



SACRAMENTO STATE

STUDENT-ATHLETE HANDBOOK

2023-2024 ACADEMIC YEAR



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General information/introduction

A NOTE FROM THE ATHLETIC DIRECTOR

Welcome to Sacramento State and the Hornet family. Sacramento State has a tradition of academic and athletic excellence. As a student-athlete, you are part of this tradition and with your coaches, will carry the legacy into the future!

Our objective as coaches, administrators, and staff members is to provide you with an opportunity to attain an excellent education and participate in a competitive athletic experience. We provide opportunity: You have to interact effectively with the opportunity to attain your personal goals and achieve the overall experience you desire. Together, with your teammates and the leadership of your coaches, you are part of something very special...a team. As a team, we can accomplish great things.

The Student-Athlete Handbook is designed for use by students, coaches, administrators, and staff members. The Handbook provides information on the various policies and programs available to student-athletes. It is important to read and become familiar with the information contained in the Handbook. I recommend that you keep this resource in a convenient place where you can review it periodically.

The strength of Hornet Athletics is our people. As a student-athlete, you will be under the leadership of outstanding coaches. Additionally, I am confident that your relationships with teammates and fellow student-athletes will develop into lifelong friendships. You will find everyone at Sacramento State is committed to your success in the classroom and in competition. If you have questions or need assistance, please let us know. Please take full advantage of the opportunity and wonderful experience offered to you as a student-athlete. It's great to be a Hornet – Stingers Up!

Sincerely,

Mark Orr

Director of Athletics

Sacramento State Athletics

WELCOME TO SACRAMENTO STATE

California State University, Sacramento is an integral part of the community, committed to access, excellence and diversity.

California State University, Sacramento is dedicated to the life-altering potential of learning that balances a liberal arts education with depth of knowledge in a discipline. We are committed to providing an excellent education to all eligible applicants who aspire to expand their knowledge and prepare themselves for meaningful lives, careers, and service to their community.

Reflecting the metropolitan character of the area, California State University, Sacramento is a richly diverse community. As such, the University is committed to fostering in all its members a sense of inclusiveness, respect for human differences, and concern for others. In doing so, we strive to create a pluralistic community in which members participate collaboratively in all aspects of university life.

California State University, Sacramento is committed to teaching and learning as its primary responsibility. In both the academic and student support programs, success is measured in terms of student learning. In addition, the University recognizes the vital connections between pedagogy and learning, research activities and classroom instruction, and co-curricular involvement and civic responsibility. All students, regardless of their entering levels of preparation, are expected to complete their degree programs with the analytical skills necessary to understand the social, economic, political, cultural, and ecological complexities of an increasingly interconnected world.

Located in the capital of the nation's most populous and diverse state, California State University, Sacramento is dedicated



to advancing the many social, economic, political, and scientific issues affecting the region and the state. The University's curricular and co-curricular programs continue to focus on these issues through undergraduate and post-baccalaureate programs that prepare graduates for successful careers dedicated to public service and the enhancement of the quality of life within the region and the state. Our research centers and much of our individual scholarly efforts also remain directed at the enhancement of the quality of life within the region and the state.

At California State University, Sacramento, we are constantly striving to create a sense of unity among faculty, staff, administrators, students, alumni, and community members. In pursuing the combined elements of our mission, we seek to foster a sense of pride in all who view this campus as their own – pride in Sacramento State as the institution of choice among our current students; pride among our alumni in the ongoing impact of the Sacramento State education upon their lives; pride among faculty, staff, and administration in their university's achievement of excellence in teaching, learning, and scholarship; and pride in Sacramento State as an asset to the community among residents of the Greater Sacramento region.

NCAA and Sacramento State Mission, Vision and Values

NCAA Mission

Overall the NCAA's mission is to be an integral part of higher education and to focus on the development of student-athletes. The NCAA is a member-led organization focused on cultivating an environment that emphasizes academics, fairness and well-being across college sports.

Academics

To get the most out of college, student-athletes have to succeed on the court and in the classroom. The NCAA provides opportunities to learn, compete and grow on and off the field. The ultimate goal of the college experience is graduation, and college athletes are graduating at rates that are higher than ever.

Fairness

With so much changing in college sports, rule changes are focused on improving the student-athlete experience. The NCAA is committed to providing a fair, inclusive and fulfilling environment for student-athletes and giving them a voice in the decision-making process.

Well-Being

In 1906, the NCAA was founded to keep college athletes safe. The Association is still working hard to protect them physically and mentally. Through its Sport Science Institute, the NCAA provides recommendations and guidelines to ensure college athletes are getting the best care possible.

NCAA Core Purpose

The NCAA's core purpose is to govern competition in a fair, safe, equitable and sportsmanlike manner, and to integrate intercollegiate athletics into higher education so that the educational experience of the student-athlete is paramount.

Sacramento State Athletics Mission, Vision and Values

Mission

As an NCAA institution, Sacramento State Athletics will seek individuals who demonstrate interest and/or ability to work with a diverse student population for administrative, coaching and support positions while supporting an equitable opportunity for all students and staff.



Sacramento State Athletics will strive to operate its programs at the highest competitive levels in intercollegiate athletics while simultaneously providing student athletes with a stimulating program and sound support services. These services are responsible for protecting the health of and providing a safe environment for each of its participating student-athletes.

Sacramento State Athletics also serves to benefit non-participants. Sacramento State Athletics believes that strong intercollegiate athletics program enhances the college experience for all students, as well as faculty and staff. It also facilitates alumni interest in the University, while bringing positive recognition at local, regional, and national levels, resulting in much needed support for the University at every critical level.

Vision

Sacramento State Athletics is committed to success. We work hard to achieve excellence—on the field and in the classroom. We inspire campus pride and engage our community. We win.

Values

- **Integrity:** We work hard, we play fair and we expect the conduct of our student-athletes, coaches and staff to be beyond reproach.
- **Commitment to Student-Athletes:** We provide our student-athletes with the support to develop and succeed—as competitors, scholars, citizens and leaders—at Sacramento State and beyond.
- **Accountability:** We are stewards of University and community resources. We take this responsibility seriously and conduct our activities in a professional and transparent manner.
- **Engagement:** We enrich lives on campus, in the community and among our alumni. We connect the University to our region.

Diversity, Equity and Inclusion Mission Statement

To fulfill our mission, the Sacramento State Athletics believes in and is committed to providing an environment where individuals are honored, celebrated and welcomed from all backgrounds. Our belief is that this commitment to diversity, equity and inclusion among our student-athletes, coaches and administrators makes us stronger as a whole and ultimately more successful both in the classroom and our competition arenas. We understand that no one is immune to the impact of bias or discrimination therefore it is on all of us to work together to maintain an inclusive culture for our student-athletes. We do this in alignment with the greater campus community and in concert with Sacramento State's Antiracism and Inclusion Campus Plan.

About Sacramento State Athletics

HISTORY OF SACRAMENTO STATE ATHLETICS

Sacramento State moved to Division I athletics during the 1991/1992 school year and fields 21 intercollegiate teams: 9 for men and 12 for women. The Hornets compete in the Big Sky Conference in 16 sports including men's and women's basketball, men's and women's cross country, football, men's and women's golf, women's soccer, softball, men's and women's tennis, men's and women's indoor track & field, men's and women's outdoor track & field, and women's indoor volleyball. The baseball team competes in the Western Athletic Conference (WAC). The men's soccer and women's beach volleyball teams compete in the Big West Conference. Women's gymnastics competes in the Mountain Pacific Sports Federation. The women's rowing team competes in the American Athletic Conference.



THE BIG SKY CONFERENCE

The Big Sky Conference sponsors championships in 16 sports, including men's and women's cross country, basketball, golf, tennis, indoor track and field, outdoor track and field, in addition to football, women's volleyball, soccer and softball. The Big Sky is an NCAA Division I member in all sports, with member institutions classified as FCS in football. Full members of the Big Sky Conference are Eastern Washington University, University of Idaho, Idaho State University, University of Montana, Montana State University, Northern Arizona University, University of Northern Colorado, Portland State University, Sacramento State and Weber State University.

THE BIG WEST CONFERENCE

Sacramento State men's soccer and beach volleyball teams compete within the Big West Conference. Other schools that compete in the Big West in men's soccer include Cal Poly SLO, Cal State Fullerton, Cal State Northridge, UC Davis, UC Irvine, UC Riverside, and UC Santa Barbara. Other schools that compete in the Big West in beach volleyball include Cal Poly SLO, Hawaii, Cal State Northridge, and Cal State Bakersfield.

MOUNTAIN PACIFIC SPORTS FEDERATION (MPSF)

The Sacramento State women's gymnastics team competes within the Mountain Pacific Sports Federation (MPSF). Other schools that compete in the MPSF in women's gymnastics include Air Force, Alaska Anchorage, UC Davis, San Jose State and Seattle Pacific.

AMERICAN ATHLETIC CONFERENCE

The Sacramento State women's rowing team competes within the American Athletic Conference. Other schools that compete in the American Athletic Conference in women's rowing include Central Florida, Connecticut, San Diego State, Southern Methodist, Temple, Tulsa and Villanova.

WESTERN ATHLETIC CONFERENCE (WAC)

Sacramento State's baseball competes as members of the Western Athletic Conference (WAC). Other institutions that compete in the WAC in baseball are Cal State Bakersfield, Chicago State, Grand Canyon, New Mexico State, Northern Colorado, North Dakota, Seattle University, University of Texas-Pan American and Utah Valley.

THE SCHOOL FIGHT SONG

Fight on, Sacramento State;
fight on to victory!
The Hornet is on the wing;
The foe will know that we can show them
We're meant for fame and glory
All the world will know the Hornets' nest is best
in the West BY TEST!
Sacramento State, let's go!



General Information

Formal School Name California State University, Sacramento
 Common Name Sacramento State
 Nickname Sac State
 Location 6000 J Street, Sacramento, CA 95819
 Year Founded 1947
 Conference (Primary) Big Sky Conference
 National Affiliation NCAA Division I (Football Championship Subdivision)
 Nickname Hornets
 Mascot “Herky” the Hornet (short for “Hercules”)
 Colors Green (PMS 349 C) and Gold (PMS 4515 C)
 Website www.hornetsports.com
 Stadium (Capacity) Hornet Stadium (21,195)
 Basketball Home Court (Capacity) Hornets Nest (1,200)
 Baseball Home Field (Capacity) John Smith Field (1,267)
 Softball Home Field (Capacity) Shea Stadium (912)
 Soccer Stadium (Capacity) Hornet Field (1,500)
 President Dr. J. Luke Wood
 NCAA Faculty Athletics Representative Dr. Maureen Smith

Sport Administrators

Athletic administrators who work closely with specific sport coaches and teams are sport supervisors. These individuals are available to guide student-athletes to appropriate resources and to discuss any concerns or problems that may arise that cannot be managed successfully within the team situation. The sport supervisor meets with each team at the beginning of the season to address any questions students might have as the academic year begins. Throughout the year, the sports supervisors work closely with the coaches and are available to help support their teams. At the end of the year, the sport supervisor will administer an “Athletic Assessment/Exit Interview” questionnaire to the student-athletes. These evaluation tools provide important feedback on various aspects of the sports program and services provided to student-athletes. The sport supervisors for each sport are as follows:

Sport	Administrator Name	Email Address
Baseball	Brian Berger	bwberger@csus.edu
Basketball (men’s)	Andy Fiske	andy.fiske@csus.edu
Basketball (women’s)	Pamm Zierfuss-Hubbard	p.hubbard@csus.edu
Beach Volleyball	Pamm Zierfuss-Hubbard	p.hubbard@csus.edu
Cross Country (men’s and women’s)	Carl Reed	c.reedii@csus.edu
Football	Andy Fiske	andy.fiske@csus.edu
Golf (men’s)	Brian Berger	bwberger@csus.edu
Golf (women’s)	Andy Fiske	andy.fiske@csus.edu
Gymnastics	Matt Vincent	m.vincent@csus.edu
Rowing	Carl Reed	c.reedii@csus.edu
Soccer (men’s)	Mark Spencer	mark.d.spencer@csus.edu
Soccer (women’s)	Pamm Zierfuss-Hubbard	p.hubbard@csus.edu
Softball	Pamm Zierfuss-Hubbard	p.hubbard@csus.edu
Tennis (men’s)	Carl Reed	c.reedii@csus.edu



Tennis (women's)	Pamm Zierfuss-Hubbard	p.hubbard@csus.edu
Track and Field (men's and women's)	Carl Reed	c.reedii@csus.edu
Volleyball	Pamm Zierfuss-Hubbard	p.hubbard@csus.edu

Athletics Assessment/Exit Interview (Powered by Real Response)

In order to improve the quality of our program, the Athletics Department seeks constructive feedback from the student-athlete. This is done through two different methods: Athletic Assessment/Exit Interview questionnaires and anonymous real-time reporting. The exit interview questionnaires provide the Athletic Department with information which may be useful to coaches and administrators in improving behaviors, strategies or policies that impact the student-athlete. A student-athlete may voluntarily provide their name, complete the questionnaire and actual responses will be kept confidential and only read by the Director of Athletics, Senior Woman Administrator, Compliance Director, Faculty Athletic Representative and Sport Administrator (if applicable).

Student-athletes may provide a real-time report by scanning one of the QR codes located in multiple locations in and around the areas that they frequent. Additionally student-athletes will receive a monthly text or email reminding them of the Real Response platform and providing another opportunity to report.

Constructive feedback is always welcome, and student-athletes need not wait until the end of their season, year, or athletic career to offer suggestions or express concerns.

Important Campus-Wide Support Services & Programs

Following is a brief overview of some of the support services offered to Sacramento State students. These programs and/or offices help student-athletes more easily make the transition to Sacramento State, assist them in achieving greater academic success, and support the special needs of certain student populations. While not all support programs are represented here, student-athletes are encouraged to refer to the current Sacramento State catalog for a comprehensive description of all Sacramento State student support services.

CAREER CENTER

The Career Center offers services to help students identify and reach their educational, career, and life objectives and opportunities. Individual career counseling sessions, computer-aided guidance software and a career library are some of the many services offered by the Center. The Candidate Preparation and Placement Program within the Center offers graduating students a chance to interview on campus with more than 300 local and regional employers. Special workshops are offered regularly to assist students with job-seeking tips, resume construction, and interviewing techniques. Current full-time job vacancies in education, business, industry, human services, and government agencies are available through the Career Connection online database and in the Center's library. The online Career Connection tool is an easy way for students to access part-time job opportunities that fit a college student's schedule. Finally, the Career Center helps students find internships, co-ops and part-time career-related opportunities both on-campus and off. (Lassen Hall 1013, (916) 278-6231) <https://www.csus.edu/student-life/career-center/> Email: careercenter@csus.edu.

