own sport at another school, education on sports wagering rules and prevention will be required as a condition of reinstatement, and the loss of 50% of one season of eligibility will be considered.
- For all other wagering-related violations (e.g., wagering on professional sports), cumulative dollar value of the wagers will be taken into consideration with the following terms for reinstatement:
 - \$200 or less: sports wagering rules and prevention education.
 - \$201-\$500: loss of 10% of a season of eligibility, plus rules and prevention education.
 - \$501-\$800: loss of 20% of a season of eligibility, plus rules and prevention education.
 - Greater than \$800: loss of 30% of a season of eligibility, plus rules and prevention education.
- For cumulative wagering activities that greatly exceed \$800, NCAA reinstatement staff are directed to consider whether additional loss of eligibility, including permanent ineligibility, are appropriate.

For resources related to problem gambling or treatment, please visit the National Council of Problem Gambling at www.ncpgambling.org or contact them directly. The 24-HOUR confidential national gambling helpline phone number is [800-522-4700](tel:800-522-4700).

For NCAA resources related to Sports Wagering rules and penalties, review [HERE](#).



Promotional / Community Service Activities - NOT NIL

Please work with the Life Skills Director or the Compliance Office prior to participating in a promotional/community service activity. **If the activity is scheduled on your own, you will be required to submit the Promotional Activities/Community Service Request Form in Teamworks.**

You cannot miss class for any promotional / community service activity.

If the coach or an athletics staff member is scheduling the promotional/community service activity, it cannot be held on your DAY OFF. These activities are considered RARA and cannot occur on a student-athlete's required DAY OFF (two in off-season, one in-season).



Name, Image, & Likeness (NIL)

Effective July 1, 2021, the NCAA adopted an interim policy to allow all student-athletes to receive compensation for the use of their name, image, and likeness. All ECU student-athletes may participate in NIL opportunities that are consistent with the [NCAA Interim NIL Policy](#), [State of North Carolina NIL Executive Order](#), and the ECU Athletics Department policy (available in Teamworks).

Review the [ECU Athletics NIL Addendum Policy](#) located in Teamworks > Files > NIL & SABRE Program.

Additional resources can be found in Teamworks > Files > SABRE Program or on the ECU Athletics Compliance website specific to NIL. The link is available [HERE](#).

Name, Image, and Likeness rules and guidelines are continuously changing. Contact the ECU Athletics Compliance Office for questions regarding NIL.

SABRE Program

ECU Athletics has partnered with the Miller School of Entrepreneurship to create the SABRE – Student Athlete Brand Resource Education – Program. The goal of SABRE is to serve all student-athletes by providing education and resources related to financial literacy, personal branding, entrepreneurship, content management, social media strategies, licensing, media training, taxes, and compliance. In addition to the educational platform, SABRE will have mentorship and networking opportunities for student-athletes to learn more from successful professionals and former student-athletes.

During these sessions and through resources, student-athletes will learn about the "Four E's":

- Educate on available resources;
- Evaluating existing brand;
- Expanding entrepreneurial knowledge; and
- Empowerment to grow brand.

For more information regarding the SABRE Program, review the website [here](#).





Pirate Club

Pirate Club Mission

The Pirate Club mission is to be the friend-raising and fund-raising arm of East Carolina University's Division I athletics program, representing the highest principles of honesty and integrity. By conducting annual fund, endowment, and capital campaigns in support of student-athlete scholarships, athletic facility enhancements, and other programmatic needs, the Pirate Club seeks to bring positive recognition to East Carolina University and the region it serves through a competitive athletics program.

Pirate Club Events & Promotional Activities

ECU student-athletes are permitted to attend organized donor events and meet with university donors when required by the Pirate Club and ECU Athletics. As a current ECU student-athlete, you may be asked to attend Pirate Club events in the Greenville community and other locations (e.g., away competitions, home town) to help explain your ECU student-athlete experience, sign autographs, promote ECU Athletics, and provide insight regarding the current needs of the 21st century ECU student-athlete.

These promotional activities are reviewed and approved by the Head Coach and administration prior to requiring any student-athlete to attend. **No student-athlete can miss class or their required athletic activities to attend a Pirate Club promotional activity or donor meeting.**

Donor Relationships & Benefits

The NCAA prohibits donors from providing benefits and gifts to student-athletes and their family members. Please reference the Extra Benefits section in this handbook.

If an ECU donor contacts you on their own, please notify your Head Coach, the Pirate Club staff, and/or the Compliance Office. ECU administration will confirm that the donor is legitimate and provide education regarding what he/she can provide to student-athletes.

For more information regarding donor do's and don'ts, click [here](#).

Who to Contact?

For more information regarding the Pirate Club or how to get involved, contact the [Pirate Club staff](#) or visit the Pirate Club Office on the third floor of the Ward Sport Medicine Building.

Pirate Club Memberships

Current ECU student-athletes can join the Student Pirate Club. If interested to learn more, review [here](#).

Former ECU student-athletes have the opportunity to join the EC Letterwinners Club. If interested to learn more, review [here](#).



AAC Sportsmanship Policy

The AAC Sportsmanship Policy is available in Teamworks > Administration > Files.

If a student-athlete has a question/concern about the AAC Sportsmanship Policy, he/she should not hesitate to contact his/her Head Coach, Sport Administrator and/or the ECU Athletics Senior Woman Administrator, Caroline Bevillard (bevillardc18@ecu.edu).



Other University Policies & Resources

- Link for all other general East Carolina University policies: <https://www.ecu.edu/prr>
- ECU Current Students Website: <https://info.ecu.edu/current-students/>
- ECU Police: <https://police.ecu.edu/>
- ECU Counseling Center: <https://counselingcenter.ecu.edu/>
- ECU Student Health: <https://studenthealth.ecu.edu/>
- ECU Safety & Security: <https://info.ecu.edu/safety-and-security-resources/>
- Office of Equity & Diversity: <https://oed.ecu.edu/>
- Well-Being at ECU: <https://well-being.ecu.edu/>
- Office of Global Affairs: <https://global-affairs.ecu.edu/>
- Office of Financial Aid: <https://financialaid.ecu.edu/>
- Registrar's Office: <https://registrar.ecu.edu/>
- IT Help: <https://ecu.teamdynamix.com/TDClient/1409/Portal/Home/>
- ECU Career Services: <https://career.ecu.edu/>
- ECU Parking Services: <https://parking.ecu.edu/>
- ECU Campus Dining: <https://dining.ecu.edu/>
- ECU Housing: <https://housing.ecu.edu/>
- ECU Academic Calendars: <https://faculty senate.ecu.edu/academic-calendars/>



The policies, regulations, and procedures within this Student-Athlete Handbook are subject to change without prior notice, if necessary, to keep University policies in compliance with State and Federal laws and/or with rules and regulations of the AAC and NCAA.