



By receipt of this document via email, I acknowledge I have received the 2020 - 2021 University of Illinois Student-Athlete Handbook. I understand I am responsible for reading, understanding, and adhering to the information contained within this handbook pertaining to rules, regulations, policies, and procedures.

UNIVERSITY OF ILLINOIS
DIVISION OF INTERCOLLEGIATE ATHLETICS
STUDENT-ATHLETE HANDBOOK



August 2020

Dear Fighting Illini Student-Athletes:

It gives me great pleasure to welcome you to campus for the 2020-2021 year! A special greeting to our new arrivals; it is our expectation that your years at the University of Illinois will transform your lives and position you for success and happiness following graduation. To all of you, newcomers and returners alike, I challenge you to embrace the opportunity in front of you. Leave your mark on the unique and storied tradition of Fighting Illini Athletics. Seize the moment to contribute to our athletic program's rich history. We are all part of the Fighting Illini Family. Together, let's do something special.

The intercollegiate athletics program at the University of Illinois serves many purposes to a variety of different stakeholders, including student-athletes, staff, the campus, our community, our state, University alumni, fans and ticketholders, donors, business partners, and many others. In service to all these people and organizations, we have developed a concise mission statement, which defines, in broad terms, our reason for being. This mission statement is as powerful in its simplicity and scope as it is straightforward in its recital: **Unify. Develop. Inspire. Achieve.**

It is a privilege, and not a right, to be associated with our program. Your responsibilities:

- **Live a life of integrity**, in which you do things the right way and in which you stand accountable for any mistakes you might make;
- **Respect other people** – all people, all backgrounds, on all issues – even if you do not understand or agree with them;
- **Immerse yourself in the academic mission** of the University of Illinois, and work steadily toward an Illinois degree;
- **Train and prepare your mind and body with an intensity befitting a champion**; and
- **Compete**, every day and in everything you do. Strive to be the best.

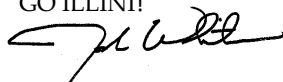
Make no mistake, being a college student-athlete at the University of Illinois is hard. It is supposed to be hard. To be successful, being among the nation's best and brightest is not enough. The only way to succeed is to match your natural talents with an unmatched work ethic. You will get from this experience what you put into it. If you invest fully of yourself during your years on our campus, these people and this place will change your lives – and if we do it right, you will change ours as well.

At Illinois, we do not use the word “family” as a tagline. We embrace it as a way of life. Between student-athletes and staff, we number roughly 800 family members. We are your guides along this journey during your years on our campus: your coaches, athletic trainers, strength coaches, academic advisors and learning professionals, and dozens of administrators and support personnel committed to providing you a quality, championship-caliber experience as a Fighting Illini student-athlete. Know that we are here because of you.

As further guidance on this journey, I encourage you to spend time with this manual, the *University of Illinois Student-Athlete Handbook*. It provides direction on almost every facet of your experience. It also contains policies and procedures that you are responsible for knowing and following. If there are things we can include in the *Handbook* that would make it a more helpful resource, please pass that information along to Dr. Brian Russell, Senior Associate Director of Athletics.

Again, welcome to campus. We are excited you have chosen to be a Fighting Illini. We are proud of who you are and what you represent. I look forward to getting to know you in the years ahead. If there is ever anything I can do to help you achieve your goals, my door is open. I wish you all the best.

GO ILLINI!



Josh Whitman
Director of Athletics

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GUIDING PRINCIPLES

Mission Statement

Unify. Inspire. Develop. Achieve.

Criteria for Excellence

The following criteria for excellence will guide all of DIA's efforts to achieve its mission:

- Integrity
Our successes will be achieved through honest and ethical efforts.
- Academic Performance
Student-athletes will be supported and encouraged to achieve their full academic potential.
- Financial Health and Stability
DIA will make sound financial decisions to sustain fully funded and nationally competitive programs.
- Championship Programs
Programs and student-athletes will be provided with the resources needed to achieve at the highest levels.
- Equity and Diversity
DIA will achieve diversity, equity and fairness in the number and quality of opportunities available to student-athletes.
- Facilities
Excellent facilities will enhance our student-athletes' experience and create in each sport a "home court advantage."
- Student-Athlete Welfare
DIA programming for student-athletes will protect and enhance their physical and educational well-being and provide them with opportunities for leadership and personal development.
- Engagement
Student-athletes will be provided with opportunities to engage all our constituent groups in a positive manner.

Rights and Responsibilities of Student-Athletes

Overall Responsibilities

Admission to the University and its baccalaureate programs is a privilege which must be earned by each student's academic promise and continuing performance. Representing the University in intercollegiate competition is also a distinct privilege and it too must be earned and maintained by promise and continuing performance.

Student-athletes who participate in intercollegiate athletics are highly visible representatives of their team, DIA, the University as well as of the missions and goals of each of these entities. Therefore, student-athletes must conduct themselves with integrity, sportsmanship and character and must uphold the University's and DIA's high ethical and moral standards at all times, whether they are on the field or court, in the classroom or in the community.

Student-athletes must understand and follow the rules and regulations governing all University students, found in the Student Code (a copy of which is available on the University's website), as well as any rules and regulations established by their college and the departments from which they take courses. Student-athletes must also understand and comply with the rules, regulations and requirements of their team, DIA, the Big Ten and the NCAA.

Student-athletes also enjoy all rights and privileges common to all University students.

Sportsmanship Policy

Student-athletes represent the mission and goals of this athletic program and their conduct is a direct reflection upon DIA and the University. Student-athletes shall conduct themselves in a manner that exemplifies honesty and good sportsmanship, including fundamentals such as maintaining the integrity of the competition, observing the rules of fair play, and acting with civility and respect towards all, especially opponents and officials. Student-athletes' behavior shall, at all times, reflect the high standards of honor and dignity that characterize participation in competitive sports at the University of Illinois.

Academic Responsibilities and Integrity

The goal of the DIA is for each student-athlete to pursue and obtain an academic degree. To achieve this goal, student-athletes must attend class on a regular basis, complete all classroom assignments, and conduct themselves in all academic matters in ways that are consistent with acceptable classroom performance. Student-athletes must give their full cooperation and attention to college, departmental, and DIA personnel in all academic matters.

Students at the University must share in the values common to all members of the University community. These values include "the freedom to learn, free and open expression within limits that do not interfere with the rights of others, free and disinterested inquiry, intellectual honesty, sustained and independent search for truth, the exercise of critical judgment, respect for the dignity of others, and personnel and institutional openness to constructive change." [Student Code Preamble].

In order to protect the atmosphere of distinguished education and research found at the University, all students are expected to "refrain from infractions of academic integrity," such as:

- **Cheating:** "Using or attempting to use in any academic exercise materials, information, study aids, or electronic data that the student knows or should know is unauthorized."
- **Plagiarism:** "Representing the words or ideas of another as one's own in any academic endeavor."
- **Fabrication:** "Unauthorized falsification or invention of any information or citation in an academic endeavor." [Student Code 1-402].

Class Attendance

All University students are expected to regularly attend classes. Student-athletes are encouraged to inform their instructors of any known conflicts, which will keep them out of the classroom, and are advised to remind their instructors of conflicts no later than one week before the date of a quiz/examination or the due date of an assignment. Professors must reasonably accommodate student-athletes who miss class because of formal participation in their team's scheduled athletic events.

The maximum number of school days a team can miss for athletic contests is ten per semester, excluding estimates for championship and other postseason events. No regular season athletic events are allowed during final examinations period. Refer to the procedures for notifying about absences in the Academics Services section of this handbook. [For more detailed discussion of these and other attendance policies, see The Student Code 1-501 and 1-502.]

Responsibilities of Coaches

Coaches also have responsibilities in a number of areas. They have the responsibility to represent DIA, the University, and the State of Illinois in a manner that will enhance the athletic program and promote confidence in the program. They have a responsibility to all student-athletes to take a sincere interest in their academic and athletic activities and ensure that they are treated with fairness and provided with the optimal opportunity to excel. Finally, coaches must operate all programs and activities within the rules and regulations of the University, DIA, the Big Ten and the NCAA.

Prohibited Relationships Policy

Coaches, DIA administrators and other employees with authority over or direct service relationships with student-athletes are prohibited from entering into a sexual, dating or romantic relationship with any University of Illinois varsity student-athlete, so long as that individual remains a member of a varsity team. Student-employees must immediately notify their direct supervisor if a relationship exists with a student-athlete. The supervisor will create a conflict management plan to ensure the student-employee is not assigned any authority over and does not provide any services to the student-athlete with whom the student-employee is in such a relationship.

Time Management Plan

In conjunction with an annual playing season declaration, every sport program must develop a time management plan (TMP) to provide student-athletes with greater predictability and transparency in their athletic schedules for the upcoming academic year. TMP's are intended to provide student-athletes adequate advance notice of future athletically related activities in order to effectively plan their academic and non-athletically related activities. All TMP's must, at a minimum, include the provisional scheduling of the following:

- All countable athletically related activities (competition, practice, film, weights, conditioning, etc.);
- All required athletically-related activities (travel, institutional promotions, media activities, community service, student host/recruiting duties, etc.);
- One (1) day off per week during the playing season;
- Two (2) days off per week outside of the playing season;
- One (1) day off per week during preseason and vacation periods;
- Seven (7) days off immediately after the end of the championship playing season;
- Fourteen (14) additional days off during the academic year while classes are in session or during breaks that occur within the playing season; and
- Continuous eight-hour overnight period when no required activities can take place (no activities prior to 5 AM).

An annual end-of-the-year review and report to the [president/chancellor] of all TMP's is required.

Declaration of the Time Management Plan

The head coach (or his/her designee) must complete and submit a playing season declaration and preliminary TMP for the academic year upon request from the Sport Administration through the Teamworks program and by the date specified (generally mid-July). Compliance will review the playing season declaration for NCAA compliance and provide any preliminary feedback on the TMP.

A final TMP for each semester should be submitted by the following dates:

- Fall semester: Prior to first date of countable activities, or first day of classes
- Spring semester: January 1

Review and TMP Signers

1. Head Coach
2. Sport Administrator
3. Student-Athlete*
4. Compliance

*Student-athletes identified as sport representatives serving on the Student-Athlete Advisory Committee (SAAC) or team captain.

The head coach (or designee) is responsible for sharing and reviewing the final approved TMP with student-athletes on the current active roster promptly upon receiving approval, but no later than the first date of CARA or RARA or the first day of class, whichever is earlier.

Changes to Time Management Plan

All departments within athletics are responsible for coordinating with the head coach (or designee) in advance of scheduling any activity with a student-athlete to ensure such activity does not conflict with the established TMP.

Coach Initiated Changes

All changes initiated by coaches must be communicated to the team at least 24-hours in advance and must be updated in the original TMP in Teamworks. The communication must be to the current active roster and in writing via email and/or a text message sent through Teamworks. The sport administrator and compliance representative must be copied on the communication.

Student-Athlete Initiated Changes

The SAAC representative(s) or team captain(s) may request changes to the team practice schedule, but must request to the head coach (or designee) at least 24-hours in advance of the currently scheduled activity or proposed new time for activity, whichever is earlier, and only for reasonable health and medical, academic, or other extenuating circumstances outside the student-athlete's control. If the head coach is able to accommodate the requested change, he/she must update/record the change in the original TMP in Teamworks and communicate the change to the current active roster in writing via email and/or a text message sent through Teamworks. The sport administrator and compliance representative must be copied on the communication.

Exceptions to 24-Hour Requirement

Exceptions to the 24-hour advance notification requirement may be made in cases of inclement weather, travel delays or other reasonable extenuating circumstances outside of the head coach's or student-athlete's control. In these situations, the change must be approved in advance by the sport administrator.

Individual Variances in the TMP

The head coach (or designee) must ensure that individual student-athlete variances in the TMP are established through Teamworks.

Annual Review

The Sport Administrator will conduct a year-end review with the parties listed below and submit the annual review form to compliance for each sport program.

1. Student-Athlete
2. Head Coach
3. Athletic Director

The Compliance office will provide a review of all TMP's and determine if individual programs have complied with the established policies throughout the year in coordination with the FAR. The compliance office will provide a report to the Director of Athletics to be reviewed by the chancellor and included as part of the head coaches' yearly performance evaluation.

Reporting Issues/Violations

Student-athletes or staff should report issues/concerns with the TMP to the sport administrator and compliance office. When appropriate, the sport administrator will review and address the issue with the head coach. If the sport administrator believes the issue may result in a NCAA violation, he/she must report such information to the compliance office.

Student-athletes or staff should report alleged NCAA rules violations to the compliance office.

KEY POLICIES GOVERNING STUDENT-ATHLETE CONDUCT

University of Illinois Student Code

The University's Student Code (<http://www.admin.illinois.edu/policy/code/>) outlines the rights and responsibilities of all University students and covers a wide-array of subjects including standards of civility, academic policies, and use of campus facilities. Each year, student-athletes are expected to review the Student Code to ensure they understand their rights and responsibilities created by this document. Student-athletes violating the Student Code are subject to discipline by the University. Any sanctions taken against a student-athlete by the DIA Director of Athletics ("director") and/or a head coach for violations of the Student Code (as described below) shall be in addition to any actions taken or sanctions issued by the University.

Student-Athlete Code of Conduct and Discipline Process

As highly visible members of the University of Illinois ("University") community, student-athletes are expected to conduct themselves in a way that positively reflects upon the University, the Division of Intercollegiate Athletics ("DIA"), their coaches, and their teammates. This document establishes a non-exclusive list of primary expectations for all varsity student-athletes and describes the process for imposing discipline or corrective action for student-athletes who fail to follow these expectations.

DIA Student-Athlete Expectations

1. Student-athletes must take their academic responsibilities seriously. Student-athletes must attend, and be punctual to, all classes and study halls (unless their absence is required by team travel or an excused illness). Cheating and other forms of academic misconduct are prohibited.
2. Student-athletes must conduct themselves according to the highest levels of ethical behavior in all their dealings with other individuals, both on- and off-campus. They are expected to follow: all local, state and federal laws and regulations; all University of Illinois, DIA and team rules, policies, procedures and regulations; and all NCAA or Big Ten Conference policies and regulations.
3. Student-athletes must annually read and comply with the University's Student Code and the University of Illinois Student-Athlete Handbook.
4. Student-athletes must be respectful and courteous in their interactions with their professors, other University students, community members, fans, DIA administrators and staff, their coaches, their teammates, game officials and members of the opposing team.
5. Student-athletes must engage in principles of good sportsmanship and follow both the spirit and the letter of the rules of the sport they play at all times, including practice and competitions.
6. Student-athletes must maintain a proper level of physical conditioning and must attend all weight and strength-training sessions, communicate all injuries to their coaches and trainers, and closely follow all treatments and exercises prescribed by their trainers. Student-athletes are also encouraged to meet with and follow the suggestions of the dietitian.
7. Student-athletes must refrain from the use of any illegal drugs at all times. Student-athletes are only permitted to drink alcohol if they are over the age of 21. Smoking is strictly prohibited on the University of Illinois campus.
8. Student-athletes must attend, and be punctual to, all team and administrative meetings, training sessions, practices, games, matches and meets. Student-athletes must also comply with all team curfews.

9. Student-athletes must obtain prior approval from their head coach and the DIA Office of Compliance before participating in an outside athletic event or competition.
10. Student-athletes must obtain prior approval from their head coach and the DIA Office of Compliance before participating in any employment activities during the academic year.
11. Student-athletes are prohibited from selling, trading, or offering in exchange for any other benefits or services, any items, awards, memorabilia, apparel, complimentary tickets or equipment that they receive because they are members of a DIA varsity team.
12. Student-athletes are prohibited from receiving any benefit or service that would not also be available to any other student of the University or general public.
13. Student-athletes are prohibited from gambling on any collegiate athletic competition (or any professional athletic competition in a sport where there is a collegiate championship). Student-athletes are also prohibited from providing any information about their own or any other DIA varsity athlete's playing or injury status to anyone who places bets on college or professional sports.
14. Student-athletes are prohibited from hazing other members of their team or any other DIA varsity team.
15. Student-athletes are prohibited from engaging in discriminatory or harassing behavior based on the following protected categories: race, color, religion, sex, pregnancy, disability, national origin, citizenship status, ancestry, age, order of protection status, genetic information, marital status, sexual orientation (including gender identity), arrest record status, military status, unfavorable discharge from military service and any other protected class as recognized by state or federal law or the University.
16. Student-athletes must cooperate with all NCAA, Big Ten Conference, University, and DIA investigations and must honestly and accurately answer all questions asked of them during such investigations.
17. Student-athletes must report all known or suspected violations of state or federal law as well as all known or suspected violations of NCAA, Big Ten Conference, University or DIA rules, regulations, policies or procedures.

Levels of Misconduct

The Division of Intercollegiate Athletics has established levels of misconduct, based on the seriousness of the offenses underlying the misconduct. As described below, the level of misconduct will guide the DIA in determining actions to take when allegations are levied against a student-athlete. Information regarding potential criminal acts and/or violations of the University Code will be shared with the appropriate governing entities.

Major Offenses

Major offenses are the most serious of all types of student-athlete misconduct and consist of:

1. A violation of a state or federal law that is designated as a felony;
2. A violation of a term of probation or other condition imposed upon a student-athlete by a court of law in any criminal proceeding;
3. A serious violation of a term of probation or other condition imposed by a University official or a DIA administrator or coach;

4. Any offense related to sexual misconduct and/or domestic violence including but not limited to criminal sexual assault, aggravated criminal sexual assault, predatory criminal sexual assault of a child, criminal sexual abuse, aggravated criminal sexual abuse, domestic violence, domestic battery, dating violence, stalking, aggravated stalking, cyber stalking, sexual exploitation, sexual harassment, and retaliation against individuals who have made allegations of any of these types of misconduct; these offenses shall be reported to the Title IX and Disability Coordinator and shall be handled in accordance with University policies and procedures related to sexual misconduct;
5. Any offense that involves the use or possession of a firearm in violation of federal, state or university laws and policies;
6. Any offense involving the possession or manufacturing of illegal drugs or substances with intent to distribute; and/or
7. Sports wagering activities in violation of NCAA rules, point shaving, game fixing or other similar activities.

Secondary Offenses

Secondary offenses are serious types of student-athlete misconduct and include, but are not limited to:

1. Violations of any state or federal non-felony criminal statute or regulation, except for any non-felony sexual misconduct and domestic violence offenses as described above as major offenses;
2. Violations of a term of probation or suspension imposed by a University official or DIA administrator or coach that does not constitute a major offense;
3. Violations of University or DIA policies, rules and/or regulations, including violations of the University's Student Code of Conduct and serious or persistent violations of the DIA Student-Athlete Expectations or team rules of conduct;
4. Willfully giving false or misleading information to a University or DIA official; and/or
5. Knowing violations of any NCAA or Big Ten Conference rules, regulations or policies other than violations involving sports wagering, point shaving, game fixing or similar activities, which are described above as major offenses.

Infractions

Infractions are the least serious level of student-athlete misconduct and include, but are not limited to:

1. Violating minor campus regulations like those related to parking or visitor policies in campus residence halls;
2. Failing to meet a student-athlete's academic obligations (when such violations do not amount to a secondary or major offense);
3. Violations of the DIA Student-Athlete Expectations or team rules of conduct (when such violations do not amount to a secondary or major offense);
4. Failing to engage in respectful behavior toward other University students, University instructors, a student-athlete's coaches, teammates, support staff, members of an opposing team or coaching staff, a contest's officials, or spectators.

Discipline, Sanctions or Corrective Action for Student-Athlete Misconduct

Discipline, sanctions or corrective action against student-athletes for engaging in misconduct will be determined by level of misconduct, the student-athlete's conduct history, and any other extenuating or aggravating circumstances. Similarly situated student-athletes (e.g., student-athletes who have similar conduct histories) will receive similar discipline, sanctions or corrective action. In some cases, teams may establish more severe levels of sanctions for certain types of misconduct. Teams choosing to establish more severe levels of sanctions for certain types of misconduct must distribute this information, in writing, to that team's student-athletes annually prior to the first day of participation in that team's sport.

Possible discipline, sanctions or corrective action for student-athlete misconduct include, but are not limited to, the following: warning, reprimand, probation with or without conditions, restitution, personal rehabilitation (e.g., counseling and community service), suspension from athletic activity, suspension from access to DIA services, revocation of part or all of the student-athlete's scholarship and, if the student-athlete's conduct is severe or frequent enough, dismissal from the athletic program.

Major Offenses

When it has been determined that a student-athlete has committed a major offense, the director (or the director's designee) shall impose sanctions, which may include, but are not limited to: suspension, probation following the student-athlete's return from suspension, requirements for restitution, conditions to encourage personal rehabilitation (e.g., counseling and community service), and conditions related to satisfactory academic performance. If the student-athlete's actions are severe enough, the director (or the director's designee) may dismiss the student-athlete from the athletic program and/or revoke athletically related financial aid in accordance with NCAA and University procedures.

A determination that a student-athlete has committed a major offense will be based on specific and credible evidence of such an offense including, but not limited to, the following: a student-athlete's conviction, guilty plea or plea of no contest to criminal or civil charges that would constitute a major offense (as defined herein); a finding of guilt or responsibility by a University office (including the Office of Student Conflict Resolution); documents, including arrest records, police reports, statements of law enforcement officers, University records, and/or third-party or witness statements, that provide credible information regarding the student-athlete's actions; or admission by the student-athlete.

DIA personnel will not engage in fact-finding or investigative activities but will utilize all specific and credible evidence available in assessing a student-athlete's culpability. In all cases, examples of specific and credible evidence include, but are not limited to, arrest records, police reports, statements of law enforcement officers, University records, third-party or witness statements (including statements by coaches, DIA staff or other varsity athletes), or admission by the student-athlete.

Temporary Suspension from Athletic Activity Pending Resolution of Major Offense

If a student-athlete is charged or formally accused in a written complaint to a University office or law enforcement agency of one or more major offenses, or if the DIA receives specific and credible evidence that a student-athlete has committed such an offense, the student-athlete shall be immediately and temporarily suspended from all athletic activity pending review by a Student-Athlete Conduct Panel in order to determine the validity of the charge or accusation. The Conduct Panel shall determine whether the suspension is warranted and, if applicable, the reinstatement terms of the suspension.

When such a suspension is imposed, the Director of Athletics (or designee) will provide written notice to the student-athlete of the automatic indefinite suspension pending review by the Panel. The notice shall identify the specific charge/accusation of misconduct and the process for review of the suspension. The student-athlete will have an opportunity to present information related to the charge/accusation prior to the convention of the Panel and the written notice will include the deadline for submission of information by the student-athlete.

The Office of the Chancellor shall identify members of the Panel, with the advice and counsel of the Office of University Counsel and upon consultation with the Director, the Vice Chancellor for Student Affairs, and the Dean of the College of Law. The Panel will have three active members chosen from the Faculty Athletics Representative, representative from the Office of Student Conflict Resolution, faculty from the College of Law. In cases involving sexual misconduct or domestic violence, a representative from the University Title IX and Disability Office will be appointed as a subject matter expert and non-voting member to advise the Panel. If a pool of the preceding panelists is unavailable, the Chairperson of the Athletic Board shall serve as a panelist in order to ensure participation by three individuals in a timely manner. The Director of Athletics, the Senior Associate Athletic Director/Chief Integrity Officer, and a representative of the Office of University Counsel shall serve in ex officio capacities to the Panel but shall not be present for, or participate in, a final vote or decision on a student-athlete's status.

The Student-Athlete Conduct Panel shall convene within 48 hours of the provision of notice to the student-athlete regarding the offense unless the student-athlete waives the Panel review or requests a delay in the convention of the Panel. A phone conference shall suffice as a convention of the Panel. The Panel will not act as a fact-finding or investigative entity but will exercise good faith and reasonable judgment based on all information available to it at the time. After considering such information, by majority vote based on a preponderance of the evidence standard, the Conduct Panel may take any or all of the following preliminary actions: (a) suspend the student-athlete from practice; (b) suspend the student-athlete from competition; (c) suspend the student-athlete from accessing any athletic department services (including DIA facilities and academic services); or (d) reinstate the student-athlete to some or all athletic activities pending resolution of the charges or allegations.

Conditions may be placed on such reinstatement and a suspension or any other sanction may be modified at any time by the Panel based on new information. The Panel's determination and/or modification of sanctions shall be based on a majority vote and its determination will not be contradicted or amended by other University personnel.

Secondary Offenses

If it is determined that a student-athlete has committed a secondary offense, sanctions that the director (or the director's designee) may impose against the student-athlete include, but are not limited to: warning, reprimand, probation with or without conditions, requirements for restitution, conditions to encourage personal rehabilitation (e.g., counseling and community service), conditions related to satisfactory academic performance, suspension from practice, suspension from competition, suspension from access to DIA services, and, if the student-athlete's conduct is severe or frequent enough, dismissal from the athletic program.

A determination that a student-athlete has committed a secondary offense will be based on specific and credible evidence of such an offense including, but not limited to, the following: a student-athlete's conviction, guilty plea or plea of no contest to criminal or civil charges that would constitute a secondary offense (as defined herein); a finding of guilt or responsibility by a University office (including the Office of Student Conflict Resolution); documents, including arrest

records, police reports, statements of law enforcement officers, University records, third-party or witness statements, that provide credible information regarding the student-athlete's actions; or admission by the student-athlete.