CHILDREN'S CENTER

The Associated Students' Children's Center provides day care services for children ages six months to seven years of age. The Center is staffed by certified, experienced teachers and student employees. Fees are based on hourly and full day rates, and students in need may apply for child care financial assistance if they meet income eligibility guidelines. The Center is operated year-round with hours of 7:30 am - 6:00 pm, Monday - Friday. (Southeast corner of campus/(916) 278-6216) <https://asi.csus.edu/asi-childrens-center>



COMPUTER LABS & IRT

University Computing offers and maintains various computer laboratories on campus. These labs are open early morning to late evening (including weekends), and offer both PC and Apple desktops with various software programs installed. Students are also encouraged to establish a Saclink e-mail account which includes a free internet service provider. Students must use their valid Sacramento State I.D.(OneCard) to access computer lab services. (User Services counter - ARC Room 2005/ (916) 278-7337) <https://www.csus.edu/information-resources-technology/campus-tech-resources/student-tech-resources.html> Service Desk: 7:30am- 4pm Chat: 7:30am- 3:30pm

FINANCIAL AID OFFICE

The financial aid office helps students who have difficulty meeting the cost of attending the university get the financial aid they need—many Sacramento State students receive financial aid. Eligible students may receive aid usually comprised of two types: grants or loans. Grants are awarded on the basis of financial need and do not have to be repaid. Loans are awarded on the basis of financial need, made available from both the university and outside lenders, and must be repaid. Other forms of financial aid include work study programs and scholarships (need-based, academic, and athletic). Students should apply before the priority filing deadline of March 2. To apply, students must complete a free application for federal student aid (FAFSA). Financial aid counselors and staff are available to answer questions regarding eligibility and application procedures. (Lassen Hall 1000, (916) 278-1000 option 2) <https://www.csus.edu/apply/financial-aid-scholarships/>

OFFICE OF GRADUATE STUDIES

The Office of Graduate Studies staff coordinates admissions to various Sacramento State graduate schools. Graduate Center staff are also available to serve and assist graduate students throughout their graduate careers including advancement to candidacy, applications for graduation and completion of the culminating experience (e.g. projects or theses). Graduate Studies also offers numerous workshops regarding policies and procedures for attending graduate school at Sacramento State. (River Front Center 215, (916) 278-6470) <https://www.csus.edu/graduate-studies/> Email: grad_admissions@csus.edu or grad_degreeservices@csus.edu

HOUSING & RESIDENTIAL LIFE

Housing & Residential Life provides on-campus housing for Sacramento State students in the Residence Halls. Applications are accepted starting on November 1st of the preceding year for Fall occupancy, and August 1st of the preceding year for Spring occupancy. Sacramento State has three, three-story traditional residence halls and one suite-style residence hall, the American River Courtyard. Students interested in living off-campus may review a self-service listing of rentals in the Sacramento community located at the Student Access Center in the Sacramento State Library, or may visit the Housing & Residential Life website at www.csus.edu/housing (Riverview Hall, (916) 278-6655) Email: housing@csus.edu

PEAK ADVENTURES

PEAK Adventures is an outdoor education and recreation program which provides individuals and groups many different outdoor adventure activities such as day hikes, snowboarding, backpacking, bicycling, skiing, rock climbing, and summer youth camp. PEAK Adventures also provides outdoor and snow equipment rentals and a bicycle repair facility. (University Union 1st Floor (916) 278-6321) <https://www.peakadventures.org/> Email: peakinfo@csus.edu

PRIDE CENTER

The PRIDE Center is Sacramento State's Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Asexual, and Ally (LGBTQQIAA) resource center. The PRIDE Center provides a Safe Zone where LGBTQQIAA students can get resources, find community, volunteer their time working on projects, and help others. (First Floor, University Union, (916) 278-3940) <https://www.csus.edu/student-affairs/centers-programs/pride-center/> Email: pride@csus.edu



DISABILITY ACCESS CENTER

This office provides assistance to students who require accommodations related to the following types of disabling conditions which may impede a student's educational process: visual, communication, hearing impaired, mobility, specific learning disability, other functional limitations, and temporary disabilities. To be eligible for services, a student must have documentation of the disability on file. Services include admission assistance, academic advising, priority registration, disability management counseling, reading, note taking, interpreting, class shuttle services, generic adaptive equipment, classroom test accommodation, and special parking permits. (Lassen Hall 1008, (916) 278-6955) <https://www.csus.edu/student-affairs/centers-programs/disability-access-center/> Email: dac@csus.edu

STUDENT ACADEMIC SUCCESS & EDUCATIONAL OPPORTUNITY PROGRAM (EOP)

This program provides admission support, academic advising, financial assistance, and retention services to various Sacramento State undergraduates who may need extra financial and academic support in progressing towards a college degree. In addition, individual tutoring, faculty mentoring, and social/cultural activities are offered. The Summer Bridge Program and courses on learning strategies are also offered through the EOP. (Lassen Hall 2205, (916) 278-6183) <https://www.csus.edu/student-affairs/centers-programs/educational-opportunity-program/> Email: eop-01@csus.edu

BURSAR'S OFFICE

The BURSARS Office is where students make registration payments, purchase parking permits, and make most other financial transactions, including picking up scholarship stipends, financial aid and loan checks. (Lassen Hall 1001/1003, (916) 278-1000/Option 3) <https://www.csus.edu/administration-business-affairs/bursar/> Email: bursar@csus.edu

STUDENT HEALTH AND COUNSELING SERVICES

Student Health and Counseling Services (SHCS) offers services in the following areas: individual and group counseling, health care, an on-site pharmacy, wellness education, CARES (Crisis Assistance and Education Resource Education Support) and sexual violence support. The goal of SHCS is to assist you through various services and help you manage life challenges that can hinder your academic progress. (First floor, The WELL, (916) 278-6461) <https://www.csus.edu/student-life/health-counseling/>

STUDENT SERVICES CENTER

The Student Services Counter is the main point of contact for students to obtain official documents (transcripts) and student records. Student Services Counter staff additionally schedule appointments for students to see degree evaluators and admissions counselors. Most petitions and many student record changes can be processed there. (Lassen Hall, Main lobby (916) 278-1000, Option 2/ sacstatessc@csus.edu

ACADEMIC TESTING CENTER

The Testing Center administers regional and national exams such as the GRE, GMAT, CBEST, and the WPJ. Other kinds of tests handled by the Testing Center include diagnostic and placement exams required for specific classes. (Lower Library, Room 14/(916) 278-6296) <https://www.csus.edu/student-affairs/centers-programs/testing-center/> Email: testingcenter@csus.edu

UNIVERSITY LIBRARY

The Sacramento State Library is a six-story, 238,000 square foot facility that holds about one million volumes, and thousands of maps, slides, and pamphlets. The Library subscribes to over 4,700 magazines, technical and scholarly journals, and newspapers. The Main Floor includes an Information Desk that provides visitors general directions and referrals. The Library also includes computer-assisted reference services, databases via CD-ROM, and terminals for the on-line catalog EUREKA. EUREKA serves as a gateway to other databases and systems including Infotrac, FirstSearch, and MELVYL. Students with an active SacLink account can access EUREKA from home via the Internet. Visit the University Library's website at <http://library.csus.edu/hours/> for a schedule of hours, as they vary during the semester and year, and for many online resources. (South-end of campus, (916) 278-6926)



<https://library.csus.edu/>

UNIVERSITY UNION

While this facility is not considered an academic support office, the University Union is a central hub of University life for students and provides many important services. The Union provides activity programming, support services, lounges, meeting rooms, recreational assistance, special events, and food services. It also houses Associated Students Inc. (the student government body of Sacramento State) as well as the Student Organizations & Leadership Office. Other specific services and amenities include ticket sales, check cashing, postage sales, campus box office services, group study rooms, music listening rooms, art exhibits, mail box rentals, a convenience and specialty store, legal aid services, the Hornet Newspaper office, two coffee houses, a pizza parlor, the Hornet's Nest food court, ASI student government offices, a games room featuring billiards/video games/ping pong and more, a full service restaurant and patio dining. Visit the University Union's website at <https://theuniversityunion.com/> for a schedule of hours and list of services. (Southeast corner of the campus, (916) 278-6997). Email: uinfodesk@csus.edu

THE WELL

The WELL, Sacramento State's state-of-the-art, multi-use recreation and wellness facility, opened in Fall 2010 and features multi-activity courts, weight and fitness rooms, a climbing wall, an indoor track, and the new Student Health & Counseling Services center. At the WELL, students may exercise, participate in group recreational activities, access health-care services, study, socialize, and more—and many of these options are available to enrolled students at no extra cost. (The WELL, (916) 278-9355) <https://thewellatsacstate.com/>

WOMEN'S RESOURCE CENTER

The Women's Resource Center strives to help raise the University community's awareness of gender discrimination and confront sexism through education and social action. The Center helps both women and men understand the relationship between sexism and other forms of oppression, and helps students work collectively in a noncompetitive atmosphere. (University Union 2250, (916) 278-7388) <https://www.csus.edu/student-affairs/centers-programs/women-resource-center/>
Email: wrc@csus.edu



Standards of Conduct

Overview for Student-Athletes

Sacramento State Code of Conduct

Student-athletes are held accountable to the same policies and procedures as other University students outlined at <https://www.csus.edu/student-affairs/student-conduct/policies.html>. Sacramento State students should be aware of the following procedures and policies related to conduct:

- CSU Policy Nondiscrimination Policy: <https://calstate.policystat.com/policy/12891658/latest/>
- CSU Executive Order 1098 (Student Conduct Procedures): <https://calstate.policystat.com/policy/8453518/latest/>
- Academic Honesty Policy and Procedures: <https://sacramentostate.policystat.com/policy/11300038/latest/>
- Grade Appeal Process: <https://sacramentostate.policystat.com/policy/11476953/latest/#autoid-4dpqy>
- Incidents of Disruptive Student Behavior in the Classroom: <https://sacramentostate.policystat.com/policy/11300041/latest/>
- Student Conduct Code: <https://sacramentostate.policystat.com/policy/12243212/latest/>

Student-Athlete Code of Conduct

Each student-athlete is to conduct him or herself in a manner that creates a positive image of the University, the Department of Athletics, and his or her team. Sacramento State student-athletes have even more responsibilities regarding their behavior and conduct than non-athlete students. Student-athletes' conduct while at Sacramento State is subject to three codes: Federal and State law; the Sacramento State Student Conduct Code (directly derived from Title V of the California Code of Regulations); and the Department of Athletics rules. Furthermore, student-athletes may also be subject to Department of Housing & Residential Life regulations, and other University rules and regulations pertaining to student life.

Hazing

Hazing is not tolerated at Sacramento State, and by extension, in the Athletic Department. Sacramento State defines hazing as *"any act, whether physical, mental, emotional or psychological, that subjects another person, voluntarily or involuntarily, to conduct that may abuse, mistreat, degrade, humiliate, harass or intimidate the person, or which may in any fashion compromise the inherent dignity of the person. In addition, any requirements by a team member that compel another member to participate in any activity which is against University policy or law will be defined as hazing."* University policy against hazing includes any method of initiation or pre-initiation into a student organization, or any pastime or amusement engaged in with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any student or other person attending any school, community college, college, university or other educational institution in this state; however, hazing does not include customary athletics events or other similar contests or competitions

Code of Conduct Violation

As a student-athlete, you need to know that if you violate any of these codes of conduct—Federal and State law, the Sacramento State Student Conduct Code, or Department of Athletics rules—you will be subject to athletics sanctions through the Department of Athletics in addition to University sanctions. In other words, breaking any rules here at Sacramento State will not only impact your status with the University, but it can impact your ability to participate in competition and intercollegiate athletics activities. University sanctions may include written warnings, educational sanctions, suspension or expulsion from the University.



Federal and State Criminal Law

If a student-athlete violates criminal law, he or she is subject to Federal or State criminal proceedings and penalties, University student conduct proceedings and sanctions, and Athletics Department conduct proceedings and sanctions.

Furthermore, student-athletes at Sacramento State are bound by Education Code § 67362, Felony Sentence Disclosure. EC 67362 provides that no student-athlete enrolled at any campus of the California State University (CSU) may participate as a member of any Athletics Department team, or as a participant in any Athletics Department event if he or she, at any time after his or her enrollment as a college or university student, is prosecuted as an adult and is convicted of a violent felony as defined in the statute. A student-athlete may regain his or her eligibility to participate as a member of an Athletics Department team, at the discretion of the Director of Athletics, after he or she successfully completes the entire term of his or her probation or successfully completes his or her assigned prison term and parole period, if any.

NCAA Serious Misconduct Rule

A current or prospective student-athlete who has been convicted of or pled guilty or no contest to a felony or misdemeanor involving Serious Misconduct, or has been subject to official University or athletic department disciplinary action at any time during enrollment at any collegiate institution (excluding limited discipline applied by a sports team or temporary disciplinary action during an investigation) due to Serious Misconduct shall not be eligible for athletically-related financial aid, practice or competition at a Big Sky member institution. For purposes of this provision, “serious misconduct” is defined as any act of sexual violence, domestic violence, dating violence, stalking, sexual exploitation, or any assault that employs the use of a deadly weapon or causes serious bodily injury.

Each current and prospective student-athlete will be asked to complete a questionnaire which will ask specific questions to give the athletic department information regarding possible misconduct issues in the student-athlete’s background. Waivers can be requested in the case of unique and compelling circumstances. If a waiver is requested, a panel of individuals outside the athletics department will review and determine if the request warrants approval. Each decision will be reviewed by the director of athletics and the Big Sky Commissioner.

Big Sky Sportsmanship Policy (Rule 6.1.1.1)

Student-athletes and institutional personnel must always remember, even in the midst of the emotion of a contest, that they are representatives of institutions of higher education, its administration, student body, and faculty. Accordingly, they will be expected to conduct themselves in a manner which will reflect credit to their institution and the Conference and create a collegiate atmosphere in which to conduct competition. Institutional personnel must also be aware that they are an example to student-athletes and other students.

Notice of non-discrimination on the basis of gender or sex

The California State University, which includes Sacramento State, does not discriminate on the basis of gender, which includes sex and gender identity or expression, or sexual orientation in its education programs or activities. Title IX of the Education Amendments of 1972, and certain other federal and state laws, prohibit discrimination on the basis of gender or sexual orientation in employment, as well as in all education programs and activities operated by the University (both on and off campus). The protection against discrimination on the basis of gender or sexual orientation includes sexual harassment, sexual misconduct, and gender based dating and domestic violence and stalking.

Sacramento State is committed to creating and sustaining an educational and working environment free of sexual misconduct, dating and domestic violence, and stalking. If you experience any of these forms of misconduct, you are strongly encouraged to utilize the various on- and off-campus resources. Your safety and well-being is a top priority for the university.



Questions? Complaints? Concerns?

Non-Athletically Related Grievances

Title IX requires the university to designate a Title IX Coordinator to monitor and oversee overall Title IX compliance. The campus Title IX Coordinator is available to explain and discuss the right to file a criminal complaint (for example, in cases of sexual misconduct); the university's complaint process, including the investigation process; how confidentiality is handled; available resources, both on and off campus; and other related matters. **If you are in the midst of an emergency, please call the police immediately by dialing 9-1-1.**

William Bishop, Director for Equal Opportunity, is the campus Discrimination, Harassment and Retaliation (DHR) Administrator and Title IX Coordinator responsible for implementation of these policies. He may be reached at wiliam.bishop@csus.edu or 916.278.7469. Britnie Hopkins works with the Director as the Senior Investigator for Equal Opportunity. She may be reached at b.hopkins@csus.edu or 916.278.2843. Tom Carroll is the Director of Student Conduct in the Division of Student Affairs. His office is located in Lassen Hall on the 2nd Floor. He can be reached at tc Carroll@csus.edu or 916.278.6060.

For more information about the Office for Equal Opportunity and its services, please visit <http://www.csus.edu/hr/departments/equal-opportunity/index.html>. This webpage includes links to other available resources.

For information on Title IX and Sacramento State's efforts regarding campus sexual violence prevention, please visit the WE CARE. WE WILL HELP webpage at <http://www.csus.edu/titleix/>. Phone: (916) 278-5770

Campus Title IX Coordinator William Bishop Director for Equal Opportunity Del Norte Hall 2005 wiliam.bishop@csus.edu 916-278-5770	University Police Public Safety Building (south end of campus) Hours: 24/7 police@csus.edu Non-emergency phone: 916-278-6000 Emergencies: 916-278-6000 or 9-1-1	U.S. Department of Education, Office for Civil Rights (OCR) 50 Beale Street, Suite 7200 San Francisco, CA 94105-1813 Telephone: 415-486-5555 FAX: 415-486-5570; TDD: 800-877-8339 Email: ocr.sanfrancisco@ed.gov
Deputy Title IX Coordinators		
Stephanie Cruz Associate Director for Equal Opportunity Del Norte Hall 2005 stephanie.cruz@csus.edu 916-278-6648	Britnie Hopkins Senior Investigator for Equal Opportunity Del Norte Hall 2005 b.hopkins@csus.edu 916-278-2843	Tom Carroll Student Conduct Administrator/Officer Lassen Hall tc Carroll@csus.edu 916-278-6060
Nadine Amber Kelly Executive Director of University Housing Services n.kelley@csus.edu 916-278-6655	Pamm Zierfuss Hubbard Deputy Title IX Coordinator Associate Athletic Director Athletic Center p.hubbard@csus.edu	

Notice of Revised CSU Systemwide Policies and Procedures

The CSU is committed to maintaining an inclusive community that values diversity and fosters tolerance and mutual respect. It is CSU policy to provide equal opportunity for all persons regardless of race, religious creed, color, national origin, ancestry, physical disability, mental disability, medical condition, genetic information, marital status, sex, gender, gender identity, gender expression, age, sexual orientation, and veteran status.



