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THE SPIRIT OF | **24**
INDIANA | sports
ONE
team
IMPACTING LIVES. CHANGING THE WORLD.

SPIRIT OF INDIANA

The Spirit of Indiana: 24 Sports, One Team is a creed that represents Indiana University Athletics' core values, mission statement and strategic plan.

Where did this creed come from? "The Spirit of Indiana" was Indiana University's theme for 1925, the same year the original Memorial Stadium opened. As part of the festivities, the "Indiana Creed of Sportsmanship" was written by John S. Hastings, LL.B'24, a former Indiana University trustee. A tribute to team over self, the Creed states, in part:

The spirit of Indiana in athletics must be the spirit of the team. The team must be competitive in spirit and have the will to win over and above the will to star... Without this spirit of the team and this goal of school above self, we fail miserably--not only here in our sports life, but in the world of business and society after we leave this campus...With it, we exemplify the true spirit of Indiana in athletics.

More recently, the motto of "24 Sports, One Team" has been embraced by all of us at IU Athletics. It's our way of saying that we best pursue our individual goals by working together for the greater good.

The Spirit of Indiana: 24 Sports, One Team is a statement of who Indiana University Athletics is in the great IU tradition of "The Indiana Creed of Sportsmanship" and the "The Spirit of Indiana." It's our touchstone. It's our standard for setting

priorities, allocating resources and making decisions. It's who we are and who we become.

Five Priorities of Indiana Athletics

1. Playing by the rules;
2. Being well in mind, body and spirit;
3. Achieving academically;
4. Excelling athletically; and
5. Integrating with the University.

TENANTS

- We are able people of integrity who play by the rules.
- We are well in mind, body and spirit.
- We reach our highest academic potential and earn Indiana University degrees.
- We reach our highest athletic potential and win championships.
- We are unselfish leaders and teammates.
- We represent Indiana University with passion, appreciation, respect and distinction.
- We are positive, responsible, inclusive and integrated with our University.
- We are a part of something bigger than ourselves.

LETTER FROM SCOTT DOLSON



Welcome to Indiana University and the Hoosier Family!

As Indiana University's Athletic Director and as a lifelong Hoosier fan and IU alum, I welcome you to one of the most storied athletic families in intercollegiate athletics. Our students and our programs are well known for excellence on the field and in the classroom, and I am delighted that you have chosen to write your own chapter of academic and athletic success while carrying on that tradition of excellence.

While I am entering just my third year leading IU Athletics, I am a familiar face to many of you thanks to my various roles within the department, including as the Deputy Director of Athletics for 11 years. For those who don't already know me, I look forward to meeting you, getting to know you, and doing all that I can to help you succeed as a student, athlete and as a person during your time in Bloomington and beyond.

Like the rest of the devoted members of the Indiana University Athletic Department staff, I am here for you. We collectively are committed to helping you earn your Indiana University degree, compete for and win championships, and develop personally. If you ever feel you are not getting the support that you need to accomplish those goals, please let a member of my staff or I know.

Congratulations on your decision to be a Hoosier!

Go IU!

Scott Dolson
Vice President and Director of Intercollegiate Athletics

[IU Athletics Staff Directory](#)

ONE
team
INDIANA ATHLETICS

INDIANA UNIVERSITY STUDENT-ATHLETE BILL OF RIGHTS

1 COST OF EDUCATION:

Full scholarships pay all costs of the student-athlete's undergraduate education, including: tuition; room and board; books; and fees. Equivalency scholarships pay for specific elements (books, for example) and/or percentage of costs. Summer school, a fifth school year, and/or an "Olympic redshirt year" may also be paid for through scholarships when needed, available, and earned. Once approved by the NCAA, Indiana University will also provide as part of our scholarships a miscellaneous expense allowance to cover the full cost of attendance. While non-scholarship student-athletes do not receive full or equivalency scholarships, they receive all non-scholarship-related benefits provided to all student-athletes as set forth here.

2 FOUR YEAR FULL HEAD COUNT SCHOLARSHIP COMMITMENT REGARDLESS OF INJURY, ILLNESS, OR ATHLETIC PERFORMANCE:

Every full head count scholarship student-athlete, regardless of sport, entering Indiana University receives a four year scholarship to ensure the time needed to earn an undergraduate degree. Equivalency scholarship terms may be year to year. All scholarships set forth in writing the amount, duration and any conditions of the award. Scholarship terms are not reduced unless the student-athlete voluntarily leaves the team, becomes ineligible, or violates a university or department policy or team rule. Any reduction of a scholarship's terms may be appealed to an independent panel of faculty members whose decision on the matter is binding and final. Scholarship terms will not be reduced because of a student-athlete's injury, illness, or physical or mental condition nor on the basis of a student-athlete's ability, performance, or contribution to the team's success.