DIA personnel will not engage in fact-finding or investigative activities but will utilize all specific and credible evidence available in assessing a student-athlete's culpability. In all cases, examples of specific and credible evidence include, but are not limited to, arrest records, police reports, statements of law enforcement officers, University records, third-party or witness statements (including statements by coaches, DIA staff or other varsity athletes), or admission by the student-athlete.

Infractions

Allegations of infractions will be reviewed by a team's head coach and discipline, sanctions or corrective action will be imposed by the head coach. Discipline, sanctions or corrective action that the head coach may take against a student-athlete committing an infraction include, but are not limited to: warning, reprimand, probation with or without conditions, requirements for restitution, conditions to encourage personal rehabilitation (e.g., counseling and community service), or conditions related to satisfactory academic performance. If the student-athlete's conduct is severe enough or if the student-athlete has engaged in additional misconduct, the head coach may suspend the student-athlete from practice, competition, access to certain DIA services, or dismiss the student-athlete from the athletic program.

Before a head coach can impose sanctions that would involve any type of suspension from competition or dismissal from the program, the head coach must consult the respective sport administrator.

A determination that a student-athlete has committed an infraction will be based on specific and credible evidence of such an offense including, but not limited to, the following: a student-athlete's conviction, guilty plea or plea of no contest to criminal or civic charges that would constitute an infraction (as defined herein); a finding of guilt or responsibility by a University office (including the Office of Student Conflict Resolution); documents, including arrest records, police reports, statements of law enforcement officers, University records, third-party or witness statements, that provide credible information regarding the student-athlete's actions; or admission by the student-athlete.

DIA personnel will not engage in fact-finding or investigative activities but will utilize all specific and credible evidence available in assessing a student-athlete's culpability. In all cases, examples of specific and credible evidence include, but are not limited to, arrest records, police reports, statements of law enforcement officers, University records, third-party or witness statements (including statements by coaches, DIA staff or other varsity athletes), or admission by the student-athlete.

Notice

If the director (or the director's designee) reaches a preliminary determination that a student-athlete engaged in major or secondary offenses warranting a suspension from competition or dismissal from the program, the director (or the director's designee) shall take the following actions to provide notice to the student-athlete:

- (i) Notify the student-athlete, in writing, of the specific charge(s) of misconduct and the sanctions to be imposed;
- (ii) Provide the student-athlete with an opportunity to present to the director (or the director's designee) any information the student-athlete thinks the director (or the director's designee) must

take into account regarding the suspension or dismissal; the presentation of this information may be in person or in writing;

- a. If the student-athlete wishes to provide information, the student-athlete must request a meeting with the director (or the director's designee) or submit his or her written statement within five (5) days of receiving the notice;
- b. If no request for a meeting or written statement is received from the student-athlete within five (5) days of the student-athlete's receipt of the notice, the proposed sanctions will continue; and

(iii) Notify the student-athlete's sports administrator, head coach, and any other appropriate University officials of the allegations of misconduct the student-athlete is facing.

If, after reviewing any new or additional information provided by the student-athlete, the director (or the director's designee) determines that the proposed sanctions are appropriate, the director (or the director's designee) shall notify the student-athlete, in writing, of this decision. Additionally, if sanctions imposed on a student-athlete include a suspension from practice, competition or DIA services, the written notice of such sanctions shall include a description of the appeal procedures available to the student-athlete.

In the case of a major offense or when there is reasonable cause to believe that a student-athlete's continued participation in any aspects of the athletic program could place any other individual's health or safety in jeopardy, the DIA reserves the right to impose temporary suspensions immediately, without first providing an opportunity to present information to the director (or the director's designee),

Appeals

If the determination is confirmed and a student-athlete has imposed against him or her sanctions that include dismissal from the athletic program or suspension from competition, the student-athlete may appeal such sanctions by submitting a request for a hearing before a Conduct Appeals Panel. The Panel shall be appointed by the Office of the Chancellor and shall include at least three individuals chosen from the Faculty Athletics Representatives, Office of the Chancellor, DIA Executive Team, Athletic Board, and/or officers of the Student-Athlete Advisory Committee. The chair of the Appeals Panel shall be one of the Faculty Athletics Representatives. No individual may serve on the Conduct Appeals Panel if he or she has previously been involved in review of the same case as a member of the Student-Athlete Conduct Panel.

Requests for appeal to the Conduct Appeals Panel must be submitted to the director (or the director's designee) within five (5) University business days of the issuance of the Director's (or the Director's designee's) written decision regarding suspension or dismissal. The Conduct Appeals Panel shall conduct the hearing and review the previous decision based on all available information. The Panel will have the authority to amend or overturn a suspension or dismissal only if the Panel determines that the previous disciplinary decision was clearly contrary to the evidence presented or there was a clear procedural error and but for the error, the student-athlete would not have been suspended or dismissed.

Following the hearing, the Conduct Appeals Panel will provide the student-athlete with a written decision, which shall be final.

Request for Review of Suspension Based on Substantial Change in Circumstances:

If there is a substantial change in circumstances affecting a student-athlete who has been dismissed from a program or suspended from participation in practice, competition, and/or any other DIA services, the student-athlete may petition the Conduct Appeals Panel to review his or her suspension. Such petitions may include a written statement in support of the request. If circumstances warrant a change in a suspension, the student-athlete may be reinstated by the Panel to resume participation in practice, competition, and/or services provided by DIA.

Disclosure of Criminal Charges

If a student-athlete is arrested, cited, or otherwise charged with a criminal offense by any law enforcement agency, the student-athlete must report this information to his or her head coach and/or sport administrator within twenty-four hours. Failure to comply with this requirement may result in the student-athlete's suspension from practice, competition or participation in other DIA services.

Reporting Allegations of Misconduct or other Violations

Student-athletes are expected to report any actual or potential violations of NCAA or Big Ten rules violations by other student-athletes, coaches or DIA administrators. Student-athletes are encouraged to report any other potential misconduct or wrongdoing on the part of others unless such reporting would conflict with other University policy (e.g. sexual assault reporting). Retaliation against any student-athlete reporting, in good faith, a real, perceived or potential violation is strictly prohibited by University policy and state law.

Although student-athletes are encouraged to raise any such concerns internally, student-athletes also have the option of reporting such allegations externally as described below.

Where to report perceived violations or concerns of NCAA or Big Ten Conference rules internally:

1. Director of Athletics:
Josh Whitman
217-333-3631 IlliniAD@illinois.edu
2. Associate Athletic Director for Compliance:
Benjy Wilber
<http://www.fightingillini.com/compliance/reportaviolation.html>
217-300-4615 wwilber@illinois.edu

Where to report perceived violations or concerns of any laws, University or DIA rules or regulations (other than NCAA or Big Ten Conference rules) internally:

1. A student-athlete's sport administrator
2. Director of Athletics
Josh Whitman
217-333-3631 IlliniAD@illinois.edu
3. Senior Associate Athletic Director/Senior Woman Admin/Deputy Title IX Coordinator
Sara Burton
217-300-8112 sarab4@illinois.edu
4. Senior Associate Athletic Director/Chief Integrity Officer
Ryan Squire
217-333-5731 squire@illinois.edu

Where to report sexual harassment, sexual misconduct or sexual abuse externally:

1. Title IX and Disability Coordinator
Danielle Morrison
844-616-7978 titleixcoordinator@illinois.edu wecare.illinois.edu

Where to report perceived violations or concerns of any type externally:

1. Dean of Students
HELPdean@illinois.edu
217-333-0050
2. Faculty Athletic Representatives
 - a. Dr. Chris Span
217-333-2800
cspan@illinois.edu
 - b. Dr. Tiffany White
217-333-4597
tbwhite@illinois.edu

EthicsLine (reports may be made anonymously) 866-758-2146



Student-Athlete Grievances

The Division of Intercollegiate Athletics (DIA) is fully committed to the health, safety and well-being of all student-athletes. If a student-athlete feels he or she has been subjected to improper treatment by a University of Illinois employee or fellow student, he or she is encouraged to notify the appropriate individuals to address the issue.

The following procedure provides multiple avenues of reporting to encourage prompt, positive and equitable resolution of all grievances and ensure fair treatment for all involved parties. The DIA and University do not tolerate retaliation against those making a complaint or otherwise participating in the grievance process (e.g., witness). To avoid bias or conflicts of interest, the DIA and University will make every effort to ensure that those named in a complaint, or too closely associated with those involved in the complaint, will not be part of the investigative team or efforts. The DIA and University reserve the right to utilize a neutral third-party investigator to respond to grievances or allegations of misconduct. The student-athlete should make a reasonable effort to bring forward any grievance or allegations of misconduct so the DIA and University may resolve problems and stop misconduct.

While this student-athlete grievance procedure is not intended to address all forms of misconduct (e.g., unlawful discrimination, harassment or retaliation under Title IX), this procedure provides additional resources that student-athletes may utilize to address such misconduct. It is the goal of the DIA to clearly communicate to all student-athletes the various resources available within the DIA and on campus to promptly address grievances or misconduct. Therefore, a student-athlete is encouraged to utilize any of the grievance procedures listed below.

Procedure for grievances related to treatment by coaches, staff or student-athletes

- A student-athlete need not follow the steps in this procedure in any particular order and may utilize any of the described reporting resources within or outside of the Division of Intercollegiate Athletics to raise a concern.
- The student-athlete is encouraged to discuss the problem or concern in a timely manner with any member of his or her coaching staff with whom the athlete feels comfortable to promptly and effectively resolve the grievance. The student-athlete may choose voluntarily to approach the

individual(s) most directly responsible (e.g., if the matter involves a team policy established by the coach, the student-athlete may contact the coach and/or the captain(s) of the team and work to resolve the issue with the coach).

However, the student-athlete is not required to directly confront any person(s) who are the source of the problem or misconduct, or closely associated with the person(s) who is the source of the problem or misconduct. Instead, the student-athlete may utilize any of the other various avenues of reporting or grievance within the DIA or other University resources.

- The student-athlete may report a problem or grievance in a timely manner to the applicable sport administrator. The sport administrator will meet in person or otherwise communicate directly with the student-athlete to attempt to resolve the issue or grievance. Likewise, the student-athlete may report a problem or grievance to any other sport administrator or any member of DIA administration with whom the student-athlete feels comfortable.

Sport Administrator	Sport(s)	E-mail	Phone number
Josh Whitman	Football, M Basketball	jwhitman@illinois.edu	217-333-3631
Warren Hood	Football (Secondary), Wrestling	whood1@illinois.edu	217-244-0764
Sara Burton	Softball, Volleyball, M. and W. Track & Field & Cross-Country , W. Basketball, M Gymnastics	sarab4@illinois.edu	217-300-8112
Keiko Price	M. Golf,, W. Golf, Swimming & Diving, Men's Basketball (Secondary), Soccer, Baseball, W. Gymnastics	keikop@illinois.edu	217-244-5356
Susan Young	M. Tennis, W. Tennis	sly2362@illinois.edu	217-244-4286

- A student-athlete may report a problem or grievance in a timely manner to Ryan Squire, Senior Associate Athletic Director/Chief Integrity Officer.
- The student-athlete may elect to initiate a formal grievance to the Director of Athletics. In such a case, the following steps shall be followed:
 1. The written grievance shall be submitted to the Director of Athletics (illiniad@illinois.edu) and must be filed in a timely manner so the DIA and/or University can promptly and effectively respond to student-athlete concerns. The written grievance must set forth the facts of the complaint, the grounds on which it is based, and details of any efforts taken to date to resolve the matter.
 2. The Director of Athletics shall provide a copy of the student-athlete's written grievance and any relevant related information and documentation to the applicable Faculty Representative and the Office of the Chancellor.
 3. The Director of Athletics shall be responsible for initiating a timely and comprehensive review of the grievance. The Director may designate other DIA and/or University personnel such as the Faculty Representatives to conduct or assist with the review. For example, a grievance related to treatment by a sports medicine staff member may involve a review by a team physician.
 4. The Director of Athletics (or his/her designee) shall issue a final decision in writing to the student-athlete. The written decision shall be copied to the sport administrator, the Office of the Chancellor and the applicable Faculty Representative and shall include a statement of the decision, a description of the process used to reach the decision and the rationale for the outcome.

Additional Reporting and Support Resources

- Student-athletes may, at any time, contact Faculty Athletics Representatives Chris Span (217-333-9865 or cspan@illinois.edu) and Tiffany White (217-333-4597 or tbwhite@illinois.edu) for assistance with academic issues or issues of student-athlete welfare.

- Student-athletes may, at any time, contact the Student Assistance Center in the Office of the Dean of Students (helpdean@illinois.edu or 217-333-0050). In the Student Assistance Center, Assistant Deans help students understand university policies and procedures, educate them about and connect them to campus resources, and support students in crisis.
- Cases involving possible Title IX violations, discrimination on the basis of sex (i.e., sex discrimination), including sexual harassment, sexual assault, and sexual violence, may be reported by a student-athlete to a coach, sports administrators, any member of DIA administration, Athletics Director, the Title IX and Disability Office (844-616-7978, titleixcoordinator@illinois.edu) or to the Office of Diversity, Equity, and Access (217-333-0885, diversity@illinois.edu) if the discrimination or harassment was allegedly perpetrated by an employee. The Office of Diversity, Equity, and Access will conduct any resulting investigation, if necessary, related to sexual harassment, Title IX or unlawful discrimination. If the harassment or discrimination was allegedly committed by another student, the student-athlete may also contact the Office for Student Conflict Resolution (217-333-3680 or conflictresolution@illinois.edu) or the Emergency Dean (217-333-0050) for investigation and resolution under the student disciplinary system procedures. Reports of sexual misconduct shall be promptly investigated and also reported to the University of Illinois Police Department (217-333-1216). Employees who fail to report alleged or suspected violations of this policy to the appropriate campus office in a timely manner may be subject to disciplinary action, up to and including termination.
- Through the Office of the Dean of Students, students may report acts of intolerance (i.e., acts of stereotypes and bias on campus) in the following ways: (1) if injured or if there is concern of immediate danger, call 911 or 9-911 from a campus phone; (2) send an e-mail to tolerance@illinois.edu; (3) submit an anonymous report online to go.illinois.edu/intolerance; (4) contact the Office of the Dean of Students 24 hours a day, 7 days a week at 217-333-0050; or (5) report to any University official.
- In cases of possible violations of University policies or ethical violations, student-athletes may contact a coach, sports administrators, any member of DIA administration, the DIA Relations Team, the Athletics Director, or the University of Illinois Ethics and Compliance Office via the toll-free EthicsLine (866-758-2146 or by email at ethicsofficer@illinois.edu; may report anonymously). The University Ethics and Compliance Office will conduct or direct any investigation related to violations of University policies or ethical violations.
- Hazing is a violation of Illinois state law. Student-athletes who feel they have been victims of hazing may contact a coach, sport administrator, any member of DIA administration, the DIA Relations Team, the Athletics Director, or the Dean of Students (helpdean@illinois.edu or 217-333-0050)
- Student-athletes may report possible violations of NCAA rules to the sport administrator, the Director of Athletics, the Associate Athletic Director for Compliance (217-333-5731), any member of the DIA Compliance staff or may anonymously report via the web at <http://www.fightingillini.com/compliance/reportaviolation.html>. The Compliance Office shall conduct any investigation, if necessary, related to potential violations of NCAA rules.
- Note that there are specialized grievance procedures regarding transfer grievances (denials of the one-time transfer exception and/or permission to contact) and cancellations/reductions of athletic aid. These procedures are published annually in the Student-Athlete Handbook.

Student-Athlete Alcohol and Drug Education and Drug Testing Program

STUDENT-ATHLETE DRUG EDUCATION AND TESTING PROGRAM

Note: The full Drug Education and Testing Program can be found on Fightingillini.com at [this link](#)

ALL STUDENT-ATHLETES ARE REQUIRED TO ACKNOWLEDGE IN WRITING RECEIPT OF A COPY OF THIS PROGRAM AND TO SIGN A DRUG TESTING CONSENT FORM ON AN ANNUAL BASIS.

I. INTRODUCTION AND OBJECTIVES

The Division of Intercollegiate Athletics (“DIA”) at the University of Illinois (“University”) is concerned with the health, safety, and welfare of the student-athletes who participate in its intercollegiate athletics programs. The University’s campus-based and non-campus-based constituents, including fellow student-athletes, faculty, administration, governing board, medical providers, student body, and the community at large entrust the University and DIA with the duty and responsibility to take reasonable measures to ensure the health, safety, and welfare of its student-athletes. The implementation of an institutional Student-Athlete Drug Education and Testing Program (“Program”) is an appropriate means to this end as well as:

1. Promotes fair competition in intercollegiate athletics by preserving the integrity of the sports in which student-athletes compete from those who choose to seek a competitive advantage;
2. Affirms and assists in the compliance with the National Collegiate Athletic Association (“NCAA”) and Big Ten Conference rules and regulations regarding the use of banned substances;
3. Promotes a year-round drug-free environment in intercollegiate athletics programs;
4. Responds proactively to the increased use of banned substances nation-wide and the physiological and psychological damage such use can cause to student-athletes;
5. Includes educational programming to support a positive decision-making process for student-athletes;
6. Helps identify student-athletes who are using banned substances to assist them, through education and counseling, before they harm themselves or others or become physiologically or psychologically dependent;
7. Adds a further deterrent to student-athletes’ use of such substances; and
8. Protects the University’s integrity, while minimizing the potential for negative publicity.

This document is not to be construed as a contract between the University of Illinois and its student-athletes. However, signed consent, acknowledgement and notification forms will be considered confirmation of the student-athlete’s agreement to the terms and conditions contained in this document and shall be a legal contractual obligation of the student-athlete.

II. DEFINITIONS

A. Student-Athlete is defined as:

- a. Any person currently participating in DIA’s intercollegiate athletics program; that is, anyone who appears as active on the NCAA Squad List or Daily Eligibility Report;

- b. Any person who is not currently participating in intercollegiate athletics due to temporary suspension, injury or ineligibility (due to academic, disciplinary, or other reasons) but remains on the roster;
- c. Any person who has been certified as a “permanent medical non-counter” under NCAA rules, but still receives athletically related financial aid; or
- d. Any person who has exhausted his/her seasons of competition but is still receiving athletically related financial aid.

This program does not apply to students participating in intramural or club sports, cheerleading, dance squads, pep bands, nor marching bands.

B. Banned Drug Classes

- 1. The DIA Drug Education and Testing Program reserves the right to test for any prohibited substances including, but not limited to, the list of NCAA Banned Drug Classes. A The list of NCAA Banned Drug Classes is subject to change by the NCAA Executive Committee and student-athletes are accountable for all banned drug classes. The most current list can be found on the NCAA website at <http://www.ncaa.org/sport-science-institute/topics/2020-21-ncaa-banned-substances>
- 2. With respect to testing for cannabinoids, the DIA’s threshold for marijuana/THC testing could differ (i.e., be at lower levels) from that of the NCAA. In conformity with NCAA regulations, the use of anabolic agent or peptide hormone must be approved by the NCAA before a student-athlete may participate while taking these medications.
- 3. Student-athletes should note that nutritional supplements are not strictly regulated and may contain substances banned by the NCAA. The Food and Drug Administration (FDA) does not federally regulate the supplement industry, which may result in companies adding illegal substances to the supplement formulas. This can result in a positive test result. Any supplement ingredient taken, known or unknown, is at your own risk. Information regarding nutritional supplements can be found on the National Center for Drug Free Sport Resource Exchange Center (REC) website at: www.drugfreesport.com/rec.

C. Big Ten Drug Testing Program

The Big Ten conducts a mandatory, year-round drug testing program. The Big Ten’s program is conducted in addition to the DIA’s Program, which is separate and distinct from the Big Ten program. A positive Big Ten drug test result is treated as a positive result under the DIA’s Program. Sanctions for a positive test may vary from those imposed under the DIA program. A suspension under the DIA’s sanctions may be served concurrently with the Big Ten’s sanctions. Student-athletes are provided a copy of the Big Ten Drug Testing Program and are required to sign the Big Ten Drug Testing Consent Form on an annual basis.

D. NCAA Drug Testing Program

The NCAA conducts a mandatory, year-round drug testing program. The NCAA’s program is conducted in addition to the DIA’s Program, which is separate and distinct from the NCAA program. A positive NCAA drug test result is treated as a positive result under the DIA’s Program. Sanctions under the NCAA testing program may vary from those imposed under the University program. A suspension under the DIA’s sanctions may be served concurrently with the NCAA’s sanctions. Student-athletes are provided a copy of the NCAA Drug Testing Program and are required to sign the NCAA Drug Testing Consent Form on an annual basis.

E. Prescription Medications

Any student-athlete given prescription medicine must provide full disclosure of such medicine while checking in to the testing group. Any student-athlete who abuses their prescriptions beyond their designated dose or usage may be subject to sanctions under this program.

III. EDUCATIONAL COMPONENT

A. To prevent the use and distribution of banned substances, education is a cornerstone of this Program. The DIA recognizes its responsibility to provide educational programming which will support positive decision-making processes. To this end, DIA encourages and supports realistic and up-to-date programming which educates student-athletes on the physiological and psychological dangers inherent in the use of banned substances; informs student-athletes about any local, state, and federal laws and NCAA and Big Ten regulations concerning the use and possession of banned substances; and reinforces alternative activities supporting a healthy and safe lifestyle.

B. Educational efforts include:

1. An annual presentation to each intercollegiate athletics team in order to review the purposes and implementation of this Program and the sanctions for violating it;
2. Provision of basic training to coaches and student-athlete support staff in how to identify a substance abuse concerns and make a referral for intervention;
3. Regular education to student-athletes, coaches and staff regarding state laws and University policies regarding banned substances, alcohol, marijuana, substance abuse, and related resources available to them;
4. The provision on an annual basis of a copy of this Program and the list of DIA's banned drug classes to all current student-athletes;
5. The provision of a copy of this Program and the list of NCAA banned drug classes, or information containing electronic links to such information, to all new incoming student-athletes;
6. Possible utilization of the Carle Medical Hospital, and/or DIA's Life Skills classes, special workshops, lectures, or seminars deemed appropriate.

IV. COUNSELING COMPONENT

To provide assistance, direction, and resources for student-athletes, counseling is an important component of this Program. Carle Hospital provides trained specialists who provide confidential, professional assistance to the DIA. Student-athletes will be required to access assessment, counseling and/or treatment services as a result of a positive test result.

Student-athletes may also access services upon physician referral, DIA referral, or self-referral. In the case of mandatory counseling in conjunction with this Program, the student-athlete will be required to sign a consent form allowing the counseling entity to communicate with the DIA as necessary regarding the student-athlete's compliance with the parameters of this Program.

A. Referral to Counseling and Treatment

1. As mentioned in Section III above, coaches and staff will receive basic training in identifying a substance abuse concern and making a referral for intervention.

If the Director of Athletics, the Drug Testing Coordinator, a Coach, or any DIA staff member who works closely with student-athletes (i.e., athletic trainer, strength/conditioning coach,

academic coordinator, assistant coach, compliance director) has a reasonable suspicion a student-athlete may be using a banned substance in violation of this Program, that individual may recommend the student-athlete be referred for medical evaluation, counseling, and/or drug testing. This recommendation should be submitted in writing to the Chief Integrity Officer, who will then consult with the appropriate individuals, including the Head Team Physician to determine an appropriate course of action, if any.

If the referral is deemed to be appropriate, the following shall apply:

- a. The student-athlete will be required to meet with the Team Physician at the soonest possible opportunity. The Team Physician will explain the concern and the counseling available to address it.
- b. The student-athlete will be required to have an evaluation with the Sports Psychologist/Counselor at the soonest possible opportunity. The appointment should be scheduled by the student-athlete within seven days of the meeting with the Team Physician.
- c. Subsequently, the student-athlete must comply with all recommended clinical care and counseling recommendations of the team physician and/or counselor(s). Such recommendations may include ongoing testing for banned substances.
- d. Any positive tests incurred by a student-athlete who was referred to counseling under this section shall be considered part of the student-athlete's treatment and counseling program and shall not count as positive tests under Section VII of the Program.
- e. If in the reasonable assessment of the Sports Medicine staff, the student-athlete is materially noncompliant with the letter or spirit of the recommended testing or clinical care as specified in the counseling plan, the Director of Athletics shall be notified. The Director or designee may impose sanctions up to and including immediate suspension from athletic activity.
- f. A student-athlete who tests positive may be immediately withheld from practice and/or competition for health and safety reasons as determined by the team physician.

B. Self-Referral for Counseling and Treatment

1. Any student-athlete may refer himself/herself for voluntary evaluation and treatment for the use of banned substances.
 - 1) A student-athlete is not eligible for exemption from sanctions if the self-referral occurs after the first person in the testing group has been notified of an impending drug test or after having received a positive test result under this Program or under a drug testing program administered by the NCAA or any other outside athletics organization. A student-athlete will not be permitted to enter self-referral within thirty days of the start of conference or NCAA post-season competition or a bowl game.
2. Any student-athlete who self-refers under this section will be required to meet with the Team Physician at the soonest possible opportunity.
3. The student-athlete will then be required to have an evaluation with the Sports Psychologist/Counselor at the soonest possible opportunity. The appointment should be scheduled by the student-athlete within seven days of the meeting with the Team Physician.
4. The DIA will work with the Sports Psychologist/Counselor to implement a treatment plan for the student-athlete, which may include confidential drug-testing. If the student-athlete tests

positive for a banned substance while still in the course of a prescribed treatment program after self-referral, that positive test will not result in further sanctions under this Program, unless the student-athlete fails to comply with the treatment plan.

