

University of Mary Scholar-Athlete Handbook



The content of this handbook is a supplement to the University of Mary Student Handbook and constitutions of, or bylaws adopted by the NCAA and NSIC. It is the responsibility of each scholar-athlete to know and adhere to the additional rules and regulations not provided in this document.

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UNIVERSITY OF MARY STATEMENT OF MISSION & IDENTITY

Founded to prepare leaders in the service of truth, the University of Mary is distinctive in our education and formation of servant leaders with moral courage, global understanding, and commitment to the common good. As America's Leadership University, we are deeply devoted to our mission:

The University of Mary exists to serve the religious, academic and cultural needs of the people in this region and beyond. It takes its tone from the commitment of the Sisters of Annunciation Monastery. These Sisters founded the University in 1959 and continue to sponsor it today. It is Christian, it is Catholic, and it is Benedictine.

We cherish our Christian, Catholic, Benedictine identity; we welcome and serve persons of all faiths.

WE ARE FAITHFULLY CHRISTIAN.

As a Christian university, we strive to accomplish our mission in faithfulness to the Gospel of Jesus Christ. We regard each human person as created in the image and likeness of God, gifted with life and dignity. We seek to be agents of cultural renewal in our time and place, courageous advocates for justice and peace. Our Christian commitment is born from and sustained by the encounter of the Risen Lord, who came not to be served but to serve. As He humbly washed the feet of His disciples on the night before He died, so we seek to serve one another. We are faithfully Christian.

WE ARE JOYFULLY CATHOLIC.

As a Catholic university, we joyfully draw our life from the heart of the Church, identifying with the ancient tradition, which gave rise to the first universities in medieval Europe. This Catholic intellectual tradition proposes an integrated spiritual and philosophical approach to the most enduring questions of human life. Thus, we seek to advance the vital dialogue between Faith and Reason, while acknowledging the proper autonomy of the arts, sciences, and professions. A university is a place for the free exchange of ideas, and so we warmly welcome students and faculty of many faiths and convictions. At the same time, our common discourse ever takes place in a spirit of authentic respect for Catholic teaching and practice. We acknowledge the Catholic faith as a path to moral integrity and personal holiness. We are joyfully Catholic.

WE ARE GRATEFULLY BENEDICTINE.

As a Benedictine university, we remember with gratitude the Benedictine Sisters who came to Dakota Territory in 1878, bringing ministries of teaching and healing. This community of Sisters would become our founders and sponsors and, through them, we share in the 1500-year-old heritage of the Benedictines. Inspired by lives of prayer, community, and service, Saint Benedict and his spiritual followers through the ages have been a stable source of tremendous good in the world: renewing the Church, preserving learning, cultivating wisdom, modeling humane virtues of balance and generosity. The life of our Sisters shapes our life. We are gratefully Benedictine.

MARAUDERS STATEMENTS OF VISION & MISSION

“To be the preeminent intercollegiate athletic department for developing the greatness within each human person through the practice of virtue and the formation of authentic friendships.”

- Marauders Vision Statement

“Create a department-wide culture committed to individual greatness through Virtuous Leadership.”

- Marauders Mission Statement

Philosophy

Virtues themselves are at the core of the athletic experience, and there are many that could be useful for scholar-athletes. In keeping with the Catholic Intellectual Tradition, the University of Mary has chosen to focus on six virtues: the four “Cardinal Virtues” of prudence, justice, courage, and temperance; paired with two virtues worthy of particular note as they pertain to sport: magnanimity and humility.

Additionally, we recognize that the signs of these virtues—and thus the signs of greatness that will demonstrate our progress—will be solidarity and harmony. These reveal an integrated individual and communal living.

Our Strategic Plan ultimately focuses on five essential elements of the scholar-athlete experience at Mary. The following five essential areas taken together will serve as the blueprint for athletics at the University of Mary:

1. Virtuous Leadership and Whole-Person Development
2. Virtue-Based Approach to Academic Excellence
3. Virtue-Based Approach to Athletic Excellence
4. Virtue-Based Approach to Scholar-Athlete Safety, Health and Well-Being
5. Virtue-Based Approach to Community Integration and Connectedness

NATIONAL COLLEGIATE ATHLETIC ASSOCIATION (NCAA) MISSION AND PRIORITIES

As a member of the NCAA, it is the duty of Marauders Athletics to adhere to the principles and bylaws of the NCAA and adjacent governing bodies regarding intercollegiate athletic competition.

Mission

Provide a world-class athletics and academic experience for student-athletes that fosters lifelong well-being.

Priorities

Coordinate and deliver safe, fair and inclusive competition directly and by Association members:

- Set rules and guidelines and provide enforcement.
- Create programs that support outstanding performance on and off the field.
- Deliver excellent and inclusive championships.

Provide world-class services to student-athletes and members that leverage the NCAA's collective scale:

- Lead research and promote innovation that improves health, safety and performance.
- Provide capabilities and programming that fill in the gaps for members.
- Identify, co-create and distribute best practices to student-athletes and members.

Grow the college sports ecosystem:

- Inspire the next generation of athletes and up-and-coming sports.
- Enable quality access and viewing for all who want it.
- Use data to engage fans with highly personalized experiences and products.

Deliver sustainable funding for the NCAA mission:

- Excite fans fandom through compelling entertainment products and services.
- Grow media, sponsorship and ticketing revenue.
- Innovate new revenue streams.
- Set a culture of cost-discipline.