3 LIFETIME DEGREE GUARANTEE:

Indiana University has an unusual, if not unique, commitment for all of our scholarship student-athletes to earn an Indiana University undergraduate degree, even if they leave school early but decide later in life they want to finish. This extraordinary commitment corresponds to the similarly extraordinary commitment of time our student-athletes spend on athletics, in addition to academics, to meet the expectations of their scholarships. Under our "Hoosiers for Life" program, Indiana University will pay the tuition (plus books and fees) for an Indiana University undergraduate degree for a full or equivalency scholarship student-athlete who leaves school early to tend to a family emergency, pursue a professional athletics career, or for any other reason. Former student-athletes may take part in this program who: were eligible to play for at least two seasons at IU; were eligible and a student in good standing under university and department policies as well as team rules when they left school; did not leave IU to transfer to another school; and are readmitted to IU consistent with currently applicable degree requirements and other institutional admissions policies and procedures. Recognizing the inclusive philosophy behind this policy, even if the former student-athlete fails to meet all of these criteria, he or she can still participate in the Hoosiers for Life program if the Athletic Director finds compelling reasons for him or her to do so. Former student-athletes who return under the Hoosiers for Life program will meet with an academic advisor to create a degree completion plan (which they will be expected to follow) and will be supported by existing academic and learning services, just as they were during their time as an active student-athlete.

4 COMPREHENSIVE ACADEMIC SUPPORT:

Indiana University comprehensively supports all student-athletes to maximize their academic potential and earn an Indiana University degree. Every student-athlete:

- A.** Chooses their own course of study, major, degree, and the like with the support and assistance of a university academic advisor consistent with their ability to meet the applicable requirements;
- B.** Receives a graduation plan identifying individualized support services;
- C.** Has full access to the D. Ames Shuel Academic Center;
- D.** Has free access to special diagnostic and support services such as tutors, mentors, study planning, study tables, personality assessments, major and career development programming, learning assessments and services, disability support services, and the like;
- E.** Participates in Priority Registration to minimize academic and athletic conflicts and assist with graduation plans; and
- F.** Is protected by a faculty enforced missed class policy to limit to the greatest extent practicable how many classes student-athletes may miss due to IU sponsored competitions and provided individualized excused absence letters to any instructor whose classes do have to be missed.

5 COMPREHENSIVE HEALTH, SAFETY, AND WELLNESS:

Indiana University is committed to protecting and enhancing the health, safety, and wellness of all of our student-athletes. These commitments include, but are not limited to:

- A.** Providing every student-athlete through our sports medicine program comprehensive, high-quality medical, dental, vision, psychological, rehabilitation and related health care services for any injuries or illnesses relating to their participation in intercollegiate athletics at Indiana University at no cost to the student-athlete or his or her family (including payment by the university of any applicable insurance deductible or copay);
- B.** Providing without cost through our sports medicine program every student-athlete with an incoming comprehensive physical medical exam, including a CBC blood test, sickle cell test, screening echocardiogram, concussion baseline test, and the like;
- C.** Having a certified athletic trainer and/or medical doctor available for every team practice and competition;
- D.** Providing the services of two full-time certified sports nutritionists who provide individual and team based nutrition wellness support and education, including utilizing a private, non-invasive "Bod Pod" on the athletics campus;
- E.** Making available to all student-athletes (at no additional cost to those on Board scholarships) full "training table" meals prepared and served under the direction of the certified sports nutritionists conveniently located on the athletics campus plus, at no cost to any of our student-athletes, Nutrition Centers with meals and snacks available throughout the day;
- F.** Providing a safe and secure environment in which to practice and compete, including securing these venues so that they may only be accessible to background-checked members of the Indiana University community;
- G.** Providing traveling student-athletes with quality transportation, housing, meals, and fair per diem;
- H.** Providing access as available to the NCAA Student Assistance Fund for special student-athlete financial needs (such as airfare home for family emergencies); and
- I.** Observing all practice and competition limitations and advocating the NCAA for additional "dead periods" to provide student-athletes with more time outside athletics.

6 COMPREHENSIVE ATHLETIC SUPPORT:

Indiana University comprehensively supports all student-athletes to maximize their athletic potential. This support includes, but is not limited to:

- A.** Providing top quality coaching and training;
- B.** Providing top quality practice, competition, strength and conditioning, and related facilities;
- C.** Providing cutting edge technology to access, diagnose, and improve individual student-athlete performance; and
- D.** Providing top quality apparel and equipment.

