

# Review of NCAA Rules on Summer Voluntary Workouts

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# Agenda

- Announcements
  - Summer School deadline-process and appeals
  - No single rooms 2011-12
  - NCAA/DFS Summer “Contact” forms due
  - Actual cost vs. equivalencies –room and board
  - Athletic aid renewals due ASAP
- Summer conditioning review
  - Current SA’s vs. PSA’s
- Review of recent NCAA infraction cases



# Voluntary Summer Workouts

## Current Student Athletes

### All Sports Except Football

Bylaw 17.1.6.2.1.1: In sports other than FB, a student-athlete may not participate in any countable athletically related activities outside the playing season during any institutional vacation period and/or summer. Strength and conditioning coaches (not countable coaches) may design and conduct specific workout programs for student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete.

# Voluntary Summer Workouts

## Current Student Athletes

### Football

**Bylaw 17.1.6.2.1.2:** In FCS FB, a student-athlete may not participate in any countable athletically related activities outside the playing season during any institutional vacation period and/or summer. Strength and conditioning coaches **OR** FB coaches who are certified strength and conditioning coaches may design and conduct specific workout programs for student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete.

# Voluntary Summer Workouts

## Current Student Athletes

### “Individual” Sports

#### Cross Country, Golf & Track/Field Only:

- ❑ Coach may participate in “individual” workouts with SA’s from coach’s team only. Not with PSA’s.
- ❑ Coach may reserve and pay for student athletes’ use of institutional facilities for use during summer.
- ❑ Track field events, jumping hurdles and jumping element of steeplechase-coach can be present during voluntary workouts only at regular practice facility.
- ❑ Documentation of voluntary workout to Compliance

# Voluntary Summer Workouts

## Prospective Student Athletes (PSA)

- ❖ Remember: They remain PSA's until the first day of classes when they become enrolled SA's!
- ❖ PSA ability to participate in summer conditioning varies by numerous factors!
- ❖ Generally speaking, PSA's are NOT allowed to participate in summer conditioning. Especially WALK-ONS!
- ❖ Here's the breakdown.....



# INDIANA STATE UNIVERSITY ATHLETICS

## SUMMER CONDITIONING CHART FOR INCOMING RECRUITS

**\*\*NEW STUDENT ATHLETES CANNOT PARTICIPATE IN ANY CONDITIONING UNTIL CLEARED BY COMPLIANCE OFFICE\*\***

SPORT/ACTIVITY	NLI Signee & <u>NOT ENROLLED</u> in Summer School	NLI Signee & <u>Aid</u> for Summer School	Transfer GIA/ AdmitOffer & NO AID for Summer School	Transfer GIA/ AdmitOffer & ON AID for Summer School	<b>"WALKONS"</b> Enrolled in Summer School - <u>NO AID</u>	<b>"WALKONS"</b> NOT Enrolled in Summer School
<b>FOOTBALL &amp; M/W BASKETBALL</b>						
Academic Support/Ath Training Services?	NO	YES	YES	YES	YES	NO
Medical Expenses-Voluntary Wrkouts?	YES	YES	YES	YES	YES	NO
Medical Expenses-Other Activities?	NO	YES	NO	YES	NO	NO
Voluntary Workouts?	YES	YES	YES	YES	YES	NO
Receive apparel on issue/retrieve basis?	YES	YES	YES	YES	YES	NO
<b>ALL OTHER SPORTS</b>						
Academic Support/Ath Training Services?	NO	YES	YES	YES	YES	NO
Medical Expenses-Voluntary Wrkouts?	NO	YES	YES	NO	YES	NO
Medical Expenses-Other Activities?	NO	YES	NO	NO	NO	NO
Voluntary Workouts?	Supervise Only NOT CONDUCTED	YES	NO	Supervise Only NOT CONDUCTED	NO	NO
Receive apparel on issue/retrieve basis?	NO	YES	NO	NO	NO	NO

### VOLUNTARY WORKOUT RULES APPLICABLE TO ALL SPORTS:

- \*Strength staff CANNOT report attendance/performances to coaches
- \*Participants CANNOT use sport-specific equipment in workouts
- \*Participants NO contact with boosters (except for summer jobs)
- \*Participants CANNOT be punished for missing workouts.
- \*Participants CANNOT work at ISU camps or clinics.
- \*Physicals & SCST Test completed prior to workouts!!

***\*COACHES, OR THEIR DESIGNEES, (e.g., managers, staff, etc.) CANNOT MONITOR, BE PRESENT (BEFORE OR AFTER), RECORD, OR OTHERWISE OBSERVE VOLUNTARY WORKOUTS AT ANY LOCATION, INCLUDING PICK-UP GAMES!!***

# Voluntary Summer Workouts

## Additional Rules For All Sports & All Participants

- ❑ Recent physical including SCST on file (6 months)
- ❑ SA's must sign voluntary request form-McMannus
- ❑ Strength coaches who conduct workouts must be certified in CPR (includes FB coaches who conduct)
- ❑ If athletic trainer is present, they have ultimate say whether to modify or cancel a workout for safety
- ❑ "Practice" is prohibited in ALL sports during summer
- ❑ ISU may pay for use of ISU practice and competition facilities by SA's engaged in voluntary activities

# Voluntary Summer Workouts

## Additional Rules For All Sports & All Participants

- ❑ Conditioning drills may simulate game activities, but no offensive or defensive alignments nor sport-related equipment can be used.
- ❑ Meetings with SA's: Only at SA request. Can't require.

# QUESTIONS?



IF YOU AREN'T  
SURE.....

PLEASE ASK!!

Questions?

# Infractions for Thought

- SA permitted his name and image to be used to promote a social gathering on an electronic flyer distributed through Facebook. The event was advertised with a \$10 admission and flyers were distributed electronically through Facebook. Violation discovered when institution's compliance office received the flyer via e-mail. SA was unaware that an admission charge would be associated with the event. SA rendered ineligible; cease and desist letter to event organizer.
- SA sold a bowl watch to a pawn shop. SA was issued the watch for his participation in a 2009 post-season bowl game. Documentation obtained from the pawn shop confirmed the sale by SA. The violation was discovered by the Assoc Ad for Compliance during a presentation to a group of law students, during which one of the students indicated that he saw a bowl watch for sale at a local pawn shop.

# Infractions for Thought

- Athletic dept staff member provided the student-athlete (SA) a birthday card valued at \$5.00. The staff member was unaware that, as an institutional staff member, it is impermissible to provide a birthday card to a student-athlete. The violation was discovered by the associate athletics director for compliance during a review of the academic program.
- 38 student-athletes participated in countable athletically related activities before the sickle cell test results were returned to the institution's physician. Specifically, the assistant director for athletics medicine did not begin receiving test results until the fourth day of classes. However, most sports had assumed their student-athletes were cleared for practice because the department of athletics medicine had communicated that the student-athletes were "clear."

# Final Reminders!

- Books must be returned by last day of finals
- Club teams – approval needed in advance
- Summer Employment – SA's and Coaches
- Skill instruction changes on April 15 – Limit 4 any one time in any facility
- Dead/Study Week – week prior to finals through end of each SA final exams

**Go Sycamores!!!**

Thanks for Coming!!



Go Sycamores!!!