NCAA Division II Philosophy Statement

In addition to the purposes and fundamental policy of the National Collegiate Athletic Association, as set forth in Constitution 1, members of Division II believe that a well-conducted intercollegiate athletics program, based on sound educational principles and practices, is a proper part of the educational mission of a university or college and that the educational well-being and academic success of the participating student-athlete is of primary concern.

Higher education has lasting importance on an individual's future success. As such, Division II supports the educational mission of college athletics by fostering a balanced approach in which student-athletes learn and develop through their desired academic pursuits, in civic engagement with their communities and in athletics competition. Division II athletics programs also are committed to establishing an inclusive culture in which persons of all backgrounds are respected and given the opportunity to provide input and to participate.

Division II members abide by the following principles that help define and distinguish the division:

- (a) Division II colleges and universities are expected to operate their athletics programs with integrity and in a welcoming manner that complies with conference and NCAA rules and regulations. Institutional control is a fundamental principle that supports the institution's educational mission and assumes presidential involvement and oversight;
- (b) Division II members fund their athletics programs in a manner that aligns with the institution's budget and educational mission. This method of funding features a "partial scholarship" model that allows Division II schools to recognize student-athletes for their skills through athletics-based grants, but student-athletes can accept merit-based aid and academic scholarships as well;
- (c) Division II believes in a balanced approach that integrates athletics into the college experience and allows students to focus on their academic pursuits and participate in other campus and community activities. This "Life in the Balance" emphasis facilitates learning through:

Academics Division II offers exceptional teacher-student ratios that provide student-athletes with a quality education in the academic curriculum of their choice. The division structures its eligibility requirements to facilitate student-athletes earning their degrees, which is measured in part by an institution's student-athletes graduating at least at the same rate as the institution's student body;

Athletics Division II supports athletics achievement through highly competitive programs that strive to participate in the division's 25 national championships, which offer the best access ratio among the NCAA's three divisions. Division II also supports a regionalization model in scheduling that reduces time away from campus and keeps athletics participation in perspective within the educational mission;

Community Engagement Division II athletics programs actively engage with their communities to enhance relationships between student-athletes and community members and develop a shared civic experience. Division II promotes engagement at the local, conference and national levels, including at all Division II national championships; and

Post-Graduation Success Division II supports a higher education model that shapes student-athletes who graduate with the skills and knowledge to be productive citizens. The balanced approach allows student-athletes to focus on their academic pursuits, their internships, and whatever else it takes to prepare them for life after graduation;

(d) Division II members support the utmost in sportsmanship by committing to a "game environment" initiative that establishes an atmosphere at athletics contests that is both energetic and respectful; and

(e) Division II promotes student-athlete involvement in decision-making through campus, conference and national Student-Athlete Advisory Committees that provide leadership opportunities and offer a representative voice in the division's governance structure.

NORTHERN SUN INTERCOLLEGIATE CONFERENCE (NSIC) MISSION, VISION, AND PURPOSE

As a member of the NSIC, it is the duty of Marauders Athletics to adhere to the principles and bylaws of the NSIC, NCAA, and adjacent governing bodies regarding intercollegiate athletic competition.

Mission

The NSIC is a model Division II conference that uses high-level athletics competition to develop champions in the classroom and community while empowering student-athletes to be impactful and positive leaders.

Vision

We will create a culture that inspires personal and professional growth for all student-athletes, coaches and administrators, and we will operate with integrity to ensure fair, equitable and enriching athletics competitions.

Purpose

The purposes for which the NSIC is organized are as follows:

- A. To promote, conduct and regulate competitive sports programs, which are consistent with the educational aims and objectives of member institutions.
- B. To assist member institutions in extending and enriching their programs of intercollegiate athletics based upon the needs, interests and capabilities of the student-athlete.
- C. To provide athletic competitive alignment for programs among member institutions and to set standards which will guarantee fair and equitable competition among all members.
- D. To encourage the spirit of play within competitive sports events so that competition values of such an experience are emphasized.
- E. To provide leadership opportunities for administrators, coaches and athletes within the framework of intercollegiate athletic programs.
- F. To foster programs which will encourage excellence in athletic performance by college student-athletes.

STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC)

The Student-Athlete Advisory Committee (SAAC) is a student led organization, recognized by the NCAA and NSIC, made up of scholar-athletes who provide insight on the scholar-athlete experience. SAAC offers input on the rules, regulations and policies that affect the day-to-day lives of our Marauders scholar-athletes, and the lives of student-athletes across all NCAA/ NSIC member institution campuses.

University of Mary SAAC

Advisor: Abby Loel – Head Women’s Swimming & Diving Coach

NCAA Division II SAAC

Mission

The mission of the NCAA Division II SAAC is to enhance the voice of the student-athlete to ensure the total student-athlete experience by promoting opportunity for all student-athletes; protecting student-athlete welfare; and fostering a positive student-athlete image.

Guiding Principles

Division II SAAC will be guided by the following principles: ethics, integrity, fairness and a respect for diversity and inclusion, which includes, but is not limited to, attention to gender, race, ethnicity and sport.

Purpose

Division II SAAC’s purpose is meant to reflect the voice of the student-athlete and should adhere to the following guiding principle in all of its processes and decision making: The well-being of student-athletes is at the center of what SAAC does:

1. Any process must be flexible, timely, and include effective communication.
2. Decisions must be fair, reasonable, and consider the potential impact on the student-athlete.

