

Quincy University Student Athlete Handbook



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Hawk Student-Athletes,

Quincy University takes great pride in its athletic tradition. As a student-athlete, you are a valued member of a distinguished community that includes faculty, staff, coaches, administrators, fellow students, alumni, and dedicated fans. At QU, you will compete at a high level, pushing yourself to reach your full potential. Your experiences here will shape you, providing invaluable life lessons that extend far beyond your playing days.

Our student-athletes represent Quincy University in competitions sponsored by the Great Lakes Valley Conference, the Midwestern Intercollegiate Volleyball Association, and the Midwest Sprint Football League. Participation in QU athletics is a privilege—one that comes with responsibilities, rewards, and the honor of representing the university at the intercollegiate level. This **Student-Athlete Handbook** serves as your guide to the policies, expectations, and resources within the Quincy University Athletic Department. Additionally, you should review the **University Catalog** and **Student Handbook** to gain a comprehensive understanding of your opportunities, responsibilities, and rights as a student-athlete.

We are fortunate to have a dedicated and hardworking coaching staff that is committed to guiding and challenging you to maximize this opportunity. Their leadership will help you create lasting memories and lifelong friendships. I wish you and all QU athletic teams the best for a successful and fulfilling career.

This edition of the **Quincy University Student-Athlete Handbook** supersedes all previously published versions. Only the most recent edition should be referenced for guidance.

Please note that this document does not create any contractual rights or entitlements. Quincy University reserves the right to amend its contents at any time, in whole or in part. No verbal or written statements that contradict the policies outlined in this handbook establish any form of contractual obligation.

For any questions regarding the interpretation of this handbook, please contact the **Director of Intercollegiate Athletics**. All decisions regarding its interpretation will be made at the sole discretion of the **Director of Intercollegiate Athletics**.

As a proud Quincy University alumnus, I appreciate your commitment to this exceptional institution.

Go Hawks!

Josh Rabe
Director of Intercollegiate Athletics

2. QUINCY UNIVERSITY MISSION & VISION

Founded by Franciscan Friars & Welcoming to All Faiths

OUR MISSION

Quincy University is a Franciscan, Catholic, and liberal arts institution emphasizing the development of servant-leaders.

OUR VISION

Informed by the Franciscan and Catholic intellectual traditions, Quincy University's commitment to the development of the whole person will provide individuals with the knowledge, skills, values, and experiences necessary to become servant-leaders with integrity, empathy, and a commitment to the common good.

OUR FRANCISCAN VALUES STATEMENT

Quincy University embodies the spirit of St. Francis and St. Clare of Assisi, who encouraged each person to discover and actualize their God-given potential for personal and communal good. These core Franciscan values empower individuals to become servant-leaders.

Knowledge to Wisdom:

We empower servant-leaders with the tools to be lifelong learners who pursue wisdom through academic excellence and experiences for the enhancement of their personal, intellectual, and professional development.

Community:

We cultivate in servant-leaders a culture of inclusivity, upholding the dignity, value, and worth of every individual, where everyone can thrive and contribute to the spirit of the community.

Service:

We inspire servant-leaders to embody the essence of service by extending a helping hand to others while being open to transformation through those encounters, contributing to a more just, compassionate, and sustainable community.

Justice, Peace, and Integrity of Creation:

We empower servant-leaders to be ambassadors of reconciliation, instruments of peace, and stewards responsible for upholding the integrity and sustainability of creation for the common good and future generations.

Authenticity:

We call servant-leaders to be true to their gifts and talents, to be people of purpose, and to inspire others to live lives of accountability and authenticity.

Love of God:

We encourage servant-leaders to embrace St. Francis' exhortation:

"Let us all love with all our heart, with all our soul, with all our mind, with all our strength and fortitude, with all our intellect, and with all our powers of soul and body, with all our effort, with all our affection, with all our inmost being, with all our desires and wishes, the Lord God..."
(*St. Francis, Rule of 1221*, 23:8)

OUR APPROACH

Quincy University lives in the spirit of Francis of Assisi. St. Francis embraced the whole world in community, and we embrace all seekers of truth by:

DEVELOPMENT

- Developing our faculty to flourish as educators, mentors, and scholars

OUTCOME

- Providing a liberal arts education that leads to fulfilling careers

INNOVATION

- Integrating technology to promote a culture of innovation

GROWTH

- Enhancing our students with professional experiences that foster growth

LEADERSHIP

- Preparing ethical leaders for an interdependent world

3. Quincy University Athletics Mission Statement

The athletic program at Quincy University is dedicated to providing students with a well-rounded education that aligns with the university's liberal arts and Franciscan traditions. Quincy University Athletics fosters school pride and creates meaningful experiences for students, faculty, staff, and alumni. We are committed to promoting Franciscan, Catholic ideals within an environment that values teamwork, sportsmanship, leadership, and personal accountability. The Quincy University Athletic Department strives to cultivate a culture where student-athletes excel both academically and athletically, achieving success through graduation and competing at a championship level.

4. Code of Ethics Policy – Quincy University Athletics

The **Quincy University Athletics Program** is a prominent representative of the university, both within the Quincy community and beyond. As student-athletes at QU, individuals have a unique responsibility to uphold the university's **Franciscan, Catholic values** and to demonstrate **academic excellence**. Our student-athletes are expected to conduct themselves with the highest moral and ethical standards, in alignment with the **Mission of Quincy University's Athletic Department**.

Expectations for Student-Athletes

1. **Integrity and Honesty:** Be guided by integrity and honesty in all areas of life—on campus, in the classroom, on the practice field, and in competition.
2. **Commitment to the Mission:** Dedicate your efforts to the **Mission, goals, and interests of Quincy University**.
3. **Academic and Athletic Excellence:** Strive for excellence both as a student and an athlete. Prioritize your studies, work hard to develop your talents, and promote the success of your teammates and sport.
4. **Sportsmanship and Responsibility:** Conduct yourself as a responsible member of Quincy University, respecting NCAA and conference regulations, and adhering to the university's policies.
5. **Respect for Others:** Treat every person with dignity and respect, valuing differences and ensuring fairness. Avoid bigotry, discrimination, and unjust behavior.
6. **Loyalty and Cooperation:** Be loyal and cooperative with your coach(es). Show openness to constructive criticism, and work hard as part of a team effort, guided by their expertise.
7. **Team Support and Care:** Demonstrate concern for your teammates—respecting their feelings, property, reputation, and personal growth.
8. **Campus Engagement:** Participate in campus life, build community spirit, volunteer for university service projects, and contribute to local community service needs.
9. **Healthy Living:** Practice a healthy lifestyle. Refuse and discourage the use, possession, or distribution of illegal narcotics or drugs, and discourage excessive use of alcohol and tobacco.

10. **Be an Example:** Live your life as an example to others, providing inspiration and strength to your teammates and the broader community.