7 COMPREHENSIVE LEADERSHIP AND LIFE SKILLS DEVELOPMENT:

Through its nationally recognized Excellence Academy, Indiana University provides its student-athletes with holistic and comprehensive personal development from recruitment to commencement and beyond. This includes, but is not limited to:

- A.** Counseling and support on issues particularly challenging to student-athletes as they transition into college;
- B.** Leadership and life skills training through departmental programming, including the Indiana University Excellence Academy Speaker Series;
- C.** Specialized training to improve the individual student-athlete's social media skills;
- D.** Providing a paid internship experience for up to six student-athletes within the Department of Athletics through the Indiana University Excellence Academy Internship Program;
- E.** Receiving a blazer, which they may keep, as a wardrobe staple to wear at athletic or non-athletic events; and
- F.** Preparing student-athletes to transition to the next phase of their lives, including successfully pursuing post college employment through the Indiana University Excellence Academy Career Counseling and Placement Center which student-athletes may also utilize as needed during their careers after graduation.

8 A CULTURE OF TRUST AND RESPECT:

Indiana University pushes student-athletes to be the best they can be academically and athletically, but does so in an environment of trust and respect. No physical or verbal abuse or demeaning language or treatment is tolerated.

9 A COLLECTIVE VOICE:

At Indiana University student-athletes have a formal collective voice in the administration of intercollegiate athletics, and we recognize the Student Athlete Advisory Committee (SAAC) as that voice. Through SAAC, student-athletes will:

- A.** Be annually provided a report by the Athletic Director on the state of the athletic department similar to that provided to the IU Board of Trustees and the Bloomington Faculty Council;
- B.** Be provided the opportunity to meet with the Athletic Director every semester to ask questions and share concerns;
- C.** Have permanent representation on the Bloomington Faculty Council Athletics Committee;
- D.** Have permanent representation on the Indiana University Excellence Academy Leadership Council;
- E.** Have a representative on any search or advisory committees for hiring a new head coach or athletic director; and
- F.** Receive financial support to participate in Big Ten Conference SAAC governance.

10 CUTTING EDGE TECHNOLOGY:

Indiana University provides all student-athletes with technology access, training, and equipment to enhance their academic and athletic experience and prepare them for their life after graduation. Every student-athlete is:

- A.** Provided their own tablet (such as an iPad), which they may keep, with appropriate applications to maximize their academic, athletic, and life skills development;
- B.** Able to access and utilize the Indiana University Excellence Academy Connect 24, a web-based technology that allows them to work from anywhere with staff to pursue and complete their individual academic, athletic, wellness, and leadership & life skills goals; and
- C.** Provided wireless access throughout the University and Athletics campuses and, to the greatest extent practicable, during athletically related travel and housing.



Indiana University provides our student-athletes these rights as part of our commitment to their academic and athletic success as well as personal development and well-being. These rights are predicated on the student-athlete's compliance with NCAA, Big Ten, IU, and team rules. - JUNE 2014



PRIORITY #1: PLAYING BY THE RULES

Code of Student Rights, Responsibilities, & Conduct

The IU Code of Student Rights, Responsibilities, and Conduct ensures your rights as an IU student are protected. While you're entitled to respect and civility, you also have responsibilities to the campus community. The Code outlines these responsibilities and the university's expectations for your behavior as an IU student.

As a student-athlete you are expected to uphold the same standards of conduct that have been adopted by the University.

You may access the complete text of the Code of Student Rights, Responsibilities, & Conduct at the following site: <https://studentcode.iu.edu/>

Additionally, the Department of Athletics has developed an internal code of conduct to which student-athletes must adhere. These policies and procedures are found within the Statement of Principles on the Conduct of Participants in Student Athletic Programs.

You may access the complete text of the Statement of Principles at the following site: https://iuhoosiers.com/sports/2015/4/1/GEN_201401017.aspx

If a student-athlete believes that a policy of the IU Athletics Department (such as the Bill of Rights or Statement of Principles) has been violated or has some other concern relating to his or her participation in intercollegiate athletics at Indiana University, the student-athlete is encouraged to communicate the issue to the Department utilizing the protocol set forth in the Indiana University Department of Intercollegiate Athletics Student-Athlete Concern Communication Protocol.