5. If in the reasonable assessment of the Sports Medicine staff, the student-athlete is materially noncompliant with the letter or spirit of the recommended testing or clinical care as specified in the counseling plan, the Director of Athletics shall be notified. The Director or designee may impose sanctions up to and including immediate suspension from athletic activity.
6. While in compliance with the treatment plan, a student-athlete will not be included in the list of student-athletes eligible for random drug testing by DIA. However, the student-athlete in self-referral may be selected for drug testing by the NCAA or any other outside athletics organization and will be subject to any penalties incurred under the regulations of those organizations.
7. The Director of Athletics, Drug Testing Coordinator, Director of Compliance, Director of Sports Medicine, Head Coach, and a Team Physician may be informed of the student-athletes' self-referral. Other DIA staff (assistant athletic trainer, assistant coach, academic counselor, etc.) may be informed at the discretion of the Director of Athletics or designee to the extent necessary for the implementation of this Program or the welfare of the student-athlete.

V. DRUG TESTING COMPONENT

- A. While education and counseling are important components of this Program, studies have shown these components alone are not sufficient deterrents to the use of banned substances. Random and consistent drug testing is appropriate and necessary to detect and deter substance use, ensure the health, safety, and welfare of its student-athletes and achieve the objectives of the Program.
 1. General Provisions
 - a. DIA will conduct drug testing in accordance with the accepted procedures identified in this document, which can be found on DIA's website: <https://fightingillini.com/>
 - b. Student-athletes will be required to acknowledge receipt of a copy of this Program and sign Consent to Participate in the Division of Intercollegiate Athletics Substance Abuse Program Form on an annual basis.
 - c. As part of this testing program, a student-athlete will be asked to submit a urine sample which will be observed by the collection entity's representative of the same gender. Testing of urine samples will be done by an accredited laboratory. The random selection of student-athletes and the collection of urine samples will be conducted by an independent outside entity.
 - d. Testing may be conducted on any student-athlete as defined in Section II, Item A.
 - e. Testing may be conducted for any substance as defined in Section II, Item B.
 - f. A positive test result from the NCAA and/or Big Ten Drug Testing Program or a similar program of an outside athletics organization will be treated as a positive test result under this Program and may result in sanctions under this Program in addition to any sanctions imposed by the NCAA and/or the outside organization.
 - g. An assessment drug test will be conducted as part of each student-athlete's initial physical examination or within a reasonable time after a student-athlete's initial enrollment at the

University of Illinois, Urbana-Champaign. Such test is for assessment purposes only and will not be subject to sanctions except as described in Section VII below.

- h. Continued testing will be conducted on a reasonable basis throughout the calendar year and may occur at any time of any day, announced or unannounced.
 - i. Selection for testing will generally be random but other factors such as participation in post-season play, a prior positive test result, or reasonable suspicion.
 - j. Refusal to provide a sample, failure to appear for a test as scheduled, appearing late for a test, attempting to manipulate the specimen, or any attempt to circumvent the specimen collection and testing process will be considered a positive test result barring extenuating circumstances.
 - k. Any student-athlete with a prior positive test result, a prior breach of protocol, a prior failure to appear or who was late for a prior test, whether as a result of institutional or NCAA drug testing or a drug test administered by an outside athletics organization, may be subject to unannounced drug testing during the entire time the individual is a student-athlete at the University of Illinois.
 - l. Any student-athlete with a positive test result may be subject to additional drug testing whenever DIA conducts random drug testing during the entire time the individual is a student athlete at the University of Illinois.
 - i. All student-athletes will be subjected to additional drug testing for a sixty-day period following a positive test until results show no trace of the tested substance.
 - ii. A positive test for the same substance after the end of the sixty-day period will be counted as an additional positive test under the Program.
 - iii. Any positive tests within the sixty-day period will be conducted only for monitoring purposes and will not be counted as additional positive tests under the Program.
 - m. Any student-athlete with a positive test result will be subjected to respective sanctions under the Program. If the imposed sanctions are not met, and the season has concluded, the remaining sanctions will be imposed for the following season.
2. Notification Process
- a. The Drug Testing Coordinator, the Chief Integrity Officer, the student-athlete's Head Coach, or their designees will contact the student-athlete who is to be tested.
 - b. Contact is considered to be made when Drug Testing Coordinator, the Chief Integrity Officer, the student-athlete's Head Coach, or their designees notify the student-athlete by either (1) speaking directly with the student-athlete in person or via phone, or (2) receiving a written response via text message or email from the student-athlete, or (3) receiving a text message and/or email response from the student-athlete via Teamworks or other communication platforms. Leaving a message/voicemail and/or sending a text message/email for a student-athlete does NOT constitute contact
 - c. A student-athlete who does not respond to two or more notification attempts may be immediately tested at any subsequent time contact is established.
 - d. At the time of notification, student-athletes will be informed of the date, time, and place of the testing.
3. Showing Up Late, Refusal to Provide a Sample, Providing a Dilute Sample, or Failure to Appear

- a. If a student-athlete is late to testing (once notification/contact has occurred), the Drug Testing Coordinator or designee will attempt to reach the student-athlete via phone, text, email, etc. to notify him/her that he/she is late for drug testing.
 - b. The student-athlete will be considered a “No Show” if he/she does not report within 30 minutes following the end of the testing session.
 - c. A student-athlete will be considered a “No Show” if he/she refuses to provide a sample.
 - d. A “No Show” barring extenuating circumstances will be considered a positive test result and will be subject to the sanctions associated with a positive test result.
 - e. The student-athlete is expected to provide an adequate specimen (i.e., concentrated, alkaline, and at or above the minimum volume requirement). Providing three (3) or more inadequate or dilute samples will be considered reasonable suspicion and the institution reserves the right to test the student-athlete at any time without notice and without random selection. The institution reserves the right to consider three (3) or more inadequate or dilute samples as a positive test result and will be subject to sanctions associated with a positive test result.
 - f. The use of substances and methods which alter the integrity or validity of urine samples provided during drug testing are prohibited. Manipulation refers to the use of any product, including excessive water consumption, used for the purpose of providing a dilute urine sample or substitution of a urine sample. Adulteration refers to the use or attempted use of any chemical or product (including water) added directly to the urine sample for the purpose of interfering with the testing procedures used to identify the presence of drugs. Any urine sample tested for the presence of banned substances may also be tested for the presence of substances used to alter the integrity or validity of urine samples. A positive finding for these substances or other methods of tampering will be considered a positive test. Any attempt to tamper with a urine sample during the collection process will be treated as a positive test.
 - g. Once the student-athlete has been selected for testing, an adequate specimen must be provided before participating in the next designated team activity.
4. Selection for Random Drug Testing
- a. The selection of student-athletes for random drug testing will be done by an independent outside entity conducting DIA’s drug testing program.
 - b. The Director of Athletics, his designee and/or the Drug Testing Coordinator will determine the schedule and frequency of random drug testing.
 - c. The Compliance Office will provide current Squad Lists for submission to the independent outside entity in conformity with the established random drug testing schedule.
 - d. The Director of Athletics and/or the Drug Testing Coordinator and/or the designee will inform the accredited laboratory of the number of student-athletes to be tested over a particular time period. The Drug Testing Coordinator or designee and accredited laboratory will mutually agree upon the date, time and location of the testing.
 - e. The independent outside entity will randomly select the student-athletes to be tested and will send the list via confidential email or other agreed upon procedure to the Drug Testing Coordinator or designee, who will initiate the notification process.

- f. Student-athletes with a previous positive test result from this or any other athletically related drug testing program may be added to the list of randomly selected student-athletes as part of their treatment program.

5. Drug Testing Based on Reasonable Suspicion

- a. If the Director of Athletics, the Drug Testing Coordinator, a Head Coach, or any DIA staff member who works closely with student-athletes (i.e., athletic trainer, strength/conditioning coach, academic coordinator, assistant coach, compliance director) has a reasonable suspicion a student-athlete may be using a banned substance in violation of this Program, that individual may recommend the student-athlete be referred for medical evaluation, counseling, and/or drug testing. This recommendation should be submitted in writing to the Drug Testing Coordinator, who will then consult with the appropriate individuals to determine a course of action, if any. See Section IV-A of the Program.
- b. A determination of “reasonable suspicion” may be based on behavior, reliable information, conduct or performance by the student-athlete which leads DIA to conclude there is the likelihood the student-athlete is taking or is under the influence of banned substances.
- c. Presenting three (3) or more inadequate or dilute samples (i.e., sample has a concentration level lower than required by collection protocol) during a single institutional or NCAA drug test is grounds for reasonable suspicion.
- d. The test under this section will be conducted only after consultation among the Director of Athletics or their designee, the Drug Testing Coordinator, the Team Physician and the individual asserting reasonable suspicion. If it is determined any behavior, conduct, or performance of the student-athlete is such that testing for a cause is required to protect the health or safety of the student-athlete, the health or safety of others, or the integrity of the sport, then the “reasonable suspicion” standard has been met. In this case, the student-athlete may be subject to unannounced drug testing.

6. Drug Testing Based on a Past Positive Result

Any individual with a prior positive drug test result, a prior breach of protocol, a prior failure to appear, or who was late for a prior test under this Program or a drug testing program administered by the NCAA or an outside athletics organization may be subject to unannounced drug testing during the entire time the individual is a student-athlete at the University of Illinois.

7. Initial Assessment Test

- a. All incoming student-athletes may be subject to a drug test as part of their initial physical examination to determine fitness to participate in varsity athletics at the University of Illinois. In cases when this drug testing is not practical, the incoming student-athlete will be tested at the earliest appropriate time. This initial test is for assessment purposes only and a positive test will not be subject to disciplinary sanctions under this policy except as described in Section VII below.

8. Team Assessment Testing

- a. In order to support student-athletes, athletic teams, and program culture, the DIA will conduct an occasional team-wide educational drug assessment upon request.

- b. The assessment, which will be administered by a contracted third-party testing entity, will be conducted on all team members with no notice.
- c. The assessment is only for use of THC (marijuana) with results only to be used for educational purposes. There will be no sanctions (e.g., loss of competitive opportunities) due to positive tests, nor will a test lead to sanctions under the Policy.
- d. Positive test results will be shared with the Chief Integrity Officer, head coach, the Head Team Physician, Director of Sports Medicine, the Director of Athletics and the respective student-athlete. The student-athlete will then meet with the CIO to receive instructions on required educational programming and will sign a release of information allowing communication between the counselor and needed DIA officials.
- e. The assessment may be conducted only one time per academic year. Assessments conducted during the summer will count toward the academic year that immediately follows.
- f. To request an assessment, the head coach or an appropriate administrator must submit a written request to the Chief Integrity Officer, who will review the request with the Director of Athletics, and the Head Team Physician. Approval of the assessment will be communicated by the Chief Integrity Officer to the respective head coach and the drug testing coordinator, who will facilitate the testing.
- g. A student-athlete who tests positive for marijuana/THC in the assessment test shall be required to meet with a substance abuse counselor for an assessment. Subsequently, the student-athlete must comply with all recommended clinical care and counseling recommendations of the team physician and/or counselor(s). Such recommendations may include ongoing testing for banned substances.
- h. If in the reasonable assessment of the Sports Medicine staff, the student-athlete is materially noncompliant with the letter or spirit of the recommended testing or clinical care as specified in the counseling plan, the Director of Athletics shall be notified. The Director or designee may impose sanctions up to and including immediate suspension from athletic activity.
- i. A student-athlete who tests positive may be immediately withheld from practice and/or competition for health and safety reasons as determined by the team physician.

VI. TESTING PROCEDURES, NOTIFICATIONS OF TEST RESULTS, AND TESTING RECORDS

See fightingillini.com for full procedures

VII. CONSEQUENCES FOR POSITIVE TEST RESULTS AND OTHER SUBSTANCE-RELATED OFFENSES

The following consequences will apply as a result of substance-related offenses. Positive drug tests from the NCAA drug testing program, Big Ten Conference program, and/or other outside athletics organizations will result in sanctions under this Program in addition to any sanctions imposed by the NCAA, conference and/or the outside athletics organization. Positive drug tests are cumulative throughout a student-athlete's period of eligibility except as noted below.

- i. Alcohol and Non-Drug Testing Offenses
 - 1. If a student-athlete is in violation of state or federal laws or University policies related to drugs, substance abuse or alcohol, the student-athlete shall be required to meet with the team physician and a psychologist or counselor for an assessment. Subsequently, the student-athlete must comply with all recommended clinical care and counseling recommendations of

the team physician and/or counselor(s). Such recommendations may include ongoing testing for banned substances.

2. If in the reasonable assessment of the Sports Medicine staff, the student-athlete is materially noncompliant with the letter or spirit of the recommended testing or clinical care as specified in the counseling plan, the Director of Athletics shall be notified. The Director or designee may impose sanctions up to and including immediate suspension from athletic activity.
3. Offenses or violations related to state or federal laws or University policies shall also be addressed separately and cumulatively by the Student-Athlete Discipline Policy and Process.
4. Examples of violations related to drugs, substance abuse or alcohol include, but are not limited to the following:
 - Driving while intoxicated and similar offenses
 - Underage possession, consumption and/or purchase of alcohol or marijuana
 - Possession and/or sale of illegal drugs or other controlled substances, including violation of University policies regarding possession or use of marijuana.
 - Public intoxication
 - Consumption of alcohol by a student-athlete during a prospect's recruiting visit in violation of DIA policy

ii. Positive Test in Initial Pre-Participation Assessment

- a. A student-athlete who tests positive for any banned substance in an initial assessment test conducted as part of the pre-participation physical exam or at the first reasonable opportunity after enrollment shall not be subject to disciplinary sanctions under the Program but shall be required to meet with a substance abuse counselor for an assessment. Subsequently, the student-athlete must comply with all recommended clinical care and counseling recommendations of the team physician and/or counselor(s). Such recommendations may include ongoing testing for banned substances.
- b. If substance levels are not reduced to zero after sixty days, subsequent positive tests will be sanctioned accordingly under the Program.
- c. If in the reasonable assessment of the Sports Medicine staff, the student-athlete is materially noncompliant with the letter or spirit of the recommended testing or clinical care as specified in the counseling plan, the Director of Athletics shall be notified. The Director or designee may impose sanctions up to and including immediate suspension from athletic activity.
- d. A student-athlete who tests positive may be immediately withheld from practice and/or competition for health and safety reasons as determined by the team physician.

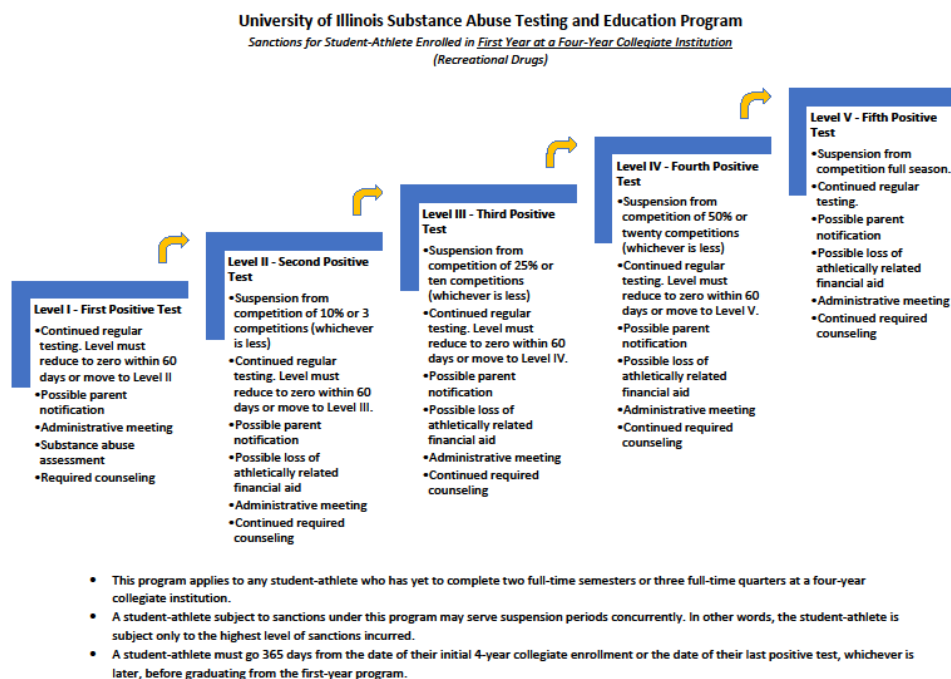
C. Student-Athlete Testing Positive for Marijuana/THC

1. A student-athlete who tests positive for marijuana/THC in the administration of the Program shall be required to meet with a substance abuse counselor for an assessment. Subsequently, the student-athlete must comply with all recommended clinical care and counseling recommendations of the team physician and/or counselor(s). Such recommendations may include ongoing testing for banned substances.
2. If in the reasonable assessment of the Sports Medicine staff, the student-athlete is materially noncompliant with the letter or spirit of the recommended testing or clinical care as specified in the counseling plan, the Director of Athletics shall be notified. The

Director or Designee may impose sanctions up to and including immediate suspension from athletic activity.

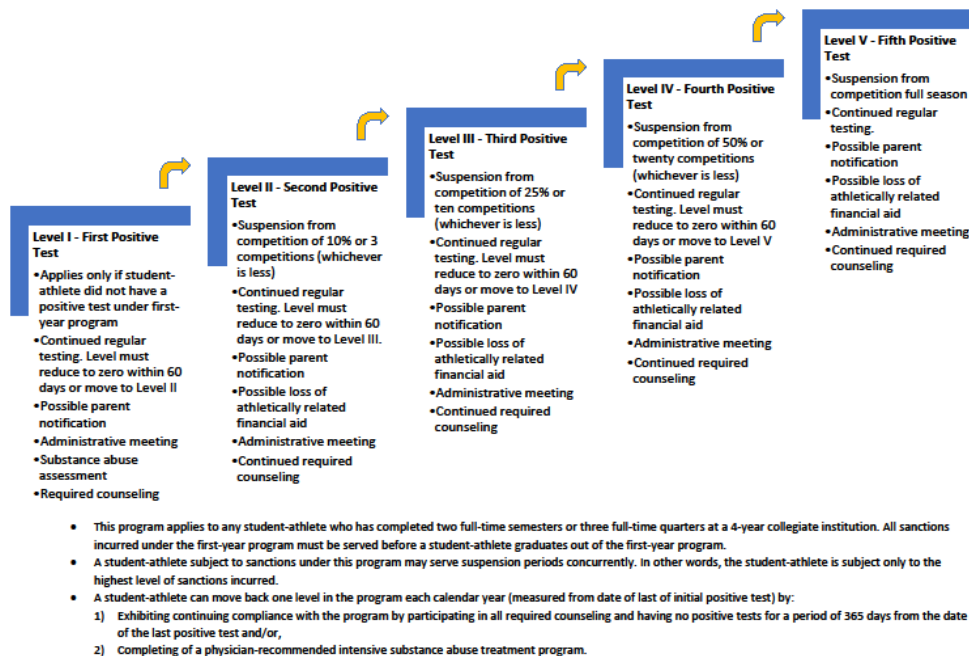
3. A student-athlete who tests positive for marijuana may be immediately withheld from practice and/or competition for health and safety reasons as determined by the team physician.
- D. Sanctions for Student-Athlete Testing Positive in First Year at a Four-Year College for Synthetic Cannabinoids, Benzodiazepines (e.g. valium), Barbiturates (e.g. phenobarbital), Opioids (e.g. hydrocodone, morphine oxycodone etc., except for heroin).

This section shall apply to first-year student-athletes only. A first-year student-athlete under this program is any student-athlete who has yet to complete two full-time semesters at a four-year institution. After a student-athlete has completed his or her first year, Section VII-E shall apply but any sanctions incurred under the first-year program in Section VII-D must be served and the student-athlete shall incur no positive drug tests for 365 days before the student-athlete can graduate from the first-year program (Section VII-E) to the second year and beyond program (Section VII-D).



- E. Sanctions for Student-Athlete Testing Positive After First Year at a Four-Year College for Synthetic Cannabinoids, Benzodiazepines (e.g. valium), Barbiturates (e.g. phenobarbital), Opioids (e.g. hydrocodone, morphine oxycodone etc., except for heroin).

University of Illinois Substance Abuse Testing and Education Program
Sanctions for Student-Athlete After Completion of First Year at a Four-Year Collegiate Institution
(Recreational Drugs)



F. Sanctions After Positive Test for Stimulants, (Cocaine, Amphetamines etc.), Heroin, or Any Other Stimulant Type Drug Not Prescribed by a Licensed Practicing Medical Provider (e.g. Adderall, Ritalin, etc.), Anabolic Steroids or Other Performance Enhancing Drugs.

1. First Positive Test Result

- The student-athlete can be subjected to additional drug testing whenever DIA conducts random drug testing during the entire time the individual is a student-athlete at the University of Illinois.
- The Director of Athletics or designee will inform the student-athlete's parent(s) and/or guardian(s).
- The student-athlete will be required to meet with the Director of Athletics and/or designee, the Team Physician, and Head Coach at the soonest possible opportunity. Such meeting will be coordinated by the Drug Testing Coordinator and should be scheduled within seven (7) days of receipt of notification of a positive test result.
- The student-athlete will be required to have an evaluation with the Psychologist/Counselor at the soonest possible opportunity. The appointment must be scheduled by the student-athlete within seven (7) days following confirmation of the student-athlete's positive test result.
- Subsequently, the student-athlete must comply with all recommended clinical care and counseling recommendations of the team physician and/or counselor(s). Such recommendations may include ongoing testing for banned substances.
- If in the reasonable assessment of the Sports Medicine staff, the student-athlete is materially noncompliant with the letter or spirit of the recommended testing or clinical care as specified in the counseling plan, the Director of Athletics shall be notified. The

Director or designee may impose sanctions up to and including immediate suspension from athletic activity.

- g. **The student-athlete will be suspended from competition for regular season contests in all sports for one (1) calendar year.** The suspension will take effect immediately and in successive competitions following completion of confirmation of a positive test result. The suspension will apply to regular season contests, conference championships, and post-season competition including bowl games and must be served consecutively. Scrimmages and/or exhibitions with outside competition may not be included in the suspension. Loss of competition sanctions will carry over into the following year if it is not possible to complete the suspension in the current year. The suspension will apply separately to each sport in which a student-athlete participates. Suspensions cannot be served concurrently while sitting out of contests for any other reason; for example, due to injury, academic eligibility issues, completing a transfer residency requirement, serving a suspension for University disciplinary or conference or NCAA sanctions (excluding an NCAA drug testing suspension), etc. A suspension under this sanction may be served concurrently with an NCAA drug-testing suspension.
 - h. Any athletically related financial aid received by a student-athlete with no remaining eligibility may be subject to immediate cancellation in conformity with NCAA policies and procedures.
 - i. A student-athlete who tests positive may be immediately withheld from practice for health and safety reasons as determined by the team physician.
2. Second Positive Test Result
- a. **The student-athlete will be permanently suspended from athletic activities.**
 - b. Any athletically related financial aid the student-athlete is receiving will be subject to immediate cancellation in conformity with NCAA policies and procedures.
 - c. The Director of Athletics or designee will inform the student-athlete's parent(s) and/or guardian(s).
 - d. The student-athlete will be encouraged to pursue further evaluation and follow up care with the Carle Hospital Psychologist/Counselor.

VIII. APPEALS

- A. A student-athlete who tests positive under the terms of this Program will be entitled, upon request, to an appeal. A request for an appeal must be made in writing to the Director of Athletics within twenty-four (24) hours of notification of confirmation of a positive test result and must include the rationale for the appeal. If the 24 hours would end on a weekend, the request must be made by noon (12pm) on DIA's next business day. A student-athlete who is appealing a Second, Third, or Fourth Positive Test Result is not eligible for competition during the appeal process.

1. Appeals Committee

Appeals will be heard by a three-person Appeals Committee comprised of the Director of Compliance or designee, the University's NCAA Faculty Athletics Representative and a Team Physician or a medical professional recommended by a Team Physician. The committee will make a recommendation on each appeal to the Director of Athletics. The decision by the Director of Athletics regarding the sanctions to be imposed will be final.

2. Appeals Proceedings

- a. The Appeals Committee will have three (3) business days after receipt of the written request to determine the date, time, and location of the appeal. Every reasonable effort will be made to schedule the appeal in as timely a manner as possible. Either the student-athlete or the Committee may request an extension from the Director of Athletics upon a showing of reasonable cause.
- b. The student-athlete may have an advocate or other representative present if the student-athlete desires. However, the student-athlete must present his/her own case.
- c. The proceedings will be confidential.