Conclusion

By adhering to these principles, Quincy University student-athletes not only represent their team but also contribute to a positive and supportive environment that reflects the values and standards of the university. This code encourages both personal growth and collective success, fostering a culture of integrity, respect, and excellence.

5. THE QWINCY STANDARD

- By Which All Others Are Measured -

Loyalty

A selfless commitment to the team, department, and university.

Loyalty = I am a HAWK:

- **Hardworking** – Approaching every challenge with energy and dedication.
- **Altruistic** – Demonstrating selfless concern for others and the greater cause.
- **Well-Adjusted** – Adapting and striving to achieve desired results.
- **Keeper** – Taking ownership, maintaining integrity, and protecting what matters.

Compete

A deeply ingrained mindset—always striving to be your best.

Accountability

Owning your actions and committing to consistent excellence.

Respect

Everyone has a story—treat others with kindness, gratitude, and grace. Appreciate the opportunities given.

Growth

There are no roadblocks, only detours. Adapt, learn, and keep moving forward.

6. Gender Equity Committee Mission Statement

Title IX of the Education Amendments Act of 1972 states:

"No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

Quincy University is fully committed to upholding Title IX and ensuring an inclusive, equitable environment for all. Gender-based discrimination, sexual harassment, and sexual violence have no place at QU.

To maintain compliance with Title IX, Quincy University has established a **Gender Equity Committee** dedicated to promoting gender equity, reviewing policies, and ensuring fair treatment for all students, faculty, and staff. Additionally, the university has appointed a **Title IX Coordinator** to oversee compliance, provide guidance, and uphold federal regulations.

Through these efforts, Quincy University strives to create a safe, respectful, and supportive community where every individual has equal opportunities to learn, compete, and thrive.

7. NCAA Division II Philosophy Statement

In alignment with the **National Collegiate Athletic Association (NCAA) Constitution**, Division II institutions believe that intercollegiate athletics, when conducted with integrity and sound educational principles, serve as a vital part of a university's mission. The **academic success and overall well-being of student-athletes** remain the highest priority.

Higher education plays a fundamental role in shaping an individual's future. Division II emphasizes a **comprehensive program of learning and personal development**, offering student-athletes opportunities for academic achievement, high-level athletic competition, and service to the community. This balanced approach equips student-athletes with the skills and knowledge needed for life beyond college.

Core Attributes of Division II:

Member institutions uphold the following key attributes that define the division's priorities and guide its initiatives:

- **Learning** – Commitment to academic success and personal growth.
- **Service** – Engaging with and giving back to the community.
- **Passion** – Dedication to excellence in academics and athletics.

- **Sportsmanship** – Competing with integrity and respect.
- **Resourcefulness** – Adapting and excelling within available means.
- **Balance** – Integrating academics, athletics, and personal development.

Defining Features of Division II:

Division II institutions share common characteristics that support this philosophy, including:

- **Strong faculty-student engagement** – Smaller class sizes foster personalized learning.
- **Multi-role coaching staff** – Coaches serve as mentors and educators.
- **Community partnerships** – Student-athletes engage in service initiatives.

Guiding Principles:

Division II institutions are committed to:

- **Academic Success** – Ensuring student-athletes graduate at rates comparable to or higher than the general student body.
- **Student-Athlete Experience** – Enhancing the educational journey through athletic participation.
- **Equity and Inclusion** – Promoting diversity, sportsmanship, and ethical conduct.
- **Competitive Excellence** – Supporting national-level championship opportunities.
- **Institutional Control** – Maintaining university oversight of athletics budgets and operations.
- **Balanced Competition** – Scheduling primarily within Division II while considering regional and traditional rivalries.

Every Division II member institution is expected to uphold this philosophy, ensuring compliance with **NCAA regulations** and fostering an environment where student-athletes **thrive academically, athletically, and as future leaders in their communities**.

8. Great Lakes Valley Conference (GLVC) Philosophy Statement

The **Great Lakes Valley Conference (GLVC)** is committed to fostering a well-rounded intercollegiate athletics program that prioritizes academic excellence, student-athlete development, and fair competition.

Core Principles:

- **Academic and Personal Growth:** Athletics programs are designed to complement the academic mission of member institutions, supporting student-athletes in their academic and personal development.

- **NCAA Affiliation:** The GLVC maintains allied and/or affiliate membership within the **National Collegiate Athletic Association (NCAA)** and upholds its principles, policies, and regulations.
- **Compliance and Governance:** Member institutions adhere to NCAA and conference policies, ensuring fair and ethical athletic competition.
- **Enforcement of Standards:** The conference provides procedures to enforce NCAA and GLVC principles, promoting integrity and accountability.
- **Adaptability:** The GLVC remains committed to evolving its policies and initiatives through member collaboration.
- **Student-Athlete Representation:** Student-athletes should reflect the overall student body in academic achievement and educational experience.
- **Equitable Competition:** Admission, financial aid, and athletics policies should promote **fair and balanced competition** across all member institutions.
- **Information Sharing:** Member institutions engage in transparent communication regarding their athletic programs.
- **Sportsmanship & Ethical Conduct:** The conference fosters a culture of mutual respect, integrity, and ethical behavior among all members.
- **Commitment to Higher Education:** All athletic endeavors align with the broader mission of **higher academic education**.
- **Legal & Financial Compliance:** The GLVC adheres to all applicable federal regulations, including Section 501(c)(3) of the **Internal Revenue Code**.
- **Action-Oriented Approach:** The conference takes all necessary actions to uphold these principles and further its mission.

Through these commitments, the GLVC ensures a competitive, academically focused, and ethically grounded environment for student-athletes and member institutions.

9. Sportsmanship at Quincy University

Quincy University is committed to exemplifying **Franciscan values** both on and off the field. Our student-athletes embrace the principles of **compassion, integrity, and respect**, demonstrating good sportsmanship in competition and in daily life. Through their actions, they uphold the university's commitment to ethical conduct, teamwork, and the pursuit of excellence in all endeavors.

10. Service at Quincy University

Quincy University is dedicated to fostering a culture of **service and community engagement**. Our student-athletes actively contribute beyond campus, working alongside the local community to promote **service, collaboration, and positive impact**. Through teamwork and service initiatives, QU Athletics strengthens its connection with the city, embodying the values of **leadership, compassion, and unity**.

11. Mart Heinen Athletic Booster Club

The **Mart Heinen Athletic Booster Club** is a passionate group of individuals and businesses dedicated to supporting **Quincy University Athletics**. Through volunteer efforts and fundraising initiatives, the club plays a vital role in enhancing the experience of **Hawk** student-athletes.

How Mart Heinen Supports QU Athletics:

- **Fundraising Events:** Organizing events such as a **golf tournament, chili cook-off, and holiday basketball tournaments** to generate support.
- **Game Day Assistance:** Volunteering as ticket takers and operating concession areas at QU athletic events.
- **Athletic Support:** Sponsoring team trips, purchasing equipment and supplies, and contributing to facility improvements.