Governing Rule

We, as the NCAA Student-Athlete Advisory Committee, will ultimately hold one another accountable for all actions, particularly those actions taking place during the SAAC meetings.

NCAA ACADEMICS & ATHLETIC ELIGIBILITY

Below is a general overview of the academic requirements, in regard to athletic eligibility, established by the NCAA and upheld by the University of Mary. A comprehensive overview of academic requirements, in regard to athletic eligibility, can be found on the NCAA website with the NCAA Bylaws.

Academic Eligibility Requirements

To be eligible for practice and competition, scholar-athletes:

- Must be enrolled in a minimum of 12 undergraduate credits or 9 graduate credits.
- Must have a minimum cumulative GPA of 1.80 at completion of 30 credits and 2.0 thereafter.
- Must demonstrate progress-toward-degree by successfully completing at least 67% of all attempted credits. Grades of W, F, I, and SC are considered attempted, unsuccessful completion.

To be eligible for competition, scholar-athletes must:

- Be in good academic standing.
- Successfully complete 9 progress-toward-degree credits during each term of full-time enrollment.
- Successfully complete 24 progress-toward-degree credits during the entire academic year (fall, spring, & summer terms combined).
- Must have a minimum cumulative GPA of 2.00 prior to each fall term.
- Must declare a degree by the fifth term of full-time enrollment.

Athletic Eligibility Requirements

- Scholar-athletes are eligible to participate in no more than four seasons of intercollegiate competition in one sport.
- Scholar-athletes are eligible to participate in no more than the first 10 semesters/15 quarters of full-time collegiate enrollment, including attendance at current and previous institutions.

****Please see the designated Athletics Compliance Administrator for additional restrictions and exceptions to the requirements discussed in this section.****

ATHLETIC AID

Below is a general overview of athletic aid, established by the NCAA and upheld by the University of Mary. A comprehensive overview of athletic aid can be found on the NCAA website with the NCAA Bylaws. Additionally, institutional questions surrounding financial aid can be directed to the Office of Financial Aid at the University of Mary.

Athletics aid is financial aid awarded by the University of Mary athletics department and administered by the institutions Financial Aid office. The period of athletics aid begins when the student-athlete receives any benefits as a student-athlete on the first day of classes for a particular academic term, or the first day of practice, whichever is earlier, until the conclusion of the period set forth in the financial aid agreement. Athletics aid shall neither be awarded in excess of one academic year nor for less than one academic year outside of extenuating circumstances. The initial award of athletics aid in a given academic year shall be awarded in equal amounts for each term.

Reduction or Cancellation of Athletic Aid

Athletics aid may be reduced or canceled during the period of the award, if the recipient:

- a. Renders himself or herself ineligible for intercollegiate competition;
- b. Fraudulently misrepresents any information on an application, letter of intent or financial aid agreement;
- c. Engages in serious misconduct warranting substantial disciplinary penalty; or
- d. Voluntarily withdraws from a sport at any time for personal reasons
- e. Provides written notification of transfer to the institution; however, the student-athlete's athletics aid may not be reduced or cancelled until the end of the academic year in which written notification of transfer is received. An institution may reduce or cancel an athletics aid agreement signed for the next academic year if a student-athlete provides written notification of transfer.

An athletics aid agreement may include non-athletically related conditions (e.g., compliance with academic policies or standards, compliance with team rules or policies) by which the aid may be reduced or cancelled during the period of the award.

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

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

Athletics aid may not be decreased or canceled during the period of its award:

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

Annual Renewal and Nonrenewal

The annual renewal of athletics aid shall be made on or before July 1 before the academic year in which it is to be effective. The institution shall promptly notify in writing each student-athlete who received an award the previous academic year and who has eligibility remaining in the sport in which financial aid was awarded the previous academic year whether the grant has been renewed or not renewed for the ensuing academic year.

Other Institutional Aid or Aid from Outside Sources

A student-athlete may receive scholarships or educational aid administered by the institution that does not conflict with the governing legislation of the NCAA or NSIC. Any student-athlete who receives financial aid other than that administered by the institution shall not be eligible for intercollegiate athletics competition, unless it is specifically reviewed by the institution and approved under the NCAA rules of amateurism or the aid is received from a permissible outside source.

Certification of Acceptance of Athletic Aid Agreement and Declaration of Intent

Below is an excerpt of the certification of Acceptance of Athletic Aid Agreement and Declaration of Intent, signed by each scholar-athlete who receives athletic aid:

By accepting an offer of athletics aid, you certify the following:

1. I am aware that I will forfeit all eligibility for athletic competition if:
 - a. I receive financial assistance from other companies, organizations, or private individuals, except aid from my family that was not approved by the Athletic Department.
2. I understand that I am to report to the Financial Aid Office:
 - a. Any additional scholarships, grants, gifts, and awards must be reported by me to the Financial Aid Office on forms they will provide, and that such earnings or assistance, in combination with the aid provided through this athletic aid agreement, may not exceed the cost of attendance at the attending institution (per scholar-athlete's program of study).
3. I further understand that the aid provided in this athletic aid agreement may be reduced or cancelled if I violate NCAA Eligibility Rules (Article 14 of the NCAA Bylaws) or Team or Athletic Department Rules.
4. I also understand that this aid may be reduced or cancelled during the period of this award if I (i) render myself ineligible for intercollegiate competition, (ii) or fraudulently misrepresent any information on my application, athletic aid agreement, (iii) or engage in serious misconduct warranting substantial disciplinary penalty, (iv) or voluntarily withdraw from a sport for my own personal reasons.