As of June 23, 2015, several new CSU Executive Orders went into effect. While the number of the Executive Orders has not changed, please note the revised date on the latest version:

Executive Order 1095 Revised June 23, 2015 provides direction on implementing legislation on sex discrimination, sexual harassment and sexual violence. The legislation includes Title IX of the Education Amendments of 1972 (20 U.S.C. § 1681 et seq.) and related regulations (34 C.F.R. Part 106) (Title IX); the Violence Against Women Reauthorization Act of 2013 (which amends the Jeanne Clery Disclosure of Campus Security and Campus Crimes Statistics Act, commonly known as the Clery Act) (20 U.S.C. 1092(f)) (VAWA) under its Campus Sexual Violence Elimination Act provision (Campus SaVE Act); Title IV of the 1964 Civil Rights Act (42 U.S.C. § 2000c et seq.); the California Equity in Higher Education Act (Cal. Educ. Code § 66250 et seq.); California Education Code §§ 67385.7 & 67390-91; and the Governor's California Campus Blueprint to Address Sexual Assault.

Executive Order 1095 Revised June 23, 2015 supersedes Executive Order 1095 Effective June 3, 2014.

Executive Order 1095 Revised January 3, 2022 may be found at <https://calstate.policystat.com/policy/10958770/latest/>.

Effective January 1, 2022, Executive Orders 1096 (prohibiting discrimination, harassment and retaliation against **employees**) and 1097 (prohibiting discrimination, harassment and retaliation against **students**) were superseded by the new Interim Policy Prohibiting Discrimination, Harassment, Sexual Misconduct, Sexual Exploitation, Dating Violence, Domestic Violence, Stalking and Retaliation. Revised January 22, 2023, this interim policy can be found at <https://calstate.policystat.com/policy/12891658/latest/>.

Executive Order 1098 Revised June 23, 2015 contains student conduct procedures established pursuant to 5 Cal. Code Regs. §41301, and govern all student disciplinary matters systemwide. Executive Order 1098 Revised June 23, 2015 supersedes Executive Order 1098 Effective June 3, 2014. Executive Order 1098 Revised August 14, 2020 may be found at <https://calstate.policystat.com/policy/8453518/latest/>.

Athletically Related Grievances

Student-athletes experiencing a problem or having a concern, regardless of the cause of the problem, have an opportunity to request assistance in dealing with the issue. Any athletic related grievances such as transfers, hazing, excessive practice schedule, allowing a student-athlete the opportunity to compete for a position, playing time or athletically-related financial aid, will be resolved as follows:

1. First Step: Schedule a meeting with the coach(es) to discuss the issue.
2. Second Step: If the student-athlete's athletically related grievance or issue is not resolved in the first meeting with coach(es), then a second meeting should be scheduled with the coach(es).
3. Third Step: If the student-athletes athletically related grievance or issue is not resolved in the first or second meeting with the coaching staff, then a meeting should be scheduled with the sport supervisor.
4. Fourth Step: If the student-athlete's athletically related grievance or issue is not resolved in the meetings with the coaching staff or sport supervisor, then a meeting should be scheduled with the Director of Athletics.

In all athletically related grievances, the decision by the Director of Athletics is final.



ATHLETICS DEPARTMENT GUIDELINES

Preliminary Action, University Notification, Student Conduct Procedures, and Sanctions

Following are Athletics Department guidelines for preliminary action, University notification, student conduct procedures, and Athletics Department sanctions for different levels of student-athlete misconduct: felony criminal law violations; misdemeanor criminal law violations; Sacramento State Student Conduct Code violations; Student-Athlete Rules violations; and Team Rules violations.

Criminal Law Violations—Felony

When a student-athlete has engaged in conduct alleged to be a felony violation of criminal law, the student-athlete him or herself, and/or the Athletics Department official who discovers this information must report it immediately to the Director of Athletics upon receipt of notice of such possible violation. The Director of Athletics or designee will in turn notify the Student Conduct Administrator and University Police, in writing within 24 hours or by the next business day. Student-athletes arrested for or charged with a felony violation of criminal law will be placed on immediate administrative suspension from involvement in team activity pending further investigation. This administrative suspension may be lifted only upon the authorization of the Director of Athletics, and is indefinite pending the outcome of disciplinary and/or criminal proceedings.

A student-athlete committing a felony violation will likely be subject to a criminal proceeding, University Student Conduct process and related University sanctions, and Athletics Department conduct proceedings and athletic sanctions, depending on the circumstances of the violation. If a student-athlete is convicted of a felony, he or she may not participate as a member of any Athletics Department team, or as a participant in any Athletics Department event if he or she, at any time after his or her enrollment as a college or university student, is prosecuted as an adult and is convicted of a violent felony as defined in EC 67362.

Criminal Law Violations—Misdemeanor

When a student-athlete has engaged in conduct alleged to be a misdemeanor violation of criminal law, the student-athlete him or herself, and/or the Athletics Department official who discovers this information must report it immediately to the Director of Athletics upon receipt of notice of such possible violation. Student-athletes committing criminal misdemeanors will be subject to athletics sanctions through Athletics Department, and may also be subject to University Student Conduct proceedings and University sanctions depending on the circumstances of the violation.

In cases where a student-athlete is cited or charged with a criminal misdemeanor, the Director of Athletics or designee will notify University Police and/or the Student Conduct Administrator. Student-athletes arrested for or charged with a misdemeanor violation of criminal law may, depending on the severity of charges, be placed on immediate administrative suspension from involvement in team activity pending further investigation, by the Director of Athletics. This administrative suspension may be lifted by the Director of Athletics at his or her discretion.

A student-athlete committing a misdemeanor may be subject to a criminal proceeding, University Student Conduct process and related University sanctions, and Athletics Department conduct proceedings and athletic sanctions, depending on the circumstances of the violation.

Sacramento State Student Conduct Code Violations (Title V)

When a student-athlete has engaged in conduct alleged to be a violation of the Sacramento State Student Conduct Code, the student-athlete him or herself, and/or the Athletics Department official who discovers this information must report it immediately to the Director of Athletics upon receipt of notice of such possible violation. Then, the Director of Athletics or designee will notify the Student Conduct Administrator of the violation in writing as soon as possible or by the next business day, so that the Student Conduct Administrator can begin a timely student conduct process.

Every discovered Student Conduct Code (Title V) violation committed by any student, including student-athletes, must be



reported, documented, and kept on file by the Student Conduct Administrator. In some cases, especially if a likely University sanction is a warning, the Student Conduct Administrator may choose not to initiate a separate, University-level student conduct process. Instead, the Athletics Department investigation and report to the Student Conduct Administrator may suffice. It is important to note that Athletics Department may not levy any institutional sanction related to a Title V violation, including written warnings; only the Student Conduct Administrator has the authority to issue University sanctions for a Title V violation.

For Title V violations, Athletics Department may take immediate action and impose temporary athletics sanctions on the student-athlete (suspension from competition, practice, or team activity during the timeframe in which the University-level student conduct process unfolds), in addition to any University sanctions imposed on the student-athlete by the Student Conduct Administrator. Permanent athletics sanctions (those that go beyond any temporary sanctions levied while the University-level process is taking place) should not be imposed until the University-level proceedings have concluded. The Student Conduct Administrator will make every effort to ensure student conduct proceedings take place in a timely manner. Any permanent athletics sanctions that are ultimately levied on student-athletes should be aligned appropriately with the findings of the University conduct officer; i.e. University and athletics sanctions should not be disproportionate to one another. Athletics sanctions applied by Athletics Department for Title V violations vary based on severity of the violation, will be appropriate to the Title V violation committed, and applied consistently to all student-athletes.

Student-Athlete Rules Violations

When a student-athlete has engaged in conduct alleged to be a violation of the Sacramento State student-athlete rules, the student-athlete and/or the Athletics Department official who discovers this information must report it immediately to the Director of Athletics upon receipt of notice of such possible violation. Then, the Director of Athletics or designee will take reasonable steps to verify the validity, reliability, and accuracy of the report. These steps may include interviews of students and employees, or of non-University persons having knowledge of relevant facts; examination of documents; or other steps necessary for the Director of Athletics to determine the validity of the report. A meeting with the student-athlete will ordinarily occur before any discipline is imposed; however, in extenuating circumstances, the Director of Athletics may suspend the student-athlete before the meeting.

Determination of responsibility will be based on information available and a preponderance of evidence. A first-time offense may be serious enough to warrant any of the possible sanctions listed. A student-athlete's refusal to participate and cooperate in an Athletics Department or NCAA investigation of a possible violation of this Code of Conduct may itself constitute a basis for disciplinary action.

Student-athletes found in violation of Student-Athlete Rules are subject to athletics sanctions levied by Athletics Department, depending on the severity of the violation, including: mandatory alcohol/drug counseling; community service; letter of apology; restitution; parent/guardian notification (in accordance with FERPA regulations); suspension from practice activities; suspension from team activities; one contest suspension; multiple contests suspension; dismissal from team; withdrawal of Financial Aid (per NCAA regulations).

Team Rules Violations

Each student-athlete is responsible for following his or her specific team policies. These policies shall be in writing and distributed to team members at the start of each academic year or the beginning of the playing season, whichever comes first. The head coach, sport supervisor, and the Director of Athletics all have the authority to impose sanctions for the violation of team policies, provided that the head coach shall not impose the sanction of suspension or expulsion from the team without the approval of the Director of Athletics or designee. Possible athletics sanctions for team violations include but are not limited to: team probation, community service, cancellation of contests, or cancellation of season. Sanctions will be appropriate to the Team Rules violation committed, and applied consistently to all intercollegiate sports teams. Team policies and related penalties shall not supplant or supersede state or federal law or CCR Title V § 41301 (Sacramento State Student Conduct Code).



Student-Athlete Self-Report Requirement

Any student-athlete shall immediately notify his or her head coach or the Director of Athletics as appropriate if he or she has been found in violation of the Sacramento State Student-Athlete Code of Conduct, Sacramento State Student Conduct Code (Title V), or State or Federal criminal law in which members of law enforcement (e.g., Sacramento State Public Safety Officers, Sacramento Police, Sacramento County Sheriff, California Highway Patrol, etc.) have become involved. This notification requirement also includes any behavior that, if uncovered or made known, could be determined inappropriate, reckless, inciting, or malicious, or which could bring embarrassment to the team, Athletics Department, or the campus community. Noncompliance with this requirement may result in additional sanctions.

Athletic Sanction Guidelines

Sacramento State Athletics Department will make every effort to apply the student-athlete conduct process and athletics sanctions fairly and consistently to all student-athletes. Possible related athletics sanctions, levied in accordance with the different conduct violations described above, include mandatory alcohol/drug counseling; community service; letter of apology; restitution; parent/guardian notification (in accordance with FERPA regulations); suspension from practice activities; suspension from team activities; one contest suspension; multiple contests suspensions; dismissal from team; withdrawal of Financial Aid (per NCAA regulations).

Please note the following additional guidelines:

- Nothing in this code shall be construed to prevent the University or Athletics Department from imposing disciplinary proceedings pending final adjudication in a court of law.
- If warranted by the circumstances in a particular case, the Director of Athletics shall have the authority to impose a penalty that he or she finds appropriate (e.g., a longer suspension from competition, permanent removal from the team).
- In cases where there is ambiguity about the status of a penalty, the Director of Athletics will use all available information to determine the appropriate penalty.
- A student-athlete withholding information in an attempt to evade punishment is subject to further penalties as appropriate.
- The Director of Athletics may revoke or modify athletically-related financial aid as a consequence of any and all criminal misconduct. Action to revoke or modify athletically related financial aid will be in accordance with NCAA procedures and University procedures, as outlined in the Student-Athlete Handbook.
- For multi-sport student-athletes, sanctions will be imposed during the season in which the offense occurs or in the immediately next sport season if the offense occurs out of season.

Appeal Process

Student-Athlete Rules Violations

A. Policy

A student-athlete may appeal any sanction that suspends participation in practice, competition, and/or services provided by Athletics Department. (Procedures for appealing a revocation or modification of athletically-related financial aid can be found in the Financial Aid/Scholarship Policies section of the Student-Athlete handbook.)

A student-athlete may not contest on appeal:

- Any underlying determination of responsibility rendered by a court or other civil authority; or
- Any underlying determination of responsibility rendered by a University official or hearing body in accordance with official procedures.

B. Procedures

A student-athlete who has been suspended from participation in practice, competition, and/or services provided by Athletics Department may appeal the decision. The appeal must be made, in writing, to the Director of Athletics, within five business days of the student-athletes' written receipt of the notice of sanctions. The appeal letter must explain the grounds for the appeal (e.g. new information, failure to follow proper procedure, abuse of discretion).



Upon receipt of the request for appeal, the Director of Athletics will initiate an investigation through the Faculty Athletics Representative to review details of the case, consult the student-athlete's Head Coach, and meet with the student-athlete. The Faculty Athletics Representative will notify the Director of Athletics of his or her findings and recommendation. The Director of Athletics will then render a decision and notify the student as to the result of the appeal. The student-athlete will also receive written notification of the appeal decision.

- o All decisions rendered during the appeal process are final.
- o If circumstances warrant a change in a suspension, a student-athlete may be reinstated by the Director of Athletics to resume participation in practice, competition, and/or services provided by Athletics Department.
- o Dismissal or reduction of a criminal charge is a change of circumstance that may or may not justify revision of a suspension from participation in practice, competition, and/or services provided by Athletics Department.

Student Conduct Code Violations

Student Conduct Code violations are adjudicated under Executive Order 1098. Most cases of alleged misconduct begin with an investigation by the Office of Student Conduct and a conference meeting with the charged student. During the conference meeting, the Student Conduct Administrator attempts to reach an agreement on an appropriate disposition of the matter. If the alleged violation of the Student Conduct Code is not resolved by agreement, a formal hearing may be conducted to determine the appropriate outcome. Full details on the University Student Conduct Process are available at <https://www.csus.edu/student-life/housing/policies-and-procedures/student-conduct.html>.

Effective January, 1, 2022, cases involving allegations of discrimination, harassment, retaliation, sexual misconduct, dating or domestic violence, or stalking, fall under the new Interim Policy Prohibiting Discrimination, Harassment, Sexual Misconduct, Sexual Exploitation, Dating Violence, Domestic Violence, Stalking and Retaliation. This interim policy supersedes Executive Orders 1096 and 1097. Any new reports on or after January 1, 2022 will be assessed under the new Interim policy. The complete policy and procedure is available at <https://www.csus.edu/division-inclusive-excellence/office-equal-opportunity/title-ix-update-2020.html>.

Records and Privacy

Reports and records of misconduct and actions taken shall be maintained in the student-athlete's record in the office of the Director of Athletics or designee; records of student-athlete Title V violations are additionally maintained by the University Student Conduct Administrator. These records are subject to state and federal privacy protection, as well as University policies regarding confidentiality. Notification to the public regarding the student-athlete's eligibility for intercollegiate competition shall be limited to directory information as defined by the University and information that is not part of the education record subject to the privacy protections noted above.

Review of Policy

The Student-Athlete Code of Conduct shall be reviewed annually by the Intercollegiate Athletic Advisory Committee. In addition, Athletics Department shall prepare annually a summary report of conduct code implementation (with specific details omitted to protect confidentiality), which shall be reviewed by the Intercollegiate Athletic Advisory Committee.