Join the Mart Heinen Club!

It's always a great day to be a **Hawk!** Support **QU Athletics** by becoming a member today.

For more information, contact:

Gary Winking, Mart Heinen Treasurer

 winkiga@quincy.edu

 **217-228-5432 ext. 3800**

12. Eligibility Policy – Quincy University Athletics

Practice & Competition Eligibility

To participate in intercollegiate athletics, student-athletes must be enrolled in a **minimum full-time course load** leading to a baccalaureate or equivalent degree. Full-time status is defined as **at least 12 semester or quarter hours**, regardless of the institution's definition of full-time enrollment.

Undergrad Course Enrollment & Credit Hour Requirements

- **Adding & Dropping Courses:** Student-athletes must maintain at least **12 credit hours** to remain eligible. If dropping a course, they must first add a replacement before withdrawing to ensure they stay above this threshold.
- **Final Semester Exception:** Student-athletes in their last semester before graduation may drop below 12 credit hours.

Progress Toward Degree Requirements

- **9-Hour Rule:** Must complete **at least 9 new semester hours** each term.
- **24-Hour Rule:** Must complete **24 new semester hours** over the previous two terms.
- **Remedial Courses:** Count toward these requirements **only for freshmen** and do not apply to sophomores, juniors, or seniors.
- **Repeated Courses:** May count toward progress requirements **if repeated due to an unsatisfactory grade, but only once if successfully completed.**
- **Minor Credit Hours:** Up to **six (6) credit hours per semester** from a declared minor may count toward progress requirements; however, summer minor courses **do not** fulfill degree progress.

GPA & Academic Standing

- **Undergraduate Eligibility:** Student-athletes must maintain a **minimum 2.00 GPA** while meeting credit hour requirements.
- **5th Semester Rule:** Student-athletes in their **fifth full-time semester or beyond** must declare a major and enroll in courses that satisfy their degree program.

Graduate Student Eligibility

- Full-time status for graduate student-athletes is based on program requirements, typically **9 credit hours** per semester for MSE and MSC. For MBA majors, full-time status is 6 hours per trimester.
- A **minimum cumulative GPA of 3.0** is required to maintain graduate program eligibility.
- Graduate students may be placed on **probation or dismissed** if their GPA falls below **3.0**. If they cannot raise their GPA above 3.0 after **one semester**, they will be **dismissed from the university and ineligible for intercollegiate athletics.**

13. Academic Integrity & Dishonesty Policy

Quincy University upholds the highest standards of **academic integrity**. Violations include:

1. **Cheating** – Using unauthorized materials or methods on exams or assignments.
2. **Falsification** – Altering grade reports, transcripts, or other official university documents.
3. **Plagiarism** – Presenting someone else's ideas or work as one's own, including allowing one's work to be copied.

Consequences of Academic Dishonesty

Violations may result in penalties such as:

- Failure on an assignment or exam.
- Failure in a course.
- Dismissal from a program or the university.
- Repeated violations may be referred to the **University Community Standards Board** for further disciplinary action.

Students are encouraged to review the **Quincy University Student Handbook** for detailed policies and procedures on academic integrity.

14. Discipline Policy – Quincy University Athletics

Each **team's head coach** is responsible for establishing clear team rules and expectations, ensuring that student-athletes understand the standards for behavior and performance.

- **Team Rules Submission:** At the start of each academic year, coaches will submit a copy of their team's rules, signed by each team's SAAC representatives, to the **Athletics Director and SWA**.
- **Review of Expectations:** Coaches are expected to review the rules and expectations with their team members before the season begins to ensure clarity and understanding.
- **Code of Conduct Agreement:** Student-athletes will sign a **code of conduct** acknowledging they have received, reviewed, and understood their team's rules and expectations on their Teamworks account.

This process ensures that all student-athletes are informed and held accountable to the same standards of behavior throughout the academic year.

15. Hazing Policy – Quincy University Athletics

The **Quincy University Athletic Department** strictly prohibits all forms of **hazing** in team initiation practices. Hazing is a violation of the **Code of Conduct for Student-Athletes** and will result in disciplinary action, including sanctions administered by the **Athletic Advisory Committee**.

Unacceptable Hazing Activities

Examples of hazing and initiation practices that are strictly prohibited include, but are not limited to:

- Participating in **drinking contests**
- Providing **alcohol to student-athletes under 21**
- **Prank calls or harassment** of others
- **Destroying or stealing property**
- Engaging in or simulating **sexual acts**
- Being **tied up, taped, or confined** in small spaces
- **Paddling, whipping, beating, kicking, or beating others**
- **Kidnapping or abandoning** individuals
- Being yelled at, cursed, or sworn at
- Being forced to wear **inappropriate clothing**
- **Tattooing, piercing, head shaving, or branding**
- Acting as a **personal servant** to players
- Being forced to deprive oneself of **food, sleep, or hygiene**
- Consuming **extremely spicy or disgusting concoctions**
- Requiring individuals to participate in **humiliating or degrading acts**

Reporting Hazing

Student-athletes and athletic department staff members are **required to report** any knowledge of hazing or initiation practices to the **Director of Athletics**.

Acceptable Initiation Activities

The **Quincy University Athletic Department** supports team initiation practices that are positive, inclusive, and respectful of all individuals involved. Acceptable initiation activities may include:

- Attending **pre-season training**
- Testing for **skill, endurance, or performance** in the sport
- Maintaining a specific **grade point average**
- Dressing up for **team functions** (besides uniforms)
- Participating in a **skit night** or **team roast**
- Doing **volunteer community service**
- Taking an **oath** or signing a **contract of standards** (e.g., Code of Ethics)

These activities should foster team spirit and camaraderie while maintaining the **dignity and integrity** of every individual involved and upholding the values of **Quincy University**.

16. Social Media Policy – Quincy University Athletics

The **Department of Athletics** at **Quincy University** reserves the right to discipline student-athletes who post content to social media that is inconsistent with the values and spirit of our university. As a student-athlete, you represent Quincy University both on and off the field and are constantly in the public eye.

Guidelines for Social Media Use

Student-athletes should consider the following when using social media:

- **Protect your reputation:** Avoid posting anything that could embarrass yourself, your family, your team, or Quincy University. For example, a picture of a student-athlete participating in underage drinking is inappropriate.
- **Respect others:** Inappropriate or disrespectful content targeting other institutions, athletic teams, or individual opponents is unacceptable.
- **Be mindful of privacy:** Understand that once you post something online, it may be available to anyone with internet access and could potentially be out of your control.
- **Take responsibility:** Student-athletes are responsible for content shared by others on their personal pages or sites.
- **Stay safe:** Avoid sharing personal information that could make you vulnerable to online predators.
- **Be selective with connections:** Be cautious when adding ‘friends’ or connections on social media, as some individuals may attempt to take advantage of student-athletes.