B. Chancellor's Exception to the Application of Sanctions

1. A student-athlete who has multiple positive tests for banned substances under the DIA Student-Athlete Drug Education and Testing Program is subject to suspension from competition. In certain circumstances, it is conducive to the success and wellness of the student-athlete to allow for an exception to the application of a suspension.
2. The request for such an exception shall be sought in rare extenuating circumstances and shall originate from the Director of Athletics to the Chancellor in consultation with the Head Team Physician, Associate Athletic Director for Sports Medicine, and the Chief Integrity Officer. The Chancellor has the sole authority to grant such an exception based on the totality of the circumstances in the interest of the success and wellness of the student-athlete.
3. If an exception is granted by the Chancellor, the student-athlete will be obligated to maintain compliance with prescribed treatment and must not incur additional positive drug tests. Failure to comply with these conditions, as well as any other requirements stipulated in the exception will cause the sanctions to revert to the regular application of the Drug Education and Testing Policy. The student-athlete will be notified in writing of the exception and all conditions attached to the exception.

IX. EFFECTIVE DATE

This Program, including appendices, is effective **August 24, 2020**, and is subject to change or modification at any time. However, any change or modification will only be implemented upon action by the Director of Athletics and will not be applied retroactively if such change or modification would adversely affect a student-athlete's rights under this Program.

Student-Athlete Hazing Policy

Hazing is strictly prohibited and will not be tolerated among or between student-athletes.

In Section 1-302(d) of the Student Code, the University defines hazing as "any action taken or situation created for the purpose of initiation into, admission into, affiliation with, or as a continued membership in, a group or organization, to produce physical discomfort or injury, mental discomfort, embarrassment or ridicule".

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

- Use of alcohol;
- Paddling in any form;
- Creation of excessive fatigue;
- Physical and psychological shock;
- Wearing of apparel which is conspicuous or not in good taste;
- Engaging in public stunts;
- Degrading or humiliating games and activities; or
- Any activities which are not consistent with the academic mission, organizational ritual or policy,

applicable state or local law, DIA policies or Big Ten and NCAA rules or regulations.

An individual's willing participation in an activity does not justify participation in or sponsorship of the activity.

Any violation of this policy should be reported to DIA, Dean of Students, or the Office for Student Conflict Resolution.

NOTE: *Hazing activities may also violate the Illinois Hazing Act 720 ILCS 120/0.01*

Sanctions

Any activity or language that amounts to hazing in violation of the above policy is subject to investigation and possible sanction by the University and/or DIA.

Sanctions imposed by the Director of Athletics may include but are not limited to, the following:

- Written notification from the Director of Athletics to the student-athlete outlining the hazing policy.
- Suspension from the team for a prescribed period.
- Indefinite suspension from the team.
- Dismissal from the team.
- Non-renewal or reduction of athletic grant-in-aid.

Gambling, Bribery and Other Sports Wagering Activities

Sports wagering is a serious issue that can have tragic consequences for student-athletes who participate in such activities.

Student-athletes are strictly prohibited from participating, directly or indirectly, in any gambling activity involving intercollegiate or professional athletics.

Prohibited sport wagering activities include, but are not limited to:

- Putting up anything of value (money, merchandise, gift certificates, and meals) in order to potentially win anything else of value. Examples of this type of prohibited wagering include, but are not limited to:
 - Betting with a bookie or with your friends, family or teammates;
 - Participating in fantasy leagues;
 - Participating in internet contests and betting pools; and
 - Participating in March Madness or other similar brackets.
- Providing any information concerning intercollegiate competition to any individual involved in gambling activities. (Thus, student-athletes and their families should be alert for individuals who are inquiring about the expectations of the team or the status of a key player for an upcoming competition); and
- Engaging in activities designed to influence the outcome of an intercollegiate contest or in an effort to affect win-loss margins ("point shaving").

Sanctions

Gambling on intercollegiate athletic events or bribing participants is against federal, state, and local laws, contrary to NCAA rules and carries stiff penalties for offenders. Per NCAA rules, any violation of the rules regarding gambling by prospective or enrolled student-athletes will result in a loss of eligibility for further intercollegiate competition for a minimum of one season. Involvement in point shaving or wagering on DIA teams will result in student-athletes losing all remaining regular-season and post-season eligibility in all sports.

Student-athletes may be expelled from the University for failure to report a solicitation to be a party to sports bribery or if they become agents of the gambling industry through the process of distributing handicap information or handling bets.

Finally, student-athletes engaged in point shaving, bribery and other activities might be subject to criminal fines and incarceration.

Social Networking Policy

Public Media

Public media refers to techniques used to communicate messages (dissemination of fact, opinion, and entertainment) and whose mission is to serve or engage a public. Public media domains include print outlets (such as newspapers, books, magazines, posters, flyers, etc.), traditional public and commercial broadcasts (such as TV, radio, film), digital (such as the Internet, email, social networks, podcasting, chat rooms and blogging), and any new platforms and distribution mechanisms to expand reach and engage audiences (listeners, users).

When utilizing any public media outlets, student-athletes are expected to conduct themselves responsibly as members of their respective team, DIA, and our University.

Social Networks

Social network sites such as Facebook, Instagram, Snapchat, and Twitter and any other new digital platforms and distribution mechanisms facilitate students communicating with others. Participation in such networks has both positive appeal and potentially negative consequences. It is important that our student-athletes be aware of these consequences and exercise appropriate caution if they choose to participate.

Student-athletes are not restricted from using any online social network sites and digital platforms (such as the Internet, email, podcasting, chat rooms, and blog sites). However, users must understand that any content they make public via online social networks or digital platforms is expected to follow acceptable social behaviors and also to comply with federal government, State of Illinois, University, DIA, Big Ten and NCAA rules and regulations.

Facebook and similar directories are hosted outside the University server. Violations of University policy (e.g., harassing language, University alcohol or drug policy violations, etc.) or evidence of such violations in the content of online social networks or digital platforms are subject to investigation and sanction under the University's Student Code, DIA policies, and other University policies. Matters may also be pursued by law enforcement officers and student-athletes may be sued in a civil proceeding for abusive or false statements made about another person.

It is incumbent upon student-athletes to be aware of University regulations. Ignorance of these regulations does not excuse student-athletes from adhering to them.

Guidelines

The following guidelines are intended to provide the framework for student-athletes to conduct themselves safely and responsibly in an online environment. Student-athletes at Illinois should:

1. Be careful with how much and what kind of identifying information is posted on online social network sites. Virtually anyone with an email address can access social networking pages. It is unwise to make available information such as full date of birth, social security number, address, resident hall room number or other home addresses, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All can facilitate identity theft or stalking. Facebook and other sites provide numerous privacy settings for information contained in its pages; use these settings to protect private information.
2. Be aware that potential current and future employers often access information placed on online social network sites. Student-athletes should think about the impact any information posted on Facebook or similar directories might have on prospective employers' image of them. The information posted is considered public information. Student-athletes should maintain a self-image that they can be proud of several years from now.
3. Be careful in responding to unsolicited emails asking for passwords or PIN numbers. Reputable businesses do not ask for this information in emails.
4. The University respects its students' freedom to examine and discuss all questions of interest to them and permits them to express their opinions publicly and privately as guaranteed by the First Amendment and the Student Code. However, not all speech is protected speech. Speech that is threatening, vulgar, lewd, or that invades the rights of others will not be protected, even if done in an online social network forum.

Conduct

The University and DIA prohibit inappropriate behavior that seriously undermines the goals and integrity of the University and the mission of DIA when utilizing public media outlets. It is important that student-athletes recognize the power of public media domains and the potentially negative image that they can portray about student-athletes, coaches, the athletics program, and the University.

Student-athletes are expected to communicate about their teammates and coaches respectfully while using online social networks or any public media domain. Examples of disrespectful comments and behavior that will not be tolerated are:

1. Derogatory language and personal comments about their teammates or coaches; other Illinois student-athletes or coaches; student-athletes, coaches, athletics administrators or representatives of other universities or colleges; University faculty or staff; or other athletics officials, administrators, or representatives.
2. Threats to any person.
3. Comments that create a serious danger to the safety of another person or that make a credible threat of serious physical or emotional injury to another person.
4. Incriminating photos or statements depicting violent conduct; hazing; sexual harassment; gambling; vandalism; stalking; underage drinking; selling, possessing, or using controlled substances; or any other illegal or prohibited conduct.

If student-athletes are found to be inappropriately using an online social network, they will be in direct violation of this policy and subject to the appropriate sanctions administered by the University and/or DIA.

Sanctions

Any activity or language in violation of the above policy is subject to investigation and possible sanction by the University and/or DIA, as well as civil authorities.

Sanctions imposed by the Director of Athletics may include, but are not limited to, the following:

- Written notification to the student-athlete outlining the policy and requiring that content in violation of this policy be removed or the social network account be deactivated;
- Temporary suspension from the team until prescribed conditions are met;
- Suspension from the team for a prescribed period;
- Indefinite suspension from the team;
- Dismissal from the team;
- Or non-renewal or reduction of athletic grant-in-aid.

ACADEMIC SERVICES

The DIA is committed to providing an academic support program to assist student-athletes with their transition into college and to help them achieve academic, athletic and personal success. The Academic Services staff, which includes full-time counselors, learning specialists, graduate assistants and a sports nutritionist, provides continuous support to student-athletes through graduation, job placement, or graduate school.

Irwin Academic Services Center

Located at 402 East Armory Avenue, the Irwin Academic Services Center is the home to many of the support services for student-athletes discussed below; the Center's primary business phone number is (217) 333-2240.

*Some services for football student-athletes are also available at Memorial Stadium.

The Irwin Academic Services Center has the following hours of operation during the academic year:

Monday – Thursday	8:00 am	-	10:00 pm
Friday	8:00 am	-	5:00 pm
Saturday	closed		
Sunday	1:00 pm	-	10:00 pm

Academic Counselors

Athletic academic counselors are assigned to work with specific athletic teams and to help those teams' student-athletes balance academics with the demands of a competitive Division I athletic schedule and the student-athletes' personal growth. The athletic academic counselors also assist student-athletes with designing academic plans to ensure that they are making sufficient progress toward a degree for eligibility purposes.

Learning Specialists

Learning specialists serve as valuable resources for student-athletes who have or think they might have a learning disability, ADHD or any other condition that might impact their educational performance. First, learning specialists can assist student-athletes and athletic academic counselors in identifying possible learning disabilities and conditions and in coordinating appropriate testing. Second, if student-athletes do have a learning disability or condition, the learning specialist will: work closely with these student-athletes to identify any necessary accommodations, assistive technology, and resources; develop effective strategies and academic support plans to facilitate their academic success; act as their liaison with the Disability Resources and Educational Services (DRES); and assist them with understanding applicable policies and procedures for individuals with disabilities. Student-athletes may also make an appointment with a learning specialist to help them gain insight into their learning styles, help them develop academic strategies and support them in identifying appropriate academic services.

Monitoring academic progress

Athletic academic counselors regularly meet with student-athletes to monitor their academic performance. Twice each semester, academic progress reports are sent to the instructors of all student-athletes in an effort to gain additional information concerning their progress toward a degree.

Academic Coaching

The Academic Coaching Program provides student-athletes with the opportunity to work with graduate students interested in the field of higher education who are hired and trained to assist with reading comprehension, brainstorming, understanding assignment guidelines, time management, preparation for exams, and the writing process.

Tutoring program

The Tutoring Program offers student-athletes the opportunity to receive academic assistance to encourage successful class performance. Tutors supplement the student-athletes' own study skills, help the student-athletes understand course content, and help them develop successful course strategies. Drop-in tutoring and review sessions prior to exams are offered for some of the more frequently taken courses. Student-athletes request tutor appointments online through GradesFirst (Tutor Program Agreement on page 47).

Study Table Program

In an effort to ease the transition to college life and to ensure academic success, student-athletes at the University of Illinois have supervised study table hours. Weekly requirements are set by team coaches and athletic academic counselors (Study Table Agreement on page 48).

Computer access

The Irwin Academic Services Center is home to three computer labs equipped with computers, printers and scanners. An additional lab is located in the football stadium academic center. Lab monitors and IT staff are available to assist student-athletes with the use of DIA computers. Athletic academic counselors also have laptops available for student-athletes to use when they are away from campus for athletic competitions.

The Illini Way Student-Athlete Development Program

The Illini Way student-athlete development program is designed to enhance the student-athlete experience and promote holistic growth through intentionally designed programming rooted in the University of Illinois Division of Intercollegiate Athletics (DIA) core values;

Unify. (Community Engagement/Diversity & Inclusion)

Develop. (Career Development)

Inspire. (Leadership Development)

Achieve. (Honors and Awards)

At Illinois, these core values guide our actions and decision-making. The commitment to excellence that defines the Fighting Illini of the past, present and future is engrained in our tailored programming. Student-athletes will have the opportunity to refine the skills that have made them successful in their sports, such as; commitment, discipline, determination, and hard work, to leverage those attributes as they transition into life after sports.

We're building the future leaders of tomorrow.... The Illini Way!

The Illini Way program is funded in part by the generosity of longtime Illini Athletics supporter, Douglas C. Roberts.

Unify (Community Engagement and Diversity & Inclusion)

One of our goals with The Illini Way is to provide student-athletes with opportunities to develop an awareness of their own world-view. By encouraging them to connect with the greater community as well as individuals from different backgrounds; The Illini Way offers volunteer opportunities and programming to create safe spaces for respectful, open and positive communication. We strive to celebrate the diversity within the Illini family and our commitment to civic engagement.

Develop (Personal and Career Development)

College is a time of growth and transition. A key area of importance for The Illini Way is to assist our student-athletes as they reflect and develop into balanced, career-ready professionals. Working closely with the University's Career Center and utilizing the strong relationships built within the Illinois alumni networking system; the Illini Way helps to provide opportunities from summer jobs or internships, to career placement after graduation.

Inspire (Leadership)

Being a student-athlete provides an incredible platform to impact and inspire others. In partnership with the Illinois Leadership Center and our impressive network of leaders within the DIA, The Illini Way offers programs to equip student-athletes with the skills to become confident leaders on their teams, campus, community and in life.

Achieve (Honors and Awards)

Illini student-athletes are achieving at high levels of excellence in the classroom and in competition. To highlight their achievements and celebrate the successes of Illini student-athletes, our mission is to expose student-athletes to the opportunities that will allow them to be recognized for their hard work and commitment in the classroom and community, as well as the impact made athletically at the conference and national level.

Student-Athlete Advisory Committee

Student-Athlete Advisory Committee (SAAC) – The SAAC is a committee made up of student-athletes representing all Fighting Illini teams to provide insight on their experience. The mission of the Student-Athlete Advisory Committee is to enhance the total student-athlete experience by promoting opportunity, protecting student-athlete well-being and fostering a positive student-athlete image. The SAAC also offers input on the rules, regulations and policies that affect student-athletes' lives on NCAA member institution campuses.

Functions Include:

- Promote communication between athletics administration and student-athletes.
- Disseminate information.
- Provide feedback and insight into athletics departmental opportunities for growth and change.
- Generate a student-athlete voice within the campus athletics department during its formulation of policies.
- Build a sense of community within the athletics program involving all athletics teams.
- Solicit student-athlete responses to proposed conference and NCAA legislation.
- Organize community service efforts.
- Create a vehicle for student-athlete representation on campus-wide committees (e.g., student government).
- Promote a positive student-athlete image on campus.

The Illini Way Student-Athlete Development Team Competition

In this friendly competition between all Illini athletic teams, student-athletes/teams are awarded points in six categories: Academic Achievement, Athletic Achievement, Community Outreach, Student-Athletes Supporting Student-Athletes, SAAC Participation/Communication, and Personal Development. The Illini Way Student-Athlete Development Team Competition Champion is recognized at The Oskees award show each spring.

GamePlan

In partnership with the Allegretti Family and Deloitte, The Illini Way is pleased to provide GamePlan to support our student-athletes in every step of their developmental journeys. This online platform includes eLearning courses covering topics such as career development, sexual violence prevention, financial literacy, and social media awareness. In addition, a career job board exclusive to Illini student-athletes and a mentorship portal are also available. Through GamePlan, in collaboration with the Varsity “I” Association, an individualized mentorship and career development program has been implemented that matches Illini student-athletes with former Illini who are professionals in their specific industries of interest who can assist with career development and placement.

Academic Expectations and Eligibility

Student-athletes must meet all University and college academic requirements as well as all eligibility rules established by the University, the Big Ten and the NCAA. If students have questions regarding these academic rules and requirements, they should consult with the Associate Athletic Director for Academic Services.

Academic Progress

Academic progress and eligibility are monitored by DIA. However, it is the responsibility of the student-athlete to ensure that applicable requirements are being met. For questions regarding eligibility requirements, student-athletes should consult with their athletic academic counselor or the Associate Athletic Director for Academic Services.

Eligibility Requirements (NCAA, Big Ten Conference and DIA)

- To be eligible to practice, compete, and receive aid, undergraduate students must remain enrolled in and complete a minimum of 12 semester hours.
 - ***Student-athletes, whose hours drop below the twelve (12) hour minimum, become immediately ineligible, unless they are in their final semester of school and require less than twelve (12) hours to graduate.***
- To be eligible to compete the next academic semester, student-athletes must pass at least 6 degree-applicable hours each semester.
- To be eligible to compete during the next academic year, student-athletes must *also* pass at least 18 degree-applicable hours during their fall and spring semesters of each academic year (not including summer terms).
- Prior to their third year of college enrollment, student-athletes must designate a program of study leading toward a specific University baccalaureate degree (in other words, declare a major). After declaring a major, all hours used to determine a student-athlete’s eligibility must count towards degree requirements, as certified by the dean of the student-athlete’s college.
- To remain academically eligible for competition and aid, student-athletes must meet or exceed minimum grade point average (GPA) and progress towards degree requirements established by the NCAA and the Big Ten (see the table below). Athletic academic counselors will discuss these requirements with student-athletes and assist with working to meet these requirements.

BY THE END OF:	MINIMUM GPA	PROGRESS TOWARDS DEGREE - CREDIT HOURS
1 st Semester	N/A	carry 12 to completion
1 st Year	1.80/4.00	24
2 nd Year	1.90/4.00	40% of degree requirements
3 rd Year	2.00/4.00	60% of degree requirements
4 th Year	2.00/4.00	80% of degree requirements

Class Attendance and Absences Procedures

Student-athletes may be suspended from competition for one or more games, matches, meets or contests, if they fail to make a good-faith effort to complete the academic requirements of one or more their classes, as evidenced by unsatisfactory performance in their class(es) and:

- Unexcused absences from examinations, tests, or quizzes,
- Repeated failure to complete classroom assignments, or
- Repeated absences from class or required study table.

Travel-related absences

Student-athletes are expected to communicate with instructors prior to leaving campus for athletic competition. Travel verification letters for instructors are available from your academic counselor at the beginning of each semester/competition season. In the days leading up to each competition, instructors will receive verification of the travel roster from the athletic academic counselor via GradesFirst.

Medical-related absences

Letters for instructors verifying class absences due to medical reasons can be obtained from the attending staff member at the McKinley Student Health Center or from athletic trainers in the Sports Medicine Department.

Residency Requirements

All student-athletes entering the University as a freshman must take and pass their first 24 hours of degree credit at the University. Transfer credit, advanced placement credit and CLEP credit will not count toward degree progress until after the student-athlete's residency has been established. The residency rule does not apply to transfer students.

Summer School Policy

Student-athletes are required to enroll in a minimum of 3 summer school hours to receive grant-in-aid for that summer. If a student-athlete fails to successfully complete enrolled summer hours, they may be required to reimburse the athletic department for summer tuition.

Summer coursework can be taken, at the student-athlete's expense, at other institutions with prior approval. Please see an academic counselor for the paperwork to complete this process.

Navigating the University

Academic Counseling (DIA-assigned)

DIA provides academic counseling to every student-athlete. Athletic academic counselors help student-athletes develop strategies that will assist them in balancing athletics, academic commitments, and personal commitments.

Academic Advising (Department-assigned)

Additionally, University students are assigned a departmental academic adviser to help guide them through the academic requirements of the University, their college, and their department. Advisers assist with the selection of courses and majors as well as making progress toward a degree. If student-athletes change colleges and/or majors, the University will reassign an appropriate adviser.

Registering for Courses

Student-athletes register for classes using UI Enterprise Self-Service, which can be accessed through any computer lab on campus, including DIA computer labs. All student-athletes must meet with their departmental academic adviser and an athletic academic counselor to discuss the upcoming semester before registration. More information regarding registration information dates and deadlines can be found at the University's course web site at: <https://my.illinois.edu/>.

Early Enrollment

Continuing student-athletes who remain in good standing are able to *advance enroll* in courses for the upcoming term. Student-athletes are strongly encouraged to take advantage of this opportunity because it increases their chances of getting the courses they need for their selected course of study. A "time ticket" will be e-mailed to the student-athlete's University e-mail address on record approximately two weeks before the start of the Early Registration Period. The "time ticket" will list the assigned *Earliest Registration Time* (ERT), which offers student-athletes the date and time to access the UI Enterprise Self-Service system to register for the upcoming term.

Schedule Changes

Students also use the UI Enterprise Self-Service to make course adjustments, subject to campus and/or college policies. Before adding or dropping courses, student-athletes must first consult with their departmental academic adviser and then with their athletic academic counselor. Additionally, schedule changes after the designated add or drop deadline can only be made through a special petition to the Dean of their respective college.

REMEMBER: Student-athletes must be enrolled in 12 semester hours at all times to maintain eligibility, unless a student-athlete is in their last semester and needs fewer than twelve hours to complete their degree.

Registration Charges, Payments & Refunds

Tuition and fee assessments will appear on the Registration Statement of Charges and Aid which will be e-mailed to the student-athlete's University e-mail address. Student-athletes are responsible for reviewing their bill and paying any tuition, registration charges and required University fees not covered by their athletic scholarship (such as the Student Organization Resource Fee and Krannert Fee). Student-athletes must also immediately report any discrepancies in their bill statement to the grant-in-aid specialist in the Irwin Academic Center.

Payment may be made online, by U.S. Mail, by using University drop boxes, or in person at Room 100 of the Henry Administration Building.

Tuition refunds might be available to student-athletes who withdraw from classes. Information regarding the collection of any refunds is published on the University's course registration website.

Encumbrances

Student-athletes who owe money to the University or who fail to meet the academic obligations of their college may be encumbered. An encumbered student may not be allowed to participate in early registration, may have all of their courses dropped, may not be allowed to register for future classes or may not be allowed to obtain copies of their college transcripts until the encumbrance is cleared. Additionally, freshmen who have incomplete medical records will be encumbered for the second semester. Once their medical information has been updated, the encumbrance will be lifted.

Student-athletes on scholarship will have financial encumbrances deducted from their room and board checks prior to direct deposits into their student-athlete bank accounts.

Classification of Students

Classification of an undergraduate student is made by the Office of Admissions and Records based upon the number of credit hours earned, which includes credit earned by examination or accepted for transfer by the University, whether or not such credit is applicable to the degree program. Classification for registration, certification, and assessment purposes is based on the following scale:

Freshman standing	0-29.9 hours
Sophomore standing	30-59.9 hours
Junior standing	60-89.9 hours
Senior standing	90 hours or more

The above scale is based on a 15-hour enrollment per semester. Since classification is based solely on the number of credit hours achieved, the length of time enrolled does not always coincide with official class standing.

Grades and the Grading System

Grade Reports

Grade reports are available to all students through their UI Enterprise Self-Service account after the end of each term of enrollment; freshmen will also receive official mid-semester grade reports. With limited exceptions, University policy prohibits the disclosure of grades to any individual other than the student without the student's consent.

Grading Scale

The University's grading system is based on a four-point scale. The most commonly used symbols, quality points and explanations are as follows

Symbol	Quality Points	Explanation
A+	4	Excellent
A	4	
A-	3.67	
Symbol	Quality Points	Explanation
B+	3.33	Good
B	3	
B-	2.67	

C+	2.33	Fair
C	2	
C-	1.67	
D+	1.33	Poor
D	1	
D-	.67	
F	0	Failure
W	0	Approved withdrawal without credit
I	0	Incomplete, approved extension
S	0	Satisfactory
U	0	Unsatisfactory
CR	0	Credit earned
NC	0	No credit earned
PS	0	Test-based credit

NOTE: The decision to use the “plus” and “minus” grading scale will be at the discretion of the individual department.

Calculating Grade Point Average (GPA)

The basic formula for determining GPA is: Total Quality Points/Total Graded Hours of Enrollment = GPA.

The example below demonstrates how GPA is calculated:

Class	Hours	Grade	Quality Points	Quality Points x Hours
Astr 100	3	B	3	3 x 3 = 9
Ger 101	4	A	4	4 x 4 = 16
Phil 100	3	B+	3.33	3 x 3.33 = 9.99
Rhet 105	4	A-	3.67	4 x 3.67 = 14.68

1. Determine the number of Quality Points received for each class completed. This can be done by multiplying the classes' hours (the second column above) by the quality points earned by the grade received in the class (the fourth column above). In the example above, this student earned a “B” grade in the **three (3)** hour Astr 100 class. So, multiplying the **three (3)** hours assigned to

the class by the **three (3)** Quality Points the student received for receiving a “B” grade, means the student earned **nine (9)** total quality points for Astr 100 (the fifth column above).