You may access the complete text of the Protocol at the following site: https://s3.amazonaws.com/sidearm.sites/iuhoosiers.com/documents/2022/8/3/Student-Athlete_Concern_Communications_Protocol.pdf

NCAA Rules and Regulations

The mission of the IU Compliance is to advance the University's dedication and uncompromising commitment to the highest standards of ethical behavior and strict adherence to the letter and spirit of NCAA and Big Ten Conference rules. Because compliance is a shared responsibility, Compliance will interact with coaches, student-athletes, athletic and institutional staff members, alumni and friends to inform and educate in order to

assist in attaining our educational and competitive goals by fostering a climate of compliance.

IU is firmly committed to the principle of institutional control. It is our policy to adhere to all NCAA, Big Ten, and IU rules and regulations. It is the obligation and responsibility of all athletic department staff members and student-athletes to act within all applicable rules and regulations at all times.

Reporting Rules Violations

A student-athlete is responsible and accountable for any violation of NCAA regulations in which he or she may be involved and is responsible for reporting any such action(s) to IU's Vice President/Director of Athletics, the Faculty Athletics Representative, or the Associate Athletics Director for Compliance. A student-athlete is required to furnish complete and accurate information relevant to an investigation of a possible violation of an NCAA regulation when requested to do so by the NCAA or IU.

NCAA Compliance and the Principle of Ethical Conduct

To participate in intercollegiate athletics, student-athletes must maintain athletic and academic eligibility. Your coach, academic counselor, the Compliance staff, the Academic staff, the Director of Athletics, the Faculty Athletics Representative, and the President work together to ensure adherence to all NCAA and Big Ten Conference regulations regarding your eligibility.

Though NCAA and Big Ten Conference rules may seem complicated, they ensure that all teams and student-athletes play according to the same rules, with no team having an unfair competitive edge. Great effort is made by the IU administration to see that you and all staff members are familiar with these rules and understand that any deviation from them, whether knowingly or through ignorance, is not condoned by the Department of Athletics or IU.

All student-athletes are required to conduct themselves in an ethical manner in compliance with NCAA and Big Ten Conference regulations, and risk losing eligibility to compete if he or she evades or violates those regulations. Unethical conduct includes, but is not limited to, withholding information, providing false information, and providing misleading information.

The following sections are intended to reinforce the rules and requirements that have been discussed during your meetings with Compliance. These sections are not intended to be all-inclusive. If you have any questions regarding NCAA, Big Ten, or IU rules and regulations, please contact a member of the Compliance staff or visit the [Compliance website](#).

Amateurism

Only amateur student-athletes are eligible to compete at the NCAA level. Participating in impermissible actions jeopardizes your amateur status and negatively impacts your eligibility. The below sections provide some guidance on areas that may affect your amateurism.

Professional Service Provider

A professional service provider is an individual who provides services to an individual regarding their name, image and likeness. It includes, but is not limited to, an agent, tax advisor, marketing consultant, attorney or anyone who is employed or associated with such persons.

The NCAA interim Name, Image, and Likeness (NIL) policy permits a student-athlete to use a professional service provider in connection with NIL activities only. Additionally, a student-athlete may receive the same benefits (e.g., meals, etc.) from a professional service provider that are regularly provided to other clients.

It is permissible for a student-athlete to use a professional service provider, even if they are registered as an athlete agent; however, it remains impermissible for a student-athlete (or his or her family members, friends, etc.) to agree to be represented by an agent for the purpose of marketing his or her athletics ability or reputation in that sport to secure an opportunity as a professional athlete.

While a student-athlete can use the services of an agent for NIL, the Office of the Indiana Attorney General requires agents, including NIL agents to be registered with the State.

The Office of the Indiana Attorney General requires agents to be registered with the State prior to NIL agreements with Student-Athletes.

If you have any questions regarding the use of professional service providers, please contact the Compliance staff.

If you have any agent questions, please contact the Compliance staff.

Impermissible Actions with Professional Teams

1. Entering into a verbal or written agreement to compete in professional athletics
2. Negotiating a verbal or written professional contract
3. Participating on a professional athletic team
4. Requesting to have your name be put on a draft list for professional sports – there are limited exceptions for this for basketball.

5. Trying out with a professional sports organization

Impermissible Forms of Payment

1. Accepting payment or the promise of pay (e.g. cash, prizes, travel) for competing in a sport
2. Accepting gifts, money, impermissible meals, loans of cars or money from Athletic Department staff, boosters, or fans
3. Receiving more than actual and necessary expenses to compete
4. Receiving any benefit that is not available to other students at IU
5. Using your athletics skills for pay in any form

Note: The NCAA's interim NIL policy permits a student-athlete to use his/her NIL and receive compensation, provided: 1) no pay for play (e.g., compensation received from NIL activity must be for work performed); and 2) no recruiting inducements to enroll or remain enrolled at IU.