Consequences for Violating the Social Media Policy

Student-athletes should be aware of the following potential consequences:

- **Discipline:** Violations of athletics policy, team policy, or NCAA regulations related to social media could lead to disciplinary action, including **dismissal from participation** in athletics.
- **Monitoring:** Coaches and athletics administrators may monitor student-athletes’ social media activity.
- **Professional Implications:** Employers, internship supervisors, graduate programs, and scholarship committees often review social media profiles as part of their candidate screening process.

Student-athletes are encouraged to use social media responsibly and in a manner that reflects the values and reputation of **Quincy University** and its athletic programs.

17. Team Travel Policy – Quincy University Athletics

Absences for Athletic Competition:

Absences from class due to athletic competition are considered **excused absences**. Student-athletes are required to distribute a **travel letter** at the beginning of each semester to inform professors about scheduled athletic travel.

Pre-Travel Arrangements:

Student-athletes must make arrangements **prior to the day of travel** for any missed assignments, quizzes, or tests.

Departure/Return Expense Restrictions

An eligible student-athlete may receive **actual and necessary travel expenses** for representing Quincy University in athletic competition, as long as the following guidelines are met:

- **Departure:** Travel to the competition may not begin earlier than **48 hours** before the actual start of the event.
- **Return:** The student-athlete must return no later than **36 hours** after the conclusion of the competition, even if they do not travel back with the team.

Although this regulation has been removed from NCAA legislation, Quincy University continues to follow this policy to minimize class time missed and maintain academic focus.

Class Time and Practice Activities

- **No Class Time Missed for Practice:** Student-athletes may **not** miss class for practice activities except when traveling to an away contest, and the practice is in conjunction with the contest (adopted: 1/10/91, effective 8/1/91, revised: 10/18/11).
- **Practice Conflicts:** If there is a conflict between **practice and class/lab schedules**, the student-athlete must attend the class during practice hours.

Campus Events Policy

Campus events are **mandatory** for student-athletes; however, **no class time** may be missed to attend these events. Student-athletes are expected to attend their scheduled class during the time of the event.

18. Athletic Aid Awarding Process – Quincy University

Quincy University offers a comprehensive financial aid program that includes scholarships, grants, loans, and campus employment opportunities to help make education more affordable. Financial aid is awarded based on **academic excellence** and **demonstrated financial need**. To receive Federal Student Aid, students must submit all required application materials and be formally accepted into an eligible degree or teaching certification program.

Application Process:

Students wishing to be considered for federal, state, and need-based institutional financial assistance should submit the **Free Application for Federal Student Aid (FAFSA)** or the renewal FAFSA as soon as it becomes available. The FAFSA becomes available on **October 1st**, and students are encouraged to file early for optimal consideration, as some funds are limited.

Financial Aid Programs

Federal Pell Grant:

This grant is based on federal regulations and is available to eligible students. The maximum award may vary annually. Application must be made each year through the FAFSA.

Federal Supplemental Educational Opportunity Grant (FSEOG):

Available to undergraduate students who demonstrate financial need. Preference is given to Pell Grant eligible students with a \$0 EFC (Estimated Family Contribution).

Illinois Monetary Award Program (MAP) Grant:

Offered to eligible Illinois residents by the **Illinois Student Assistance Commission (ISAC)**. The amount varies annually and is based on FAFSA completion.

Federal Work-Study Program (FWS):

Federal Work-Study provides eligible students with part-time employment. Students must apply for positions available on the **Federal Aid website** or at the **Quincy University Job Fair**. The wages earned will be paid directly to the student bi-monthly. Students must have FWS listed on their Financial Aid Award Letter to participate.

Loans:

Various federal loans are available to eligible students attending Quincy University. Loans must be repaid to the appropriate entity, and federal regulations require that students complete online **Entrance Counseling** and a **Master Promissory Note** before loan disbursement.

1. Federal Subsidized Direct Loan

- Need-based; interest and payments deferred while attending at least half-time. Payments begin after graduation, withdrawal, or less than half-time enrollment.

2. Federal Unsubsidized Direct Loan

- Not need-based; interest accrues while in school and can be capitalized or paid during the in-school period.

3. Parent PLUS Loans

- Available to parents of dependent students. The loan amount can cover the **cost of education** minus other financial aid. Repayment begins immediately after disbursement, and eligibility depends on creditworthiness.

4. Private/Alternative Loans

- Offered through private lenders. Students should consider these loans only after exploring all other loan options.

Vocational Rehabilitation Services:

Students with disabilities may qualify for vocational rehabilitation services through their state's department of rehabilitation. These services may include tuition, fees, books, and job placement assistance.

Enrollment Status for Financial Aid Eligibility:

- **Undergraduate Students:**
Full-time status: **12+ credit hours**
Three-quarter time: **9-11 credit hours**
Half-time: **6-8 credit hours**
- **Graduate Students:**
Full-time status: **9+ credit hours** per term for the **MSE and MSC programs**. **6+ credit hours** per trimester for the **MBA program**.

Audited Courses:

Audited courses are **not eligible** for financial aid.

Repeated Classes:

Students may receive Title IV aid for repeated courses if they are receiving credit for the course. The course can only be counted toward enrollment status once for financial aid purposes.

19. Student-Athlete Advisory Committee (SAAC) – Quincy University Athletics

Introduction

The **Student-Athlete Advisory Committee (SAAC)** is a group of student-athletes assembled to provide insight on the student-athlete experience. The SAAC also contributes input on rules, regulations, and policies that impact student-athletes at NCAA member institutions. Currently, there are separate national SAACs for **NCAA Divisions I, II, and III**, and NCAA legislation mandates that all member institutions and conferences have their own SAACs.

Division II SAAC Mission Statement

The mission of the **NCAA Division II SAAC** is to enhance the total student-athlete experience by:

- Promoting opportunities for all student-athletes.
- Protecting student-athlete welfare.
- Fostering a positive student-athlete image.

GLVC SAAC Mission Statement

The mission of the **Great Lakes Valley Conference (GLVC) SAAC** is to enhance the overall student-athlete experience by:

- Maintaining a commitment to both academic and athletic excellence.

- Promoting diversity and serving as ambassadors to the community.
- Acting as liaisons between GLVC student-athletes, the conference office, and the NCAA.

Quincy University SAAC Mission Statement

The mission of the **Quincy University SAAC** is to uphold and complete the GLVC SAAC mission by:

- Promoting leadership in athletics that translates into everyday life.
- Expanding opportunities for academic growth.
- Engaging in service to benefit the community, Quincy University, and athletics as a whole.

Division II SAAC Guiding Principles

The **Division II SAAC** is guided by the following principles:

- **Ethics**
- **Integrity**
- **Fairness**

Governing Rule

The **NCAA SAAC** holds all members accountable for their actions, particularly during SAAC meetings.