5. This aid may not be reduced or cancelled during the period of this award (i) based on a scholar-athlete's ability or their contribution on a team's success, (ii) because of injury which prevents the recipient from participation in athletics or (iii) for any other athletic reason.
6. I understand that I am required to purchase a meal plan if my scholarship is greater than \$1,270.

****Please see the designated Athletics Compliance Administrator for additional restrictions and exceptions to the regulations or bylaws discussed in this section.****

UNIVERSITY OF MARY DRUGS & CONTROLLED SUBSTANCES POLICY

The following policy is a direct excerpt from the University of Mary Student Handbook Standard 9. Special attention should be paid, by all scholar-athletes, to the items put into their bodies, this policy, and the banned substance list of the NCAA. It is the duty of the scholar-athlete to ensure adherence to aforementioned policies and lists.

Purpose of the Policy

The University of Mary views the use, possession, manufacture, distribution, and/or sale of illicit drugs and substances, as well as the abuse of prescription and over-the-counter medications, to be incompatible with its efforts to maintain a safe and positive living and learning environment. For individuals, substance abuse may have profoundly detrimental consequences, including addiction, health and emotional problems, relationship and family problems, academic and career problems, and financial difficulty. Because substance abuse often involves criminal behavior, there is the risk of jail time and those convicted of an offense may experience life-long difficulty finding employment in many career fields. Substance abuse also has a negative impact for the community, with increases in thefts and violent crime. On a global level, so-called recreational use of illegal drugs provides financial support for an international underground industry involved in violence and human trafficking. For these reasons, illicit drug and substance use will not be tolerated at the University of Mary.

Statement of Care

University of Mary students have the opportunity to engage their social environment in a way that helps them to learn and grow as individuals and as part of a community. A mature and responsible approach to illicit drugs and substances is fostered by a healthy culture and thoughtful education in virtue. The development of individuals and social choices can have long-term effects on behaviors, attitudes, and values. Students are expected to comply with established laws and university policies and are responsible for their behavior at all times. Being in a community means that individuals are also responsible for others. Taking action to care about and confront substance abuse and illegal activity related to drugs and other substances among one's peers makes the community stronger. The University of Mary encourages students who suspect they have a substance abuse problem to seek professional assistance. The University has an arrangement with the CHI St. Alexius Health EAP Program whereby they provide students with access to up to five free counseling sessions with a substance abuse counselor. The services may be accessed via a 24/7 number at 701-530-7195 or 1-800-327-7195. A comprehensive educational program for students, faculty, and staff will periodically provide information and training about the signs of substance abuse and its risks, and how to intervene when someone is in danger or evidencing signs of substance abuse.

University of Mary Policy on Illicit Drugs, Substances, and Paraphernalia

University of Mary students are prohibited from the use, possession, manufacture, distribution, and/or sales of any illegal and/or illicit drugs, substances, or paraphernalia, whether on- or off-campus. The University considers cannabis-related products, including but not limited to items containing THC or HHC, to be illicit. Further, students are required to comply with all established laws pertaining to illicit drugs, substances, and paraphernalia and comply with the Drug Free Schools Act Compliance Policy. Should a student authorized to use medical marijuana under state law believe he/she requires an accommodation under this policy, contact the Student Accessibility Services office staff located in the Student Success Center or at 701-355-8264. The University reserves the right to report any suspected violation of the law to appropriate legal authorities and may ask law enforcement officials to assist the University in the investigation of any suspected illicit activity. Furthermore, as stated in Community Standard 2.1, any legal or criminal violation by a student, on- or off-campus, is a violation of the Community Standards. This includes any illegal activity related to illegal drugs, substances, and/or paraphernalia. The University reserves the right to sanction students for such violations and make sanctioning decisions independent from the decisions of the court system. Furthermore, all students, regardless of residency or the location of where the violation took place, are held to this standard.

Sanctioning

University of Mary students who violate the University's substance abuse policies are subject to conduct action. Sanctions may include, but are not limited to, fines and/or a requirement to be evaluated for substance abuse by a licensed addiction counselor. The student mandated to complete such an evaluation shall be required to comply with any recommendation(s) resulting from the evaluation. She/he will also be required to provide for the necessary release of information to make it possible for the substance abuse counselor to provide the University's student conduct officials with a copy of the evaluation and resulting recommendations by a stated deadline or risk additional sanctions. Fees for the evaluation and any subsequent recommendations, which may include educational programs and/or counseling, are the responsibility of the student. The student's parents or legal guardians may be notified of the violation consistent with the regulations stipulated in the Family Educational Rights and Privacy Act (FERPA).

NSIC CONSTITUTION AND BYLAWS

Information regarding the NSIC Constitution and Bylaws, including but not limited to non-discrimination policy, scholar-athlete code of conduct, transgender guidelines, and more, can be accessed via the NSIC website.

NCAA BYLAWS OF ADDITIONAL SIGNIFICANCE

While all NCAA Bylaws, policies, and procedures carry weight to the fullest extent, the following NCAA Bylaws have been identified as areas of significant note requiring additional attention – or – are areas which are most frequent inquired upon by scholar-athletes. It is the responsibility of the scholar-athlete to ensure adherence to all NCAA and NSIC Bylaws at all times.