Student-Athlete Development Resources

STUDENT-ATHLETE DEVELOPMENT is an all-encompassing exposure to major departments and University resources to aid in the prep for career paths after sport. Factors that help student-athletes professional development growth include; meetings with Academic Advisors, meetings with Major Advisors, meetings with Professors a part of their major courses, utilizing the on-campus Career Center (Lassen Hall 1013), consideration of joining major-based clubs, as well as consistently checking emails for career development opportunities sent out by the university or the athletics department.

Career Center link: <https://www.csus.edu/student-life/career-center/>

Handshake Job Board link: <https://csus.joinhandshake.com/>

What can I do with this Major? Resource: <https://whatcanidowiththismajor.com/>



Student Organizations & Leadership: <https://www.csus.edu/student-life/student-organizations/>

Student-Athlete Resource Center (SARC)

LASSEN HALL, ROOM 3002

The Student-Athlete Resource Center is located on the third floor of Lassen Hall - Room 3002.

The SARC is made up of five academic advisors and a SARC Academic Mentor staff. The SARC advises student-athletes in general education, helps monitor continuing-eligibility, provides academic mentoring services, connection to professional development resources, graduation monitoring, admission processing responsibilities.

SARC Academic Mentors meet with assigned student-athletes on a weekly basis to review study skills, time management, note taking, test preparation, and various other academically important skills. Student-athletes can also request a tutor by contacting the SARC or utilizing the Peer Academic Resource Center (PARC www.csus.edu/parc).

Student-Athlete Resource Center staff contact information can be found on the departmental website:

<https://hornetsports.com/staff-directory>

Student-Athlete Advisory Council (SAAC)

The Student-Athlete Advisory Council (SAAC) meets monthly to discuss policies, issues, and projects associated with the operation of Athletics Department. The primary goal of the Council is to facilitate the student-athlete experience in concert with the values and mission of the University. Specific issues related to conference affiliation, NCAA, and external affairs are examined in order to enhance student-athlete welfare and success. The NCAA Student-Athlete Advisory Council serves as a model to advance the qualities of institutional integrity. Anyone interested in participating should contact Bethany Crouch or Pamm Zierfuss-Hubbard. Other basic purposes of the Student-Athlete Advisory Council are to:

1. Provide a communications link between the student-athlete, Athletics Department, and the University
2. Promote unity, spirit, and common purpose among teams
3. Give the student-athletes a representative voice in Athletics Department

MEMBERSHIP

The Council is comprised of appointed team representatives (two from each team) and the Coordinator of Life Skills and Student-Athlete Development as an ex-officio member. Student-athlete representatives must be in good academic standing at Sacramento State to serve.

RESPONSIBILITIES

1. Attend all Council meetings
2. Represent team views and concerns at Council meetings based on input from teammates
3. Report Council activities to team members
4. Organize teams to assist in special projects (Volunteer opportunities, professional development, etc.)

Intercollegiate Athletic Advisory Committee

The purpose of the Intercollegiate Athletic Advisory Committee (IAAC) is to provide guidance to the President of Sacramento State in developing, implementing, and evaluating policies that balance intercollegiate athletics with academic rigor and promote equity in the Athletics Department program. The advisory committee reports to the President.

The IAAC will meet in October, December, March and May. Additional meetings may be called at the discretion of the chair. Acting of its own volition, upon the request of the President, the Advisory Committee develops and supervises policies for the Athletics Department program, including but not limited to the following:

1. Developing and monitoring academic standards with respect to Athletics;
2. Formulating, reviewing, and updating all policies pertaining to intercollegiate athletics;
3. Reviewing the annual athletic budget and provide guidance concerning other financial matters of the Intercollegiate



Athletic Program;

4. Reviewing all competitive schedules;
5. Reviewing all of Athletics Department awards to athletes;
6. Providing information and assistance to the official representatives of the University for all athletic conference and NCAA meetings;
7. Ensuring that the intercollegiate athletic program adheres to all policies, rules, and regulations set forth by the University administration and the NCAA;
8. Reviewing policy relating to the use of athletic facilities as they relate to Intercollegiate Athletics;
9. Establishing, implementing, and annually reviewing policies on equity and nondiscrimination, including monitoring progress toward achieving gender equity in Athletics;
10. Participating in the search and screening process for head coaches and senior Athletics Department administrators.

The membership of this committee consists of: Alumni/Community Representatives (two); a Coach Representative; Student Representatives (three); Student Services Representative; Administrative Representative; and Faculty Athletic Representative. The President annually appoints a chair from among the advisory committee membership, and the committee chair reports to the President.

Additional resources that aid in our student-athletes overall well-being and development include:

The **ASI Food Pantry** exists to provide food and basic necessities to Sac State students with financial hardships and [low food security](#), at no cost. In addition to helping alleviate hunger within our student community, the ASI Food Pantry aims to decrease the negative impact that low food security has on the academic success of our students.

<https://asi.csus.edu/asi-food-pantry> Phone: (916) 278- 2113

Athletics Department Fueling Stations are located in the Student-Athlete Study Lounge on the first floor of the Athletics Center and in the Broad.

Student Athlete Study Lounge (Athletics Center – 1ST FLOOR)

The Student Athlete Study Lounge is located on the 1st floor of the Athletic Center in room 1030. The labs offer the following for student-athlete use:

- Tables and desk areas
- Individual and small group study areas
- Computer labs with personal computers and free printing for student-athletes



Athletic Academic Advising

Sacramento State Student-Athlete Advising Policies

The Academic Services area of the Student Athlete Resource Center is designed to provide comprehensive academic advising for you as a student-athlete. Our primary goal is to help you meet the challenges you encounter while striving for success in academics and athletics. This includes Academic Advising and academic support via the *SARC Mentor Program (in which student-athletes are assigned to by their coaches). However, we recognize that each of you ultimately determine the outcome of your academic and athletic career yourself; consequently, we expect you to take responsibility for your academic decisions. Below are guidelines that all student-athletes should follow to ensure their academic success at Sacramento State. *All tutorial services are accessed through the Peer Academic Resource Center – free campus-based tutoring.

- **Student-athletes are expected to meet with their respective Sport-Specific Athletic Academic Advisor.** At this time, your NCAA continuing-eligibility can be verified, your general education requirements checked, and your academic record reviewed. Intercollegiate athletes have the privilege of priority for class registration; however, you must attend an appointment with Laurie, Bethany, Jenna, or Andrea each semester to maintain registration priority for both the Fall and Spring semesters of the following year.
- **SARC staff does not dictate your academic schedule.** They offer suggestions in light of your eligibility requirements, academic preparation, and athletic and/or work schedule. You are required to select your own schedule and are strongly recommended to have it reviewed in the SARC before registering. In order to graduate within 4-5 years, you should plan to take 15 credits (or at least plan for additional credits each Summer).
- **Student-athletes must inform a SARC staff member before adding/dropping any courses. Changing your schedule without proper advisement could severely jeopardize your academic standing and/or athletic eligibility.**
- Class taken at any other two year or four-year institution (e.g., summer school or online) must be approved in advance by the SARC. If you do not disclose course work completed at another collegiate institution you jeopardize your NCAA eligibility.
- Student-athletes declaring or changing their majors, starting a minor, or making any other decisions regarding academics must see a SARC staff member before doing so.
- **In addition to meeting with a SARC staff member every semester, student-athletes must also see a Major advisor!** Major department advisors can track the progress of your major units and help with career advising to fit your professional goals. Some departments will place a registration hold on your record if you fail to meet with them.
- A student-athlete who leaves the Sacramento State Intercollegiate Athletic Program due to other commitments or problems with eligibility should meet with a SARC representative for an exit appointment.
- **Student-athletes are required to officially withdraw themselves from the university prior to their departure.** Students who withdraw prior to the first day of instruction will receive a 100% refund, minus a \$10 processing fee. Beginning with the first day of instruction through the 60% point of the semester, refunds are on a pro-rata basis (refunds are based on how much class you attended). Students are not eligible to receive a refund for withdrawing after the 60% cut off.
- **Athletic Priority for Class Registration -** Priority registration gives you the opportunity to register for classes during peak times of the morning and early afternoon. Student-athletes must meet minimum requirements to qualify for priority:
 - Be an active participating student-athlete (or red-shirt)
 - Maintain an overall GPA of 2.00 or better
 - See a SARC staff member at least once each semester
 - See a major advisor once each year
 - Have completed or be in the process of completing the minimum general education English and math requirements



Code of Conduct & Academic Honesty


All student-athletes at Sacramento State are expected to abide by campus policies and the Title 5 requirements related to student conduct. Additionally, the Athletics Department's Code of Conduct specifically outlines the importance of proper student-athlete behavior on- and-off campus as well as on the fields of play. Student athletes are expected to behave ethically, responsibly, and in accordance with Athletic and University policy in the classroom as well; thus, any student-athlete found engaging in any form of academic dishonesty or cheating, including plagiarism, is in violation of the Code of Conduct and University policies. A student-athlete found in violation of any of these campus policies is subject to disciplinary action not only from the University (e.g., disciplinary probation, suspension from school, expulsion) but also from intercollegiate athletics (e.g., cancellation or reduction of athletics scholarship, suspension from practice and/or competition, removal from the team).

In terms of academic honesty, it is the responsibility of all students to know and understand the definition of plagiarism. Questions about the definition of plagiarism should be directed to professors, the SARC staff, or the Office of Student Affairs. It is not an acceptable defense to a charge of plagiarism that the student-athlete misunderstood the definition of plagiarism or did not intend to plagiarize. Plagiarism from any source constitutes a violation of University policy and the Athletic Code of Conduct; specifically, in recent years there has been a campus-wide increase in reported cases of plagiarism involving the internet. Student-athletes are cautioned very strongly against plagiarizing materials obtained from the internet (*****this includes AI tools such as ChatGPT and Grammarly**). It is very easy for faculty members and student conduct officers to check the internet for plagiarized material. All material obtained from the internet should be properly quoted and cited (credited to the original author) in the respective assignment or term paper. Phone: (916) 278-6060 Email: tc Carroll@csus.edu

NCAA Academic Eligibility Rules

Student-athletes must meet the NCAA initial and continuing eligibility guidelines, as well as specific conference rules, along with Sacramento State admission and progress towards degree requirements to be eligible for athletic participation and/or athletic scholarship. The following are specific continuing-eligibility requirements for all student-athletes who began full-time enrollment at any collegiate institution (e.g., two-year College, four-year NAIA or NCAA College, foreign college).



	YEAR 1 1st & 2nd semesters	YEAR 2 3rd & 4th semesters	YEAR 3 5th & 6th semesters	YEAR 4+ 7th & 8th+ semesters
FULL TIME ENROLLMENT each semester	12+ credit hours	12+ credit hours	12+ credit hours	12+ credit hours *Exception is final semester - can be enrolled in only remaining units needed for graduation
CREDIT HOURS (units) to pass each semester	Pass a minimum of (6) degree applicable credit hours *** (9) hours (units) for Football student-athletes in the Fall semester			
CREDIT HOURS (units) to pass each year	Pass a minimum of (18) degree applicable credit hours (Fall + Spring > 18 units) *** (27) for Football student-athletes			
DEGREE CREDIT definitions	Credits accepted toward any degree offered at the university	Credits used must go towards the declared major/minor/ degree	Credits used must go towards the declared major/minor/ degree	Credits used must go towards the declared major/minor/degree
Annual % of Degree	24 credit hours	Completion of 40% (48/120) of declared major/degree	Completion of 60% (72/120) of declared major/degree	Completion of 80% (96/120) of declared major/degree
OVERALL GPA (minimums)	1.800 GPA _____	1.900 GPA _____	2.000 GPA _____	2.000 GPA _____

Full-Time Enrollment

A student-athlete must be enrolled as a full-time student (12 credits) at Sacramento State each semester, in order to practice and/or compete. **If a student-athlete drops below 12 credits, he or she will be declared ineligible and lose his or her scholarship and/or financial aid!**

Summer School & Online Course Work Procedures

All summer courses or course work online at another college must be approved by the SARC staff **prior** to enrollment. If a student-athlete is considering taking courses elsewhere, he or she must provide a copy of the school's summer schedule or online registration for the course work (or website) to the SARC staff. Student-athletes must report all summer and online courses (regardless of the final grade received) to Sacramento State in the form of an official transcript as soon as final grades are posted.



Major Declaration

Student-athletes must declare a major prior to the **FIFTH (5th)** full-time semester of collegiate enrollment. Due to early departmental deadlines, student-athletes are encouraged to visit the SARC the semester before they plan to declare and/or change their major. A student-athlete who decides to change his or her major should consult with the SARC staff for NCAA eligibility ramifications.

General Education Policies:

General Education (GE) is required of all students in order to graduate. SARC staff specializes in helping student-athletes determine their remaining GE requirements. Following are some policies and information concerning GE requirements. Refer to the GE worksheet available in the SARC or by visiting: <https://catalog.csus.edu/colleges/academic-affairs/general-education/>

Students are required to have at least a “C-” in courses taken to satisfy Categories A1, A2, A3, & B4(a) and at least a 2.00 GPA for all GE courses combined. Students must complete Graduation Requirements in addition to GE Requirements; including: Foreign Language, Second Year English 20, nine upper division credits in GE (three courses: 1 from Area B5, 1 from Area C, and 1 from Area D), American Institution Requirements, a Writing Intensive course (after WPJ completion), a Race & Ethnicity Course and 39 units of upper division coursework.

Writing Proficiency for Juniors (WPJ)

The WPJ Portfolio

Students must receive a C- or better in ENGL 20 or meet the equivalent requirement to submit a WPJ Portfolio in Canvas. To request the Canvas course, please send your name and Student ID number to gwar@csus.edu.

The WPJ Portfolio Canvas course will provide detailed instructions and guidance on creating and submitting a portfolio. Please plan to submit a WPJ portfolio at least 1-2 semesters BEFORE planning to enrolling in a Writing Intensive course.

There is a \$20 student fee for the WPJ Portfolio and the fee will be due 2 weeks after it is posted to your student account. **Students who do not take the exam prior to completing 74 college-credits will have a hold placed on their record and not be permitted to register for classes the following semester.**

Repeating

Sacramento State allows students to repeat any course with a “C-” grade or lower. Students may not repeat courses where a grade of “C” or higher was previously received unless the course can be taken more than once for credit. Additionally, some departments have limitations on the number of repeats allowed. Students are *strongly* encouraged to repeat a class in which they received a poor grade during the following semester. If a student is repeating the course at another school, they must have a Repeat Petition signed by the specific Sacramento State department prior to enrolling at the other institution. Students may repeat no more than a total of 28 credits, with a maximum of 16 credits for grade forgiveness. Students may repeat an individual course for grade forgiveness no more than two times without review and written approval by your academic advisor and/or department chair. NOTE: Every attempt remains on your transcript.

Academic Action/Standing Information

The following section outlines academic action and the various academic standing categories into which student-athletes can fall. Due to the complexity and seriousness of this information, each student-athlete is encouraged to check with SARC staff for clarifications and explanations.

Good Academic Standing

Continuing Sacramento State students who maintain cumulative Overall, cumulative Sacramento State, and Semester grade point averages of 2.00 or higher are considered in “**Good Academic Standing.**”



Academic Probation

An undergraduate student is subject to academic probation if at any time the student's Sacramento State and/or Cumulative grade point average falls below a 2.00. A student is removed from academic probation when the cumulative grade point average for both Sac State and Overall is 2.00 or higher.

Any student on probation or continued probation (two semesters below 2.00) will be under academic contract which limits the number of credits allowable to fourteen (14) and requires minimum grades in each course taken.

Academic Disqualification

Academic Disqualification is determined by class level and a grade point average range. A student who is on academic probation is subject to academic disqualification when:

- As a freshman (fewer than 30 semester credits) the student's grade point average is below a 1.50 in all credits attempted
- As a sophomore (30-59 semester credits) the student's grade point average is below a 1.70 in all credits attempted
- As a junior (60-89 semester credits) the student's grade point average is below a 1.85 in all credits attempted
- As a senior (90 or more semester credits) the student's grade point average is below a 1.95 in all credits attempted

A student may also be academically disqualified at any time if at the end of any term the student has a cumulative grade point average below 1.000.