Functions of Campus SAACs

Campus SAACs serve to:

- **Promote communication** between athletics administration and student-athletes.
- **Disseminate information** related to athletics.
- **Provide feedback** on athletic department matters.
- **Generate a student-athlete voice** in the formation of campus athletics policies.
- **Build a sense of community** within the athletics program across all teams.
- **Solicit student-athlete responses** to proposed conference and NCAA legislation.
- **Organize community service efforts.**
- **Create a platform** for student-athlete representation on campus-wide committees (e.g., student government).
- **Promote a positive student-athlete presence** on campus.

Campus SAAC's Role

The **Campus SAAC** provides a local student-athlete voice on welfare issues, allowing student-athletes to:

- Address institution-specific concerns.
- Offer input on issues of national significance.
- Foster communication between student-athletes from different teams.
- Provide a conduit for communication between student-athletes, coaches, and administrators to improve the student-athlete experience.

Campus SAACs empower student-athletes to influence the landscape of **intercollegiate athletics** through grassroots efforts.

20. Training Room Policy – Quincy University Athletics

Quincy University Athletic Training Program

The goal of the **Athletic Training Department** at Quincy University is to provide **high-quality, comprehensive sports medicine care** for all sports-related injuries and illnesses. The department includes a **team physician** and **six certified athletic trainers**, with support from local hospital-based physicians specializing in various areas across the tristate region.

The **Athletic Training Room** is located in the **lower level of the Health and Fitness Center**, next to the **Pepsi Arena**, and is equipped for injury treatment and rehabilitation. All evaluations, treatments, and rehabilitation are supervised by a certified athletic trainer.

Certified Athletic Trainers at Quincy University

What is a Certified Athletic Trainer?

Certified athletic trainers serve as the critical link between the sports program and the medical community. They are **certified by the National Athletic Trainers' Association (NATA)** and **licensed by the Illinois Department of Professional Regulation**.

While working under the direction of a team physician, certified athletic trainers provide daily services, including injury prevention, rehabilitation, and emergency care. They possess expertise in various fields such as anatomy, physiology, kinesiology, pharmacology, psychology, nutrition, and therapeutic rehabilitation.

Primary Duties and Responsibilities of Certified Athletic Trainers:

- **Risk management and injury prevention**
- **Injury and illness recognition, evaluation, and management**
- **Acute care of injuries and illnesses**
- **Injury rehabilitation**
- **Health care administration**

- **Education and counseling**
- **Nutritional guidance**
- **Psychological intervention and referrals**
- **Athlete insurance and record-keeping**

Athletic Training Room Hours

- **Monday - Friday:** 8:30 AM - 12:00 PM
- **Closed for Lunch:** 12:00 PM - 1:30 PM
- **By Appointment or Practice Schedule**

Athletic Trainer Contact Information:

- **Josh Miley – Head ATC**
- **Phone:** 217-228-5432 ext. 3503

General Rules for the Athletic Training Room

- **No football equipment** or cleats allowed.
- **No muddy equipment** in the training room.
- **No bouncing of balls** in the training room.
- Keep voices at an **appropriate level**—no shouting, yelling, or excessive loud talking.
- **Do not put shoes on the tables.**
- TV/Radio volume should be kept at **appropriate levels; turn off** during busy periods.
- **Appropriate clothing** must be worn at all times in the training room.
- **No profanity**—keep the language clean.
- **Respect others**—be mindful of those around you.
- Limit **personal stories**; keep the focus on the treatment or rehabilitation.
- **No cell phone use** in the training room.
- Athletes must ask for permission to use computers.
- **Clean up after yourself**—put away equipment after use. The athletic trainers are not responsible for cleaning up.
- If you're waiting to see the doctor, **remain quiet**—the walls are thin.
- **Sign in** for any taping or treatment.

21. Drug Education and Policy – Quincy University Athletics

Introduction

The **Quincy University Athletics Department**, in alignment with the **NCAA** and the **GLVC**, is committed to promoting the health and safety of all student-athletes. The **Drug and Substance Abuse Education Program** aims to educate student-athletes about illegal drugs, dietary supplements, and the abuse of legal drugs, while fostering a healthy lifestyle and creating a fair competitive environment. Additionally, the program seeks to deter the use of banned substances through a **drug testing program** based on periodic screening.

Student-Athlete Notification and Education

All student-athletes will be notified about the **Substance Abuse and Education Program** by the **Head Athletic Trainer**, **Head Coach**, **Drug-Site Testing Coordinator**, or a designee from the **Director of Athletics**.

In compliance with **NCAA Constitution 3.2.4.6**, student-athletes are required to sign a **drug testing consent form** and an **institutional consent statement** annually for both **NCAA** and institutional drug testing.

If a student-athlete tests positive for a **banned substance** and is determined to need further education or counseling, the Athletic Department will refer them for counseling services.

NCAA Drug and Substance Abuse Testing

A student-athlete who tests positive for a banned substance will be declared **ineligible** for further participation in postseason and regular-season competition.

The **NCAA** is responsible for all aspects of drug testing, including the medical code, specimen collection, selection process, notification, and appeal. More details are available through the **Athletics Department** or on the **NCAA website** at www.ncaa.org. The **Head Athletic Trainer** serves as the **NCAA Drug Testing Site Coordinator** for all **NCAA** year-round substance abuse testing conducted on campus.

In the event of a positive **NCAA** drug test, the **Director of Athletics**, **Director of Compliance**, and **NCAA Drug Testing Site Coordinator** will be notified.

Student-athletes who fail to sign the notification form, fail to report to the collection station, fail to provide a valid sample, or attempt to alter the testing process will be treated as if there was a **positive result** for a banned substance.

Institutional Drug Testing

Quincy University Athletics is committed to a **drug-free environment** and strictly prohibits the use of drugs (as defined by **NCAA** standards).

Coaches may conduct drug testing if there is **reasonable suspicion** that a student-athlete is under the influence of drugs. Student-athletes will be notified **24 hours in advance** of any testing. Failure to report on time or absence from testing will result in a **positive test result**.

If a student-athlete tests positive, they must meet with the coaching and medical staff and may be subject to a follow-up test at the discretion of the staff and/or athletic director.

- **Second Positive Test:** The student will be suspended for multiple games and required to participate in a **drug counseling program**.
- **Third Positive Test:** The student will be **dismissed** from the program.

Quincy University Drug and Alcohol Policy

In compliance with the **Drug-Free Schools and Communities Act of 1989**, Quincy University enforces policies regarding the use of alcohol and drugs. All students are required to obey **local, state, and federal laws**.

- **Alcohol:** The use of any alcoholic beverage, including **powdered alcohol**, is prohibited in certain contexts, including drinking games or behaviors promoting excessive drinking.
- **Kegs** are not permitted on campus unless authorized for events catered by approved vendors.
- **Other Drugs:**
 - **The unlawful manufacture, distribution, possession, or use of drugs** is prohibited.
 - The sale or distribution of controlled substances or drug paraphernalia is against policy.
 - **Performance-enhancing drugs** or drugs used for purposes other than prescribed are also prohibited.