NCAA BYLAWS RELATED TO OUTSIDE/UNATTACHED COMPETITION

Outside Competition, Sports Other Than Basketball.

A student-athlete becomes ineligible for intercollegiate competition in their sport (other than basketball) if, after enrollment in college and during any year in which the student-athlete is a member of an intercollegiate squad or team, they compete or have competed as a member of any outside team in any noncollegiate, amateur competition (e.g., tournament play, exhibition games or other activity) during the institution's intercollegiate season in the sport until eligibility is restored by the Committee on Student-Athlete Reinstatement. [NCAA Bylaw 14.4.7.1]

Additional Restriction – Men's and Women's Wrestling.

In men's and women's wrestling, a student-athlete may compete outside of the institution's intercollegiate season as a member of an outside team in any noncollegiate, amateur competition, except during the period between the beginning of the institution's academic year and November 1. The number of student-athletes from any one institution shall not exceed the applicable limits set forth in Bylaw 17.32.2. [NCAA Bylaw 14.4.7.1.2]

Outside Competition, Basketball.

A student-athlete who participates in any organized basketball competition except while representing the institution in intercollegiate competition in accordance with the permissible playing season specified in Bylaw 17.4 becomes ineligible for any further intercollegiate competition in basketball. (See Bylaw 14.4.7.5 for exceptions.) [NCAA Bylaw 14.4.7.2]

Eligibility Status.

A student-athlete is considered to be a member of the institution's team, and therefore bound by this regulation in that sport, if the student-athlete:

- a. Does not practice or compete but is receiving athletically related financial aid for the sport; or

- b. Is ineligible to compete but practiced with a squad or team in the sport; or
- c. Is eligible to compete but was not permitted to do so, other than taking part in practice sessions with the squad or team in the sport. [NCAA Bylaw 14.4.7.3.1]

Competition Between Seasons.

If an institution conducts separate fall and spring practice or playing seasons in a sport, it is permissible for a student-athlete to participate in that sport on an outside team during the period between the two seasons without affecting his or her eligibility. [NCAA Bylaw 14.4.7.3.2]

Postseason Competition.

An institution's intercollegiate season includes any scheduled participation in the conference championship in the sport in question but excludes the period between the last regularly scheduled competition and the NCAA championship in that sport. [NCAA Bylaw 14.4.7.3.3]

Competition as Individual/Not Representing Institution.

It is permissible for a student-athlete to participate in outside competition as an individual during the academic year in the student-athlete's sport, provided:

- a. The student-athlete is academically and athletically eligible for intercollegiate competition;
- b. The student-athlete represents only themselves in the competition; and
- c. The student-athlete does not engage in such competition as a member of or receive expenses from an outside team.
 - (1) **Exception – Medical Services.** A student-athlete competing as an individual may receive medical services from their institution's medical personnel (e.g., athletic trainer, team physician) at a competition site.
- d. The event is an "open" event. An "open" event is one in which the competition must be open to noncollegiate competitors and must be organized, publicized and operated as an event that is open to individuals other than collegiate competitors. [NCAA Bylaw 14.4.7.3.4]

Additional Restriction – Men's and Women's Wrestling.

In men's and women's wrestling, a student-athlete shall not participate in outside competition as an individual between the beginning of the institution's academic year and November 1. [NCAA Bylaw 14.4.7.3.4.1]

Outside Sports Teams.

An amateur outside sports team or organization may provide actual and necessary expenses to team members only if the expenses are:

- (a) A reasonable amount for travel and meal expenses, and apparel and equipment (for individual and team use only from teams or organizations not affiliated with member institutions, including local sports clubs as set forth in Bylaw 13.8.2.4);
- (b) For practice and game competition;
- (c) Made on a regular basis; and
- (d) Not an incentive and not based on performance. [NCAA Bylaw 16.10.1.2]

Practice in Conjunction With Competition.

Practice expenses may be accepted only when such practice is directly related to a competition and is conducted during a continuous time period before the competition. [NCAA Bylaw 16.10.1.2.1]

****Please see the designated Athletics Compliance Administrator for additional restrictions and exceptions to the bylaws discussed in this section.****

NCAA BYLAWS RELATED TO PLAYING & PRACTICE SEASONS

Institutional Limitations. A member institution shall limit its organized practice activities, the length of its playing seasons and the number of its regular-season contests and/or dates of competition in all sports, as well as the extent of its participation in noncollegiate-sponsored athletics activities, to minimize interference with the academic programs of its student-athletes. [NCAA Bylaw 17.01.1]

Countable Athletically Related Activities (CARA).

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

Voluntary Athletically Related Activities.

