



NCAA RULES EDUCATION  
SYCAMORES ATHLETIC TRAINING STAFF



OCTOBER 10, 2011

- **Institutional control**
  - Reporting process
    - Anonymous?
- **5 year clock/4 seasons**
- **Medical hardship waivers vs. permanent medical exemptions**
- **CARA -20/8 Hour Rules**
  - Saturday thru Sunday
  - Midnight – 5AM prohibited
  - Post competition practices (tournaments, multi-game days)
  - Vacation periods
- **Permissible physical exams of recruits**
  - Official/unofficial visits - physician only
- **Mandatory medical exams**
  - Prior to ANY participation in CARA (summer too)
  - Sick cell
- **Summer conditioning**
  - FB ONLY: MUST be present during “running” not lifting workouts-13.11.3.7.4;
  - Other sports: MAY be present at -power to intercede and terminate workouts.
- **Gambling** – information to gamblers regarding injuries
- **Tobacco**
- **Recruiting**
  - PSA’s 9<sup>th</sup> grade; MBB 7<sup>th</sup> grade
  - Phone calls to PSA’s/parents
  - Tryouts/use of facilities
- **Departure and return rules for teams (48hrs/36; MBB 48/24)**
  - Vacation period
  - Apply to weekend contests
- **Extra benefits**
  - Occasional meals
- **Banned substances- NCAA/ISU drug testing policies/procedures**
- **Relationships with SA’s**
- **FERPA/HIPPA** –
  - Comments to media and others
- **No coaching activities**



*Ask Before You Act!*

**Compliance Contacts**

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