Medical Marijuana

Although **Illinois' Compassionate Use of Medical Cannabis Pilot Program Act (H.B. 1)** permits medical marijuana use, **federal laws** governing drug use, including marijuana, supersede state law. Therefore, the use, possession, or influence of **medical marijuana** on university property or at university-related activities is **prohibited**.

Alcohol Use at University Events

Quincy University maintains policies for **responsible alcohol use** at designated events. This policy applies to all on-campus and off-campus events sponsored by the University or its organizations. Specific details regarding alcohol use at events are outlined in **Appendix B** of the student handbook.

22. Sports Wagering Policy – Quincy University Athletics

The **NCAA** prohibits student-athletes and Athletics Department staff members from engaging in any gambling activities related to intercollegiate athletics. Specifically, the following actions are strictly prohibited:

- **Providing Information:** Sharing inside information with individuals involved in organized gambling concerning intercollegiate athletics competition.
- **Soliciting Bets:** Actively seeking bets on any intercollegiate team or sporting event.
- **Accepting Bets:** Accepting any bet on intercollegiate or professional athletics, whether through a bookmaker, parlay card, or any other gambling method.
- **Participating in Pools:** Joining gambling pools related to athletic competition (e.g., NCAA basketball pool, NFL Super Bowl pool).

Consequences of Gambling Involvement

Student-athletes must understand that participating in gambling or bribery activities can lead to **disciplinary actions** by Quincy University, the NCAA, and relevant government agencies. Potential sanctions include:

- **Suspension from Athletics Participation** for one year.
- **Permanent Ineligibility** to participate in intercollegiate athletics.

Student-athletes are encouraged to avoid any gambling activities that could jeopardize their eligibility and involvement in collegiate athletics.

23. University Pregnancy Policy – Quincy University Athletics

Introduction

With the increasing participation of women in sports, there are more cases of female student-athletes becoming pregnant while competing in intercollegiate athletics. The purpose of this policy is to ensure that pregnant student-athletes are supported in maintaining their health, confidentiality, scholarship, and athletic participation. Additionally, this policy provides guidelines for medical providers, coaches, and administrators to address this issue in a consistent and supportive manner. Quincy University is dedicated to the continued **academic success and well-being** of all female students, including those who become pregnant.

Medical Issues

While research on strenuous physical activity during pregnancy is limited, there are established guidelines from reputable sources such as the **American College of Obstetrics and Gynecology** and **NCAA Guideline 3b** that provide direction for obstetricians and team physicians in assessing a pregnant student-athlete's ability to participate in athletics.

- **Support Team:** If participation is deemed appropriate, a support team will be formed to oversee the student-athlete's care. This team should include the obstetrician, team physician, coach, athletic trainer, academic representative, and others as needed.

- **Medical Clearance:** Prior to returning to athletics after delivery or pregnancy termination, the student-athlete will require **medical clearance** to ensure a safe return to competition.
- **Supervision:** Ongoing **close obstetric supervision** will be required if the student-athlete continues athletic participation during pregnancy.

Legal and Administrative Issues

When a female student-athlete informs the Athletics Department of her pregnancy, she will be counseled on her options, including the impact on her scholarship status and team participation. The **NCAA Division II Manual** (Bylaw 14.4.3.2.2) allows for a **two-semester or three-quarter extension** of the 10-semester/15-quarter eligibility period for female student-athletes due to pregnancy.

- **Counseling:** It is advised that the student-athlete does not immediately withdraw from the team. Instead, she should be counseled on pregnancy-related issues, including participation, eligibility extensions, and financial aid considerations before making any decisions.
- **Confidentiality:** The student-athlete's pregnancy status is **protected by privacy laws** and will remain confidential unless the student grants permission to release information. The athlete may choose to discuss her pregnancy with her private physician, family, partner, athletic trainer, and coach, but the decision to inform the coach is entirely at the athlete's discretion.
- **Coaching Responsibilities:** Coaches and athletic trainers should **not counsel** the athlete on issues such as abortion, adoption, or parenting. Instead, they should refer the athlete to the **Student Wellness Center or Counseling Center** for guidance.

For male student-athletes whose partners are pregnant, the **Counseling Center or Student Wellness Center** can provide support. A similar support team may be formed to help address issues related to participation, academic progress, and emotional well-being.

Informed Consent

As recommended by **NCAA Guideline 3b**, a signed **informed consent form** should be included in the student-athlete's medical record. This document will outline:

- The athlete's **medical condition**.
- **Potential risks** associated with continued athletic participation during pregnancy.
- The student-athlete's understanding and acknowledgment of these risks.

Insurance

Please note that **Quincy University's Athletic Department insurance does not cover pregnancy-related care**. The student-athlete will need to seek alternative insurance or coverage for pregnancy-related medical needs.

Can You Participate in Your Sport?

If a student-athlete is pregnant and wishes to continue participating in her sport, a **support team** will be assembled, consisting of the following individuals:

- The **student-athlete** and her **healthcare provider**.
- The **team physician**.
- The **coach** and **athletic trainer**.
- An **athletic department representative**.

This team will discuss the potential risks and create a safe plan for how the athlete can continue participation, ensuring her health and well-being are prioritized.

24. Academic Support Services – Quincy University

The **Office of Academic Support Services** offers a range of assistance to enhance the quality of the undergraduate experience at Quincy University. In partnership with the **Career Services Center**, the office provides programs across six major areas: **Student Advocacy, Academic Advising, Learning Enhancement, Career Development, Disability Services, and International Study**.

Student Advocacy

The Academic Support Services team acts as student advocates, offering a space where students can seek help with both academic and personal challenges. Whether dealing with academic difficulties or personal concerns, a staff member is always available to listen, guide, and assist in resolving issues.

Learning Enhancement

A variety of programs are available to help students develop essential skills for academic success and make the most of their opportunities at Quincy University. Some of the key programs include:

- **Study Skills Support:**
Students looking to improve their academic performance can receive **one-on-one study skills assistance**. Counselors help students develop individualized **time management** and **study plans**. Workshops on topics such as **test anxiety, essay exams, note-taking, and time management** are also offered. Students conditionally admitted to the university or on academic probation are required to participate in **academic success courses**; these courses are also open to all students.
- **Tutoring Services:**
Quincy University offers **free tutoring** in all courses. Tutoring is available on an **individual basis** or through **study groups** organized for specific courses. The **Student**

Success Center, located in **Brenner Library**, is the primary location for tutoring services. Tutors are available to assist with all subject areas. The **Writing Lab** provides help with writing assignments in any subject, at any stage of the writing process. Additionally, computer stations and technology to support students with learning or physical disabilities are available. The Center also includes a **Supplemental Instruction classroom** for **peer-facilitated study sessions** in particularly challenging courses, along with various print and technology resources to aid in learning.