Outside Competition

Participating in any competition or practice where you are participating as an individual or on a non-IU athletic team, without prior approval from the Compliance and the Faculty Athletics Representative is not permissible.

Examples of outside competition include, but are not limited to, national team tryouts, practices, and competition, participation on club teams, and participation on summer league teams. If you plan to miss class for an outside competition, you are required to submit the proper documentation to Compliance at least two weeks before the event is to take place.

Complimentary Admissions

Complimentary Admissions In Your Sport

NCAA rules allow each student-athlete to receive a maximum of four complimentary admissions per regular-season event in his or her sport. You may receive a maximum of six complimentary admissions for conference championships, NCAA championships, or bowl games. It is not permissible for you to sell or exchange for anything of value your complimentary admissions. It is also not permissible for your guests to sell or exchange anything of value for the complimentary admission.

Complimentary Admissions for Other Sports

Student-athletes who serve as a host for a recruit on an official or unofficial visit; and student-athletes who are being honored at an event may receive a complimentary admission.

Guest Information

1. Admission is through a pass list, and guests must be added to the list by a student-athlete to receive admittance. Hard copies of tickets are not distributed.

2. The designated gate for complimentary admissions will open 90 minutes before the game and remain open until the end of the first half (or halftime.)
3. Once guests are admitted, they will sign for a seat location pass.

Practice and Competition

Seasons of Competition and the Five-year Rule

Student-athletes have five years to complete four athletic seasons in a sport. The five-year clock begins when you first become a full-time student at any collegiate institution. These years are continuous. You do not regain the time when you are not enrolled in school.

Medical Hardship

A medical hardship is defined as an incapacitating injury or illness that occurs during the first half of the season before you have participated in more than three events or 30 percent of the events in your sports, whichever number is greater. Medical Hardship waivers are submitted by Compliance to the Big Ten Conference. The Big Ten Conference renders decisions on all Medical Hardship waivers.

COVID Year

Student-athletes who were members of a varsity sports team at IU during the 2020-21 academic year are eligible by NCAA rules for an extra year of eligibility via a season competition waiver and an eligibility extension. Because of scholarship limits, though, it is not guaranteed that the extra year of competition/eligibility can be completed at IU.

Time Management Plan

NCAA regulations require each sport to have a Time Management Plan that provides student-athletes with adequate notice of their practice and competition schedule. Student-athletes can view their sport's Time Management Plan by logging into ARMS.

Daily and Weekly Limitations

Countable Athletically Related Activities, also referred to as CARA, includes any team related activity that is required by the coaching staff. These include (but are not limited to): practice, competition, conditioning, weight lifting, film review, walk-throughs, team meetings, etc. The NCAA limits the total amount of CARA hours in which a student-athlete can participate in during an academic year to:

In-Season - 20/4/1:

1. No more than 20 hours per week;
2. No more than 4 hours per day;
3. Each competition day counts as 3 hours (no matter how long); and
4. 1 required day off

Out-of-Season - 8/4/2:

1. No more than 8 hours per week;
2. No more than 4 hours skill instruction per week; and
3. 2 required days off.

Summer

In football and men's and women's basketball, NCAA regulations permit CARA for up to eight weeks during the summer vacation period. Student-athletes in individual sports are permitted to voluntarily request skill instruction with their coaches over the summer; however, student-athletes in team sports may only engage in voluntary strength and conditioning activities.

Voluntary Athletically Related Activities

Student-athletes may engage in voluntary athletically related activities in addition to the CARA activities required by their coach. In order for any athletically related activity to be considered voluntary, all of the following conditions must be met:

1. The student-athlete must not be required to report back to a coach or other athletics department staff member (e.g., strength coach, trainer, manager) any information related to the activity. In addition, no athletics department staff member who observes the activity (e.g., trainer, manager) may report back to the student-athlete's coach any information related to the activity;
2. The activity must be initiated and requested solely by the student-athlete. Neither the institution nor any athletics department staff member may require the student-athlete to participate in the activity at any time. However, it is permissible for an athletics department staff member to provide information to student-athletes related to available opportunities for participating in voluntary activities (e.g., times when the strength and conditioning coach will be on duty in the weight room or on the track). In addition, for students who have initiated a request to engage in voluntary activities, the institution or an athletics department staff member may assign specific times for student-athletes to use institutional facilities for such purposes and inform the student-athletes of the time in advance; and
3. The student-athlete may not be subjected to penalty if he or she elects not to participate in the activity. In addition, neither the institution nor any athletics department staff member may provide recognition or incentives (e.g., awards) to a student-athlete based on his or her attendance or performance in the activity.
4. No members of the coaching staff may be present unless there is a legislated exception (e.g., safety exception or individual-sport-requested event).