NCAA Compliance

COMPLIANCE OFFICE

ATHLETIC CENTER, SUITE 1170

The Athletic Compliance Office functions within the realm of the University's structure. It coordinates, monitors and verifies compliance with all NCAA and Conference rules and regulations. The staff is responsible for educating all athletics department staff members, student-athletes, constituencies of the University and the community regarding NCAA regulations. The Athletic Compliance Office is a resource. The Athletics Compliance Office is committed to the principle of institutional control in the operation of the athletics department within the rules and regulations of the NCAA, the Conference, and the University.

COMPLIANCE STAFF CONTACT INFORMATION CAN BE FOUND AT THIS LINK: <https://hornetsports.com/staff-directory>

NCAA Disciplinary Action

An enrolled student-athlete found in violation of NCAA rules or unethical conduct will be ineligible for further intercollegiate competition, subject to an appeal to the NCAA Eligibility Committee for restoration of eligibility. Unethical conduct may include, but is not limited to the following:

1. Refusal to furnish information relevant to an investigation of possible NCAA rules violations.
2. Knowingly involved in arranging fraudulent academic credit or false transcripts.
3. Knowingly involved in receiving an improper recruiting inducement or extra benefit.
4. Knowingly furnishing the NCAA or Sacramento State false or misleading information concerning involvement in or knowledge of matters relevant to a possible violation of NCAA rules.

Violations

Potential NCAA rule violations must be immediately reported to the Compliance Office either in-person or by calling (916) 278-2636.



Promotional Activities

Before a student-athlete participates in any institutional, charitable, educational or nonprofit promotion, he or she, or his or her coach should check with the Compliance Office to see if the activity is permissible.

Employment

All on- and off-campus employment earnings are exempt from institutional and individual financial aid limits. Bylaws 12 and 16 require that a student-athlete who elects to work must be paid at a rate commensurate with the going rate for similar services, for work they actually perform and not based on athletic reputation.

Per NCAA Bylaw 12 a student-athlete may receive compensation for teaching or coaching sports skills or techniques in his or her sport on a fee-for-lesson basis, provided he or she has received prior approval from the Compliance Office.

Fee-For-Lesson Instruction

A student-athlete may receive compensation for teaching or coaching sport skills or techniques in his/her sport on a fee-for-lesson basis, provided (not all inclusive):

1. Institutional facilities are not used;
2. Playing lessons shall not be permitted;
3. The institution obtains and keeps on file documentation of the recipient of the lesson(s) and the fee for the lesson(s) provided; and
4. The compensation is paid by the lesson recipient(s) (or his/her/their family) and not by another individual or entity.

Login to ARMS to complete the Fee-For-Lessons Request Workflow.

Modeling

A student-athlete may NOT start modeling during their collegiate enrollment as a Division I student-athlete, unless he or she provides proof of employment prior to enrollment to the Compliance Office.

Outside Competition

A student-athlete MUST receive permission from the Compliance Office PRIOR to participation in any outside competition. An example of outside competition would be playing with your club team from high school in a tournament or game. The NCAA permits some outside competition during official vacation periods but due to the complexities of these rules we request that you check with our office before you participate. If you participate without prior permission you jeopardize your NCAA eligibility for competition representing Sacramento State.

Awards & Benefits

Student-athletes may never accept a cash award or a cash-equivalent award for athletics participation; they should check with the Compliance Office before accepting any awards based on athletic ability. Generally, receipt of a benefit by a student-athlete is not a violation if that benefit is available to all students at the institution.

Secondly, it is not permissible for a student-athlete to receive a benefit that is the result of a "special" arrangement by an institutional employee, booster, employer or fan. Non-permissible benefits include but are not limited to:

1. Free or reduced housing/rent including the use of vacation or seasonal homes;
2. Free or reduced meals;
3. Loans or cash advances in pay or salary;
4. Gifts or presents of any type regardless of the occasion or purpose;



5. Use of telephone for long distance or use of telephone cards or cell phones;
6. Free use of any motor vehicle, boat, or recreational vehicle;
7. Free use of services (auto repair, laundry, copying, faxing, etc.);
8. Free or reduced memberships at golf courses, health clubs, etc.

Sports Wagering

The NCAA opposes all forms of legal and illegal sports wagering. The NCAA adopted Bylaw 10.3 which prohibits staff members and student-athletes from engaging in gambling activities as they relate to intercollegiate or professional sporting events. NCAA Bylaw 10.3 stipulates that staff members of Athletics Department, of a member institution and student-athletes shall not knowingly:

1. Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
2. Solicit a bet on any intercollegiate team;
3. Accept a bet on any team representing the institution;
4. Solicit or accept a bet on any intercollegiate competition for any item (e.g., cash, shirt, dinner) that has tangible value; or
5. Participate in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parlay card or any other method employed by organized gambling.

Amateurism

Student-athletes are not eligible for their sport if they have:

1. Taken pay or the promise of pay, for competing in their sport;
2. Agreed to compete in professional athletics;
3. Played on any professional athletics team;
4. Used their athletics skills for pay in any form;
5. Accepted any benefit from an agent;
6. Agreed to have an agent promote their athletic ability; or
7. Allowed their name, picture, appearance or athletic reputation to be used to promote a commercial product or business venture.

Prize money issued prior to enrollment and after enrollment at Sacramento State should be brought to the attention of the Athletics Compliance Office staff to ensure the NCAA rules are followed.

Agents

A student-athlete will become ineligible for participation in his or her sport if that student agrees (orally or in writing) to be represented by an agent. In addition, if the student-athlete agrees to be represented in future professional sports negotiations that are to take place after the student graduates, he or she will become ineligible. A student-athlete will become ineligible if the student or the student's relatives or friends accept transportation or other benefits from any person wishing to represent the student-athlete.

A student-athlete may secure advice from a lawyer concerning a proposed professional sports contract only if the lawyer is not representing the student in negotiations for such a contract. If a coach becomes aware that an agent has contacted one of his or her student-athletes, the coach should notify the Athletics Compliance Office and the AD immediately.

Complimentary Admissions

According to NCAA regulations, student-athletes are allowed a MAXIMUM of four (4) complimentary admissions per home event in their respective sports. Those persons receiving the complimentary admissions are admitted via a pass list (photo identification and signature required) and actual tickets are not provided. For home events in the following sports: Baseball,



Basketball, Football, Gymnastics, Soccer, Softball, Track & Field and Volleyball student-athletes will make their ticket requests online via ARMS. For sports other than Football student-athletes must request complimentary tickets (if available) for away events with their coaching staff. Football student-athletes will submit their requests for away games online via ARMS.

Student-athletes may neither receive payment for complimentary admissions nor exchange them for any item of value. Violation of this NCAA requirement will jeopardize the student-athlete's eligibility to compete.

In the event of a postseason competition, Athletics Department reserves the right to determine complimentary ticket distribution within guidelines established by the Conference and the NCAA.

Seasons of Competition – Five Year Rule

Student-athletes have five calendar years in which to compete for four athletic seasons in a sport. The five-year clock begins when a student-athlete first becomes a full-time student at any collegiate institution. These years are continuous. Students do not regain any time during which they are not enrolled in school. Student-athletes may be granted an extra year of eligibility if they meet medical hardship criteria, but this will not extend the five-year clock.

Medical Hardship

Medical Hardship is defined as an incapacitating injury or illness that occurs during the first half of the season before an athlete has participated in more than three events or 30 percent of the events in their sport, whichever number is greater. The medical hardship qualification must be granted by the Big Sky Conference.

Travel Policies

Seat Belt Use

Sacramento State recognizes that seat belts are effective in preventing injuries and fatalities. We care about our student-athletes and want to reduce the risk that, in the event of an accident, a passenger is injured or killed. Therefore, all student-athletes of Sacramento State must wear seat belts when operating a school-owned vehicle or any vehicle on University premises or while on school business. All student-athletes are required to use seat belts whenever they are driving or riding in any vehicle.

Travel Waiver and Release of Liability

All student-athletes must sign a travel waiver and release of liability form available from each coach in the event that they do not travel with their sport team to or from (one-way or two-ways) an event. Student-athletes are only released to immediate (adult) family members. Head Coaches have final say on whom they release student-athletes.

Transferring to Another Institution

If a student-athlete wishes to transfer from Sacramento State, they are encouraged to speak initially with their coach(es) and then contact the Compliance Office for instruction on forms and transfer portal process. It is important to remember that depending upon your situation, you may or may not be immediately eligible to compete at the new institution. The Compliance Office will inform you of your options.

If a student-athlete wishes to transfer from Sacramento State due to a coaching change, the student-athlete should meet with the Director of Athletics prior to meeting with the Compliance Office.



Name, Image and Likeness (NIL) Policy

Sacramento State is committed to allowing our student-athletes the freedom to use their name, image and likeness and be fairly compensated in doing so. The current policy regarding NIL can be found here:

https://hornetsports.com/documents/2023/2/7/NIL_Policy_23.pdf

Recruitment

Current student-athletes are an information resource about the campus and athletic program; therefore, they have an important role in recruiting. To ensure fairness, the NCAA carefully defines the conditions under which prospective student-athletes may be recruited by member institutions. It is essential that student-athletes serving as hosts carefully adhere to the rules during official visits by prospective student-athletes visiting our campus.

Your role as a **STUDENT-ATHLETE HOST** is very important in the recruiting process for University athletic teams. You have a responsibility to understand and abide by NCAA, Big Sky Conference and institutional regulations (in particular, NCAA bylaw (13.6.7.5). Please carefully review the following rules:

1. A freshman student-athlete may not serve as a student-athlete host unless they have been certified as a qualifier by the NCAA Eligibility Center.
2. Only one official student-athlete host is permitted for each visiting prospect. Other student-athletes may assist with hosting the prospect, but must pay for their own entertainment and meals. A student-athlete host is entitled to receive complimentary meals during the prospective student-athletes (PSAs) official visit, provided the student-athlete host is accompanying the PSA for such meals.
4. No cash may be given to the PSA or anyone accompanying the PSA.
5. A student-athlete host may not use vehicles provided or arranged for by any coach, institutional staff member or booster of the University. A student-athlete host may **never** allow the PSA to use or drive the student-athlete host's car. A student-athlete host may not transport the PSA or anyone accompanying the PSA more than 30 miles from campus.
6. A student-athlete host should not allow recruiting conversations to occur on- or off-campus between the PSA and a **booster** of the athletics program. If an unplanned meeting occurs, only an exchange of greetings is permissible.
7. A visiting PSA may participate in physical workouts or other recreational activities during a visit as long as: a) the activities are not organized or observed by a coach; and b) the activities are not designed to test the PSA's athletics abilities. Note, in the sport of basketball one try out prior to enrollment is permitted referred to as an On Campus Evaluation (OCE).
8. As the student-athlete host, you are responsible for the activities of the PSA(s). You are not allowed to participate in or allow the PSA(s) to participate in activities or behaviors which are prohibited by federal or state law, CSU System policy, and the University Student Code of Conduct, Athletics Department Code of Conduct, or NCAA regulations. Prohibited behavior includes but is not limited to the following:

<ul style="list-style-type: none">• Attendance at adult entertainment establishments	<ul style="list-style-type: none">• Participation in gambling activities
<ul style="list-style-type: none">• Provision of "adult entertainment" involving exotic dancers, pornography, etc.	<ul style="list-style-type: none">• Brandishing or use of firearms or other deadly weapons, even a non-aggressive manner (e.g., as of intended for sport or recreation)
<ul style="list-style-type: none">• Arrangement of escort services or any	<ul style="list-style-type: none">• Any type of hazing or harassment as defined



other sexual services	by Title 9 or the California Education Code
<ul style="list-style-type: none"> • Provision of or possession of alcohol, drugs, or other controlled substances 	<ul style="list-style-type: none"> • Provision of extravagant transportation (i.e., beyond the needs of necessity, such as limousines, traveling beyond a 30 mile radius of campus with the PSA(s))
<ul style="list-style-type: none"> • Consumption of alcohol or use of other drugs or controlled substances 	<ul style="list-style-type: none"> • Interaction with a representative of athletic interest groups (e.g., Hornet Club members or Sacramento State Athletic Boosters)

Financial Aid

General Information

Financial aid is available for most citizens or eligible non-citizens who apply. Filing the Free Application for Federal Student Aid (FAFSA) is the first step towards receiving financial aid. Types of financial aid include: Pell Grants, State University Grants (SUG), Cal Grants, EOP Grants, Supplemental Educational Opportunity Grants (SEOG), Stafford loans, Parent PLUS loans, Perkins Loans, Federal Work Study, and academic, athletic, and need-based scholarships.

The FAFSA is available online at www.fafsa.ed.gov. It only takes 30 - 45 minutes to complete a FAFSA application, and students who do so significantly enhance their opportunities for funding their college education. California residents who are not US Citizens or eligible non-citizens and meet AB 540 criteria may be eligible for state aid such as Cal Grants or SUG. Students must complete a CA Dream Act Application to apply for these funds if they are not eligible to file a FAFSA.

When to Apply

Although applications are accepted throughout the academic year, students should submit their application by the priority deadline of **March 2nd** prior to the academic year for which they are applying. If students apply during this time, they are considered an on-time applicant, which may increase their eligibility for deadline-specific programs including the Cal Grant. The FAFSA and CA Dream Act Application is only valid for one academic year, so students must file a new application every year.

Completing Your File

Once you've completed your financial aid application you may be selected for a process called verification. Verification is a set of federally defined criteria used to determine if documentation is needed in support of data reported on financial aid applications. Applicants selected for verification will be notified by the Financial Aid office via **My Sac State**. If you are selected for verification, you may be required to submit household and income-verifying documentation (including tax transcripts) for both you and your parents.

All documents requested should be turned in to the Financial Aid office as soon as possible to ensure a faster processing and award determination. The priority date to submit documents is June 1st. Be sure to fill in all forms completely to avoid processing delays with your file.

Determining Your Financial Need

Once your file is complete, a federal formula is used to determine your family contribution. That figure is subtracted from your costs to attend Sacramento State. The result is your financial need. You will receive an award letter notification via **My Sac State** once your file is complete and your financial need has been determined.

If you have any questions, please contact the Financial Aid office at (916) 278-1000 or visit **My Sac State**.



Accept/Decline Your Financial Aid Offer

Once you've received your award letter notification, you must access your *My Sac State* account to accept or decline the financial aid items that are being offered to you. If you accept a Direct Loan, you will also need to complete Entrance Loan Counseling and a Master Promissory Note through Direct Loans. These items will be listed under your To-Do List on your *My Sac State* account when it is time to complete the requirements.

Athletic Grant-In-Aid Information

In the continuing effort to attract top quality student-athletes to Sacramento State, athletic grant-in-aids (scholarships) are awarded upon the Head Coach's recommendation through the Financial Aid Office. The number of scholarships available is determined on a yearly basis. Each Head Coach decides to whom athletic scholarships will be offered, and for what amount. Renewals are based on continued participation in the sport and compliance with all applicable rules and regulations.

Covered Charges

Tuition, fees, required books, room and board are all included in a FULL athletic scholarship. As stated above, each Head Coach is responsible for deciding to whom athletic scholarships will be offered, and for what amount. There are certain charges that your scholarship does **NOT** cover. The following charges will **NOT** be paid by the Athletics Department:

1. Online Safety Training Fees
2. Required Physical Fee from the Health Center
3. Fines for damage to University property
4. Lost residential hall keys
5. Parking permits/fines/or tickets
6. Residence hall security deposit
7. Increased meal plan
8. Class/ Lab/ or Online Class fees
9. Failure to return athletic equipment/apparel
10. Cancellation fees from Health Center Appointments

Confirmation of Student-Athlete Housing

Student-athletes on athletic scholarship must complete a Housing Confirmation form with the Compliance Office each academic year. If a student-athlete **lives with his or her parents**, that can impact their scholarship allocation for room and board as well team NCAA limits. Note: If after submitting this form a student-athlete's housing arrangement changes, he or she is required to see the Compliance Office to provide an updated form.