- **Disability Services:**

Students with documented **physical or learning disabilities** receive support in arranging necessary accommodations for participation in academic and campus life. The office collaborates with faculty to ensure appropriate learning and testing conditions. A **recent diagnosis** outlining the required accommodations, signed by a professional in the field, is necessary to receive services.

25. Career Development – Quincy University

The **Career Services Center** provides comprehensive career assistance, guiding students from the initial stages of selecting a major all the way through securing a job after graduation. Counselors offer individualized support to both students and alumni, helping them navigate career choices and opportunities.

Career Information

The Career Services Center provides resources to help students explore career options and make informed decisions:

- **Career Library:** A collection of materials to explore current career paths, job outlooks, and salary data.
- **Focus Career Guidance Software:** This software helps students make career decisions by offering a variety of tools for career exploration and information gathering.

Placement Services

The Career Services Center organizes various services to assist students in finding employment:

- **Recruiter Interviews:** The center arranges interviews with recruiters from businesses, schools, graduate and professional schools, and government agencies during the academic year.
- **Part-Time and Summer Employment:** Assistance is provided to secure part-time and summer jobs.
- **Alumni Support:** The center extends its services to alumni, maintaining credentials for seniors who complete a placement file.

- **Resume and Cover Letter Assistance:** Students can receive help with developing resumes, cover letters, and professional portfolios to present themselves effectively in the job market.

Internships

The center helps students find **internships** or **job-related experiences** that will supplement their education and provide hands-on opportunities. The center maintains up-to-date information on both local and national opportunities.

- **Local Opportunities:** The Quincy area provides many chances for students to explore career options and gain marketable skills.
- **Career Exploration:** The center helps connect students with internships that align with their major and career interests.

Undeclared Major Programs

For students who have not yet declared a major or are unsure about their choice of major, the Career Services Center provides tailored support:

- **Individual and Group Counseling:** Students can work with a counselor to explore their interests and skills.
- **CDE 110 & CDE 120 Classes:** These courses help students develop career plans and navigate their major choices.
- **Focus Career Exploration Software:** This tool assists students in identifying majors and careers that align with their interests.

26. Athletic-Based Financial Aid – Reduction and Cancellation

Athletic-based financial aid at **Quincy University** may be reduced or canceled during the period of the award if the award recipient is involved in any of the following situations:

Conditions for Reduction or Cancellation of Aid:

1. **Ineligibility for Competition:**
The student-athlete becomes **ineligible for intercollegiate competition** due to failure to comply with **NCAA, conference, or university policies or regulations**.
2. **Fraudulent Information:**
The student-athlete **fraudulently misrepresents** any information on applications, letters of intent, financial aid agreements, or other university documents, as determined by the relevant university official.
3. **Serious Misconduct:**
The student-athlete **engages in serious misconduct** that warrants substantial disciplinary action.

4. Voluntary Withdrawal:

If the student-athlete **voluntarily withdraws from a sport** (whether verbal or written) or from the university for any reason, athletic financial aid will be **terminated**. Unless notified otherwise by the **Director of Intercollegiate Athletics**, the aid will cease effective with the first academic semester or term following the withdrawal. In such cases, any subsequent billing statement that shows continued athletic aid will be **rescinded** and restated within **90 days** following the withdrawal.

5. Misconduct Determination:

If a student-athlete is found to have engaged in misconduct by the university's **student disciplinary authority**, even if the misconduct would not otherwise apply to non-student-athletes.

Next Steps for Affected Students:

Students who wish to continue enrollment at Quincy University after the reduction or cancellation of athletic financial aid, or students who believe their financial aid might be impacted, should meet with representatives from the **Office of Student Financial Services**. This meeting will help determine any **alternative financial aid options** available for the student in future semesters or terms.

27. Athlete Early Withdrawal Policy – Quincy University

Any student-athlete who checks in for the semester but **withdraws prior** to the end of the **add/drop period** will be assessed a fee of **\$1,250**. This fee is intended to offset the costs associated with food, housing, and other services provided to the student-athlete while on campus and participating in their sport prior to the start of the semester and through the add/drop period.

28. Notification of Transfer (Transfer Portal) – Quincy University Athletics

A Quincy University student-athlete may initiate the **notification of transfer process** by providing the **Director of Compliance** with a **written notification of transfer** at any time.

Before Quincy University can enter the student-athlete's information into the national transfer database, the student-athlete must complete an **NCAA educational module** related to the transfer process.

Once the student-athlete submits the written notification of transfer or confirms completion of the educational module, **Quincy University Athletics** will enter the student-athlete's

information into the **NCAA Transfer Portal** within **seven consecutive calendar days** of receiving the notification or confirmation, whichever occurs later.

In accordance with NCAA Bylaw 13.1.1.3.1, a student-athlete must notify their current institution of intent to transfer in writing by June 15th following the conclusion of the spring semester in the same calendar year.

29. Agents, Amateurism, Outside Competition, Awards

Agents

1. **General Prohibition:** You are not eligible to compete in a sport if you have ever accepted money, transportation, or other benefits from an agent or agreed to have an agent market your athletic ability or reputation in that sport.
2. **Representation Restrictions:**
 - You may NOT sign a contract with an agent or verbally agree to be represented by an agent until after your eligibility has expired.
 - You shall be ineligible if you (or your relatives or friends) accept transportation or other material benefits from an agent or any person representing an individual in the marketing of their athletic ability.
 - You may enter into a verbal or written agreement with an agent for representation in future professional sports negotiations, provided this occurs after your full-time enrollment at a Division II institution on or after August 1, 2023.
3. **Use of Professional Service Providers:**
 - You may utilize a professional service provider for advice and activities related to your name, image, and likeness (NIL).
 - An individual shall be ineligible if they enter into an agreement (orally or in writing) with an agent to secure initial or continuing enrollment at a particular institution.
4. **Professional Sports Counseling Panel:**
 - Institutions may establish a professional sports counseling panel appointed and overseen by the institution's president or chancellor (or a designated representative from outside the athletics department).
5. **Compliance Questions:**
 - Any questions regarding agents should be directed to the Director of Compliance.

Amateurism

1. **Maintaining Amateur Status:**
 - To maintain your amateur status and remain eligible for intercollegiate competition, you cannot receive any type of pay-for-play, either directly or indirectly.
 - Awards or cash prizes that you are not allowed to receive under NCAA regulations cannot be given in your name to another individual or agency.

Outside Competition

1. Team Participation Restrictions:

- You cannot participate as a member of any outside team in non-collegiate, amateur competition during the sport season. A violation of this rule results in the loss of eligibility for further intercollegiate competition.

2. Individual Participation:

- You may participate as an individual in outside competition during the academic year, provided you represent only yourself, do not represent any team or club, and do not receive expenses or compensation from any team or club.
- No team member may receive cash prizes, and all awards must conform to the regulations of the recognized amateur organization associated with the event.