Required Athletically Related Activities

Student-athletes may be required to engage in Required Athletically Related Activities, or RARA, which include the types of activities listed below. RARA activities do not count in hourly, daily, or weekly CARA limitations, but may not occur on a required day off. RARA may include:

- A) Compliance meetings;
- B) Organized team promotional activities;
- C) Recruiting activities, including student-host duties;
- D) Media activities;
- E) Fundraising events;
- F) Community service events;
- G) Team-building activities; and
- H) Travel to and from away-from-home competition.

There are a limited number of activities that are RARA, but can occur on your day off. These include medical and academic activities, as well as Life Skills events at which more than 1 team is present.

Employment

A student-athlete is permitted to earn legitimate employment income at any time, as long as the following requirements are met:

1. You are paid the going rate for the position;
2. You are paid for work actually performed; and
3. You receive the same benefits as all other similarly situated employees (you do not receive favorable treatment);
4. If you are an international student-athlete, you may not work off-campus;
5. You document all employment with Compliance

Private Lessons and Camps

A student-athlete is permitted to use his/her NIL to promote and conduct private lessons and to host camps, provided:

- 1) Institutional facilities are requested in accordance with institutional policy (if using institutional facilities);
- 2) Institutional marks are not used to promote the lessons or camp (unless prior written approval has been obtained from the Office of Licensing and Trademarks);
- 3) Compensation received is for work actually performed.

Golf and tennis student-athletes should be aware of their specific governing body rules (USGA, USTA) related to NIL activities, particularly as it relates to private lessons and camps.

Extra Benefits

An extra benefit is any special non-NIL arrangement to provide a student-athlete or the student-athlete's relatives or friends with a benefit not authorized by NCAA regulations. The NCAA allows Indiana University to provide student-athletes with scholarships to cover tuition, fees, room, board and books. We can also provide complimentary admissions to IU athletic events, practice or competition-related apparel, travel, equipment and medical treatment. It is a violation of NCAA regulations for a student-athlete to receive any other benefit UNLESS the same benefit is normally available to all IU students or their parents/ guardians.

Some Examples of Extra Benefits you CANNOT receive from an IU employee or booster:

- Cash or gifts.
- The use of personal property (e.g., boats, summer houses/ condos, automobiles).
- A special discount arrangement or credit on a purchase (e.g., airline tickets, clothing).
- Arranging, providing or co-signing a loan.
- Providing any kind of transportation or the use of a car.
- Gifts of food, clothing or equipment.
- Arranging or providing free or reduced cost professional services (e.g., free dental or medical services, haircuts, automotive services, laundry, dry cleaning).
- The use of a credit card.
- Entertainment or the purchase of meals or services at commercial establishments.
- An invitation to play at a country club's golf course or to eat a meal there.
- Financial rewards for athletic performance.
- An honorarium or fee for a speaking engagement or other appearance.
- Receiving tickets from an employee or booster to an IU or community athletic event (e.g., state high school basketball tournament tickets; high school games, collegiate, professional or any sporting event).
- Free or reduced cost housing.
- Employment for your parents, guardians or friends

Gambling

The NCAA strictly prohibits athletics department staff and student-athletes from engaging in sports wagering activities.

NCAA Gambling Restrictions

1. It is not permissible for you to place or accept a wager on any sport, at any level, in which the NCAA hosts a championship, in bowl subdivision football, and in emerging sports for women, even if IU does not sponsor the sport.

2. Impermissible gambling occurs when you place a wager or accept a wager of money or anything of value for a chance to win something.
3. Gambling prohibition includes sporting events at the professional, college, and amateur (e.g. high school, youth team) levels.
4. It is not permissible for you to knowingly provide information concerning intercollegiate athletic competition to individuals involved in organized gambling activities.
5. It is not permissible for you to accept any benefits from individuals (e.g. meals, presents, money), in exchange for supplying information or for attempting to alter the outcome of any contest.

NCAA Gambling Examples

1. It is not permissible to enter an NCAA Tournament Bracket Challenge that requires an entry fee.
2. It is not permissible to enter a Super Bowl pool that requires an entry fee.
3. It is not permissible to participate in an online fantasy league that requires an entry fee.
4. It is not permissible to use sites like Draft Kings or Fan Duel.