Procedures for Receiving Your Scholarship Funds

Scholarship funds are generally disbursed twice each semester. The first disbursement occurs around the first week of the semester and the second disbursement usually occurs at the end of October for the fall semester and the end of March for the spring semester.

Scholarship student-athletes have three (3) disbursement options:

- **eRefund:** Student-athletes can have their financial aid deposited directly into any bank account. There are no fees to sign up for eRefund. Interested students can find information about signing up for eRefund on *My Sac State*. For specific questions about eRefund, contact eRefundhelp@csus.edu, or the BURSAR's Office at (916) 278-6736.
- **In person:** If student-athletes prefer to pick up their check, they must fill out a "No Mail" request form with the BURSAR's Office EVERY semester. The "No Mail" request form must be submitted two weeks prior to the start of the semester.



- **By mail:** If student-athletes do not select either of the above options, their scholarship disbursement will automatically be mailed to the current address listed on their *My Sac State* account. Students should always keep their address accurate and up-to-date.

Please note that prior to the start of classes all prospective student-athletes whom Athletics Department has not certified as eligible will have a hold placed on their athletic aid. This hold will prevent athletic financial aid disbursements and will only be removed once the athlete's eligibility is certified by the Compliance Office.

Book Scholarship Policy

Some student-athletes are awarded a book scholarship as part of their athletic grant-in-aid agreement. Student-athletes will be able to get their required text books pre-bundled at the Hornet Bookstore. For missing textbooks or additional platforms that are needed for those on book scholarship, please contact the Compliance (ATH 1170) or SARC (Lassen Hall 3002) offices. Contact information can be found at this link: <https://hornetsports.com/staff-directory>

Same applies if changes have been made to your schedule and you need to return a book. Additionally, all books must be returned back to the bookstore at the end of the semester or the student-athlete will be responsible for payment of the books.

Reduction/Cancellation of Athletic Grant-In-Aids

Student-Athletes on an athletic grant-in-aid have additional responsibility to the Athletics Department. An athletic grant-in-aid may be reduced or canceled during the period of the award (academic year) due to substantiated negative personal conduct, academic/NCAA ineligibility or voluntary withdrawal from the team. When an athletic grant-in-aid is reduced or canceled, the student-athlete has the ability to appeal the decision in writing to the Financial Aid Office, if he or she feels that the reasons for reduction or cancellation are questionable or unfair. The student-athlete must appeal the decision within four weeks of the date they are notified of reduction or cancellation of aid. The appeal is handled by the Financial Aid Office.

Outside Scholarships

NCAA rules carefully regulate the source of funds by which a student-athlete may receive assistance during his/her career. Scholarships from sources **outside the University** are permissible as long as they meet the NCAA guidelines. **If a scholarship is received directly by a student-athlete, it is his or her responsibility to notify the Athletic Compliance Office** by calling (916) 278-4537 or (916) 278-2644, or by going directly to the Compliance Office (Athletics Center 1170).

Failure to supply this information to the Compliance Office could put Sacramento State, the athlete's team, and the athlete at risk of violating NCAA rules. **Furthermore, NCAA rules mandate that all outside scholarships/aid must be disbursed through the Institution (Sacramento State)** and should be mailed to:

*California State University, Sacramento
Scholarship Office, Lassen Hall 1006
6000 J Street
Sacramento, CA. 95819-6044*

5th Year Scholarship Program

A limited number of 5th year scholarships are available to student-athletes who have completed their four seasons of athletic eligibility. These scholarships cover in-state registration fees.

This scholarship will be awarded based on availability of resources and student qualifications. The selection committee eval-



uates each application and bases its recommendations to the Athletic Director on several criteria. As the demand and popularity for these scholarships increase each year, there is a strong possibility not all applicants will be awarded.

The selection committee will prioritize those student-athletes who exhibit the highest totals including (but not limited to) the following criteria:

- Total number of academic credit completed after 8 semesters
- GPA
- Number of years at Sacramento State
- Student-athletes who are within one term of graduation
- Student-athletes who are within two terms of graduation

For the entire list of criteria, please see the official 5th year Scholarship Application. For the application deadline, please inquire with the SARC staff.

Summer School Scholarship Program

A limited number of summer school scholarships are available to student-athletes. In order to qualify for one of these scholarships, a student-athlete must have received an athletic scholarship during the regular academic year and be at Junior-level class standing. This summer scholarship is for classes taken at Sacramento State and covers up to 6 credits.

Priority is given to:

- Graduating seniors for the summer in question
- Seniors who need to accelerate their graduation time-line
- Students with high GPAs
- Students planning to take the maximum credits covered under the scholarship (6)

Student-athletes must submit a completed application and coach's written recommendation to Laurie Dahlberg in early March.

Media Relations

All student-athletes are encouraged to participate in interview sessions to generate positive publicity and present the best possible image of Athletics Department including one of good sportsmanship. All interviews must be arranged through the Media Relations Office or the head coach of the specific sport. Interview sessions are normally held before or following regular practices and other athletic events. Head coaches, with assistance from the Media Relations Office, are responsible for providing their student-athletes with specific guidelines for speaking to media representatives. The following guidelines are presented to student-athletes to assist in speaking to the media:

HELPING STUDENT-ATHLETES WORK WITH THE MEDIA

As a student-athlete, when you interact with the media, keep the following in mind:

1. Never agree to a telephone or personal interview unless the arrangements have been coordinated by the Media Relations Office or your coach. The Media Relations Office will not give out your phone number to the media, and recommends student-athletes not to give out their phone numbers to the media. If a member of the media calls you, tell them to contact the media relations office (278-6896). Media Relations staff has access to your class schedule, and realizes you need time away from the sport. This also assures you of avoiding contact by unauthorized individuals.
2. The media are not your enemy; in fact, they can be your friends if you handle them properly and take the initiative with them during interviews. By cooperating with the media you can give your side of the story, your positive opinions, and your message.
3. You may be asked the same questions over and over again, but members of the media cannot all be there at the same time. Have patience.



4. Be on time for scheduled interviews or when returning phone calls arranged by Media Relations Office personnel or your coaches. If you encounter problems with the scheduled interview or phone call, notify any member of the Media Relations staff. Never be a “no show.” Always be dependable. Remember, the media has a job to do and deadlines to meet.
5. You are not obligated to answer a question if you do not feel comfortable with it. A proper response is always, “I would rather not discuss that subject at this time;” or “I would rather not make a comment on the question at this time;” or “You will have to ask my coach.” Do not say anything you would not want to see in the next day’s newspaper or hear or see on a radio or television broadcast. Remember, nothing is off the record.
6. Always feel free to talk with the Media Relations staff (Brian Berger, 278-3413 or Ryan Bjork, 278-6896) if you are uncomfortable with the questions, answers, or general tone of the interview. Someone from the media relations office can brief you on a particular subject or question if you don’t feel comfortable.
7. If you perform well athletically and are interviewed, your appearance, what you say, and what you do at the time will stay with you for the rest of your life. It will shape the perception that people have of you for the same period. Your image is reflected through the media. You can use that to your advantage. Use good judgment. Remember, you represent Sacramento State and as a result, you are Sacramento State to fans, media, and to the general public everywhere.
8. Remember, you are in a team sport. Always be respectful of your opponents both before and after the game; give proper credit to your teammates and coaches. Never second-guess coaching decisions; be a polite winner and a gracious loser.
9. Think through every question you are asked and be sure what you say won’t embarrass another player or coach. Think before you respond. Avoid clichés.
10. At times, you may be asked about a topic that is “Family Business.” Remember, questions that are personal in nature may be things that should remain within the “Team Family”.

MORE TIPS WHEN DEALING WITH THE MEDIA

BE COOPERATIVE - Reporters need your comments for their story. If you make yourself available to answer their questions, they will appreciate it because it makes them look more professional...

DON’T BE DEFENSIVE - Attitude is everything; stay calm, remain in control in all situations...

AVOID “NO COMMENT” - It makes you look like you have something to hide or are guilty. Try to find a response to every question...

IF YOU DON’T KNOW, SAY SO. - Talk about what you DO know; don’t talk about what you DON’T know. That is better than giving incorrect, misleading or damaging information...

LISTEN TO THE QUESTION CAREFULLY - Make sure you understand the question before you answer. If you don’t understand, ask for clarification or have the interviewer repeat the entire question...

PERSONALIZE - In one-on-one interviews, use the reporter’s first name. It helps you take control and makes you sound more confident and conversational...

SAY “THANK YOU” - Your final actions in the interview may leave the strongest impression with the reporter. Make every encounter a memorable one—chances are you will get more favorable stories in the future.



EQUIPMENT ROOM SERVICES

Equipment and apparel provided for student-athletes is the property of the athletic department. Student-athletes will be issued apparel for practice and competition. All incoming student-athletes and walk-ons must be academically certified before receiving equipment or apparel. Apparel is issued in three different locations:

- All men's sports except track and field and football: Men's Issue Room (Yosemite Hall)
- All women's sports except track and field: Women's Issue Room (Yosemite Hall 182)
- Football, track and field and cross country: BROAD Athletic Facility

Apparel Procedures

1. Practice gear is for official athletic practice and not for personal use. Replacement gear cannot be issued if a student-athlete forgets gear.
2. Complete Athletic Record Form properly. There will be very few exceptions on size changes once the form is completed.
3. Apparel and equipment are issued only after proof of passing physical examination by the training room staff.
4. Apparel must be turned in immediately following practice or competition in the laundry bag provided. All towels and apparel will be laundered by the equipment attendants.
5. Personal items will not be laundered! Do not include personal items in the laundry bag. All personal items unclaimed or unmarked will be discarded after one week. Lost or stolen practice equipment is replaced upon payment for the missing item. Prices for missing equipment are based on the replacement cost of the item.
6. Practice apparel and equipment must be turned in to the equipment manager if a student-athlete quits or is dismissed from the team. Student-athletes will be billed for equipment that is not returned. Once the bill is set, it is not permissible to return the equipment.
7. Practice and travel apparel (practice sweats, practice shorts, all T-shirts and socks) belongs to student-athletes that stay on the team for the entire academic year.
8. All clothing and equipment must be returned within ten (10) days of the end of the season or when the coach informs the Issue Room Attendant that the student-athlete is no longer participating on the team.
9. No piece of athletic equipment, apparel or other Athletics Department item may be sold or given away without the prior approval of the Director of Athletics.

Competition Equipment and Apparel

1. Equipment worn for competition should be worn only during competition and never during practice.
2. Student-athletes are responsible for all competitive equipment from the time it is issued until the time it is returned.
3. The equipment room is not responsible for items left in student-athletes' lockers. The person assigned the locker is responsible for ensuring it is secure. Lost or stolen items are the responsibility of the person assigned to the locker.

Lockers and Locks

1. Team members including redshirts will receive lockers and locks by presenting a valid One Card.



2. Team members may retain lockers for Fall and Spring seasons as long as they are competing or are in strength and conditioning programs including injury rehab.
3. IF A TEAM MEMBER DROPS OUT OF ANY SPORT AT ANY TIME, HIS OR HER LOCKERS MUST BE CLEANED AND LOCKS RETURNED TO THE LOCKER ROOM AT DROP TIME. Failure to do so will result in a \$10.00 fee plus cost of items not checked in and a HOLD placed on **My Sac State**.

STRENGTH AND CONDITIONING

All head coaches must meet with the Director of Strength & Conditioning to discuss and evaluate a strength and conditioning program they will implement for the student-athletes both in and out of season. All coaches are expected to work with their assigned Strength and Conditioning Coach to review their program. However, should a coach choose to use his or her own program without enlisting the assigned Strength and Conditioning Coach, the team coach is then responsible for supervising his or her team with his or her team's own staff present in the weight room during all training sessions on the arranged days and times scheduled by the Director of Strength & Conditioning.

Hours of operation are determined by the Director of Strength & Conditioning and the needs of the respective sports. **No team training sessions will exceed 1 hour in the weight room.**

SAFE OPERATION

Use of the strength and conditioning room is restricted to the following individuals:

- Members of intercollegiate athletic teams if supervised by a coach.
- Current coaches of an intercollegiate athletic team at Sacramento State.
- Strength coaching staff and athletic training staff members.

Use of the strength and conditioning room is guided by the following policies:

- No users and/or occupants are allowed to use the strength room alone; a coach must supervise all student-athletes;
- No horseplay, reckless activity or running is allowed in the strength room; violators will lose strength and conditioning room privileges;
- All equipment must be used properly; strength staff will address any questions of proper equipment use;
- Any problems with equipment must be reported immediately to the strength staff; damaged equipment should not be used and reported immediately to the strength staff;
- All weight plates are to be replaced on plate racks when not in use; weight plates and barbells are not to be thrown or dropped; weight plates and barbells must be kept off the floor at all times;
- All dumbbells are to be replaced on dumbbell racks when not in use.

All users are required to wear athletic gear (subject to approval by strength staff). A list of acceptable clothing follows:

- Athletic shirt(s): t-shirts, sweatshirts, polo shirts;
- Athletic shorts and/or sweat pants;
- Athletic shoes: artificial turf, court, cross trainer and running shoes.

All items used in the strength room must be kept in proper locations during use and replaced upon completion (strength workout cards, recording pencils, weightlifting straps, weightlifting belts, jump ropes, etc.). Any injuries or illness in strength room should be reported to strength staff immediately.



EXERCISE SAFETY

All exercises are to be performed properly, and all equipment is to be used only as intended. Strength staff will address any questions regarding proper exercise execution. No exercises and/or activities that the strength staff feels is unsafe or careless are permitted in the strength room.

ATHLETIC TRAINING

INTRODUCTION

Athletics Department employs a full staff of physicians, certified athletic trainers and utilizes the services of the Student Health and Counseling Services and other medical professionals in order to provide preventative, evaluative, and rehabilitative care for student-athletes. All injuries or illnesses incurred during participation or preparation for intercollegiate athletics will be evaluated and treated by our medical staff. Athletics Department operates three Athletic Training facilities within or near our athletic competition and practice venues. Facilities include the Broad Fieldhouse Athletic Training Facility (Broad 1002), the Yosemite Hall Athletic Training Facility (YSM 193).

Athletic training facility hours of operation will depend upon the respective teams practice and competition schedules. Please see your assigned athletic trainer for detailed facility hours.

Athletic Training Facility Rules

1. The Athletic Training Facility is a co-ed professional health care facility. Student-Athletes are expected to conduct themselves in a mature and courteous manner.
2. Please be respectful at all times and maintain proper language, behavior, and attire. (Shirts are required, white spandex is prohibited)
3. Shoes, bags, uniforms, or other clothing is not to be brought into the athletic training facility. Please utilize the locker room facilities to store these items.
4. Self-treatment is not allowed. All tapings, bandages, etc., will be applied by the athletic trainers.
5. Equipment and/or supplies from the athletic training facility are not to be used or removed without permission of the athletic trainer.
6. Food or drink is not permitted in the athletic training facility.
7. Tobacco products of any kind are not permitted in any building or athletic facilities.
8. Cell phones are not permitted in the athletic training facility.
9. Loitering or Lounging in the athletic training facility is not permitted.

Pre-Participation Physical Examinations

In following NCAA guidelines and due to the physical demands of athletic participation, the following guidelines have been established:

1. All student-athletes must have completed a pre-participation physical evaluation prior to their participation in any officially sanctioned Sacramento State team practices, events, or conditioning sessions.
2. First year or transfer student-athletes participating in intercollegiate athletics at Sacramento State are required to complete and pass a physical examination performed at the Student Health Center or with a Sacramento State team physician. This examination will entail a thorough medical history questionnaire including a description of all significant injuries sustained prior to enrolling at Sacramento State.
3. The student-athlete will complete an interval athletic participation physical with the Sports Medicine staff for each subsequent year of participation in Sacramento State Athletics Department. Any injuries, surgeries, or serious illnesses sustained during the previous year will be re-evaluated at this time. The student-athlete must be given medical clearance



by a certified athletic trainer or team physician prior to participation.