2. Add the total number of quality points earned in all the classes taken during the time frame to determine the Total Quality Points (here, one semester). In this example, the **Total Quality Points is 49.67 (9 + 16 + 9.99 + 14.68)** for the four classes.
3. Add the total number of hours completed and assigned a grade during the time frame to find the Total Graded Hours of Enrollment. Here, the student’s **Total Graded Hours of Enrollment is 14 hours**.
4. Finally, to find the GPA, divide the Total Quality Points earned during the time frame (**here, 49.67**) by the Total Graded Hours of Enrollment in the time frame (**here, 14**) to get the GPA (**here, 3.55**).

Thus, 49.67 (Total Quality Points)/14 (Total Graded Hours of Enrollment) = 3.55 GPA

*To compute the cumulative GPA, all graded hours would be included from each semester.

Note: Courses with grades of S (Satisfactory), U (Unsatisfactory), CR (Credit), NC (No-credit) and PS (Pass) are assigned no quality points. Therefore, they are not included in Total Graded Hours, which means they are not used to calculate GPA. However, these courses will count when calculating the total hours completed. For eligibility purposes, incomplete grades are computed as failing grades until the course is completed and a grade is reported.

Credit/No Credit Grading Option

The University also offers a credit/no credit grading option which allows students to explore areas of academic interest that they might otherwise avoid for fear of poor grades. Students must achieve a grade of “C-” or better to receive credit for a course when this option is chosen. Instructors are not informed of the student’s decision to exercise this option because it is a department/college procedure. However, because there might be consequences and departmental regulations regarding this option, student-athletes should talk to a departmental academic adviser and athletic academic counselor before pursuing this option for any class.

Challenging Alleged Capricious Grades

The University has developed procedures through which students can challenge grades they feel are capricious, meaning that: (a) the grade received by the student was based on something other than the student’s performance in the class; (b) the grade received by the student was based on a more demanding standard than the standard other students were held to; or (c) the grade received by the student represented a substantial change from the instructor’s previously announced standards.

Student-athletes who question a grade they receive should first consult with their instructor and request verification of that grade. If the student and the instructor cannot arrive at a mutually agreeable solution, the student can file an appeal with the department or unit executive officer (or his or her designee). A more thorough discussion of this appeal process can be found in the University’s *Student Code*. If student-athletes feel that they received a capricious grade in a course, they are encouraged to consult with their departmental academic adviser or athletic academic counselor to determine their best course of action.

Nontraditional Courses

The University of Illinois has established basic policies and procedures for certain nontraditional courses such as distance-learning, correspondence, extension, independent study or any other course or credit that is not earned in a face-to-face classroom environment with regular interaction between the instructor and the student or that is not a structured online course with specific start and end dates. It should be recognized by all student-athletes that nontraditional courses are not recommended for the purpose of improving grade point average or meeting additional hours required for eligibility for competition.

Therefore, a deficiency in GPA or required hours for competition should be satisfied by attending summer school as opposed to taking one of the nontraditional courses mentioned above, specifically when a traditional course is available.

The University of Illinois has established the following basic policies in regards to the aforementioned types of nontraditional courses.

1. Students may not complete more than three lessons per week.
2. Lessons must be graded and returned before further lessons may be submitted.
3. A student must be enrolled in the course a minimum of six weeks before a final exam can be scheduled.
4. Final exams are not scheduled until all graded lessons have been returned to the student for review.
5. Nontraditional courses do not count as enrolled hours and are only recorded upon completion of the final exams.

DIA does not believe the above conditions are conducive to a student-athlete's successful completion of requirements which may be necessary to obtain eligibility. Student-athletes are strongly discouraged from attempting nontraditional courses as a solution for correcting an eligibility deficiency.

Declaring a Major

Remember, to maintain eligibility, student-athletes must declare a major prior to the beginning of their fifth academic semester. Declaring a major requires formal application for a specific baccalaureate degree program or approval for the coursework and program leading to the designated degree program. Student-athletes should discuss the procedures and requirements for declaring a major with their departmental academic adviser as well as their athletic academic counselor. If student-athletes decide to change a major, they should discuss their plans with an academic counselor prior to making any final decisions so that satisfactory progress may be monitored.

In most colleges, students may declare a major upon entering the University. However, a number of colleges also offer a general program of study for those students who choose not to declare a specific major upon admission.

Changing Colleges or Curriculum

Students may change colleges after their first year of enrollment. Prior to changing colleges, however student-athletes should first meet with their athletic academic counselor to discuss what impact such a change might have on their eligibility. Student-athletes should also meet with the departmental academic adviser in the college they are considering transferring to in order to determine that college's specific admission requirements and college change procedures. The academic advisers of their newly chosen college can also help ensure a smooth transition.

Students may initiate an inter-college transfer during the following periods within each term:

- Two weeks prior to the beginning of the Early Registration Period for each term. (Curriculum changes will not be allowed after early registration begins.)
- One week prior to the start of instruction for the term and through the first week of instruction.
- Other times designated by the specific college or department.

College Degree Audits (Progress towards Degree)

Following the conclusion of each academic year, each college will conduct an audit of all courses taken to determine whether each course taken by student-athletes fulfills degree requirements. **These audit hours, not the total hours earned by a student-athlete, are used to determine continuing eligibility.** This means, student-athletes should always be aware of the total audit hours and, when enrolling for courses, should choose courses that will allow continual progress towards a degree. Student-athletes are strongly encouraged to discuss all course selections with their departmental academic adviser and athletic academic counselor.

Failure to Make Satisfactory Progress towards a Degree

Possible Outcomes: Undergraduate Students

Failure to make satisfactory progress toward a degree might result in the dean of a college placing a student on one of several types of probation or, in extreme cases, dropping the student from the University.

Reasons a Student Might be placed on Probation (Probation Codes):

1 - A beginning freshman must earn at least a 2.0/4.0 in his/her first semester or the student will be placed on level 1 probation.

1A - A student with at least a 2.0 cumulative average, who did not earn at least a 2.0 semester GPA, will be placed on level 1A probation and will be required to achieve a 2.0 GPA during the next semester.

1B - A student with a cumulative average between 1.75 and 1.99 will be placed on level 1B probation and will be required to achieve a 2.25 GPA during the next semester.

1C - A student with a cumulative average less than 1.75 will be placed on level 1C probation and will be required to achieve a 2.33 GPA during the next semester.

1G, 1H, 1P, 1T - A student may be placed on probation at any time, and be required to obtain an established GPA, if the dean of the college judges that the student's academic performance warrants such action. This "discretionary probation" may be level 1G, 1H, 1P, or 1T.

Note: Unless approved by a student's college dean, grades earned in courses taken at another educational institution may not be used by that student to clear probationary status.

Additionally, transfer hours below "C" level may result in probationary status if the student total cumulative GPA is less than 2.0.

Reasons a student might be dropped from the University of Illinois (Drop Codes):

17 - The student fails to earn at least a 1.0 (D) GPA in any academic semester, not including the summer.

17 - The student on probation fails to earn the established semester GPA unless the student achieves at least a 2.0 GPA during the semester or the student's cumulative GPA reaches a 2.0.

18 - The student fails to make satisfactory progress toward a degree (such as repeated failure of a required course or failure to meet other conditions of progress towards degree).

18 - A non-degree or part-time student fails to complete conditions for admission or progress toward degree.

Irwin Academic Services Center at the University of Illinois Buckley Agreement

Authorization Regarding Academic Disclosure to Academic Counselors/Coaches

I knowingly and voluntarily authorize the registrar's office and/or faculty to release information to my academic counselor, who then may share that information with my sport coaches and athletics administration, regarding course progress, academic progress, and records in order to monitor eligibility and progress. I also knowingly and voluntarily authorize the registrar to release contact information to Academic Services to use in the GradesFirst and Teamworks academic management software.

Authorization Regarding Academic Disclosure to Parents

I knowingly and voluntarily authorize my sport coaches and/or academic counselor & athletics administration to release to my parent(s)/legal guardian all information in my academic records for the purpose of keeping my parent(s)/legal guardian informed of my academic progress.

Authorization Regarding Academic Records

I authorize the registrar's office, the dean of my college, and my course instructors to release my official transcript and academic records to the Division of Intercollegiate Athletics and further authorize the Division of Intercollegiate Athletics to release this information in cases of academic awards to the appropriate parties or in responding to NCAA or Big Ten Conference requests.

Tutor Program Agreement

Setting a Tutor Appointment

To promote consistency and accountability for both the student-athlete and content tutor, the appointment set up on your GradesFirst calendar is your set time for the duration of the semester. If the arranged time no longer works with your schedule, please contact the tutor coordinator immediately with your availability so the appointment can be rescheduled.

During the Tutor Appointment

- **Please do not exchange contact information** with your tutor during your session. If you need to cancel your session, you must obtain permission from your Academic Counselor in advance.
- **All tutoring sessions must be completed at Irwin or Memorial Stadium.** If there is a special circumstance in which you need to meet outside of the building, it is up to the tutor to get approval from the tutor coordinator.
- Tutor appointments are scheduled for one hour. It is mandatory for the tutor to be available to you for the hour, but all time after that is optional (up to a three-hour limit). Sessions can go shorter as well, but please be respectful to the tutor's time and expect the session to last **AT LEAST 30 minutes.**
- Be prepared for your tutor sessions by completing readings and attempting homework before meeting. **Be proactive** in the session and come prepared with questions!
- **Online Quizzes** - A tutor is NOT permitted to help with take-home tests or online quizzes, and can only help prepare you for an exam in advance. Online quizzes should NEVER be completed in the presence of a tutor.
- **Papers** - A tutor can only help with the content of a writing assignment, but cannot make corrections or give feedback on the structure or grammar of the paper. If you need help with a writing assignment, please consult with your academic counselor who will make arrangements to secure a certified writing tutor.

Cancelling a Tutor Appointment

If you **MUST** cancel a tutoring session, please give your tutor as much advanced notice as possible (24 hours is the preference). However, you must give the tutor **AT LEAST four hours** advanced notice for appointments occurring after 1:00 pm the same day or this will be considered a "No Show."

On Monday through Thursday, if you are looking to cancel an appointment occurring before 1:00 pm, you must cancel by 8:00 pm the day before the appointment.

For any appointments on Sunday, you must cancel them by 5:00 pm on Friday.

One "No Show" is considered a warning and every "No Show" thereafter will result in a strike and a charge of \$10.00 to be charged to you. These must be paid by the end of the semester. After your third strike, you will lose your tutoring privileges for the rest of the semester.

Contact your counselor and then the tutor coordinator if you need to cancel your appointment.

If there's ever a question whether the session was cancelled in sufficient time, proof lies in the correspondence. It is advised to reach out to your Academic Counselor by phone and email in order to cancel your tutoring appointment in a timely fashion.

You **MUST** get confirmation of the cancellation from your Academic Counselor and Grades First before it is considered cancelled.

If your tutor does not show up for the appointment, please inform your academic counselor.

Study Table Agreement

Study Table

- A Student ID must be presented in order to check into study table. Any hours completed without an ID will not count towards study table. Make sure you see your name on the screen when signing in and out. If you do not sign out, your hours will not count.
- No food or drink, with the exception of water bottles, is permitted in study table. Snacks must be consumed in the break room.
- Music devices with headphones are permitted. However, a monitor can ask you to turn it down or off if you are disturbing others.
- No disruptive talking is permitted. Disruptive is defined as talking that is loud enough for others to hear, talking about things other than academic related issues and continuing for more than a few minutes. It is normal for people to greet each other as they enter study table, but please keep it to a minimum.
- The monitor phone is to be used by the monitor only in case of an emergency. Cell phones are not to be used in the building. This includes text messaging! Sign out and leave the building if you need to use your cell phone.
- Required study table hours are to be completed from Sunday through the following Friday unless otherwise specified for your team.
- If you are caught sleeping, you will be asked to check-out and leave the building.

Computer Lab

- No drinks, except water bottles, are permitted in computer labs (please keep them on the floor).
- The large and small computer labs (room 320 & 302) are silent labs. Small group work and discussions are permitted in the East lab (room 308) and the Career Resource Library (room 306) only.
- Personal laptops may only be used in designated areas in room 308, 320, and Multi-purpose room 114. You are not allowed to use your personal computer in a tutor room without a tutor being present.
- Instant messenger or the Internet cannot be used for any non-academic reasons when you are checked in for study table hours. You may be asked to leave if you do so.
- Visiting pornographic, gambling or any other social media sites is NOT permitted on any lab or personal computers.
- Games are not permitted on any lab or personal computer.
- No printing from e-mail or the Internet for non-academic reasons.

General Policies for Study Table

- Please respect the monitors. The monitors are an extension of your athletic academic counselor. If they ask you to do something, please do it; they are doing their jobs.
- If you have an issue with a monitor, do not confront them. Talk to your academic counselor or the staff member in charge of the Irwin Academic Center.
- DO NOT PARK your vehicle in the driveway adjacent to the ice arena or in front of Irwin. Your car may be towed at any time.
- No tobacco use of any form is allowed in the building.

Equipment Return Policy

Student-athletes are required to return reusable equipment and apparel (i.e. uniforms, helmets, shoulder pads, etc.). Student-athletes do not need to return anything that is not reusable (i.e. shoes, practice apparel, etc.). Whether an item is reusable will be decided by the head coach.

Student-Athlete Benefits

Per Diem Policy

Student-athletes will be issued the maximum permissible amount of per diem if coaches choose to issue per diem in conjunction with away competitions and during vacation periods when student-athletes are required to remain on campus for practice and/or competition. All of our student-athletes are treated equitably and fairly. The breakdown for in-state and out-of-state per diem rates are listed below:

In-State

Breakfast - \$5.50

Lunch - \$5.50

Dinner - \$17.00

Post-Game Meal Allowance (on competition dates only if per diem is issued in lieu of food) - \$15.00

Out-Of-State

Breakfast - \$6.50

Lunch - \$6.50

Dinner - \$19.00

Post-Game Meal Allowance (on competition dates only if per diem is issued in lieu of food) - \$15.00

Illini Fuel

All student-athletes are provided nutrition supplemental to meal plans and/or meal stipends. Locations and schedules will be distributed to student-athletes prior to each semester. In addition, nutrition consulting and counseling are readily available from team dietitians. Student-athletes are encouraged to utilize these services in order to maximize health and performance.

SPORTS MEDICINE/ATHLETIC TRAINING SERVICES

The University of Illinois Division Intercollegiate Athletics (DIA) is committed to providing comprehensive, integrated health care that is student-athlete centered and outcome focused, thus advocating for the current and long-term health and wellness of each student-athlete. The DIA Sports Medicine Staff seeks to provide care in an engaged, educational, purposeful and progressive manner. The welfare of the student-athlete is the primary concern, with staff members' scope of practice focused on the prevention, evaluation, treatment, and rehabilitation of injuries or illnesses sustained by the student-athlete, as well as emergency management and health and wellness advocacy.

The sports medicine staff is comprised of a team of 19 certified athletic trainers, five sports medicine physicians, five clinical and sport performance mental health providers, three full-time sports nutritionists and multiple other allied health care professionals. Facilities with certified athletic trainers are available for the prevention, evaluation, treatment and rehabilitation of injuries or illnesses sustained during practices or games. Should it be necessary to utilize specialists, the sports medicine staff can coordinate and facilitate a consultation.

Certified Athletic Trainers

The Director of Sports Medicine is responsible for the overall organization and supervision of the sports medicine department, including the assignment of athletic trainers to the various athletic teams and for athletic event coverage.

The DIA has established an administrative structure that provides independent medical care and affirms the unchallengeable autonomous authority of primary athletics health care providers (team physicians and athletic trainers) to determine medical management and return-to-play decisions related to student-athletes.

Certified Athletic Trainers are available to provide treatment, rehabilitation, advice, and consultation. Athletic trainers are qualified to handle medical emergencies and have the sole responsibility, in the absence of the Team Physician, to make decisions concerning immediate first aid, CPR, and/or hospitalization of a student-athlete, and the decision as to whether a student-athlete continues to participate after an injury. All coaches will abide by these decisions.

Athletic trainers will abide by any standing order of the Team Physician, Team Orthopedic Surgeon, Mental Health/Mental Game Professional and/or dentist

Team Physicians

Team physicians play an integral part in the overall administration of the sports medicine program and always have the best interest of the student-athletes at heart. Orthopedic surgeons and primary care sports medicine physicians from Carle Foundation Hospital provide care to all student-athletes. Carle Foundation Hospital is a multi-specialty hospital, which consists of Sports Medicine trained physicians and certified specialists in all fields. It provides both in-patient and outpatient care and is oriented towards providing optimum care for their patients. Their professional staff provides University of Illinois student-athletes with the best medical care possible.

Each physician is assigned to specific sports and has direct communication with each of the team athletic trainers. Team physicians assist in providing a quality health care system for all student-athletes as well as sustaining a strong rapport between the University and the medical community. Student-athletes, on occasion, may be referred to a specialist for consultation at the discretion of the team physician. Team physicians are available daily for evaluation of injuries and illnesses. Team physicians are available to speak to parents/guardians regarding diagnoses and treatment options at the student-athlete's request.

Sports Medicine Team Physicians



Dr. Jerrad Zimmerman



Dr. Amy MacDougall



Dr. Jeremy Henrichs

Orthopedic Team Physicians



Dr. Robert Gurtler



Dr. Robert Bane

Morning Clinic Physician Assignments

Monday	Tuesday	Wednesday	Thursday	Friday
Henrichs	MacDougall	Zimmerman	Henrichs	MacDougall
Morning Clinic Hours 7:00 AM-9:00 AM Morning Clinic is held during the Fall and Spring Semesters when classes are in session. Morning Clinic is located in the visiting team locker room in the northwest corner of Memorial Stadium.				

Athletic Training Facilities

Athletic training rooms are located in the Memorial Stadium northeast tower, Huff Hall basement in the northeast corner, Ubben Basketball Complex and Atkins Tennis Center. Satellite athletic training rooms are located in Kenney Gymnasium, Bielfeldt Athletic Administration Building, Eichelberger Field Clubhouse and Illinois Field Clubhouse.

Policies for Care of Student-Athletes

Physical Examinations

All incoming freshman and transfer student-athletes must receive a pre-participation physical exam by one of the DIA Team Physicians prior to participation in any DIA countable athletic-related activity (CARA) or cheerleading at the University of Illinois. In addition to a physical examination by a team physician, student-athletes must provide documentation of sickle cell trait status, complete all sports medicine forms (including medical insurance information form) and have active coverage through the University of Illinois Student Insurance Plan before participating in any CARA at the University. *The final decision on physical qualifications or reason for disqualification shall be the responsibility of the team physician.*

It is the policy of the NCAA all eligible student-athletes who are returning will complete an annual health questionnaire and will have their previous medical history reviewed by the athletic training staff and team physicians.

Treatment of Athletic-Related and Out-of-Sports Injuries and Illnesses

An athletic-related injury is defined as any injury sustained during a countable athletic-related activity (CARA) as defined by the University of Illinois DIA Compliance Department. The DIA is responsible for services administered to student-athletes who sustain an athletic-related injury. All athletic-related injuries must be reported to the sports medicine staff immediately. The sports medicine staff will evaluate the injury and prescribe appropriate treatment. If an illness occurs, the student-athlete must report to the athletic training staff and they will evaluate and refer to the appropriate medical provider.

All student-athletes must follow all instructions of the team physician and team athletic trainer in all matters regarding the care and prevention of athletic-related injuries. In case of a serious injury or disability, the team physician will make the final decision as to whether or not an individual is able to participate.

The DIA is not financially responsible for out-of-sport injuries – any injuries that occur outside of University of Illinois DIA Countable Athletically Related Activities (CARA). Examples are Intramurals, Fraternity/Sorority functions, off-campus activities, etc. Any out-of-sport injuries or ailments such as the removal of tonsils, wisdom teeth or appendix by surgical procedure are medical problems, which need to be reported to the medical staff. University of Illinois Student Insurance will cover a percentage of the bills, but it is the student-athlete's responsibility to file claims with Student Insurance. The Director of Sports Medicine may review, on a case-by-case basis, any medical services or fees incurred from out-of-sport injuries, general medical conditions or chronic conditions.

If a life-threatening situation exists, FIRST call 911 or 9-911 from an on-campus phone and then call a member of the sports medicine staff. If emergency treatment is required for an out-of-sport injury or illness when an athletic trainer is not present, the sports medicine staff must be contacted. If a member of the sports medicine staff cannot be reached, the student-athlete should go immediately to the McKinley Health Center or local emergency room.

If student-athletes seek medical care from a health care professional or hospital for any reason other than a life-threatening situation without prior approval of the sports medicine staff, the student-athletes may be responsible for those fees incurred.

DIA will not be responsible for the payment of any medical bills incurred 52 weeks after the date of the initial injury unless a specific extension request by the student-athlete is initiated.

Mental Health Services

DIA works directly with three Carle mental health providers to provide individual sport performance assessment and training, team-based performance sessions and evaluation and treatment of clinical issues. Referrals and appointments are available from athletic trainers, team physicians or through self-referral.

Carle Mental Health Professionals



Dr. Keith White



Jim Maurer, Social Worker



Eugenia Reeves, Social Worker



Dr. Charles Hawley



Dr. James Whisenand

The student-athlete may see a mental health professional for any reason:

- Sports Performance Mental Conditioning
- Stress Management
- Anxiety
- Depression
- Misuse of alcohol or other substances
- Difficult life situations: death of a loved one, divorce or separation of parents/guardians, chronic or terminal illness of loved one, significant decline in academic performance, relationship difficulties, etc.
- Any situation the student-athlete would like to discuss with a professional

Contact the team athletic trainer, team physician or any University of Illinois-Carle Mental Health Professional to schedule an appointment.

- **Dr. White or Jim Maurer**
 - Email: jim.maurer@carle.com to request an appointment
 - Include first and last name, date of birth and cell phone number
- **Dr. Zimmerman, Dr. MacDougall, or Dr. Henrichs**
 - Call 217-383-9400

If a student-athlete seeks mental health care from any of the above providers (Carle, McKinley Mental Health, Student Counseling Center, Women's Resource Center, Champaign County Mental Health Center), **they should indicate that they are a University of Illinois student-athlete** and include any of the following people they may wish them to share information with:

- Dr. Keith White, 217-365-6206 (o)
- Jim Maurer, 217-365-6206 (o)
- Peggi White – 217-383-6060 (o)
- Dr. Jerrad Zimmerman – 217-326-2255 (o)
- Dr. Amy MacDougall – 217-326-2255 (o)
- Dr. Jeremy Henrichs – 217-326-2255 (o)
- Randy Ballard, Director of Sports Medicine
- Team athletic trainer

University of Illinois Urbana-Champaign

Campus & Community Mental Health Resources

There are many resources on-campus and in the surrounding community that can help you be an effective gatekeeper. *Remember, you are not alone when it comes to helping a student in distress. If you believe someone you know is in distress or at risk of suicide, please seek support immediately.*

University of Illinois Counseling Center

(217) 333-3704
Hours 8:00AM -5:00PM, Same Day Scheduling
5:00PM 610 East John Street Champaign, IL 61820
8:30AM Turner Student Services Bldg. 2nd floor
www.counselingcenter.illinois.edu
[Self Help Brochures available](#)

Office of the Dean of Students

(217) 333-0050
Student Assistance Center 8:30AM -
Emergency Dean Program 5:00PM -
610 East John Street Champaign, IL 61820
Turner Student Services Bldg. 3rd floor
www.odos.illinois.edu
E-mail: HELPdean@illinois.edu

Suicide Prevention Team

Hours 8:00am-5:00pm
610 East John Street
(217) 333-3704
[Kognito Suicide Prevention Training Modules](#)
[Students, faculty, Staff, and Community Partners](#)

McKinley Health Center

Hours 8:00 am -5:00 pm
1109 South Lincoln Ave, Urbana, IL 61801
(217)-333-2701 <https://mckinley.illinois.edu/>
Dial-A-Nurse
24 Hours a day, 7 days a week
217-333-2700

Suicide Incident Referral Form

University of Illinois students are encouraged to maintain a reasonable concern for their own self-welfare. This program provides the student with resources and support to adhere to this standard in future.

24-Hour Emergency/Crisis Resources **Champaign County Crisis Line 217-359-4141**

Emergency 911

University of Illinois Police Department

110 West Springfield Ave, Urbana, IL 61820
61801 (217) 333-1216 <https://police.illinois.edu/>

OSF Hospital (Emergency Room)

1400 West Park Street, Urbana, IL
(217) 337-2000
<https://www.osfhealthcare.org/heart-of-mary/>

Carle Foundation Hospital (Emergency Room)

611 West Park Street, Urbana, IL 61801
(217) 383-3311 www.carle.org

Pavilion Behavioral Health Hospital

(24-hour assessments)
809 West Church Street, Champaign, IL 61820
(217) 373-1700 www.pavilionhospital.com

Community Elements Mental Health Center

801 N. Walnut Street Champaign, IL 61820
(217) 373-2430 www.communityelements.org

24 Hour Crisis Line Mental Health

24 hours a day, 7 days a week
(217) 359-4141

Other National Resources Available

Promoting Mental Health and Suicide Prevention

The Jed Foundation

www.jedfoundation.com

Transition Year for parents and students

interactive roadmap to emotional Health
www.transitionyear.org

Veterans Crisis Line

1-800-273-8255 Press 1
veteranscrisisline.net

Treavor Lifeline for LGBTQ

www.thetrevorproject.com

Active Minds

<http://www.activeminds.org/>

National Alliance on Mental Health

www.nami.org

Payment Options for Mental Health Services

It is important for all student-athletes to understand there are no out-of-pocket expenses for appointments with mental health professionals.