Gambling Penalties

Impermissible gambling under NCAA rules will result in a loss of eligibility. It is also important to be aware of the legalities of gambling from an institutional, state and federal level. Understand that the consequences at the institutional level may be expulsion, and that IU will assist with the enforcement of any and all federal, state and local gambling and anti-bribery regulations.

Recruiting

Hosting Prospective Student-Athletes

IU expects our current student-athletes to be active, willing and positive participants in the on-going recruiting process. Student-Athletes serving as hosts for recruits are official representatives of IU, the athletics department and their team, and are expected to exhibit appropriate conduct and behavior at all times.

Boosters, Alumni and Fans

A recruit may not have more than incidental (and unplanned) contact with a booster, alumni or any fan of any IU team. It is the responsibility of the student host to ensure that such contact does not occur when entertaining a recruit.

Contact and Communication with Recruits

Student-athletes may be involved in the following activities with recruits at any time, provided it is not done at the direction of a coach or staff member.

1. In-person, off-campus contacts; and
2. Any form of written correspondence other than public recruiting messages.

Entertainment

A maximum of \$75.00 per day may be provided to the student host to cover the entertainment expenses of the host, multiple hosts, the recruit and up to four family members accompanying the recruit. The cost of meals and admission to campus athletic events is excluded from this allowance. These funds may not be used to purchase or otherwise provide the recruit with gifts (e.g. clothing, souvenirs or memorabilia items). No cash may be given to the recruit or anyone else accompanying him/her on the visit.

All entertainment of a recruit must occur within a 30-mile radius of campus. It is the responsibility of the student host to ensure that the recruit abides by this limitation. Never allow a recruit to use a vehicle during a campus visit.

The following list includes examples of inappropriate entertainment but is not limited to only these examples:

- Consuming alcoholic beverages;
- Visiting “adult entertainment” establishments;
- Utilizing escort services;
- Engaging in any illegal, hazing or gambling activity; or
- Engaging in activities which visit a common nuisance upon the community.

Recreational Activities

Recruits may participate in physical workouts or other recreational activities during a campus visit provided such activities are not organized or observed by the coaching staff and are not designed to test the athletic ability of the recruit.

Financial Aid and Scholarships

It is permissible for student-athletes to accept the following forms of financial assistance to help pay for expenses associated with attending IU:

1. Financial support from parents and relatives;
2. Aid awarded for non-athletic abilities;
3. Aid from IU or non-institutional source that meets NCAA requirements;
4. Athletic-related grant-in-aid from IU (i.e., athletic scholarship)

Athletic Grant-In-Aid Information

Teams are provided with a specific number of grant-in-aids (scholarships) to provide per academic year, in accordance with budgetary restrictions and NCAA regulations. An athletic grant-in-aid is restricted to covering the following education expenses:

- Actual cost of tuition;
- Required institutional fees;
- Cost of room, based on the allowance for a room as listed in the on-campus housing catalog;
- Cost of board, which consists of three meals per day;
- Actual cost of course-related books; and
- Miscellaneous expenses up to the cost-of-attendance.

Monthly Stipend

You will receive a monthly stipend if your athletic scholarship is allocated to pay Cost-of-Attendance, Room and/or Board. The amount of your stipend will vary depending on your scholarship and if you live on or off campus. Stipends are disbursed 4 times each semester and are issued through the University Bursar's office as a refund. PLEASE NOTE: any outstanding IU charges will be taken out of the refund before any of the room and board funds are disbursed and you must sign up for Direct Deposit through <https://one.iu.edu/> in order to receive the refund.

Refunds are processed by the Bursar's office around the first of each month during the following months:

- Fall semester: September, October, November and December
- Spring Semester: January, February, March and April

Book Scholarships

Student-athletes on book scholarships should pick up their books just prior to the start of the term at the bookstore located in the IMU. Athletics will provide the bookstore with a list of eligible student-athletes. Student-athletes will need a photo ID and a copy of their current schedule when they go to pick up their books. At the end of the term student-athletes must return all books. If a student-athlete chooses to keep a book or has lost a book, he or she must complete a form with the bookstore acknowledging that he or she will be charged for the book. Once the form is complete, the student-athlete will be free to obtain the books for the next term.

Summer School and Fifth Year Scholarships

All student-athletes must apply for summer aid and fifth year aid through an application located in ARMS, and the awarding of aid will be based on several factors including, but not limited to, the following:

1. Eligibility

2. GPA
3. Reasonable progress
4. Class attendance in prior semesters
5. Working with tutors in prior semesters
6. Recommendation from your coach.