Procedures for Athletics Injuries and Illnesses

Anytime you sustain an injury or illness, immediately report it to your team's certified athletic trainer, whether you think it is serious or not. Failure to do so may mean a delay in attaining care. The athletic trainer will evaluate and initiate care for the condition and will refer you to another health care specialist or facility if it is necessary. Once your condition has been diagnosed, ongoing care instructions and/or rehabilitation will be communicated to you through the athletic trainer, physicians, or other specialists regarding your condition (see referral procedures listed below). You have the right to see any physician you choose for injury or illness, but the Sacramento State Athletics Department will not be responsible for any charges for medically related services, consultations, or prescriptions under such conditions without prior approval of a member of the athletic training staff. No members of Intercollegiate Athletics, other than the athletic training staff will recommend or personally acquire an appointment for an illness or injury, unless he/she wishes to make payment at their own expense. Payment of medical bills for a student-athlete by a coach or medical services delivered w/out compensation by a medical professional may be an NCAA rules infraction. A student-athlete involved in an automobile accident will be held out of practice or competition until cleared by his/her primary care physician. Team physicians will not be involved with an injury associated with an automobile accident. The decision to return to activity is a risk assumed by the student-athlete.

Medical Insurance Policies and Procedures

Athletics Department has a medical payment program that uses your and/or parents' or guardians' medical insurance as the primary insurer. This procedure does not increase or affect the group insurance premium. If you incur an athletic injury that has been determined to be the result of participation in a coach supervised athletic practice or intercollegiate athletic competition, the claim is filed first with your insurance company. Medical billing will be sent directly to your insurance provider and a notice (Explanation of Benefits) will then be sent to the policy holder. The Department, thru the CSU AIME program, will pay the Co-insurance, deductible, and balance remaining on a bill after the insurance company has paid, and it will pay the entire amount if a claim is denied. If the student-athlete's personal insurance carrier is an HMO (Health Maintenance Organization), he/she will be required to seek treatment from his or her designated primary care provider. Injury or illnesses unrelated to intercollegiate athletic participation are the financial responsibility of the student-athlete.

Medical Expenses

Except in the case of an emergency, approval for payment of medical expenses must be obtained from the certified athletic trainer before such expenses are acquired.

*****UNAUTHORIZED MEDICAL EXPENSES WILL NOT BE PAID BY THE UNIVERSITY*****

Using Outside Providers and Second Opinions

If a student-athlete desires to use a medical provider outside of the Sacramento State Sports Medicine network for treatment or care of an athletic related injury, they are to report this request to their team Athletic Trainer. A referral must be issued prior to the consultation with the medical specialist. Any cost associated with such services without a referral will become the responsibility of the student athlete.

Dental Work

Athletics Department will NOT be responsible for any charges for dental work not associated with trauma that occurred during athletic participation. Charges incurred for the treatment of wisdom tooth removal, orthodontia, dental carries, or general cleaning services will be the responsibility of the student-athlete.



Medical Information Policy

Communication and information release of medical records for Sacramento State student-athletes complies with all related medical confidentiality laws. Each student-athlete receives and signs a medical information release packet that includes an acknowledgement of risk of participating in sports as well as several pages authorizing the release of medical information to various parties including the athletic training staff, media, parents/guardians, coaches, teammates, and other relevant Athletics Department staff. A student-athlete reserves the right to revoke any of the authorizations at any time by contacting their respective certified athletic trainer in person. The Health Insurance Portability and Accountability Act (HIPAA) ensures that all Protected Health Information (PHI) is confidential, and will only be shared with necessary healthcare providers.

Staff Contact information

For specific questions regarding your specific sport please contact your respective sports athletic trainer.

All contact information can be found at: <https://hornetsports.com/staff-directory>



STUDENT-ATHLETE SUBSTANCE ABUSE POLICY/GUIDELINE

Departmental Substance Abuse Guideline

A substance abuse guideline is an essential element in protecting student-athletes both from the harmful effects of drugs and alcohol use, as well as the legal penalties associated with violation of the law. Using illegal drugs for recreation, to enhance performance or for any other purpose is inconsistent with the guidelines of Intercollegiate Athletics and creates a danger to the health and safety of student-athletes.

This guideline is separate and distinct from the NCAA's Drug Testing Program. Through urine drug testing Intercollegiate Athletics intends to identify and assist student-athletes who demonstrate recreational and/or chemical dependency problems. Nothing in these procedures shall be construed to create a contract between student-athletes and Sacramento State. However, signed consent and notification forms shall be considered affirmation of the student-athlete's agreement to the terms and conditions contained in this guideline and shall be a legal contractual obligation of the student-athlete. Intercollegiate Athletics may amend this guideline from time-to-time as needed and with or without notice to student-athletes at the discretion of the Director of Athletics.

Goals of the Substance Abuse Guideline

- To adhere to NCAA, Big Sky Conference, American Athletic Conference, Big West Conference, Mountain Pacific Sports Federation, Western Athletic Conference, and Sacramento State rules and procedures regarding alcohol and drug use by student-athletes.
- To educate student-athletes about problems associated with substance abuse.
- To prevent illicit drug use and/or abuse by student-athletes.
- To identify student-athletes who may be using illicit drugs or abusing alcohol.
- To attempt to ensure that athletes are physically and mentally fit for the rigors of intercollegiate participation and to minimize the risks of serious injury to the athlete and/or his/her teammates.
- To provide a safe environment for intercollegiate athletics competition.

Prevention, Education and Counseling Program

Sacramento State Intercollegiate Athletics is committed to its concern for the welfare of the student-athlete. Intercollegiate Athletics is taking a positive step towards maintaining a healthy atmosphere for the pursuit of excellence in both academics and athletics.

It is the intention of Sacramento State that all student-athletes (as defined by the NCAA squad list), will participate in a substance abuse education program designed to acquaint the student-athlete with the risks and hazards associated with the use of street drugs, alcohol, and performance-enhancing drugs. Furthermore, the education program will identify campus and community resources available to assist the student-athletes who may experience symptoms resulting from drug or alcohol use/abuse. Attendance and participation in the educational programs will be a condition of continuing as a member of the University athletic team.



If a student-athlete feels a need for counseling regarding substance use, the student-athlete should feel secure in knowing that Intercollegiate Athletics shares this concern and will try to help. Counseling services are available through the counseling department located in the “WELL” - Student Health Services. Professional outpatient therapy can be arranged for a student-athlete upon request. However, all outpatient expenses will be paid for by the student-athlete (unless the student-athlete qualifies for the Big Sky Special Assistance program and funds are available).

Identification Procedures

The decision to drug test a student-athlete, or a group or team of student-athletes, will be based on reasonable suspicion or random sample.

A. Mandatory Student-Athlete Participation

A copy of this substance abuse guideline will be given to each student-athlete. Each student-athlete will thereafter be asked to sign a consent form acknowledging receipt and understanding of the guideline. Any student-athlete who does not wish to participate in the program forfeits the privilege of participation in intercollegiate athletics at Sacramento State.

B. Voluntary Student-Athlete Participation/Self-Referral

If any student-athlete feels that he/she may have a problem with alcohol or other drugs and has not had a previous positive test, the student-athlete may request assistance through Intercollegiate Athletics. Such a request shall not be treated as a positive test and the student-athlete shall be counseled in a manner appropriate to the problem. A positive test occurring after such voluntary participation shall be treated as a first positive test.

This program should not be available without sanction if the student-athlete comes forward after being notified of impending drug test, or after previous drug test. An initial test should be taken to assess the substance and amount in the student. If the student-athlete tests positive after counseling, the sanctions consistent with a second positive will be imposed.

C. Random Testing

Intercollegiate Athletics will conduct random drug-testing of student-athletes in all sports on a year-round basis. Such testing shall occur in all sports as often as practicable. The selection of student-athletes to be randomly tested from each team shall be completely random and shall be based upon the then current roster for the team on file in office of Compliance in Intercollegiate Athletics (AC 1250). The Athletic Compliance & Financial Services Director or the Associate Athletics Director/SWA, shall be responsible for selecting the names of student-athletes to be randomly tested, and the manner of selecting the names must ensure complete randomness (e.g., drawing names from a hat, using a computer program).

If the student-athlete refuses to submit to such a test, or it is deemed that the student-athlete purposely misses the drug test, he or she shall be suspended pending the taking of the test and may receive sanctions similar to those for a positive test or such other sanctions as may be deemed appropriate by the Director of Athletics.

To the extent that disclosures are necessary pursuant to the provisions of the program, the student authorizes the release of information under The Family Education and Privacy Act/20 U.S.C. Section 1232 (g), the physician-patient privilege, any state laws or University policies.



Notification of Drug Test

Notification of a drug test can be either verbal or written. When possible, written notification is provided and each athlete is asked to initial his/her understanding for official record keeping purposes. Under either scenario, the student-athlete will be required to attend the drug test within the allocated time frame or will be deemed as non-compliant and considered to be in violation of the attendance guideline.

1. Substance Abuse testing can occur by two methods;
 - a. Coach notified the day prior to the collection (less than 18 hours' notice)
 - b. Substance Abuse Administrator without prior notification.
2. Substance Abuse Administrator right to give tests without prior notification. Student-athletes may be selected at the conclusion of practice, weights or at other convenient times. Student-athletes selected in this manner will sign their initials as proof of notification.
3. If prior notification is given, the coaches will receive a packet containing a Notification List for each student-athlete. The coach is responsible to see that the Notification list is initialed by the athletes and returned to the Substance Abuse Administrator.
4. All persons who have been notified and fail to report for their scheduled drug test will be acknowledged as being in violation of the guideline and appropriate action will be taken.

Testing Procedures

A student-athlete, or a group or team of student-athletes, may be selected for drug testing at any time. If a student-athlete interferes or fails to comply with any part of the drug testing program (e.g., falsifying signatures, manipulating or attempting to manipulate urine specimens, failing to appear for a scheduled drug test and/or not submitting a urine sample during specified times), the student-athlete will be deemed to have tested positive.

All urine samples for testing will be collected under direct supervision of authorized personnel. Containers and samples will remain under constant supervision of the substance abuse administrator until picked up for delivery to the laboratory. Identification signature sheets will remain under constant supervision of the substance abuse administrator.

Each urine sample shall be analyzed for the presence of prohibited substances by the substance abuse administrator on the Sacramento State campus. All tests will be sent to and confirmed by a qualified off-campus laboratory selected by Sacramento State. The testing lab shall report all test results to the substance abuse administrator as soon as possible.

The procedures for conducting a drug test will be as follows (protocol prescribed by National Center for Drug Free Sport, International:

1. Only those persons authorized by the institution will be allowed in the collection room.
2. The student-athlete will select a Custody & Control Form (CCF) from a supply of such and work with the institutional collector to complete the necessary information before proceeding with the specimen collection process.
3. The student-athlete will select a specimen collection beaker from a supply of such and will be escorted by the institutional collector (same gender) to the restroom to provide a specimen. The student-athlete will rinse his or her hands with water (no soap) and then dry their hands.
4. The institutional collector will directly observe the furnishing of the urine specimen to assure the integrity of the specimen.
5. The student-athlete will be responsible for keeping the collection beaker closed and controlled.
6. Fluids and food given to student-athletes who have difficulty voiding must be from sealed containers (approved by the institutional collector), opened and consumed in the collection room. These items must be free of any other banned substances.



7. If the specimen is incomplete, the student-athlete must remain in the collection room until the sample is completed. During this period, the student-athlete is responsible for keeping the collection beaker closed and controlled.
8. If the specimen is incomplete and the student-athlete must leave the collection room for a reason approved by the institutional collector, the specimen must be discarded.
9. Upon return to the collection room, the student-athlete will begin the collection procedure again.
10. Once an adequate volume specimen is provided; the institutional collector will escort the student-athlete to the specimen processing table.
11. The specimen processor will instruct the student-athlete to closely observe the specimen processing steps and will then measure the specific gravity.
12. If the urine has a specific gravity below 1.005, no value will be recorded on the CCF and the specimen will be discarded by the student-athlete with the institutional collector observing. The student-athlete must remain in the collection room until another specimen is provided. The student-athlete will provide another specimen.
13. Once the specimen processor has determined the specimen has a specific gravity above 1.005 the sample will be processed and sent to the laboratory.
14. If the laboratory determines that a student-athlete's sample is inadequate for analysis, at the client's discretion, another sample may be collected.
15. If a student-athlete is suspected of manipulating specimens (e.g., via dilution, substitution), the institutional collector will collect another specimen from the student-athlete.
16. Once a specimen has been provided that meets the on-site specific gravity, the student-athlete will select a sample collection kit from a supply of such.
17. The specimen processor will open the kit, demonstrate to the student-athlete the vials are securely sealed, open the plastic and open the A vial lid. The processor will pour the urine into the A and B vials and close the lids. The specimen processor should pour urine into vials above the minimum volume level (35 mL in A vial; 15 mL in B vial) and pour as much urine as possible into the vials using care not to exceed the maximum levels (90 mL in A vial; 60 mL in B vial).
18. The specimen processor will securely close the lids on each vial and then seal each vial using the vial seals attached to the CCF; assuring seals are tightly adhered to the vials with no tears or loose areas.
19. The specimen processor must then collect all necessary signatures (collector, donor, witness, and collector/specimen processor) and dates/times where indicated on the CCF.
20. The specimen processor will place the laboratory copy of the CCF in the back pouch of the plastic bag and the vials in the front pouch of the same bag. The bag should then be sealed. The sealed bag with vials will then be placed in the sample box. The box will then be sealed.
21. The student-athlete is then released by the institutional collector.
22. All sealed samples will be secured in a shipping case. The collector will prepare the case for forwarding. When two split samples are collected and packaged, care must be taken to assure one sample is placed in the shipping container for shipment to the "drugs of abuse" laboratory and one sample is placed in the shipping container for shipment to the "anabolic steroids" laboratory.
23. After the collection has been completed, the samples will be forwarded to the appropriate laboratory and copies of any forms forwarded to the Sport Drug Testing Department.
24. The samples then become the property of the client.
25. If the student-athlete does not comply with the collection process, the institutional collector will notify the appropriate institutional administrator and Drug Free Sport International.

In the event that a violation of this substance abuse guideline occurs or is suspected to have occurred during team travel, the following procedures shall be followed:



1. The head coach shall notify the Director of Athletics or other appropriate administrator in Intercollegiate Athletics that a drug test needs to be conducted.
2. To the extent possible, the student-athlete(s) to be drug-tested shall remain under the control and supervision of his or her coach or a certified athletic trainer traveling with the team until the drug test has been conducted.
3. The athletic trainer, when possible will carry several drug-testing kits with the team during all team travel, shall administer the test to the student-athlete as soon as possible while the team is still on the away from the Sacramento State campus. All procedures for conducting the drug test set forth in the previous section (steps 1-8) shall be followed.
4. If for some reason it is not possible to conduct the test during team travel, the head coach or the athletic trainer traveling with the team, shall contact an alternate athletic trainer to assist with the drug testing upon return to the Sacramento State campus. If an alternate athletic trainer unavailable, an athletics administrator or coach will assist with the drug testing. Again, to the extent possible, the student-athlete(s) to be drug-tested shall remain under the control and supervision of his or her coach or a certified athletic trainer traveling with the team until the drug test has been conducted. Upon return to the Sacramento State campus, all other procedures for conducting the drug test set forth in the previous section (steps 1-8) shall be followed.

Prohibited Substances

All substances contained on the NCAA's list of banned substances shall be considered banned substances under the Sacramento State Student-Athlete Substance Abuse Guideline. The list of NCAA prohibited substances is in the next section.

Tobacco Guideline

Effective September 1, 2017, [Executive Order 1108](#) required that all CSU campuses are smoke and tobacco-free. This order includes traditional cigarettes, electronic cigarettes, hookah, snuff, vapes, and chewing tobacco, and encompasses all of Sac State's indoor and outdoor areas. <https://www.csus.edu/student-life/health-counseling/tobacco-free.html>

In addition, the NCAA has bylaws related to the use of tobacco products.