- If the appointments are clinically related, parental insurance is used as primary insurance coverage and the University of Illinois Student Insurance is used as secondary insurance coverage.
- If the appointments are sports performance related, the University of Illinois DIA is liable for payments for the appointments.
 - **Please note if you miss more than 1 appointment, the student-athlete is responsible for all appointment fees for the missed appointments.**

McKinley Health Center

The McKinley Health Center provides general medical care as well as preventive health awareness and health education programs for all students. The Sports Medicine Department, on occasion, works with the Student Health Center for general medical care and laboratory services, as well as Mental Health, Sexual Health, Preventive Health Awareness and Health Education Programs for all students. A pharmacy is also available.

- Dial-A-Nurse is available 24-hours-a-day to answer health related questions and give advice (217-333-2700).
- Complete information on services available and hours of operation can be found at: www.mckinley.illinois.edu.

Immunization Records/Health History

The University of Illinois requires that all students submit information to McKinley Health Center regarding immunizations and family/personal medical history. A form requesting this information is sent to all incoming students by the admissions office. It is necessary to fill out and return the form according to McKinley Health Center's instructions. **Do not send this form to the sports medicine department.**

Mail the form directly to the McKinley Health Center. Failure to provide all the necessary information, especially the immunization records, will result in the student-athlete's inability to register for the spring semester.

Dental Care

All dental injuries are to be reported to the team athletic trainer during that countable athletic-related activity (CARA) or immediately thereafter. The DIA will be responsible for all dental problems caused by an injury while participating in a countable athletic-related activity (CARA). Routine dental care such as routine examinations, cleaning, dental cavities, wisdom tooth extractions, etc., are the responsibility of each individual student-athlete.

Eye Glasses and Contact Lenses

The DIA can purchase corrective lenses or protective eyewear for any student-athlete with a medical need as determined by an optometrist/ophthalmologist. Corrective lenses must be contact lenses or safety glasses with shatterproof lenses and frames approved for use during athletic activity. The student-athlete must request an annual exam through the team athletic trainer or provide a valid script for corrective lenses to the team athletic trainer in order to receive corrective lenses. Replacement of lost lenses by the DIA occurs only if they are lost or damaged during a countable athletic-related activity (CARA). If a student-athlete loses or breaks his/her lenses, he/she must report it immediately.

Payment of Medical Bills

The DIA sports medicine department covers athletic-related injuries. All injuries must be reported by the student-athlete during or immediately following the countable athletic-related activity (CARA) and evaluated by the sports medicine staff.

Every student-athlete must be enrolled in the University of Illinois Student Insurance program regardless of whether they have parental insurance. If an individual has previously signed a waiver for student insurance, it must be rescinded so that the University of Illinois Student Insurance will be reinstated. The individual must complete the "Request for Reinstatement of the Student Insurance Fee" form before participation in any countable athletic-related activity (CARA). Any individual who does not have an insurance policy will not be allowed to participate in countable athletic-related activities (CARA).

The DIA Sports Medicine Department process for paying student-athlete's medical bills related to an athletic-related injury is an excess coverage insurance policy. **It is the policy of the DIA to utilize the student-athlete's parental insurance (if applicable) as primary coverage and the University of Illinois Student Insurance Program as secondary coverage.** If a student-athlete has parental insurance coverage, it must be utilized prior to filing with the University of Illinois Student Insurance. Please note premiums do not rise in cost when a claim is filed.

If the student-athlete's parents/guardians do not have medical insurance coverage, then the University of Illinois Student Insurance Program is the primary source for handling medical bills. Only after all insurance benefits have been paid or denied is the DIA responsible for medical bills, provided the bills are related to an athletic-related injury. If the student-athlete or the student-athlete's parent/guardian receives a check directly from the insurance company, the student-athlete will ensure that the payment is forwarded to the DIA.

The DIA will not be responsible for the payment of any medical bills or outside medical treatment incurred 52 weeks after the date of the initial injury or 2 years post athletic eligibility unless a specific extension request by the student-athlete is initiated and approved by the director of sports medicine, team physician and director of athletics.

The DIA is only responsible for athletic-related injuries or illnesses. However, Student Insurance has benefit coverage for other illnesses and injuries. If a student-athlete exempts from Student Insurance and has treatment during the time there is no coverage (before they are reinstated), then the student-athlete is responsible for paying the bill.

It is the responsibility of the student-athlete and the student-athlete's parents/guardians to assist in the process by which medical/dental claims are paid. This includes:

- Submitting up-to-date insurance information, including a copy of the front and back of parental insurance card.
- Coordinating benefits and/or accident reports requested by the parental insurance.
- Submitting all bills within 30 days of receipt. **Bills not submitted within 30 days of receipt may be denied.**

Medical Billing Summary

- **ALL STUDENT-ATHLETES MUST HAVE UNIVERSITY OF ILLINOIS STUDENT INSURANCE COVERAGE.**
- **The Sports Medicine department must have medical insurance information on file prior to participation in any countable athletic-related activity (practice, weight lifting, conditioning, or competition).**

- Provide updated medical insurance information, including a copy of the front and back of the medical insurance card, upon receipt of new policy or card.
- For athletic-related injuries, medical bills are paid by the parents' insurance first, Student Insurance second, and the Division of Intercollegiate Athletics third.
- Assist in the claims payment process to assure all athletic-related medical bills are paid.
 - Submit all bills within 30 days of receipt

PLEASE MAIL/BRING BILLS TO:

Chanda Davidson, Insurance Coordinator
 Memorial Stadium Athletic Training Room
 1402 South First Street
 Champaign, IL 61820-6916
cd15@illinois.edu
 217-333-6718 (o); 217-333-6460 (f)

Out-of-Network Medical Provider Policy

The Division of Intercollegiate Athletics (DIA), Sports Medicine department designates in-network and out-of-network medical providers in the management and payment of medical bills. The Out-of-Network Medical Provider Policy includes three components. The first component addresses when a DIA Sports Medicine team physician refers a student-athlete to another physician or healthcare provider for care. The second relates to a student-athlete's ability to obtain a second opinion. The third component addresses the utilization of sport performance professionals and other allied health professionals outside the DIA. The emphasis of this policy is to ensure communication and collaboration amongst all parties and obtain quality, efficient medical care for the student-athlete.

To help with understanding, the following definitions will be used for this policy:

- a. **In-Network Provider** – Physicians and health care facilities who are part of a health plan's network of providers. The DIA's in-network providers include any health care provider within the Carle Physician Group, Carle Foundation Hospital or to whom a DIA Sports Medicine department team physician refers the care of a student-athlete.
- b. **Out-of-Network Provider** – Any health care provider to whom a DIA Sports Medicine team physician has not directly referred the care of a student-athlete.
- c. **Referral** – A consultation with another physician designated by a DIA Sports Medicine team physician.
- d. **Second opinion** - A consultation with another **physician** to confirm a diagnosis and/or find possible different treatment options available to the patient. This includes a request by a student-athlete or parent/guardian for consultation with a physician other than those referred to by a DIA Sports Medicine team physician.

In-Network Medical Provider Process

The DIA Sports Medicine department, through its health care agreement with Carle Physician Group, has established a network of medical providers across multiple areas of specialty. The primary points of contact for student-athletes are the DIA Sports Medicine department team sports medicine physicians and team orthopedists. If a student-athlete is referred to a physician outside of the Carle physician group by a DIA Sports Medicine department team physician, the In-Network Medical Provider Process will be followed.

It should be noted the DIA Sports Medicine department, through the respective team physicians, has a tremendous network of specialists and nationally renowned physicians and surgeons that it can utilize when the need arises. If a student-athlete is referred to a physician by a DIA Sports Medicine department team physician, all medical bills and expenses will be covered by the DIA Sports Medicine department.

In the event a student-athlete is referred to a healthcare provider outside the Carle Physician Group, a meeting will be scheduled between the student-athlete, team physician and the assigned team athletic trainer. This meeting will outline the team physician's desired in-network provider, the credentials of the in-network provider and the reason for the referral. If the student-athlete desires, the team physician can share this information with the student-athlete's parent/guardian(s) to assist with the decision. The student-athlete will be given time to evaluate the options and report the decision back to the assigned team athletic trainer and physician. The student-athlete will then follow the referral path and the plan of care recommended by the in-network provider or pursue their own second opinion. If the student-athlete chooses to follow the referral per the team physician, the assigned team athletic trainer will work with the team physician to facilitate the referral.

Out-of-Network Medical Provider

If the student-athlete chooses to seek a second opinion, other than a referral recommended by the team physician, the student-athlete will be responsible for following the Out-of-Network Procedures outlined below.

Any student-athlete can choose to obtain a second opinion from a physician within the necessary specialty field provided a University of Illinois DIA Sports Medicine department team physician performed an initial examination. The student-athlete and the student-athlete's parent/guardian(s) should understand this second opinion might not be financially covered by the DIA Sports Medicine department. The DIA Sports Medicine department may deny coverage based on several factors including but not limited to:

- determination of the necessity of the requested surgery/treatment
- pre-payment of service requirements
- insurance coverage or billing challenges
- other factors which may affect continuity of care or outcomes
- excessive costs of services and treatments

To request coverage of a second opinion by the DIA Sports Medicine department, the student-athlete must submit a written request via the *Request for Second Opinion Form* and follow the procedures outlined by the sports medicine team. If the assigned team athletic trainer, director of sports medicine, and team physician approve and sign the *Request for Second Opinion Form*, the DIA Sports Medicine department will be responsible for any remaining balance following insurance coverage for the initial consult appointment. Following the appointment, a recommended plan of care needs to be shared with the DIA Sports Medicine department head team physician, and, if it is considered routine and is approved by the head team physician, the DIA Sports Medicine department will financially cover the plan of care. If the student-athlete seeks a second opinion without completion or prior approval of the *Request for Second Opinion Form*, all bills will be the responsibility of the student-athlete. Additionally, if the request is denied the student-athlete may continue the second opinion process at their cost. The University of Illinois and the Division of Intercollegiate Athletics will assume no liability nor be responsible for any further medical attention that arises as a result of decisions and/or actions of the out-of-network physician.

The student-athlete and/or the student-athlete's parent/guardian(s) will be responsible for scheduling second opinion appointments and facilitating transportation for the respective appointments. This responsibility includes acquiring and transfer of medical records, delivering required documentation, and assisting in facilitating proper communication amongst health care providers. The student-athlete and/or the student-athlete's parent/guardian(s) will be responsible for providing all insurance information and billing information with all the entities included in the second opinion process, including the second opinion physician and health care organization, as well as surgery centers, therapy services, or other entities related to the student-athlete's care.

The sports medicine staff will make every effort to complete any treatment or rehabilitation prescribed by the out-of-network physician provided the DIA Sports Medicine department head team physician approves the recommended plan. The DIA Sports Medicine department may utilize community-based physical therapy or agencies to provide therapy services to ensure completion of a prescribed rehabilitation plan. The utilization of outside physical therapy services will be dependent on the rehabilitation plan, in-season demands of sports medicine staff, or other factors that could affect the continuity of care of the student-athlete.

Coaches, fellow student-athletes and other athletic department personnel are strictly prohibited from facilitating, arranging or requiring any visit to an out-of-network provider. Any student-athlete who seeks the services of an out-of-network provider will abide by all restrictions placed on them by the selected out-of-network provider.

Following the appointment with the out-of-network physician, the student-athlete must provide the assigned team athletic trainer with documentation of the exam, diagnosis, and restrictions for review by a DIA Sports Medicine department team physician. The student-athlete will remain under care of the out-of-network physician through the course of treatment. The student-athlete will be required to schedule and attend all required follow up appointments in-person, at an interval of every 4-6 weeks. To facilitate these follow-up appointments, the student-athlete will be required to return from the appointment with a written report directing the detailed prescription for the rehabilitation plan and progressions from the out-of-network physician and/or associated physical therapist, for the assigned team athletic trainer and team physician.

The DIA Sports Medicine department team physicians will not perform follow-up appointments or be involved in the care of the respective injury until the out-of-network physician has fully cleared the student-athlete. Exceptions will be made for emergent situations should they arise, i.e. infection, blood clots, etc.

The student-athlete will not participate in athletic-related activities until the following criteria have been met:

- Receipt and review of a detailed written report from the out-of-network physician along with copies of any diagnostic tests performed by the out-of-network physician.
- The report must contain a statement specifically stating the student-athlete may return to full sport participation without restrictions.
- The student-athlete has demonstrated the physical capabilities necessary to return to full participation in the sport.
- The student-athlete has passed a physical examination by a DIA Sports Medicine department team physician.

The final decision concerning return to participation, regardless of the out-of-network provider, will be made solely by a DIA Sports Medicine department team physician. The DIA Sports Medicine team physician is ultimately responsible for the clearance to participate and the return-to-play decisions for the DIA's student-athletes. Per the NCAA Manual, Article 3.2.4.16 & 17, DIA's health care providers have unchallengeable autonomous authority to "determine medical management and return to play decisions related to student-athletes."

Out-of-Network Provider Appointment Expenses

Once an approval has been granted regarding coverage of the medical expenses related to the second opinion, the DIA will only cover the medical expenses related to the initial consult and/or surgery and related follow-up appointments by the out-of-network physician. The DIA will not send assigned team athletic trainers or personnel to accompany the student-athlete to appointments or surgeries as the coverage of our on-campus and travelling student-athletes and teams is our top priority. In the case of an out-of-network consult or surgery, the DIA will NOT cover any travel costs, such as flights, meals and hotel rooms, of the student-athlete or his/her parent/guardian(s). The DIA Sports Medicine department staff will not be responsible for scheduling appointments, coordinating travel plans, or related needs. Following the initial consult and surgery, all follow-up appointments and related medical expenses, must be approved by the team physician as standard and customary to be eligible for DIA reimbursement. Student-athletes and his/her parent/guardian(s) should realize the number of follow-up appointments is dependent on the provider, surgery, and individual healing timelines. The number of follow-up appointments could exceed 2-5 return visits, dependent on the injury, treatment plan and treating physician. All bills resulting from the second opinion must be submitted to the Director of Sports Medicine within 30 days of receipt. Any bills submitted after 30 days of receipt will be denied and become the responsibility of the student-athlete.

As previously outlined, the student-athlete and parent/guardian(s) should understand that the second opinion may not be financially covered by the DIA Sports Medicine department. The DIA can also deny covering any medical expenses in instances in which the out-of-network medical provider recommends any experimental treatment/medication, non-traditional surgical options, off-label prescription utilization or other medical decisions or expenses not approved by the DIA Sports Medicine department head team physician and Director of Sports Medicine.

Outside Sports Performance and other Allied Health Professional Instruction

If a student-athlete seeks instruction, treatment, medical or performance services and/or training with an outside sports performance or related professional to supplement workouts or provide treatments, the out-of-network medical provider process must be followed. If the student-athlete seeks instruction or training from an outside sports performance professional without the prior written approval from the assigned team athletic trainer, director of sports medicine and team physician, all bills will be the responsibility of the student-athlete. The University of Illinois Division of Intercollegiate Athletics will assume no liability nor be responsible for any injuries sustained or conditions that arise as a result of improper or overtraining resulting from the decisions, actions or recommendations of the outside sports performance professional.

Student-Athlete Pregnancy Policy and Guidelines

DIA will not discriminate against or punish a female student-athlete who becomes pregnant. Pregnancy places unique challenges on student-athletes. DIA has instituted this policy and guidelines for the protection of the student-athlete and her developing fetus.

What to Do if Student-Athlete Become Pregnant

Pregnant student-athletes are encouraged to be forthright about their circumstances and to seek counsel and medical care. As soon as a student-athlete learns that she is pregnant, she should notify the coach, head athletic trainer, sport administrator or the Director of Athletics as well as her personal physician/OBGYN, family or others who are important to her. This notification is necessary so that appropriate medical and emotional support can be made available. The coach, athletic trainer, and others who are informed are encouraged to maintain confidentiality.

Training and Competition

DIA reserves the right to restrict a student-athlete's continued participation in competitive sports, based on consultation with the student-athlete, the coach, medical personnel and others. Assessing the risk of strenuous activity in pregnancy is difficult.

When making such decisions, these individuals shall use the following guidelines:

- The safety to participate in each sport must be dictated by the movements and physical demands required to compete in the sport. Many medical experts recommend that women avoid participating in competitive contact sports after the 14th week of pregnancy. Athletic activities associated with a high risk of falling should be avoided during pregnancy.
- Women who have medical conditions that place their pregnancies at high risk for complications should avoid physical activity until consultation with their obstetrician. The student-athlete should be aware of the warning signs to terminate exercise while pregnant: vaginal bleeding, shortness of breath prior to exercise, dizziness, headaches, chest pain, calf pain or swelling, pre-term labor, decreased fetal movement, amniotic fluid leakage and muscle weakness.

Counseling and discussion involving the pregnant student-athlete and a certified physician, written consent from the student-athlete's physician, and consultation with our certified head athletic trainer and Director of Athletics or designee must all occur before a determination is made whether to permit the student-athlete's participation in practice and/or competition during pregnancy.

Status on the Team and Athletic Grant-In-Aid

The pregnant student-athlete's athletic grant-in-aid, team membership status, benefits, or responsibilities will not be withdrawn during the period of the award because of pregnancy. The student-athlete's physician and head athletic trainer will determine whether or not the student-athlete is cleared to return to participation following pregnancy. NCAA rules permit a one-year extension of the five-year period of eligibility for female student-athletes for reasons of pregnancy. If the student-athlete chooses not to continue participating, it will be considered a voluntary withdrawal from the program and athletic aid will not be renewed for the following academic year.

Confidential Counseling

It is important for the student-athlete to have appropriate counseling regarding her medical condition and risk of injury to herself and to the fetus. The team physician will provide counseling referrals for student-athletes who are pregnant. Such referrals could be through the McKinley Health Center, the University Counseling Center or other health care professionals as deemed necessary by the team physician.

Medical Expenses

DIA is not obligated to cover any medical expenses associated with the student-athlete's pregnancy. All medical expenses that are a result of pregnancy are the responsibility of the student-athlete. It is recommended that if a student-athlete becomes pregnant she should refer to the "Student Injury and Sickness Insurance Plan" brochure published by the University Student Insurance Office.

Sports Nutrition Services and Illini Fuel

The Sports Nutrition department offers individual counseling to each athlete, provides team education sessions, assesses body composition on a regular basis, and consults with coaches for the planning of team travel nutrition needs. The 19 varsity teams are divided between four full-time sports dietitians to ensure all student-athletes receive adequate nutrition education and support.

All student-athletes are provided snacks and meals incidental to participation which includes an "enhanced fueling station" in the Varsity Room located on the south end of Memorial Stadium. Schedules of days and times will be distributed prior to each semester.

- Sample fueling station breakfast items include yogurt parfaits, oatmeal, with add-your-own toppings, fresh fruit, a hot pre-made breakfast sandwich, bagel bar, and drinks.
- Sample fueling station lunch items include salad bar, yogurt, warm or cold sandwich, and drinks.
- Sample fueling station dinner items include menus of various entrees designed to enhance the performance of our student-athletes.

Varsity Room hours are posted on our sports nutrition social media accounts each semester:

Twitter: @IlliniFuel Instagram: @fuelingillini

There are 9 fueling stations located throughout campus for the convenience of our student-athletes' fueling needs. They are open prior to the beginning of a training session and close when training ends.

If a student-athlete lives in a resident hall on-campus, they are still required to purchase a meal plan. The Illini Fuel Program is not designed to replace a traditional meal plan.

COMPLIANCE

While enrolled at the University, student-athletes must be alert to situations that may affect their eligibility. Understanding the application of NCAA rules to real-life situations is not always easy. Student-athletes must recognize when they are involved in a situation where NCAA rules might apply and must contact the appropriate coach or the compliance office for assistance.

The information presented in this section addresses some general rules and situations. For questions regarding NCAA or Big Ten rules, student-athletes must always contact the compliance office directly.

Amateurism

Student-athletes must maintain amateur status to be eligible to compete in intercollegiate athletics. Therefore, student-athletes may not accept payment of any kind, directly or indirectly, for participating in their sport. Student-athletes may, however, receive actual and necessary expenses for practice and/or competition from the University. In rare situations, they may also receive money from their respective sport's national governing body or an amateur sports club, depending upon the type of competition and the circumstances related to each competition. Student-athletes and their parents should check with the compliance office before accepting such assistance.

Student-athletes cannot be compensated for the value that they may bring to an employment opportunity because they are a recognizable University student-athlete. This includes all employment arrangements such as summer jobs, internships, and sport camps operated by the University, high schools, or other private entities. It is also not permissible for student-athletes to make appearances that may imply endorsement of a commercial enterprise or product. Examples include an appearance at a grand opening of a sporting goods store or referring to an advertiser during a radio interview. Modeling that a student-athlete may have done prior to collegiate enrollment may be continued with certain restrictions but must be cleared with the compliance office.

Employment

NCAA rules provide specific criteria that must be met regarding student-athletes' employment throughout the year. In order to ensure compliance with the NCAA rules in this area, student-athletes must receive written permission to work from the compliance office PRIOR TO commencing any kind of employment at any time throughout the year. Forms that student-athletes can use to initiate the process of securing written approval are available from the compliance office. If the request is approved, a compliance office representative will meet with the student-athlete to provide a written description of how NCAA rules apply to the student-athlete's specific employment arrangement.

Extra Benefits

It is not permissible for student-athletes, or their relatives and friends, to receive any kind of "extra benefit" or "preferential treatment" that is not made available and provided to the general public or the general student body under the same terms and conditions in which it is made available and provided to student-athletes or their relatives and friends.

It is not permissible to accept such "extra benefits" or "preferential treatment" from staff members, representatives of the institution's athletics interests (i.e., "boosters"), business owners, or other individuals.

Specifically, the NCAA defines an extra benefit as "any special arrangement by an institutional employee or a representative of the institution's athletics interests to provide a student-athlete or the student-athlete's relative or friend a benefit not expressly authorized by NCAA legislation". Preferential treatment is receiving a benefit, discount or service based on an individual's athletic reputation or skill or pay-back potential as a professional athlete.

Receipt of a benefit by student-athletes or their relatives or friends is not a violation of NCAA legislation if it is demonstrated that the same benefit is generally available to the institution's students or their relatives or friends or to a particular segment of the student body (e.g., foreign students, minority students) determined on a basis unrelated to athletic ability.

Examples of Extra Benefits

The NCAA Manual specifically identifies several types of "extra benefits" that are not permitted. An all-inclusive list is not provided here, or in the NCAA Manual, but some examples include:

Discounts and Credits

Student-athletes and their relatives and friends may not receive a special discount, payment arrangement or credit on a purchase (e.g., greens fees, court time, airline ticket, clothing, rent, food) or a service (e.g., laundry, haircut, dry cleaning) unless it is offered and made available to the general public or the general student body under the same terms and conditions in which it is made available and provided to the student-athlete and their relatives and friends. Discounts or credits provided to student-athletes and their relatives and friends that are based upon the student-athlete's participation in athletics, athletic ability, or notoriety achieved as a result of athletics are not permissible.

Free or Reduced-Cost Services

An athletics representative may not provide a student-athlete or their relatives and friends with professional services (for which a fee normally would be charged) without charge or at a reduced cost except as permitted by a specific NCAA rule. Professional services provided at less than the normal rate or at no expense to student-athletes and their relatives and friends are considered an extra benefit unless they are available on the same basis to the general student body.

Services provided to enrolled student-athletes such as the availability of tutors at no cost, academic counseling, and the availability of private computer labs in the Irwin Academic Center are examples of benefits that are permitted by NCAA rules.

Student-Athletes Selling Items Received for Participation in Intercollegiate Athletics

Student-athletes shall not sell any item received for intercollegiate athletics participation or exchange or assign such an item for another item of value, even if the student-athletes' name or picture does not appear on the item received for intercollegiate athletics participation.

Entertainment Services

Student-athletes and their relatives and friends cannot receive services (e.g., movie tickets, dinners, use of car) from commercial agencies (e.g., movie theaters, restaurants, car dealers) without charge or at reduced rates, or free or reduced-cost admission to professional athletics contests from professional sports organizations, unless such services also are available to the student body in general.

With regard to "preferential treatment", NCAA rules state that student-athletes and their relatives and friends cannot receive "preferential treatment, benefits or services because of the student-athlete's athletics reputation or skill or pay-back potential as a professional athlete, unless such treatment, benefits or services are specifically permitted under NCAA legislation." **It is important to understand that if student-athletes or their relatives and friends receive an "extra benefit" or "preferential treatment" as defined by the NCAA, the student-athlete's eligibility will be adversely affected. In all cases, the value of the extra benefit, or what was received as a result of preferential treatment, must be repaid if it is found that a violation of NCAA rules occurred. In many cases, the student-athlete will also be suspended and withheld from one or more future competitions.**

Representatives of Athletic Interests

Student-athletes and their relatives may come into contact with representatives of the institution's athletics interests. These individuals are often referred to as "boosters". The NCAA defines a "Representative of Athletics Interests" or a "booster" as anyone who has, at any time:

1. Been a member of a sports booster club, such as the "Rebounders" or "Quarterback Club";
2. Donated to any of the University men's or women's athletic programs;
3. Assisted in the recruitment of prospective student-athletes;
4. Arranged for or provided summer employment for enrolled student-athletes;
5. Assisted in providing any benefit to enrolled student-athletes or their families;
6. Been involved in promoting the University athletic program;
7. Purchased season tickets for University athletic events.