3. Impermissible Activities Following Full-Time Collegiate Enrollment:

- **Use of Athletics Skill for Pay:** Receiving compensation for athletic performance, including a promise of pay, salary, gratuities, or preferential treatment, results in ineligibility.
- **NIL Agreements Based on Athletics Participation:** Receiving compensation or incentives based on enrollment decisions, athletic performance, achievement, or membership on a team is impermissible.
- **Division or Split of Surplus:** Receipt of bonuses or shared revenue from competition is not allowed.
- **Payment Based on Place Finish:** Any payment conditioned on place finish or performance is not permitted.
- **Cash Award for Participation:** Receiving cash or equivalent awards (e.g., trust funds) for participation in competition is prohibited.
- **Unauthorized Expenses or Awards:** Expenses or awards not permitted under amateurism rules governing an event are not allowed.
- **Unspecified or Unitemized Expenses:** Payments for unspecified or unitemized expenses are impermissible.

4. Exceptions:

- Permitted exceptions include participation in High School Alumni Games, Olympic Games, Official Pan American Tryouts and Competitions, U.S. National Teams, and Official World Championships.
- Prior approval from the Athletic Compliance Officer is required for participation in any such events.

5. Permission for Outside Competition:

- All student-athletes who wish to compete in outside competition as an unattached athlete must complete the **Permission for Outside Competition Form** and submit it to the head coach, director of athletics, or athletics compliance director before participating.

30. Name, Image, and Likeness (NIL) Policy – Quincy University Athletics

Effective Date

The NCAA has adopted guidelines governing student-athletes' **Name, Image, and Likeness (NIL)** activities as of **July 1, 2021**. Any NIL agreements entered into before this date are subject to previous NCAA rules. Quincy Athletics and student-athletes must comply with NCAA rules and this Quincy Athletics policy. Student-athletes, staff, or third parties should consult with **Quincy Athletics Compliance** before engaging in NIL activities involving Quincy Athletics student-athletes starting July 1, 2021.

NIL Activities

Subject to NCAA rules and this policy, Quincy student-athletes may use their NIL in various ways, including but not limited to:

- Promoting their **own business**
- **Endorsing** or promoting a **corporate entity** (e.g., brand ambassador, social media influencer)
- **Conducting camps**, lessons, or clinics
- **Making appearances** or signing autographs

Student-athletes unsure whether a particular activity is permitted under this policy should consult **Quincy Athletics Compliance** prior to entering into any agreement.

Compensation for NIL Activities

Student-athletes may receive compensation for NIL activities, either in-kind or monetary, provided it aligns with **fair market value** and compensation is for **work actually performed**. Quincy student-athletes may enter into NIL agreements with **athletic representatives** (boosters), as long as the agreement adheres to restrictions related to **recruiting inducements** and **pay-for-play**.

Restrictions on NIL Activities

Student-athletes must not use their NIL to promote:

- **Gambling**
- **Alcohol products**
- **Tobacco or vaping products**
- **Adult entertainment**
- **Substances banned by the NCAA**
- **Illegal products or services**

NIL agreements are restricted if they:

- Lack **quid pro quo** (e.g., compensation for work not performed)

- **Contingent on enrollment** or remaining at a particular institution (recruiting inducement)
- Compensate based on **athletic participation** or achievement (pay-for-play)
- Require NIL activities during **official team activities** (e.g., practices, competitions, team meetings)
- **Interfere with academic obligations**
- Extend beyond a student-athlete's **athletic eligibility**
- **Conflict** with Quincy University contracts or policies

Quincy University or Athletics may not compensate or arrange compensation for NIL rights if it conflicts with institutional policies.

Disclosure of NIL Activities

The disclosure of NIL activities allows **Quincy Athletics Compliance** to monitor adherence to NCAA and university policies, though it is not an approval process.

- **Student-athletes** must disclose NIL contracts within **five (5) business days** of signing by completing the **NIL Disclosure Form**.
- **Transfer student-athletes** must disclose any NIL agreements entered into prior to matriculation at Quincy University within **fifteen (15) days** of enrollment.

If a conflict arises between an agreement and university policies, it will be disclosed to the student-athlete and their professional representative within **five (5) business days**. **Quincy Athletics Compliance** may request the full agreement if needed.

Use of Agents or Professional Services

Student-athletes are encouraged to obtain professional advice but may only use agents for NIL activities, **not** for professional athletic contract negotiations or representation.

- Agents must be **licensed** in Illinois and comply with the **Federal Sports Agent Responsibility and Trust Act**.
- Quincy Athletics Compliance reserves the right to review agreements if they conflict with the policy's **restrictions**.

Use of University Intellectual Property

Student-athletes may reference Quincy University and their athletic participation in NIL activities but cannot use university **logos, trademarks, or symbols** without prior written approval. This approval may include:

- Reviewing the content for compliance with Quincy guidelines.
- **Compensation to Quincy University** for using intellectual property.

Approval will be determined collaboratively by the **Quincy Athletics Communications Office and Community Relations Department**.

Facility Use

Student-athletes may use Quincy Athletics' facilities for camps, clinics, or lessons if available and upon payment of the standard facility rental rate.

- Requests must be submitted to the **Athletic Director** and **Facilities Manager** at least **30 days** in advance.

Student-athletes may not use university facilities to imply that Quincy Athletics endorses any third party or product unless written approval is obtained.

Financial Aid and Tax Implications

Compensation for NIL activities may affect a student-athlete's financial aid, particularly for those receiving **Pell Grants** or other need-based assistance.

- Quincy Athletics will **not** reduce athletic grants-in-aid or stipend scholarships due to NIL compensation unless required by federal laws or institutional need-based policies.
- Student-athletes are encouraged to consult with the **Financial Aid Office** to understand potential impacts.

Additionally, student-athletes should consult a **tax professional** regarding any tax implications of NIL compensation.

International Student-Athletes

International student-athletes must adhere to **student visa requirements** which may restrict earning compensation. Further guidance from the **Department of Homeland Security** is awaited.

Prospective Student-Athletes (PSAs)

PSAs may engage in NIL activities without affecting their NCAA eligibility, but they must consult their state's **amateur athletic association** for guidance. Quincy Athletics is not responsible for a PSA's high school eligibility.

- **NIL cannot be used** as a recruiting inducement, as that would impact the PSA's NCAA eligibility.

Reserved Rights

Quincy Athletics reserves the right to use a student-athlete's NIL for advertising and marketing purposes related to university interests. Any contract that conflicts with this provision will be deemed **null and void**.

Other Applicable Laws, Policies, and Guidelines

If new laws conflict with this policy, those laws will govern, and student-athletes must ensure their NIL agreements comply with those laws.

- Student-athletes from other states should also consult their state's laws regarding NIL.

For questions regarding NIL, student-athletes are encouraged to contact **Carla Kielsmeier, Senior Associate Athletic Director and SWA**, at passica@quincy.edu or by phone at **(217) 228-5432 ext. 3508**.