NCAA Bylaw 17.1.7 – Use of Tobacco Products

The use of tobacco products by a student-athlete is prohibited during practice and competition. A student-athlete who uses tobacco products during a practice or competition shall be disqualified for the remainder of that practice or competition.

NCAA Bylaw 11.1.5 – Use of Tobacco Products

The use of tobacco products is prohibited by all game personnel (e.g., coaches, athletic trainers, managers and game officials) in all sports during practice and competition. Uniform penalties (as determined by the applicable rules-making committees and sports committees with rules-making responsibilities) shall be established for such use.



Dietary Supplements

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) **does** not strictly regulate the supplement industry; therefore, purity and safety of nutritional/dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. *The use of supplements is at the student-athlete's own risk.*

The NCAA does not approve any dietary supplement. Furthermore, the use of any dietary supplement can lead to a positive NCAA drug test.

- Student-athletes must consult with their athletic trainer or team physician about any medication or dietary supplements they use.
- The Resource Exchange Center (REC) is available to answer questions regarding NCAA banned substances at Drug Free Sport AXIS at 877-202-0769 or www.dfsaxis.com (password ncaa1, ncaa2 or ncaa3).
- Division I institutions use password ncaa1.
- The team physician/athletic trainer should be aware of all prescribed medications (and supplements) a student-athlete is taking. This information should be kept on file at the institution.
- If a student-athlete tests positive because of a prescription medication, the institution may request a medical exception for certain banned drug classes as outlined in the NCAA Drug-Testing Exceptions Procedures at www.ncaa.org/health-safety.

Sanctions for Substance Abuse

Intercollegiate Athletics staff will meet with the student-athlete to discuss the situation and the next steps. The student-athlete will be provided in writing a violation report with the disciplinary actions. At this meeting counseling/education services will be mandated, based on the situation.

1. Student is sanctioned for Counseling Services (and Health Education, if applicable).
 - a. If substance is alcohol or marijuana: Counseling Services **and** Health Education
 - i. Student will be referred to Counseling Services, and set up an intake consult with a Counselor (TBD)
 - ii. Based on the intake, the Counselor will then advise the student athlete on the best course of action.
AND
 - iii. Student will need to complete an Education Sanction that includes anonymous screening (i.e. – ScreenU Alcohol, etc.) and confidential consult with the Health and Wellness Promotion Department. Once the student has completed the Sanction, Athletics will be notified.
 - b. If substance is a Prescription Medication or Street drug (Stimulants, Sedatives, Steroids, Ad-derall, etc.): Counseling services **only**
 - i. Student will be referred to Counseling Services, and set up an intake consult with a counselor (TBD)



- ii. Based on the intake, the Counselor will then advise the student athlete on the best course of action.

A. First Positive Test: If a student-athlete tests positive for any banned substance or for a known “masking agent,” the minimum penalties for a first offense can be as follows:

- Mandatory meeting with the head coach and the Director of Athletics;
- Mandatory Drug Education: students must meet with a designated drug education counselor, to be determined by the Director of Athletics or designee, with any cost associated with the initial/first meeting, to be covered by Intercollegiate Athletics;
- Community Service - As determined by the Director of Athletics;
- All student-athletes who test positive for a banned substance will be subject to unannounced testing at an increased frequency for the remainder of the student-athlete’s career;
- If warranted by the circumstances in a particular case, the Director of Athletics shall have the authority to impose a more severe penalty for a first offense including, but not limited to, additional drug education, a suspension from competition, and/or permanent removal from the team;
- Failure to complete the drug education program can result in the student being suspended up to 25% of the next regularly scheduled (including conference and NCAA post-season) competitions in the traditional season in his/her sport. Suspensions not fully satisfied during one academic year will carry over into the next academic year.

B. Second Positive Test: If a student-athlete who has previously tested positive for any banned substance receives a second positive test (either for the same banned substance or a different one), the minimum penalties can be as follows:

- Mandatory meeting with the head coach and the Director of Athletics;
- Community Service as determined by the Director of Athletics;
- Mandatory Drug Education - students must meet with a designated drug education counselor, to be determined by the Director of Athletics or designee, with any cost associated with the initial/first meeting, to be covered by Intercollegiate Athletics;
- Possible cancellation/non-renewal of the student-athlete’s athletics grant-in-aid, to be determined by the Director of Athletics and the head coach (subject to NCAA rules);
- Suspension from competition up to a maximum of twenty-five (25%) of the team’s regular competitive season in the student-athletes sport. However, if the student-athlete appeals the positive test or the penalty imposed in accordance with this guideline (see “Appeal Process”), the suspension shall be delayed pending the outcome of the appeal. The athlete has 48 hours from the time of the positive test notification to request a re-test of the “B” sample. Note: The Director of Athletics, under the advice of the alcohol & drug counselor, may elect to hold the student-athlete from any participation to protect the health of the student-athlete.



- If the 25% calculation results in a fractional number, the fraction shall be rounded up or down to the nearest whole number (e.g., 25% of a 25-contest regular season = 6.25 contests, which shall be rounded up to 6 contests) at the discretion of the Director of Athletics.
- During any suspension imposed under this guideline, the student-athlete shall be permitted to continue practicing with his or her team. However, the student-athlete shall be prohibited from sitting on the bench or wearing the team uniform during any contest.
- All student-athletes who test positive for a banned substance will be subject to unannounced testing at an increased frequency for the rest of the student-athletes career.
- If warranted by the circumstances in a case, the Director of Athletics shall have the authority to impose a more severe penalty for a second offense including, but not limited to, additional drug education, a suspension from competition, and/or permanent removal from the team. Failure to complete the drug education program will result in permanent expulsion from all teams and termination of all athletically-related financial aid (subject to NCAA rules).

C. Third Positive Test: If a student-athlete who has tested positive for any banned substance on two previous occasions (either for the same banned substance or a different one), the penalty shall be as follows:

- Minimum suspension up to dismissal at discretion of the Director of Athletics; and
- Permanent cancellation of the student-athlete's athletics grant-in-aid (subject to NCAA rules).

Counseling/Education

If a student-athlete submits a positive test or self-refers, they will be referred to a substance abuse counseling/education professional. The substance abuse counseling professional will make the determination of where the student-athlete will undergo substance abuse counseling and education.

If the student-athlete wishes to receive private professional help off-campus, this can be arranged by the substance abuse counseling professional. However, any expenses incurred with such an arrangement will be the responsibility of the student-athlete and their family. If a referral into a residential treatment program is appropriate, these arrangements will be made by a specialist in substance abuse.

It should be noted that any counseling/education is to be a confidential matter between the student-athlete and the counselor. The Intercollegiate Athletics Substance Abuse Administrator may request confirmation that the student-athlete is attending counseling/education sessions.

In the event that a coach, teammate, or administrator suspects or is concerned about a student-athlete's substance abuse, they may refer the student-athlete to his/her respective athletic trainer. The athletic trainer should notify the Substance Abuse Administrator and initiate arrangements for the student-athlete to receive counseling.



Reinstatement

After serving any suspension and completing any other sanctions imposed as a result of a positive drug test, the reinstatement of the student-athlete to team practice/competition shall require the approval of the Director of Athletics, the head coach, the athletic trainer and the substance abuse administrator. The Director of Athletics or the head coach, at their sole discretion, shall have the right to require that the student-athlete be re-tested and receive a negative test as a condition of reinstatement. Intercollegiate Athletics shall pay the cost of any such re-test.

Penalties Imposed by Head Coach

Head Coaches may impose additional penalties for any violation of the substance abuse policy, to include dismissal from the team following a first or second violation of the policy. Furthermore, head coaches may develop team rules that are more stringent than the policies and procedures outlined in the Sacramento State Student-Athlete Conduct Code and Substance Abuse Guideline. In all cases, penalties imposed by head coaches or respective team rules shall not be lesser than those outlined in the Intercollegiate Athletics Substance Abuse Guideline.

Appeal Process

If a student-athlete who tests positive for a banned substance wishes to challenge the results of the test, he or she must submit an appeal in writing to the substance abuse administrator within 48 hours after being notified of the positive test results. Upon receipt of such an appeal, the substance abuse administrator shall request the laboratory to re-test the specimen originally provided by the student-athlete ("B" sample is re-tested at a different lab by a NCAA approved lab). The student-athlete shall be responsible for paying the cost of the re-test unless the laboratory determines through the re-testing that the original positive test result was erroneous.

If a student-athlete who tests positive for a banned substance wishes to appeal the penalty imposed by the Director of Athletics, the student-athlete must submit an appeal in writing to the Office of Student Conduct within the Division of Student Affairs within three (3) days from the date that the student-athlete receives notice of the penalty. The decision of the Director of Student Conduct shall be final.

Violations of Criminal Law

Any student-athlete charged with violations of city, county, state or federal criminal statutes related to alcohol or illegal drug use shall be subject to disciplinary action as proscribed in the Student-Athlete Code of Conduct. A student-athlete charged with a misdemeanor violation shall be permitted to remain involved with the intercollegiate athletics program. However, if a student-athlete is charged with a felony, the Director of Athletics shall have the authority to suspend or permanently dismiss the student-athlete from his or her athletics team or impose other appropriate discipline.



NCAA Banned Substances

It is your responsibility to check with the appropriate or designated athletics staff before using any substance. For the most recent information regarding NCAA Banned Substances, visit the NCAA website at

<https://www.ncaa.org/sports/2015/6/10/ncaa-banned-substances.aspx>.

The NCAA bans the following classes of drugs:

1. Stimulants.
2. Anabolic agents.
3. Alcohol and beta blockers (banned for rifle only).
4. Diuretics and masking agents.
5. Narcotics.
6. Cannabinoids.
7. Peptide hormones, growth factors, related substances and mimetics.
8. Hormone and metabolic modulators.
9. Beta-2 agonists.

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Substances and Methods Subject to Restrictions:

1. Blood and gene doping.
2. Local anesthetics (permitted under some conditions).
3. Manipulation of urine samples.
4. Tampering of urine samples.
5. Beta-2 agonists (permitted only by inhalation with prescription).

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff!

1. Nutritional/dietary supplements are not well regulated and may cause a positive drug test result.
2. Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
3. Many nutritional/dietary supplements are contaminated with banned drugs not listed on the label.
4. Any product containing a dietary supplement ingredient is **taken at your own risk**.

Note to Student-Athletes: There is **no complete list** of banned substances.

Do not rely on this list to rule out any supplement ingredient. Check with the athletics department staff prior to using a supplement.



Some Examples of NCAA Banned Substances in Each Drug Class

1. Stimulants:

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine; methylphenidate (Ritalin); synephrine (bitter orange); dimethylamylamine (DMAA, methylhexanamine); “bath salts” (mephedrone); Octopamine; hordenine; dimethylbutylamine (DMBA, AMP, 4-amino methylpentane citrate); phenethylamines (PEAs); dimethylhexylamine (DMHA, Octodrine) etc

Exceptions: phenylephrine and pseudoephedrine are not banned.

2. Anabolic Agents – (sometimes listed as a chemical formula, such as 3,6,17-androstenedione)

Androstenedione, Boldenone, Clenbuterol, Clostebol, DHCMT (Oral Turinabol), DHEA, Drostanolone, Epiandrosterone, Etiocholanolone, Methandienone, Methasterone, Nandrolone (19-nortestosterone), Oxandrolone, SARMS [Ligandrol (LGD-4033); Ostarine; RAD140; S-23], Stanozolol, Stenbolone, Testosterone, Trenbolone.

3. Beta Blockers (banned for rifle only):

Atenolol, Metoprolol, Nadolol, Pindolol, Propranolol, Timolol.

4. Diuretics (water pills) and Other Masking Agents:

Bumetanide, Canrenone (Spironolactone), Chlorothiazide, Furosemide, Hydrochlorothiazide, Probenecid, Triamterene, Trichlormethiazide. *exceptions:* finasteride is not banned.

5. Narcotics:

Buprenorphine, Dextromoramide, Diamorphine (heroin), Fentanyl and its derivatives, Hydrocodone, Hydromorphone, Meperidine, Methadone, Morphine, Nicomorphine, Oxycodone, Oxymorphone, Pentazocine, Tramadol

6. Cannabinoids

Marijuana, Synthetic cannabinoids (Spice; K2; JWH-018; JWH-073), Tetrahydrocannabinol (THC, Delta-8).

7. Peptide Hormones, growth factors, related substances and mimetics:

growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1 (colostrum, deer antler velvet), Ibutamoren (MK-677); etc. *exceptions:* Insulin, Synthroid and Forteo are not banned.

8. Hormone and Metabolic Modulators:

Anti-Estrogen (Fulvestrant), Aromatase Inhibitors [Anastrozole (Arimidex); ATD (androstatrienedione); Formestane; Letrozole], PPAR-d [GW1516 (Cardarine); GW0742], SERMS [Clomiphene (Clomid); Raloxifene (Evista); Tamoxifen (Nolvadex)].

9. Beta-2 Agonists:

Albuterol, Formoterol, Higenamine, Salbutamol, Salmeterol, Vilanterol

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting

Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

If you have questions about a supplement, check with a qualified staff member before consuming. The NCAA subscribes only to Drug Free Sport AXIS (AXIS) for authoritative review of label ingredients in medications and nutritional/dietary supplements. Contact AXIS at 816-474-7321 or axis.drugfreesport.com (password ncaa1, ncaa2 or ncaa3).

It is your responsibility to check with the appropriate athletics staff before using any substance.



PREGNANCY PROTOCOL FOR INTERCOLLEGIATE ATHLETICS

Sacramento State Athletics Department is committed to the personal health and development of all our members, and to Sacramento State's educational mission. We strive to provide an environment that respects all pregnancy and parenting decisions and urges all participants to work cooperatively toward degree completion. This protocol sets forth the protections that should be provided for pregnant and parenting students, including those with pregnancy-related conditions. It also prohibits retaliation against any student or employee who complains about issues related to the enforcement of this Pregnancy Protocol. We want to protect every student-athletes physical and psychological health, and their ability to complete their education.

What to do if you become pregnant: As soon as you learn that you are pregnant, we encourage you to tell your coach, athletic trainers, personal physician, religious advisor, family members, and others important to you. We recognize that a student-athlete's pregnancy is often a life-changing event. We want to protect your health and scholarship. Do not immediately assume that you must withdraw from your sport. We want to give you time and help in considering your options. Confidentiality will be maintained until student-athlete gives permission to tell the appropriate individuals.

What happens to your scholarship: If you are pregnant and you decide to tell your coach or athletic trainer, and you do not voluntarily withdraw from your sport, then your scholarship will remain in place for the remainder of that academic year. Please refer to the terms and conditions section of your scholarship agreements or see the athletic compliance office if you have any questions.

Can you continue training and competing: If you are pregnant and wish to continue in your sport, we will form a decision-support team that consists of you, your coach, athletic trainer, healthcare professional(s), and others as appropriate. Depending on your sport and your healthcare professional's approval, you may be able to continue training and competing up to or past your 14th week of pregnancy. The decision-support team will provide mandatory monitoring of your health and academic progress, and will assist you in your return to competition if that is your desire.

What is covered by your insurance: Sacramento State will not cover pregnancy under its athletic injury medical insurance; the individual student-athlete must use her personal medical health insurance coverage. Sacramento State Student Health and Counseling Services can refer patients with no medical insurance to the appropriate resources.

What if you're a male athlete whose partner becomes pregnant: Male student-athletes will not be affected by physical changes associated with pregnancy. However, it is possible to suffer from psychological stress, have concerns about the health of your pregnant partner and her unborn child, and question your readiness for fatherhood and the personal and financial obligations you face. In any of these circumstances, we encourage you to discuss them with your partner and, whether she is a student-athlete or not, join her in assembling a support team as outlined and recommended above in this policy.

Medical Hardship and Eligibility: If a student-athlete becomes pregnant, she is eligible to apply for a medical hardship for the season of competition that they will miss due to pregnancy. The student-athlete, coach, athletic compliance office and athletic trainer will make the decision on whether or not to pursue a medical hardship. The athletic trainer will collect all of the necessary medical documentation and submit to the governing conference for review.