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

- a. The student-athlete must not be required to report back to a coach or other athletics department staff member (e.g., strength coach, trainer, manager) any information related to the activity. In addition, no athletics department staff member who observes the activity (e.g., strength coach, trainer, manager) may report back to the student-athlete's coach any information related to the activity;
- b. The activity must be initiated and requested solely by the student-athlete. Neither the institution nor any athletics department staff member may require the student-athlete to participate in the activity at any time. However, it is permissible for an athletics department staff member to provide information to student-athletes related to available opportunities for participating in voluntary activities (e.g., times when the strength and conditioning coach will be on duty in the weight room or on the track). In addition, for students who have initiated a request to engage in voluntary activities, the institution or an athletics department staff member may assign specific times for student-athletes to use institutional facilities for such purposes and inform the student-athletes of the time in advance;

- c. The student-athlete's attendance and participation in the activity (or lack thereof) may not be recorded for the purposes of reporting such information to coaching staff members or other student-athletes; and
- d. The student-athlete may not be subjected to penalty if they elect not to participate in the activity. In addition, neither the institution nor any athletics department staff member may provide recognition or incentives (e.g., awards) to a student-athlete based on their attendance or performance in the activity. [NCAA Bylaw 17.02.17]

Winter Break.

The winter break shall be a seven-consecutive-calendar-day period from December 20 through December 26. When December 20 falls on a Friday, Saturday or Sunday, the winter break shall be a seven-consecutive-calendar-day period that begins on the following Monday. When December 20 falls on a Monday, the winter break shall be a seven-consecutive calendar-day period that begins on the following Tuesday. During the winter break, a student-athlete may not be employed at institutional camps and clinics, may not participate in any countable athletically related activities and may not participate in any voluntary athletically related activities on campus unless the facility is open to the general student-body. [NCAA Bylaw 17.02.18]

Institutional Final Exam Period.

All countable athletically related activities outside the playing season are prohibited one week prior to the beginning of the institution's final examination period through the conclusion of the institution's final examinations. Participation in voluntary individual workouts monitored by strength and conditioning personnel for safety purposes shall not count against the weekly hour limitation. [NCAA Bylaw 17.1.6.3.4]

Institutional Vacation Period.

A student-athlete may not participate in any countable athletically related activities outside the playing season during any institutional vacation period (e.g., summer, academic year). [NCAA Bylaw 17.1.6.3.5]

Exception – Fall Championships Sports.

In fall championship sports, beginning June 1 through the conclusion of an institution's summer vacation period, a student-athlete may participate in workouts designed and conducted by the institution's strength and conditioning personnel, provided such workouts are voluntary and conducted at the request of the student-athlete. [NCAA Bylaw 17.1.6.3.5.1]

Vacation Periods and Between Terms.

Daily and weekly hour limitations do not apply to countable athletically related activities occurring during an institution's official vacation period, as listed in the institution's official calendar, and during the academic year between terms when classes are not in session. If such vacation periods occur during any part of a week in which classes are in session, the institution is subject to the daily and weekly hour limitations during the portion of the week when classes are in session and must provide the student-athletes with a day off, which may be a vacation day. [NCAA Bylaw 17.1.6.4.6]

Final-Examination Periods.

Daily and weekly hour limitations apply to countable athletically related activities during final-examination periods and to all official preparatory periods leading to final-examination periods. [NCAA Bylaw 17.1.6.4.7]

Preseason Practice

Daily and weekly hour limitations do not apply to countable athletically related activities occurring during preseason practice before the first day of classes or the first scheduled contest/date of competition, whichever is earlier. **Applies only to Cross Country, Football, Soccer, & Volleyball* [NCAA Bylaw 17.1.6.4.5]

Cross Country, Soccer, and Volleyball

During the preseason practice period, student-athletes shall not engage in more than six hours of countable athletically related activities per day, only five of which may be devoted to physical activities (e.g., practice, weight training, conditioning). In addition, any session with physical activities shall not exceed three hours in length. Student-athletes must be provided with at least three continuous hours of recovery time between any session occurring that day. During this time, student-athletes may not attend any meetings or engage in other athletically related activities (medical treatment and eating meals are permitted). [NCAA Bylaws 17.7.2.2, 17.20.2.2, & 17.27.2.2.2] **Applies only to Cross Country, Soccer, & Volleyball*

Football

Seven-Day Acclimatization Period. Preseason practice shall begin with a seven-day acclimatization period for both first-time participants (e.g., freshmen and transfers) and continuing student-athletes. All student-athletes, including walk-ons who arrive to preseason practice after the first day of practice, are required to undergo a seven-day acclimatization period. The seven-day acclimatization period shall be conducted as follows: (a) Institutions may not conduct conditioning, speed, strength or agility tests prior to the start of the seven-day acclimatization period. (b) Participants shall not engage in more than one on-field practice per day during the seven-day acclimatization period. On-field practices shall last no longer than three hours. (c) During the first two days of practice or testing activity, helmets and spider pads shall be the only piece of protective equipment student-athletes may wear. During the next three days of practice or testing activity, helmets, spider pads and shoulder pads shall be the only pieces of protective equipment student-athletes may wear. On the sixth day of practice or testing activity, student-athletes may practice in full pads. (d) An institution shall provide student-athletes with one day off during the seven-day acclimatization period. The required day off may occur as early as the second day or as late as the seventh day. [NCAA Bylaw 17.11.3.3] **Applies only to Football*

Preseason Activities After Acclimatization Period. The remaining 17 on-field preseason practice sessions after the acclimatization period shall be conducted as follows:

- (a) General. (1) Multiple on-field practice sessions shall not be conducted on the same day; (2) Student-athletes shall not engage in more than three hours of on-field practice activities per day; (3) On-field walk-throughs are not considered an on-field activity under Bylaw 17.11.3.4, provided protective equipment (e.g., helmets, shoulder pads) is not worn, equipment related to

football (e.g., blocking sleds) is not used and conditioning activities do not occur. An institution may use footballs during a walk through. The walkthrough shall not last longer than one hour; and (4) Student-athletes must be provided with at least three continuous hours of recovery time between an on-field practice session and a walk-through. During this time, student-athletes may not engage in physical athletically related activities (e.g., weight lifting). Time spent in team meetings, film review, receiving medical treatment and eating meals may be included as part of the recovery time.