These representatives' activities and their interaction with student-athletes and student-athletes' relatives and friends are strictly regulated by NCAA rules.

Practice and Competition Time

Student-athletes' participation in mandatory countable athletically related activities is limited to a maximum of four (4) hours per day and twenty (20) hours per week when the student-athletes' sport is "in season". Examples of countable athletically related activities include practice; competition; mandatory strength training or conditioning; individual workouts required or supervised by a coach; captain's practices; and mandatory or supervised film or videotape reviews.

Examples of activities that are not countable include: training table, physical rehabilitation, dressing, taping, academic study hall, compliance meetings, academic tutoring sessions, travel to and from practice and competition, medical exams or treatments, and voluntary workouts supervised only by strength and conditioning staff members.

During the declared playing season, student-athletes must be given a minimum of one day off per week on which no countable athletically related activities can occur. A day of competition counts as three hours, regardless of the actual duration of the competition and the "pre-and post-game" activities. Practice may not be conducted following a competition on the same day that the competition occurs and may not occur between midnight and 5 am.

Student-athletes' participation in countable athletically related activities that occur during their sport's "off-season" during the academic year is limited to eight hours per week. Such participation is limited to mandatory strength training and conditioning. Four of the eight hours per week may be spent on individual skill instruction in all sports. While such skill instruction is not permitted in football during the off-season, eligible football student-athletes can watch video with their coaches for up to two of the eight hours permitted each week during the off-season during the academic year.

During the academic year outside the declared season, student-athletes must be given a minimum of two days off per week on which no countable athletically related activities may occur. No athletic activity may be required during a vacation period outside a student-athlete's sport's season.

Voluntary activities initiated by the student-athlete are not countable in the weekly hour limitations. In order for an activity to be considered voluntary, it may not be observed by coaching staff members. There may be no incentive or penalty connected to a student-athlete's participation in voluntary activity.

If a student-athlete feels he or she has been required to exceed weekly hour limitations or has not been given the required number of days off in a week, the student-athlete should contact the compliance office to determine whether an NCAA violation has occurred.

NCAA rules prohibit a student-athlete from missing class for the purpose of participation in any practice activities, except when a team is traveling to an away-from-home contest and the practice is in conjunction with the contest. These rules apply whether or not the class instructor monitors attendance or approves of the missed class time.

Team Travel

When a student-athlete travels with a varsity team, his or her transportation, lodging, and meals will be provided when traveling to away-from-home competitions. Student-athletes will be responsible for personal hotel charges on team trips, such as phone calls, pay-per-view movies or room service.

Personal hotel charges must be paid at the front desk before the team checks out of the hotel.

Ticket Policy

In sports for which the University charges a fee for admission, each eligible student-athlete in that sport may reserve complimentary admission for a maximum of four (4) guests through the athletics ticket office website. A guest may not be designated by more than one student-athlete to receive a complimentary admission for any one game. Instructions on how to access and navigate this website are located in all of the student-athlete computer labs.

Student-athletes may **not** go to a coach, manager, or staff member to receive an admission under any circumstances. In addition, a coach, manager, or staff member may **not** ask to use any of the student-athlete's complimentary admissions.

All guests of student-athletes must present proper identification at the complimentary admission receiving area. Examples of proper identification include a student ID, a driver's license, a social security card, or a picture ID. If acceptable ID is not presented, admission will be denied.

Any potential guest appearing at the complimentary admission receiving area but not listed will be denied a complimentary admission and be required to purchase a ticket (if available).

Student-athletes may not sell or exchange a complimentary admission for any item of value. Any violation of these rules will jeopardize the student-athlete's eligibility with the NCAA. In addition, the University will impose a three-game suspension of privileges for the first offense. Any subsequent offense will result in the loss of complimentary admissions for the entire year.

All student-athletes are admitted free into all sports, but special rules apply to tickets for football and men's basketball. (See below).

Student Athlete Complimentary Admissions for Football

Student-athletes should bring their I-Card (or other Photo ID) to the "Student-Athlete Complimentary Admission" table located inside the Irwin Indoor Football Practice Facility to claim their ticket in the student section for each game.

Student-athletes will show their I-Card, and sign next to their name to receive a ticket. They will then enter directly into the stadium and sit in the north end zone student section.

- You must bring your I-Card or other photo ID. No tickets will be issued unless a valid photo ID is presented.
 - Tickets can be picked up beginning 90 minutes prior to kick-off until the end of halftime. No tickets will be issued after halftime.
 - Tickets will be located in the student section. They will all be general admission.
- Tickets are not guaranteed to be available for every game. If any game is sold out, or close to selling out, no student-athlete complimentary tickets will be available.

Student Athlete Complimentary Admissions for Men's Basketball

Student-athletes should bring their I-Card (or other Photo ID) to the "Student-Athlete Complimentary Admission" table located inside the North Entrance of State Farm Center to claim their ticket in the student section for each game.

Student-athletes will show their I-Card and sign next to their name to receive a ticket. They will then enter directly into the arena and sit either on the floor, or in the seat location printed on their ticket.

- You must bring your I-Card or other photo ID. No tickets will be issued unless a valid photo ID is presented.
- Tickets can be picked up beginning 90 minutes prior to tip-off until the end of halftime. No tickets will be issued after halftime.
- Tickets will be located in the student section. Seating will be based on when the student-athlete arrives. Floor seats will be distributed first, followed by best available seating in other areas of the arena. Be sure to come early to get close to the action.

Tickets are not guaranteed to be available for every game. If any game is sold out, or close to selling out, no student-athlete complimentary tickets will be available.

Involvement with Recruits

Student-athletes may contact prospects to encourage their enrollment at Illinois, but it may not be done at the direction and/or the expense of the University. Student-athletes may not telephone recruits but may accept telephone calls made at the prospect's expense provided there is no direct or indirect involvement by athletics department staff.

Student-athletes may comment on social media about a recruit, provided such comments are not made at the direction of an athletics department staff member. .

Student-athletes may be asked by a coach to host a recruit who is on an official visit to our campus. While serving as a host, student-athletes may be given host money for the purpose of entertaining the recruit. Host money may be used for food, arcades, movies, theaters, bowling, and other activities, but may not be used to purchase souvenirs or apparel items (e.g., hats, t-shirts, etc.) for the recruit. The use of alcohol, drugs, sex, gambling or any criminal activity should never be used as recruiting devices. Student-athletes may transport the recruit to activities within a 30-mile radius of campus but must not allow the recruit the use of a car. The University cannot provide the use of a car to student-athletes for the purpose of hosting a recruit. Student-athletes will receive a list of host instructions when given host money by the coach.

When hosting prospective student-athletes on-campus for recruiting visits, student-athletes are expected to abide by all University, Big Ten and NCAA rules as well as all local, state and federal laws. Participation in impermissible activities, either by the student hosts or by the recruits, may result in the loss of athletic scholarship and/or termination from the team for the student hosts.

Agents and Advisors

The NCAA strictly regulates interaction with agents, advisors, and their representatives, or "runners" as they are commonly called. Student-athletes are permanently ineligible for participation in an intercollegiate sport if they have ever agreed (in writing or even just verbally) to be represented by an agent or advisor in the marketing of their athletic ability. Student-athletes and their relatives and friends are also prohibited from receiving any kind of benefit or expense, such as transportation or clothing, from agents, advisors and their representatives. The NCAA considers violations of these rules to be among the most serious. Such violations result in student-athletes being withheld from competitions and have often resulted in student-athletes being declared permanently ineligible for all further intercollegiate competition.

The involvement of agent and advisor representatives, or “runners”, is an ever-growing concern in sports that have professional leagues. These individuals will often not tell the student-athletes or the student-athletes’ relatives and friends that they are being paid and supported by an agent. The “runner” may offer gifts, benefits or services to student-athletes and their relatives and friends, then later attempt to steer student-athletes and student-athletes’ families toward employing a certain agent or financial advisor.

“Runners” can be former college athletes, current or former professional athletes, or even apparent friends. However, do not be fooled. These individuals are surreptitiously jeopardizing the student-athlete’s eligibility and unethically attempting to manipulate some financial decisions that are very important to the student-athlete and his or her family. They are essentially trying to enrich themselves at the student-athlete’s expense.

DIA attempts to ensure that student-athletes and their families have the opportunity to make sound and carefully considered decisions related to potential professional athletics careers. It is important that these decisions be made in a protected environment that is free from the many unscrupulous influences in the highly competitive field of athlete representation. This is accomplished by the enforcement of a departmental policy that applies to agents and advisors.

Prohibitions and Restrictions

DIA policy prohibits any kind of in-person, telephonic, and/or electronic communication between agents, financial advisors and/or their representatives and any student-athlete, their parents, legal guardians, and/or relatives until the student-athlete has exhausted his or her eligibility, without the express written authorization of the Associate Director of Athletics for Compliance. Such authorization can be provided only by the Associate Director of Athletics for Compliance and is provided only for in-person on-campus communication and telephonic communication that must occur in the presence of the Associate Director of Athletics for Compliance.

The policy also prohibits all direct correspondence and all other forms of written communication between agents, financial advisors and/or their representative with any student-athlete, their parents, legal guardians and/or relatives until the student-athlete has exhausted his or her eligibility. The Associate Director of Athletics for Compliance shall distribute correspondence and all other forms of written communication from agents, financial advisors and/or their representatives to any specified student-athlete, their parents, legal guardians and/or relatives prior to the time when the student-athlete exhausts his or her eligibility.

Student-athletes, their parents, legal guardians and/or their relatives must immediately report any in-person, telephonic, and/or electronic communication made by agents, financial advisors and/or their representatives if the communication is in violation of the policy. They must also immediately report the receipt of any correspondence and/or any other form of written communication from agents, financial advisors and/or their representatives if the correspondence and/or written communication are received in violation of the policy. Such reporting must be made to the student-athlete’s head coach, academic counselor, the compliance office, or directly to the Associate Director of Athletics for Compliance.

If a student-athlete or the student-athlete’s family member wishes to communicate with an agent, financial advisor, or one of their representatives in any manner (e.g., in-person, via telephone, fax, letters, e-mail, etc.) the student-athlete must make the request to the Associate Director of Athletics for Compliance, who will facilitate all related arrangements. It should be noted that adherence to the policy does not result in a ban on communication with agents and financial advisors. Rather, the policy permits communication with agents and advisors *if* the communication occurs under specified conditions.

Transfer Rules

If a student-athlete decides to transfer to another school after attending the University, there are some important things to take into consideration. The following is a summary and should not be considered a substitute for the actual wording of the transfer rules that are found in the NCAA and conference manuals. It is important for student-athletes to consult DIA's compliance office and the compliance office at the school to which they intend to transfer, to discuss all applicable NCAA and conference rules that may affect eligibility.

- Coaches or staff members of another NCAA member institution may not contact any student-athlete until the student-athlete's name has been placed in the NCAA transfer portal.
- If a student-athlete has signed a National Letter of Intent to attend the University, transferring before the completion of one academic year here could result in the loss of one year of intercollegiate eligibility.
- Big Ten rules may affect a student-athlete's eligibility to compete when transferring from one Big Ten institution to another.

NCAA transfer rules require a student-athlete transferring to another four-year school to fulfill a residence requirement of one full academic year at the next institution before becoming eligible for competition. However, there are exceptions that allow a student-athlete to be immediately eligible at the next institution. The most common of these is the "one-time transfer exception." If transferring to another NCAA Division I institution, a student-athlete must be eligible upon departing the University to receive athletically related financial aid at the new institution.

The one-time transfer exception can be used only if the student-athlete has not already transferred from a four-year school to the University of Illinois or to any other four-year school.

The one-time transfer exception cannot be used if the student-athlete transferring will participate in Division I baseball, basketball or Division I (FBS) football.

To receive this "one-time transfer exception," a student-athlete must maintain good academic standing and meet all satisfactory progress requirements. DIA must be able to certify that student-athletes transferring to another school would have been eligible under NCAA and Big Ten rules had they remained enrolled at the University. In addition, DIA must consent to the application of the transfer exception. Such consent is granted at the discretion of the head coach and the Director of Athletics.

If student-athletes transfer from Illinois to another NCAA member school at midyear and have already competed for their team here during the sport's traditional season, they are not eligible to compete in that same sport at the next school attended during the traditional season of the same academic year.

In general, if student-athletes transfer from the University to a two-year college and enroll full-time there, the student-athletes must then graduate from the two-year college and earn at least 24 semester or 36 quarter hours at the two-year college before competing for another four-year school. These hours must be transferable degree credit to the next four-year college the student-athletes attend, and they must earn a cumulative minimum GPA of 2.0 if they wish to have the opportunity to then attend another four-year school and be immediately eligible to compete.

FINANCIAL ASSISTANCE

Many student-athletes at the University will receive some form of financial assistance. The source of this assistance might be institutional (from the University itself) or non-institutional (from a source outside of the University). However, any financial assistance received by a student-athlete, regardless of the source, must comply with the rules and regulations of the NCAA, the Big Ten and the University. These rules and regulations govern the amount of financial assistance that can be provided to student-athletes; the process of offering and accepting offers of financial assistance; and the length of time financial assistance may be offered to student-athletes.

The University, DIA and our student-athletes all share the responsibility of making sure that these rules and regulations are followed.

Types of Financial Assistance

Institutional Financial Aid

Institutional financial aid is considered all funds administered by the University or aid from government or private sources where the University is responsible for administering the funds. Examples of institutional financial aid include scholarships, grants, tuition waivers, employee-dependent tuition waivers (e.g. lessened tuition when one of the student-athlete's parents work for the University) and loans.

Receiving financial assistance from DIA is a privilege that student-athletes must earn by participating to the best of their ability, not only on the playing field, but in the classroom as well. In order to maintain their athletic institutional aid, student-athletes must be responsible members of the team and responsible citizens of the University community.

Non-Institutional Financial Aid

Although student-athletes may receive financial aid that is not administered by the University, to remain eligible for competition, the non-institutional financial aid must meet certain criteria:

First, it must not be considered pay or promise of pay for athletic skills (a term defined by the NCAA).

Second, the funds can only be received from: (a) someone upon whom the student-athlete is naturally or legally dependent; (b) awarded solely for non-athletic ability reasons; or (c) awarded through an established and continuing program to aid students, so long as the recipient's choice of college or university is not restricted by the individual or group providing the financial aid and that donor has no direct connection to the University.

NOTE: NCAA rules limit the types of scholarships received from any source outside of the University. To comply with these rules, such scholarships should always be awarded through the University. Either the awarding agency can forward the scholarship check directly to the Office of Student Financial Aid (which is the preferred approach) or, if the awarding agency sends the scholarship check directly to the student-athlete, the student-athlete must deliver the check to the Office of Student Financial Aid. Failing to comply with these steps is a violation of NCAA rules and can lead to a student-athlete being determined ineligible to compete.

Limits on Financial Assistance

With limited exceptions, the NCAA prohibits student-athletes from accepting financial aid beyond the value of the institution's cost of attendance figure (as determined by the Office of Student Financial Aid). Student-athletes who receive more financial assistance than their cost of attendance value may be ineligible to participate in intercollegiate athletics.

Financial aid that must be considered when determining whether a student-athlete's financial aid exceeds the cost of attendance value, includes, but is not limited to, the following types of financial aid:

- All Institutional Financial Aid and scholarships,
- All government grants for educational purposes (i.e., Monetary Award Program Grant or other state grants), except for certain types of grants like Pell Grant, Montgomery GI Bill, AmeriCorps Programs, Military Reserve Training Programs, U.S. Government Entitlement Programs, Vocational Rehabilitation for Service-Disabled Veterans Program, and State Grants for Disabled Veterans;
- All gifts given to a student-athlete following completion of eligibility in appreciation for, or in recognition of the student athlete's athletic accomplishments;
- All stipends, bonuses or salary (no matter when received or contracted for) from a professional sports organization;
- All other income (no matter when received or contracted for) from participation in an athletic event;
- Any loans, except legitimate loans which are based upon a regular repayment schedule, available to all students and administered on the same basis for all students, such as Federal Direct Subsidized or Unsubsidized loans, Perkins loans, and University of Illinois Long Term Loans.

Questions Regarding Non-Institutional Financial Aid

Student-athletes are responsible for ensuring that they do not jeopardize their eligibility by accepting unauthorized financial aid. If coaches or student-athletes have any question as to whether accepting any non-institutional financial aid or funding would be allowed under the rules established by the NCAA, they must contact the compliance office for clarification before accepting such an award as the consequences can be severe. Student-athletes who receive non-permissible aid may have their eligibility suspended until the aid is either returned or re-routed through the Office of Student Financial Aid.

Student-athletes who are uncertain as to the legitimacy of financial aid should consult the Assistant Director of Compliance, Financial Aid in the Irwin Academic Center or Office of Student Financial Aid.

Monitoring Financial Aid

To ensure compliance with all NCAA and Big Ten financial aid requirements, all financial aid received by a student-athlete must be monitored by the institution and included in the individual's cost of attendance limitation. One way the DIA monitors such financial aid issues is by requiring student-athletes to complete the Student-Athlete Scholarship Information Form, on which they will disclose financial aid received from outside sources for the upcoming academic year. This form is completed during the compliance "check-in" meeting for each individual team.

Incoming Freshmen Eligibility for Financial Aid and Assistance

Incoming freshmen with no previous full-time college attendance must meet certain NCAA grade point average, test score and high school course requirements to be eligible for athletically based institutional aid. Individuals who do not meet these NCAA academic requirements can only receive non-athletic institutional financial aid based solely on their financial need.

Athletic Scholarship Rights and Responsibilities

The award of athletically related financial aid is a privilege for the student who receives such financial assistance to attend the University of Illinois. It is also a promise by the University to provide the financial assistance assured in the aid agreement. The award of athletic aid is a contract that implies responsibility and obligations on both parties – the student-athlete and the University. The student-athlete is responsible for meeting NCAA requirements for financial aid and abiding by University, departmental and team policies. The University is responsible for providing a culture, which fosters the development of student-athletes academically, competitively and socially. It is the goal of the Division of Intercollegiate Athletics (DIA) and the University of Illinois that every student-athlete leaves the University with an undergraduate degree.

The DIA will fund athletic aid to student-athletes up to cost-of-attendance as permitted by NCAA rules in order to maximize the educational opportunities and well-being of student-athletes. In all cases, the award and adjustment of athletic aid shall be accomplished in accordance with the letter and spirit of NCAA and Big Ten Conference rules with the best interests of the student-athlete in mind.

In addition, the application of NCAA rules and Big Ten Conference and University policies provide certain protections and rights to each student-athlete with respect to his or her athletic aid. A student-athlete who was recruited to the University through the offer of an athletic scholarship will be guaranteed to continue on athletic scholarship up to graduation provided the student-athlete remains a member in good standing with the community, the university and the athletics department.

In no case will a student-athlete's athletic aid be reduced or cancelled due to injury or athletic performance.

Under NCAA rules, athletic aid may be awarded as a one-year renewable agreement or as a multi-year agreement as agreed upon by the head coach and the student-athlete in the recruiting process. In the case of a one-year agreement, NCAA rules require that a student-athlete be notified in writing of the status of his or her athletic aid no later than July 1 of each year. In any instance in which a student-athlete's aid will be cancelled or reduced at the end of a one-year agreement, the student-athlete shall be notified of the cancellation or reduction as soon as possible. As stated above, athletic aid will not be reduced if the student-athlete remains a member in good standing with the community the university and the athletic department.

In the case of a multi-year agreement, the agreement may include multiple academic years up to the student-athlete's five-year period of eligibility. A multi-year agreement does not require renewal notification on an annual basis. In the case of a multi-year agreement, the student-athlete will not receive annual notification of renewal or non-renewal. Such notification will be provided at the end of the period of the award if the student-athlete has not graduated and/or has athletic eligibility remaining.

In cases of voluntary withdrawal from the sport, the student-athlete at his or her own discretion must initiate the withdrawal. In no case shall a coach or administrator exert pressure or undue influence upon a student-athlete to voluntarily withdraw from the sport. Whenever possible, a student-athlete who decides to voluntarily withdraw from the sport will meet with a compliance staff member and/or the sport administrator to be advised of the eligibility and financial aid ramifications prior to deciding upon the voluntary withdrawal.

In every case that a student-athlete's athletic aid is reduced or cancelled, whether during the period of award or at the expiration of the agreement, notification of the reduction or cancellation shall be provided in writing by the University Office of Student Financial Aid and will include a statement regarding the student-athlete's right to appeal the reduction or cancellation. The statement shall include written instructions as to how the student-athlete can initiate the appeal.

If a student-athlete's pursuit of an undergraduate degree is interrupted for a bona fide reason, that student-athlete may return to the University at any time to complete his or her degree with the assistance of an athletic scholarship. In cases in which a student-athlete has no athletic eligibility remaining, either due to expiration of seasons of competition or due to the application of NCAA rules (e.g., signing a professional contract), the student-athlete must apply for and follow the procedures for the Division of Intercollegiate Athletics Degree Completion Program.

Outside Aid

Any financial aid that is not permitted by NCAA legislation may be deducted from the athletic grant-in-aid or could render the student-athlete ineligible for intercollegiate athletics participation.

Each year during the compliance "check-in" meeting for each individual team, student-athletes will complete the Student-Athlete Scholarship Information Form. This form shall be one method by which non-institutional aid is monitored.

Summer School and Degree Completion Aid

DIA is committed to facilitating and supporting the educational pursuits of all student-athletes and may provide grant-in-aid for selected student-athletes who complete degree requirements during the University's summer session or during their fifth year of enrollment. Guidelines for receipt of summer term or fifth-year aid are as follows:

Summer School for Current and Incoming Student-Athletes

Athletic aid will only be awarded with the approval of the athletic academic counselor and Associate Athletic Director for Academic Services. Aid will be provided only to those student-athletes who meet NCAA and Big Ten requirements. Student-athletes who require summer school attendance in order to meet eligibility standards must have given their full cooperation to the college, department, and DIA personnel in all matters during the academic year.

1. Access to summer aid for returners will be limited to student-athletes that meet one of the following criteria:
 - e. On-time graduation,
 - f. Course sequencing,
 - g. Academic eligibility purposes,
 - h. Required summer workouts,
 - i. Course conflict with practice time during the academic year, or
 - j. Requirement by medical staff to stay on campus for rehabilitation or treatment.
2. Full summer aid may be awarded to all incoming scholarship prospects in all sports, regardless of their scholarship award during the academic year. Summer aid will not be provided to incoming walk-on student-athletes.
3. The baseline for all incoming football and basketball prospects will be three credit hours (these are the sports permitted to conduct required summer workouts). Incoming prospects in all other sports will be required to enroll in at least six credit hours barring extenuating factors.
4. The baseline for returning student-athletes in the summer will be six credit hours in all sports. There is flexibility to take fewer than six in the summer and still receive full athletic aid, including room and board, upon recommendation from the respective academic counselor. Factors to be considered in allowing fewer than six hours will be hours remaining toward graduation and need for progress toward eligibility requirements.
5. The summer room and board allowance will be proportional to the dollar figure awarded to student-athletes during the academic year. Student-athletes will receive the full cost of attendance payment in the summer.

6. Athletic aid will not be awarded for the first summer term unless there are extenuating circumstances that require the student-athlete to earn credit hours during this term. The recommendation for athletic aid for summer term 1 must come from the respective academic counselor.

The Division of Intercollegiate Athletics reserves the right to have any or all requests for Summer School Grant-in-Aid reviewed by a committee appointed by the Director of Athletics.

Degree Completion Aid

The University of Illinois and the DIA are committed to helping every student-athlete graduate in a timely manner. Because of a variety of circumstances, student-athletes sometimes require additional classes to meet degree requirements.

The Degree Completion Program applies to student-athletes who are continuing their academic work after exhausting eligibility, returning to the University after one or more missed terms or after being declared a medical non-counter. Degree completion applicants returning to the institution after one or more missed terms should apply for NCAA Degree Completion funding prior to completing this application. For information regarding the NCAA Degree Completion Application, please see the Associate Athletic Director for Academic Services.

The DIA degree completion grant-in-aid funds are for the sole purpose of assisting student-athletes to graduate with one undergraduate degree. DIA degree completion aid may not be used to complete a second degree, double major, additional minor and/or graduate degree. Continuation of the same declared degree program is required.

The amount of aid to be given to an individual student-athlete will be determined on a case-by-case basis by the Director of Athletics and/or designee and will not exceed the proportion of aid awarded in the final year of eligibility or participation. If applicant returns after six years of initial collegiate enrollment, athletic aid will not exceed tuition and fees. Any additional institutional aid may be added to the award, as determined by the college and/or financial aid requirements. Aid will be approved from semester to semester based on successful academic progress and in accordance with the grant-in-aid.

