



# THE SYCAMORE 477

## Compliance Info for Sycamores

November, 2008



### Enjoy the Holiday but Don't be a Turkey!

As the holiday season approaches you maybe presented with the opportunity to attend meals or receive gifts from supporters of ISU athletics. At the Compliance Office, we want to take a moment to remind you of some important regulations on accepting meals and gifts.

#### Meals

NCAA guidelines allow student-athletes to receive meals on an occasional basis. Under University of ISU Athletics Department policy, an "occasional basis" has been limited to a maximum of six meals per academic year per student-athlete. The meal **MUST** be approved by the Athletics Compliance Office and your coaches before it may occur.

If the meal is provided by a booster it must be provided in THEIR home (as opposed to a restaurant) but it may be catered. Who is a booster? Anybody who wants to give you a free meal or anything else (among others).

#### Gifts

All "extra benefit" rules still apply during the holiday season. Consequently, it is not permissible to accept holiday gifts from coaches or boosters. This includes any type of gift regardless of how large, small or seemingly insignificant.

An extra benefit is any special arrangement provided by coaches, staff, or boosters to a student-athlete or a prospective student-athlete that is not generally available to students or prospective students at the Indiana State University.

Preferential treatment is any other special arrangement provided to a student-athlete or prospective student-athlete on the basis of his/her athletics ability or reputation. Both are violations of NCAA rules and both may render you permanently ineligible. (cont'd next column)

Student-athletes may receive awards from coaches as long as the award has been pre-approved by the Compliance Office and meets the other NCAA guidelines. If you have any questions about meals, gifts, extra benefits or any other topic, please stop by the Compliance Office and ask.

#### Will You Still be Eligible?

It's that time of the year again. Fall semester is winding down and finals are upon us. Some of you are nearing the completion your athletics seasons, some have just begun competition and others are still preparing for their seasons. Regardless of your sport's current playing year status, succeeding on your finals and maintaining your academic eligibility is crucial to your athletic career at Indiana State. Student-athletes must meet all NCAA, Missouri Valley Conference and institutional regulations in order to remain eligible to participate in intercollegiate athletics.

If you have specific questions about your academic standing, talk to your academic advisor. They are friendly folks who love to help student-athletes succeed.

#### BOOK RETURNS!!!

**REMEMBER: IF YOU HAVE AN ATHLETIC SCHOLARSHIP THAT PAID FOR YOUR BOOKS THIS SEMESTER, YOU MUST RETURN THOSE BOOKS TO THE COMPLIANCE OFFICE ON OR BEFORE THE LAST DAY OF FINALS!!!**

### IMPORTANT DATES & REMINDERS:

- Nov. 26-28: Thanksgiving Vacation
- Dec. 1-5: **DEAD WEEK** (If your sport is not in season, you cannot be required to practice or do any physical activities)
- Dec. 8-12: FINALS WEEK-Good Luck!!
- Dec. 12: **BOOKS DUE TO COMPLIANCE!!** (See above)
- Dec. 13: **Fall Commencement**

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