(b) Protective Equipment Restrictions. (1) Up to eight on-field practice sessions may be conducted in full pads; (2) During at least five on-field practice sessions, protective equipment is restricted to not more than helmets and spider pads; (3) During the remaining on-field practice sessions, protective equipment is restricted to not more than helmets, spider pads and/or shoulder pads; and (4) On-field practice sessions may be conducted in less protective equipment than the maximum restrictions noted above.

(c) Contact Restrictions. (1) Full contact (tackling to the ground) is only permitted during an on-field practice session in full pads; (2) An institution shall not conduct more than two consecutive days of full contact (tackling to the ground) practices; (3) An institution shall not conduct more than 60 minutes of contact (thud or full) on two consecutive days per week; (4) An institution shall not conduct more than a total of 75 minutes of full contact (tackling to the ground) within any one on-field practice session other than during the two permissible scrimmages; and (5) An institution shall not conduct more than two scrimmages during the preseason practice period. A scrimmage is a practice devoted primarily (greater than 50% of practice time) to 11-on-11, full contact (tackling to the ground) activities. A scrimmage counts as one of the eight permissible practices in full pads and may include more than 75 minutes of full contact (tackling to the ground). [NCAA Bylaw 17.11.3.4] **Applies only to Football*

Daily and Weekly Hour Limitation - Playing Season.

A student-athlete's participation in countable athletically related activities (see Bylaw 17.02.1) shall be limited to a maximum of four hours per day and 20 hours per week. [NCAA Bylaw 17.1.6.1]

Required Day Off – Playing Season.

During the playing season, all countable athletically related activities shall be prohibited during one calendar day per week, except during participation in one conference and postseason championship and any postseason bowl games or National Invitation Tournaments, and during participation in NCAA championships. [NCAA Bylaw 17.1.6.5]

Weekly Hour Limitations – Outside of Playing Season.

Following the institution's final contest or date of competition in the segment that concludes with the NCAA championship, a student-athlete is prohibited from engaging in countable athletically related activities for a 14-consecutive-calendar-day period. [NCAA Bylaws 17.1.6.3.1(e) & 17.1.6.3.2(d)]

Daily and Weekly Hour Limitations – Nonchampionship Segment (Baseball, Soccer, Softball, and Volleyball).

During the nonchampionship segment, a student-athlete's participation in countable athletically related activities shall be limited to a maximum of four hours per day and 15 hours per week. [NCAA Bylaw 17.1.6.2]

Required Days Off – Nonchampionship Segment (Baseball, Soccer, Softball, and Volleyball)

During the nonchampionship segment, all countable athletically related activities shall be prohibited during two calendar days per week. [NCAA Bylaw 17.1.6.6]

Exception – Golf and Tennis.

In golf and tennis, during the nonchampionship segment, a student-athlete's participation in countable athletically related activities shall be limited to a maximum of four hours per day and 20 hours per week. A practice round of golf may exceed the four-hours-per-day limitation, but the weekly limit of 20 hours shall remain in effect. A practice round played on the day before the start of an intercollegiate golf tournament at the tournament site shall count as three hours, regardless of the actual duration of the round. [NCAA Bylaw 17.1.6.2.1]

Out-of-Season Athletically Related Activities. Spring Practice – Football.

Fifteen postseason practice sessions (including intrasquad scrimmages) and the spring game are permissible. An institution is not required to count as one of its 15 designated days any day during which countable athletically related activities are limited solely to required conditioning activities and/or review of game film.

Practice sessions must meet the following conditions:

- (1) All practice sessions must be conducted within a period of 36-consecutive calendar days, omitting vacation and examination days officially announced on the institution's calendar and days during which the institution is closed due to inclement weather.
- (2) Any such practice sessions held during vacation days may not be of longer duration than those normally held when academic classes are in session.
- (3) Only 12 of the 15 sessions may involve contact, and such contact shall not occur before the third practice session.
- (4) The noncontact practice sessions may involve headgear as the only piece of protective equipment.
- (5) Of the 12 permissible contact sessions, eight sessions may involve tackling, and not more than three of the eight tackling sessions may be devoted primarily (greater than 50 percent of practice time) to 11-on-11 scrimmages.
- (6) An institution shall not conduct more than two consecutive days of full contact (tackling to the ground) practices.
- (7) An institution shall not conduct more than a total of 75 minutes of full contact (tackling to the ground) within any one on-field practice session other than the three tackling sessions devoted primarily to 11-on-11 scrimmages.
- (8) Tackling shall be prohibited in four of the 12 contact sessions. An institution has the discretion to determine the practice activities (other than tackling) that may occur during

the four contact nontackling sessions as well as the protective equipment to be worn by the student-athletes.

- (9) If an institution conducts a “spring game,” per Bylaw 17.11.8.3-(h), the game shall be counted as one of the three sessions that can be devoted primarily to 11-on-11 scrimmages.
- (10) A student-athlete’s participation in countable athletically related activities, including conditioning activities and review of game film (see Bylaw 17.02.1), during the spring practice period shall be limited to a maximum of four hours per day and 20 hours per week.
- (11) All countable athletically related activities shall be prohibited during one calendar day per week. [NCAA Bylaw 17.11.9]

Outside of Playing Season – Sports Other Than Football.