If a student-athlete has been declared a medical non-counter, the student-athlete will continue to receive the amount of grant-in-aid funds awarded at the time of declaration. The student-athlete will continue to follow all student-athlete code of conduct policies and meet all prescribed academic requirements and medical treatment as assigned. A medical non-counter that is within four years of initial eligibility will not be required to apply.

Application

If the applicant is a continuing student, they must submit the application for degree completion aid by April 15 or November 15 for the fall and spring semesters, respectively. The application should be submitted to the Assistant Director of Compliance, Financial Aid.

Qualifications for the program

- Student-athlete must have exhausted all their eligibility.
- All applicants are required to apply for university-controlled financial aid through the Office of Student Financial Aid. If the applicant qualifies for such aid, it will become part of the applicant's total degree completion grant-in-aid package, per the federal financial aid guidelines.
- Any financial assistance from outside sources (i.e. NCAA Degree Completion Program, NFL Trust, NBA, etc.) will be utilized prior to any athletic aid.

Requirements

In order to be eligible for consideration for the Degree Completion Program, the applicant must:

- Be eligible for readmission by the college if returning after missed terms.
- Maintain a cumulative and major 2.0 GPA at all times.
- Be making satisfactory progress and be within one year (30 or fewer credits, depending on major) of completing the requirements for a bachelor's degree.
- Complete a minimum 18 credits towards satisfactory progress during the final year of eligibility, including summer school.
- Be enrolled in 12 credits minimum per semester. Prior approval is necessary if less than 12 credits are needed in a semester (i.e. has fulfilled all requirements prior to an internship, student teaching and/or graduating, course availability).

Applicants may request an exception if a requirement cannot be not met at the time of application.

Financial Aid Terms and Conditions

- For continuing students, degree completion financial aid is funded at a proportionate level to the award received in the last season of eligibility or participation.
- If applicant returns after six years of initial eligibility, athletic aid will not exceed tuition and fees.
- Aid will be awarded from semester to semester based on successful academic progress. Renewal is contingent upon satisfactory completion of the prior term academically. Aid amounts may be reduced, during or after the period of the award for failure to perform academically.
- Failure to complete the degree during the term of the award or earning "F", "W", "NC" or "I" in any class may result in cancellation of any future financial aid. Student-athletes would assume all future financial obligations relative to their degree. DIA also reserves the right to bill the applicant account for incomplete or failed course work.
- Applicants may not make changes to their schedule without receiving prior approval from the Associate Athletic Director for Academic Services.

Financial Aid Grievances

Student-athletes shall be provided written notice from the Office of Student Financial Aid of any cancellation, reduction or change in their grant-in-aid. If student-athletes wish to appeal a cancellation, reduction or change to a grant-in-aid award, they must use the following procedure:

- a. First, the student-athlete must request, in writing, a meeting with the head coach within five days from the date of mailing of the notice of change. The coach shall grant a hearing to the student-athlete within 5 days from the date of mailing of the student-athlete's request. After the hearing, the coach shall provide the student-athlete with his or her decision, in writing, within two days of the hearing.
- b. If the student-athlete disagrees with the coach's decision, the student-athlete may submit a written request for a hearing to the director. The request should be delivered to the director within five days of the date of mailing of the coach's decision. An in-person hearing with the director, or the director's designee, will be held within seven days of the date of mailing of such request. The director or the director's designee shall, within five days after such hearing, provide to the student-athlete a written notice of the director's decision.
- c. If the student-athlete disagrees with the director's decision, the student-athlete may request a hearing before the Financial Aid Review Committee. Notice of the student-athlete's request for such a hearing must be mailed within ten days from the date the director's decision was mailed to the student-athlete. Within fifteen days from the date of mailing of such request, the

Financial Aid Review Committee shall provide to the student-athlete a written notice of the time and place of such hearing, which shall be conducted by said Committee in an informal manner. The Committee shall mail to the student-athlete a notice of its decision within fifteen days after the date of the hearing.

- d. The decision of the Financial Aid Review Committee shall be final and binding upon the Division of Intercollegiate Athletics, the student-athlete and all others.
- e. Each of the requests or decisions required under the foregoing procedure shall be in writing. Notice to the coach, the Director of Athletics, or the Financial Aid Review Committee shall be emailed directly or mailed to the Bielfeldt Athletic Administration Building, 1700 South Fourth Street, Champaign, Illinois 61820. Notice to the student-athlete shall be directly e-mailed and/or sent to the mailing address designated on the grant-in-aid acceptance, or any address subsequently filed by the student-athlete in writing with the Director of Athletics.

Other Financial Aid Matters

Housing Procedures

The University requires all students to live on-campus or in certified on-campus housing during their freshman year. Team policies may require an additional year on-campus. All student-athletes living on-campus are required to follow all policies and procedures outlined in the Hallmarks: Residence Hall Policies found at <http://www.housing.illinois.edu/resources/policies/hall%20policies>.

All University Housing hall residents are responsible for reading the material in the Hallmarks document, the contract, bulletin boards, and emails from University Housing, etc.

Student Athlete Housing Policy for Breaks and Postseason

Student-athletes living in a campus residence hall, who are required by their coaching staff to be here during university breaks, when on-campus housing is closed, are required to stay in a hotel proximate to campus. The coaching staff will make accommodations and there may be no more than two occupants per room. If you wish to stay with a friend or make other arrangements, your head coach must grant permission.

Book Policy

Each term, coaches and Irwin Academic Services staff will receive instructions outlining the distribution of books for student-athletes who receive books as a part of their athletic scholarship. At the time of book pick-up, student-athletes must check each bag of books they receive for accuracy and sign a form verifying receipt of all the correct textbooks and materials. **Student-athletes are responsible for returning ALL the books listed on the form.** Assuring the accuracy of this list when the books are delivered to them ensures student-athletes will not be responsible for returning books that they never actually received.

A book slip is required to obtain any required texts, readings, or materials that are not included in the bag of books received at the beginning of the semester. Student-athletes can obtain book slips by bringing copies of their schedule and class syllabi with the required text highlighted to the Graduate Assistant office in Irwin. If the graduate assistants are not available, book slips and equipment may also be picked up from the Office Administrator or Assistant Director of Compliance, Financial Aid. **Book slip distribution will end for first eight week and full semester courses on the 3rd Friday of each semester.** Book slips will still be available for 2nd eight-week courses following this date. Book slips will only be given from 9-12 p.m. and 1-4 p.m. Monday through Friday. After student-athletes receive a book slip for the extra materials, the book slip must be taken to the bookstore where the additional materials will be provided to them. Student-athletes are responsible for returning ALL books/materials they have signed for, been

reimbursed for, and/or charged using a book slip. **ALL purchased texts, study guides, packets, workbooks, recorders, calculators, etc. must be returned to the Irwin Academic Services Center by 4:00 pm on the last day of finals.** If a student-athlete is unable to return books or equipment by the last day of finals due to extenuating circumstances, arrangements MUST be made no later than the first day of finals. Arrangements will be on a case-by-case basis at the discretion of the Associate Athletics Director, Academic Services. Student-athletes may keep their books by purchasing them for one-half the cost.

Additional Sources of Aid

NCAA Special Assistance Fund

The NCAA Student Assistance Fund has been established from monies provided by the NCAA and is administered by the Big Ten Conference to all conference institutions.

All student-athletes, including walk-ons and medical non-counters, who are not already receiving financial aid up to the cost of attendance and are Pell Grant recipients may apply for this fund. Applications are available at the Irwin Academic Center in Room 207b.

The NCAA has previously approved the following requests for funds:

- \$500 a year to be used for clothing or other essential expenses (not entertainment);
- Medical and dental costs not covered by another insurance program: hearing aids, vision checks and contacts or eyeglasses, off-campus psychological counseling, dental checks and expenses;
- Cost of expendable academic course supplies, rental of non-expendable materials (e.g. computer equipment, cameras, field expenses) and
- Cost of documented expense for travel related to a family emergency.

Student-Athlete Opportunity Fund (SAOF)

The Student Assistance Fund is also available to provide other direct benefits to student-athletes or their families. As a guiding principle, the fund is used to help student-athletes meet financial needs that arise in conjunction with participation in intercollegiate athletics or enrollment in an academic curriculum. Some examples of past use for this Fund include travel home from campus, purchase of winter coat for needy students, parking expenses, and support for financial emergencies outside a student-athlete's control. All student-athletes, including walk-ons and medical non-counters, are eligible for support under this fund, subject to approval by the Student Assistance Fund Committee. For more information about NCAA Student Assistance Funds, approved and prohibited uses, and the process for requesting funding, please see the Assistant Director of Compliance, Financial Aid located in the Irwin Academic Services Center.

STUDENT-ATHLETE AWARDS

Varsity Awards

Varsity awards are given as follows:

- First letter - Wool Letter Jacket
 - Awarded to all first-year eligible student-athletes/student managers (non-redshirts).
- Second letter - Letter Blanket
 - Awarded only to second-year eligible student-athletes who meet criteria established by Head Coach.
- Third letter – Leather Portfolio
 - Awarded only to third-year eligible student-athletes who meet criteria established by Head Coach.
- Fourth letter - Varsity Ring or Framed Jersey
 - Awarded to final-year eligible student-athletes/student managers who are seniors.

A certificate shall be presented to multi-sport student-athletes earning more than one award per academic year.

Award Requirements:

- The student-athletes must represent themselves, their sport, DIA and the University in a credible and complimentary manner;
- Student-athletes must adhere to all University, program and team rules and regulations;
- Student-athletes must demonstrate a genuine interest in and dedication to amateur athletics and the sport in which they are participating;
- Student-athletes must maintain academic eligibility throughout the semester(s) of their regular competitive season; and
- Student-athletes must be making satisfactory progress toward a degree.

Process for recommending and awarding varsity awards:

All final recommendations for varsity awards shall be made by the Sport Administrator, based on the following guidelines:

- The head coach of the given sport in which the student-athlete has engaged must make the initial recommendation for award consideration.
- A coach may recommend an award be granted to a student-athlete whose potential for achieving a letter award has been interrupted for reasons of injury or illness. Such a recommendation by a coach must be accompanied by strong supportive evidence.
- Transfer students shall be awarded the first letter award at the conclusion of their first season. A fourth letter award may be granted to student-athletes that transfer in during their last year of eligibility.
- The head coach shall submit a list of all those student-athletes who in the coach's opinion meet DIA's requirements to receive such awards (listed above). If a head coach recommends that a student-athlete has not met the requirements for an athletic award, that coach should submit the reasons substantiating this decision. Reasons for not meeting requirements may include, but are not limited to, the following:
 - Violation of University's Student Code
 - Violation of Student-Athlete Code of Conduct
 - Multiple positive drug tests
 - Suspension from team activities
 - Poor sportsmanship

The Oskees

Every year a banquet will be held to honor our student-athletes and teams for their success. Awards presented at the banquet include:

- Fighting Illini Newcomer Award
- Fighting Illini Spirit Award
- Outstanding Scholar-Athlete Award
- Outstanding Team GPA Award
- Dike Eddleman Athlete of the Year Award
- Big Ten Medal of Honor Award
- Illini Student-Athlete Development Team Competition Award
- Illini Leadership Academy-Leader of Distinction Award
- Illini Leadership Academy-Leader of Merit Award
- Varsity Award First Letter

Student-Athlete Graduation Breakfast

Annual event held the morning of the University Commencement to honor our graduating seniors.

Scholar-Athlete of the Week Award

DIA Academic Services presents this award to student-athletes who have a minimum of a 3.0 cumulative GPA or higher and who have had a noteworthy athletic performance in their respective sport.

Big Ten Awards

Wayne Duke Postgraduate Award

Award given as an annual scholarship of \$5,000 recognizing one male and one female Big Tens senior student-athlete pursuing a postgraduate degree for achievements in academics, athletics, civil service, and leadership. Each Big Ten institution may nominate one male and one female student-athlete.

Big Ten Postgraduate Award

Each Big Ten institution will annually present two student-athletes (one male and one female) with one-time postgraduate scholarships of \$7,500 each. The applicants will be evaluated based primarily on their achievements in academics.

Academic All-Big Ten

Awarded each season to letter winners with a cumulative GPA of 3.0 or better who are in at least their second year of attendance at their institution.

National Awards

Chi Alpha Sigma

Juniors and seniors who have earned a varsity letter and have a 3.4 or higher cumulative GPA are eligible.

Arthur Ashe Junior Sports Scholars Award

Award recognizes contributions of student-athletes of color who have completed one full academic year, have a GPA of 3.2 or better, and are active in community service.

Division I Degree Completion Award

Student-athletes who have exhausted their eligibility for institutional financial aid (in five years) and are within 30 semester hours of completing their degree requirements may apply. Full-time students receive grants equal to a full athletics grant at the institution; part-time students receive tuition and an allowance for books.

The Freedom Forum-NCAA Foundation Sports-Journalism Scholarship

Eight \$3,000 scholarships are awarded to college juniors pursuing careers in sports journalism and majoring in journalism, or who have experience in campus sports journalism. The scholarship is designed to foster freedoms of speech and press while promoting quality sports journalism education at the collegiate level.

College Sports Information Directors of America (CoSIDA) Academic All-American Teams

In order to be nominated, a student-athlete must be a starter or key reserve with at least a 3.20 GPA. Students are eligible only after reaching sophomore level in both athletic and academic standing. Junior college transfers are eligible after one academic year.

Jim McKay Scholarship

Annually awards a \$10,000 postgraduate scholarship to one male and one female student-athlete in recognition of their outstanding academic achievement and potential to contribute to the sports communications industry. Eligible recipients must have an overall undergraduate grade point average of 3.5 or better.

NCAA Ethnic Minorities and Women Enhancement Post Graduate Scholarships for Careers in Athletics

Twenty-six \$6,000 scholarships (13 for ethnic minorities and 13 for women) are available annually to college graduates who will be entering the first semester of their initial postgraduate studies.

NCAA Honors Program

- * The **Theodore Roosevelt Award** recognizes former varsity letter winners in college who have become citizens of national recognition and of outstanding accomplishment.
- * The **Today's Top 10 Awards** honor 10 outstanding senior student-athletes with a varsity letter.
- * The **Silver Anniversary Award** recognizes six distinguished former student-athletes on the 25th anniversary of their graduation.

NCAA Postgraduate Scholarship Program

The NCAA awards 174 postgraduate scholarships annually to student-athletes who have excelled academically and athletically and who are in their final year of athletic eligibility. Their institution nominates student-athletes.

NCAA Walter Byers Postgraduate Scholarship Award

This award recognizes and encourages excellence in academic performance by senior student-athletes. Recipients of the award must have a 3.5 grade-point average (4.0 scale), demonstrate evidence of superior character and leadership and show that participation in athletics has been a positive influence on their personal and intellectual development.

VARSITY “I” ASSOCIATION

The Varsity “I” Association is a very exclusive group that consists of all former Illini athletes and letter winners from across the decades. Team members may only be an Illini student-athlete for a short few years, but they are an Illini for life. After leaving school, the Varsity “I” Association serves as a resource for former student-athletes, performing the following tasks:

- To **UNIFY** Varsity “I” members behind the current generation of Illini student-athletes.
- To **DEVELOP** lifelong relationships between Varsity “I” members, their teammates and Fighting Illini Athletics.
- To provide opportunities for Varsity “I” members to **INSPIRE** current Illini student-athletes and each other.
- To help Fighting Illini Athletics **ACHIEVE** its lofty goals by gaining support from Varsity “I” members.

Coaches and administrators come and go, but the bonds of friendship with a student-athlete’s teammates and the Varsity “I” Association will always be there. As student-athletes leave school and move throughout their lives, they should make sure that Varsity “I” has their current contact information in order to help them stay connected to their Illini family.

CONTACT INFORMATION

Athletic Administration

(Area Code: 217)

Director of Athletics	333-3631
Bielfeldt Administration Building	333-3630
Academic Services.....	333-2240
Business Office	244-4286
Communications/Media Services.....	244-6533
Compliance.....	300-4615
Corporate Sponsorship	819-4716
Development Office	333-6595
Equipment.....	333-1498
Event Management.....	333-8839
External Relations & Licensing.....	333-2474
Facility Management.....	333-2303
IT Services	244-1557
Marketing and Promotions	244-0016
New Media & Creative Services.....	300-1855
Sports Medicine	244-9160
Sports Nutrition.....	300-0418
Strength and Conditioning.....	244-5989
Ticket Office	333-3470
Varsity Room	333-0117
Varsity "I" Association.....	244-8484
Video Services	244-6766

Athletic Facilities

Atkins Tennis Center	244-8562
Demirjian Golf Practice Facility	244-1142
Memorial Stadium	333-1400
State Farm Center	333-2923
Ubben Basketball Complex.....	333-3400 (Men) & 333-6299 (Women)

Faculty Athletics Representatives

Dr. Christopher Span.....	333-9865
Dr. Tiffany White.....	333-4597

Sports

Baseball	244-8144
Basketball, Men's	333-3400
Basketball, Women's	333-6299
Football	333-1400
Golf, Men's.....	333-8604
Golf, Women's	333-8610
Gymnastics, Men's	333-7973
Gymnastics, Women's.....	333-7974
Soccer.....	333-4783
Softball.....	244-0983

Swimming & Diving	333-7670
Tennis, Men's	333-7971
Tennis, Women's	300-2228
Track & Field, Men's.....	333-2957
Track & Field, Women's.....	244-4528
Volleyball.....	244-0983
Wrestling.....	333-4341

Athletics Twitter Index

Baseball.....	@IlliniBaseball
Basketball, Men's	@IlliniMBB
Basketball, Women's.....	@IlliniWBB
Cross Country, Men's.....	@IlliniMXC
Cross Country, Women's.....	@IlliniWXC
Football.....	@IlliniFootball
Golf, Men's.....	@IlliniMGolf
Golf, Women's.....	@IlliniWGolf
Gymnastics, Men's.....	@IlliniMGym
Gymnastics, Women's	@IlliniWGym
Soccer.....	@IlliniSoccer
Softball.....	@IlliniSB
Swimming & Diving.....	@IlliniSwimDive
Tennis, Men's.....	@IlliniMTennis
Tennis, Women's.....	@IlliniWTennis
Track & Field, Men's.....	@IlliniMTrack
Track & Field, Women's.....	@IlliniWTrack
Volleyball.....	@IlliniVBall
Wrestling.....	@IlliniWrestling
Fighting Illini Athletics.....	@IlliniAthletics
Academics.....	@IlliniIrwin
Camps.....	@IlliniCamps
Cheerleading	@IlliniCheer
Compliance.....	@UofICompliance
I Fund	@IamtheIFUND
IlliniProductionsHD.....	@IlliniVideo
Kids Club.....	@IlliniKidsClub
Premium Seating.....	@ILPremSeating
Sports Nutrition.....	@IlliniFuel
Varsity I	@VarsityI

Find more social media links for Fighting Illini Facebook, Instagram, and Pinterest accounts, by visiting:

<http://www.fightingillini.com/sports/2015/5/23/socialmedia.aspx>

Campus Resources

Admissions (www.admissions.illinois.edu)	333-0302
Bus Service Information	384-8188
C.A.M.P.U.S.	244-HELP
Car Assistance Motorist Protection - A University Service	
Campus Police (www.dps.illinois.edu)	333-1216
Campus Recreation (www.campusrec.illinois.edu)	333-3806
Career Center (www.careercenter.illinois.edu)	333-0820
Child Care Resource Service (www.ccrs.illinois.edu)	333-3252
Counseling Center (http://counselingcenter.illinois.edu)	333-3704
Counseling Center Crisis Line (After Hrs.)	359-4141
Daily Illini (http://www.dailyillini.com)	337-8350
Dean of Students Office (www.odos.uiuc.edu)	333-0050
Dial-A-Nurse 24 hrs. a day	333-2700
Disability Resources and Educational Services (www.disability.uiuc.edu)	333-1970
Emergency Dean (www.odos.illinois.edu/emergency)	333-0050
Financial Aid (www.osfa.illinois.edu)	333-0100
Graduate Studies (www.grad.illinois.edu)	333-0035
Greek Affairs (http://www.odos.illinois.edu/greek)	333-7062
ID Card Office (http://www.icardnet.uillinois.edu/appPublicWebsite/)	265-6464
Illini Union Bookstore (www.uofibookstore.illinois.edu)	333-2050
Illinois Student Senate (www.iss.illinois.edu)	333-6543
International Student Affairs (www.iss.illinois.edu)	333-1303
Krannert Center for the Performing Arts (www.krannertcenter.com)	333-6280
McKinley Health Center (www.mckinley.illinois.edu)	333-2701
Minority Student Affairs (www.omsa.illinois.edu)	333-0054
Parking and Transportation (www.parking.illinois.edu)	333-3530
Residence Hall Information (www.housing.illinois.edu)	333-7111
SAFERIDES (http://www.cumtd.com/riding/saferides)	265-7433
Safewalks (http://www.campusrec.illinois.edu/wellnesscenter/iWalk/safeWalks.html)	333-1216
Student Accounts (https://paymybill.uillinois.edu/ViewingMyAccount)	333-2180
Student Affairs (www.studentaffairs.illinois.edu)	333-1300
Student Conflict Resolution (www.conflictresolution.illinois.edu)	333-3680
Student Insurance (www.si.illinois.edu)	333-0165
Student Legal Services (www.odos.illinois.edu/sls/)	333-9053
Study Abroad (www.studyabroad.illinois.edu)	333-6322
Technology Services Help Desk (www.techservices.illinois.edu)	244-7000
Campus Information Technologies & Educational Services	
Tenant Union (www.tenantunion.illinois.edu)	333-0112
Undergraduate Records	333-0210
University Directory Assistance	333-1000
Volunteer Programs (www.union.illinois.edu/ovp)	333-7424
Writer's Workshop (www.cws.illinois.edu/workshop)	333-8796

Undergraduate Colleges & Programs

ACES (Agricultural, Consumer and Environmental Science).....	333-0460
AHS (Applied Health Sciences).....	333-2131
Architecture	333-1330
Art & Design	333-0855
Business.....	333-2747
Chemistry	333-5071
Chemical Sciences	333-5070
Education	333-0960
Engineering	333-2151
FAA (Fine and Applied Arts)	333-1660
Labor and Employment Relations	333-1482
Law	333-0931
LAS (Liberal Arts and Sciences)	333-1705
Academic Achievement Program (AAP)	333-7717
Division of General Studies	333-4710
Life Sciences and Integrative Biology	333-3044
Medicine.....	333-5465
Media	333-2350
Music.....	333-2620
Nursing	333-2507
Social Work	333-2261
Veterinary Medicine.....	333-2760

Websites

Campus Recreation.....	www.campusrec.illinois.edu
Dining Services.....	www.housing.illinois.edu/dining
Division of Intercollegiate Athletics	www.fightingillini.com
Financial Aid.....	www.osfa.illinois.edu
Illinois Leadership Center.....	www.leadership.illinois.edu
Illini Union	www.union.illinois.edu
Illini Union Bookstore.....	www.uofibookstore.illinois.edu
Krannert Center for the Performing Arts.....	www.krannertcenter.com
Library.....	www.library.illinois.edu
Local Weather.....	www.atmos.uiuc.edu/weather
McKinley Health Center	www.mckinley.illinois.edu
Carmike Beverly Cinema	www.carmike.com
Savoy 16	www.goodrichqualitytheaters.com
MTD.....	www.cumtd.com
CITES Express Email.....	www.techservices.illinois.edu

Emergency and Health Numbers

Police, Fire and Emergency (from campus phones 9-911)	911
Campus Fire (non-emergency).....	333-3800
Campus Police (non-emergency)	333-1216
Champaign Fire	333-8911
Champaign Fire Department (non-emergency)	403-7200
Champaign Police	351-4545
Champaign Police Department (non-emergency).....	351-8911
Urbana Fire Department	384-2421
Urbana Fire Department (non-emergency)	384-2420
Urbana Police Department.....	384-2320
Carle Hospital (General Information).....	383-3311
Christie Clinic (General Information)	366-1200
OSF Health Care (formerly Presence Health)– (General Information)	337-2000
McKinley Dial-A-Nurse	333-2700
MTD Safe Rides	265-7433
Poison Control.....	800-222-1222
Emergency Dean	333-0050
24-hour Rape Crisis Hotline.....	355-5203
24-hour Crisis Line at Community Elements	359-4141

LOYALTY SONGS

Illinois Loyalty

We're loyal to you, Illinois;
we're Orange and Blue, Illinois,
We'll back you to stand 'gainst the best in the land,
For we know you have sand, Illinois, Rah! Rah!
So crack out that ball, Illinois,
We're backing you all, Illinois,
Our team is our fame protector,
On boys, for we expect a victory from you, Illinois!
Che-he! Che-ha! Che-ha-ha-ha! Go Illini, go!
Che-he! Che-ha! Che-ha-ha-ha! Go Illini, go!
Illinois! Illinois! Illinois!
Fling out that dear old flag of Orange and Blue,
Lead on our sons and daughters fighting for you,
Like men of old on giants placing reliance, shouting defiance,
Oskee-Wow-Wow!
Amid the broad green fields that nourish our land,
For honest labor and for learning we stand,
And unto thee we pledge our heart and hand,
Dear Alma Mater, Illinois

Hail to the Orange

Hail to the Orange,
Hail to the Blue,
Hail Alma Mater,
Ever so true!
We love no other
So let our motto be
Victory, Illinois! Varsity!