



THE SYCAMORE 477

Compliance Info for Sycamores



PRACTICE

Think you practice too much?

► Countable Activities include any required activity with an athletics purpose involving student-athletes and occur at the direction of, or supervised by, one or more of an institution's coaching staff, including strength and conditioning coaches.

► Participation is limited to a maximum of 4 hrs per day, 20 hours per week in season, and 2 hrs skill instruction per day, 8 hrs per week off season.

► Daily and weekly hour limitations do not apply, (1) prior to the first day of class and (2) during vacation periods.

► Student-athletes must receive one-day off per week from all countable activities.

A travel day may be considered as a day off. *(Basketball Exception: If a team participates in 3 contests in a week, the team is not subject to the one-day-off-per-week requirement. However, student-athletes must receive 2 days off from all countable activities during either the preceding or following week.*

** HOST INSTRUCTIONS**

Have you been asked to be a student-host for a prospective student-athlete? If so, please keep the following in mind!

• Host money cannot be given directly to the PSA.

• Host money can only be used for entertainment and snacks. A maximum of \$30 per day will be provided for entertainment. (Does not include meals)

• Host money cannot be used to buy t-shirts, hats, sweatshirts or other souvenirs.

• Entertainment for the prospect is limited to a 30-mile radius of campus.

• You cannot borrow your coach's car or any vehicle owned by the University or a booster.

• A visiting recruit may engage in recreational activities, so long as the activity does not include the sport in which the individual is being recruited.

• **Underage drinking is illegal. It is the student host's responsibility to discourage this type of activity. Do not break the law!**

• **Involvement in sexually related activities and entertainment, is prohibited!!!**

GAMBLING

The NCAA FORBIDS all forms of legal and illegal sports wagering. Including:

1. Use of a bookmaker or parlay card;
2. Internet sports wagering;
3. Pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize.

"DON'T BET ON IT!!"

Notes from SAAC:

- A "Pass the Bucket" was held at the last ISU football game and raised \$160! The next one is at the Oct. 17th volleyball match and again at football homecoming on Oct 25.
- "Canstruction" Food Drive

Live Off Campus? Receive a Stipend Check Each Month? You MUST turn in a copy of your lease agreement to the Compliance Office or you will NOT receive your check at the end of October!

Reminders from Academic Support Services

Oct 18 11am: Cross Country Blue and White Day

Oct 26 1pm: Women's Soccer Blue and White Day:

Oct. 28: Last day to drop a Fall '08 class:

Oct 29 7:30 pm: **Joe Rhea presenting Think First, then Think BIG**

Nov 3-28: Priority Scheduling for Spring 2009

Nov 19 7pm: Women's Basketball Blue and White Day

Nov. 28: Last day to drop SPRING '09 class with no fee

Nov 30 Study hall closed Sunday, for Thanksgiving Break

Dec. 1-5: Last week of mentoring/study hall

ISU Compliance Contacts:

*Joel McMullen, Asst AD-Compliance
237-4086 or jmcmullen1@indstate.edu*

*Stacey Greene, Compliance Assistant
237-4040 or sgreene@isugw.indstate.edu*

*Joe Sanders, Faculty Athletic Rep.
237-2015 or
jsanders4@isugw.indstate.edu*

*Steve Duzan, Academic Services
237-7601 or sduzan@isugw.indstate.edu*