In sports other than football, outside of the playing season during the academic year, only a student-athlete’s participation in weight training, conditioning and/or team activities shall be limited to a maximum of eight hours per week, of which not more than four hours per week may be spent on team activities. [NCAA Bylaw 17.1.6.3.1]

Football.

In football, outside of the playing season during the academic year, only a student-athlete’s participation in weight training, conditioning, individual skill instruction and review of game film shall be permitted. A student-athlete’s participation in such activities shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on review of game film and individual skill instruction. [NCAA Bylaw 17.1.6.3.2]

Required Days Off – Outside the Playing Season.

Outside the playing season, during the academic year, all countable athletically related activities shall be prohibited during two calendar days per week. [NCAA Bylaw 17.1.6.7]

****Please see the designated Athletics Compliance Administrator for additional restrictions and exceptions to the bylaws discussed in this section.****

SPORTS WAGERING/GAMBLING

Sports Wagering and Gambling has been identified by the NCAA as an area of increased incidence and occurrence, and as such, the NCAA has taken a special interest in the prevention and oversight of sports wagering and gambling. Below are excerpts from both the University of Mary Student Handbook Standard 18 and the NCAA Bylaws.

Illegal Gambling

Students are prohibited from engaging in illegal gambling or gaming of any kind. Appropriate sanctions may include a requirement for the student who has engaged in gambling to undergo an evaluation for problem gambling to be conducted by a licensed and qualified mental health professional at the student's expense. Such a requirement includes the responsibility on the part of the student to comply with all recommendations resulting from such evaluation, providing appropriate release of information to allow the University to provide appropriate information in advance of the evaluation, and also to permit the mental health professional to provide the University with information to verify compliance.

Sports Wagering Activities.

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

- (a) Staff members of an institution's athletics department;
- (b) Non athletics department staff members who have responsibilities within or over the athletics department (e.g., chancellor or president, faculty athletics representative, individual to whom athletics reports);
- (c) Staff members of a conference office; and
- (d) Student-athletes. [NCAA Bylaw 10.3]

Sports Wagering. Sports wagering includes placing, accepting or soliciting a wager (on a staff member's or student-athlete's own behalf or on the behalf of others) of any type with any individual or organization on any intercollegiate, amateur or professional team or contest. Examples of sports wagering include, but are not limited to, the use of a bookmaker or parlay card; Internet sports wagering; auctions in which bids are placed on teams, individuals or contests; and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize. [NCAA Bylaw 10.02.1]

Wager. A wager is any agreement in which an individual or entity agrees to give up an item of value (e.g., cash, shirt, dinner) in exchange for the possibility of gaining another item of value. [NCAA Bylaw 10.02.2]

Scope of Application. The prohibition against sports wagering applies to any institutional practice or any competition (intercollegiate, amateur or professional) in a sport in which the Association conducts championship competition, in bowl subdivision football and in emerging sports for women. [NCAA Bylaw 10.3.1]

SPORTSMANSHIP

As an institution sponsoring a wide variety of athletic teams and programs, it is the desire of the University and its athletic department to create an energetic and engaging atmosphere whenever Marauders Athletics is competing and have a community with a strong sense of belonging and pride in our athletic programs. However, it should never be outside of the mind of the scholar-athletes competing, or the fans cheering them on, that at all times and in all places they represent the University of Mary. The following are excerpts from the University of Mary Student Handbook Standard 16 and the NSIC Influencers of Change Pledge.

“It is the responsibility of all students to act as good stewards of the University’s name and reputation at all athletic competitions, whether at home or away, and at all other events. This includes the responsibility to support our student athletes and other students participating in extracurricular activities with dignity and pride while evidencing a spirit of hospitality, respect, and civility for the student athletes, coaches, and fans representing other institutions. Further, University of Mary students are expected to maintain a positive and respectful stance even when opposing fans or student athletes adopt a disrespectful or insulting tone. Finally, University of Mary students are expected to show respect for the game officials and all personnel responsible for the facility where the competition is taking place. The University of Mary reserves the right to eject any student from a university sponsored event who fails to conduct himself/herself as a good ambassador of the University or who otherwise acts contrary to the values of the University.”

“The NSIC student-athletes pledge to treat everyone with respect & dignity. We will not tolerate discrimination of any kind. We will stand up and speak out, to create an inclusive environment for all. We see the need for improvement, and we will use our platform to be influencers of change. Together we can foster a culture of kindness & respect for all. We invite you to support our effort.”

APPENDIX

The following documents and links have been identified as areas of special focus – or – garner the most frequently asked questions:

- [2025-26 NCAA Banned Drugs & Substances](#)
- [Concussion Safety Protocol](#)
- [Countable Athletically Related Activities Tip Sheet](#)
- [Social Media Policy](#)
- [Hazing Policy](#)
- [Title IX Sex Nondiscrimination Policy, Grievance Procedure, and Process](#)
- [UMary Title IX Resources and Reporting](#)
 - See “Forms for Filing a Report of Misconduct” dropdown menu
 - Select appropriate form and complete
- [UMary Complaints and Grievances Resources](#)