If a student-athlete is granted summer school or fifth year aid they must comply with all requirements of IU Athletics policies related to these areas.

Alston

Alston funds are designated as academic incentive funds that arose out of the Supreme Court's decision in the *Alston* case and are separate from scholarship awards and limits. Student-athletes are eligible to receive these funds if they earn both APR points during an academic year. These are 1) being academically eligible and 2) returning to the institution. The student-athlete must also remain a member of his or her IU Athletic Team. The amount of a student-athlete's Alston award will be equal to the percentage of his or her athletic scholarship. For example, if a student-athlete is on a full athletic scholarship, they will receive the full Alston award. Likewise, if they are on a 50% athletic scholarship, they will receive 50% of the Alston award.

Athletic Grant-In-Aid Reduction or Cancellation

A student-athlete's athletic scholarship may be reduced during the academic year if:

1. You render yourself ineligible;
2. You misrepresent any information on an application, financial aid agreement or Letter of Intent;
3. You engage in serious misconduct;
4. You voluntarily withdraw from the team; or
5. You fail to comply with team and/or department rules or policies

Athletic Grant-In-Aid Reduction or Cancellation Process

It is the policy of Indiana University Department of Intercollegiate Athletics that all renewals, reductions, and cancellations of athletics grant-in-aids are awarded in compliance with applicable NCAA and Big Ten rules and regulations. Specifically, this requires the following:

1. Student-athletes receiving athletics grant-in-aid shall be notified in writing of the renewal, reductions, or cancellation of their athletics grant-in-aid on or before July 1 prior to the academic year in which the renewal, reductions, or cancellation will go into effect.
2. Indiana University automatically requests renewal of athletics grant-in aid annually or according to a multiyear tender for a total of 4 years for student-athletes who meet

NCAA, Big Ten, and IU eligibility requirements along with team and departmental rules beginning with the start of each student-athlete's five-year clock. Student-athletes who do not graduate in 4 years, yet are eligible to compete their fifth year, may be authorized for an additional year of aid at the discretion of the sport's head coach and sport administrator in consultation with the Associate Athletics Director for Academics Services. In addition, student-athletes who exhaust their eligibility in 4 years but need the fifth year to complete an undergraduate degree program may be authorized for an additional year of athletics aid at the discretion of the athletic department and per department policy.

3. Student-athletes are notified and acknowledge in writing the receipt of team and departmental rules and regulations at the start of each academic year. Cancellation or reduction can occur at any time during the academic year (or period of the award) if the student-athlete is found to be in violation of these team and/or departmental rules and regulations. Athletic ability or injuries are not considered justification for not renewing or reducing a student-athlete's athletics grant-in-aid. Non-renewal letters will be issued with a valid request from the coach and approval by the sport administrator in consultation with the the Associate Athletics Director for academic services.
4. Student-athletes receiving notification of a request for reduction or cancellation of their athletics grant-in-aid shall be notified by the Associate Director of Compliance and the university's director of financial aid compliance of their right to a hearing to appeal the reduction or cancellation of aid.
5. Head coaches recommending that the athletics grant-in-aid of a student-athlete be reduced or canceled must submit written justification to their sport administrator via the *Athletically Related Financial Aid Reduction/Non-Renewal Form*. Moreover, all coaches are required to submit this form to their sport administrator prior to discussing the issue with their student-athlete.

In cases of voluntary reductions or cancellations of financial aid by the student- athlete, the sport administrator will meet with the student-athletes to discuss the voluntary reduction or cancellation of their athletics grant-in-aid. The sport administrator will also call or talk with the parents of these students. All student-athletes who are voluntarily reducing or canceling their grant-in-aid must meet or talk with the compliance staff member responsible for financial aid to affirm their decision, as well as provide written verification of their reduction or cancellation of aid and relinquishment of their right to a hearing. Head coaches should not be a part of

these discussions to avoid any perceived conflict of interest. If the sport administrator supports the request, it is forwarded to Associate Director of Compliance to review for consistency with NCAA, Big Ten and university policy. The assistant compliance and financial aid officer will then process the change, if applicable, and notify the sport administrator, coach and student-athlete of the award change.

Athletic Grant-In-Aid Reduction or Cancellation Appeal Process

The following financial aid procedures have been established at Indiana University to ensure equitable treatment for all students qualified to receive athletics grant-in-aid assistance. The following steps outline the procedures for informing student athletes of their right to appeal a non-renewal or reduction of their athletics aid as well as the general procedures involved in the appeal process. These procedures are also relevant to the issue of a transfer release Indiana University.

1. The initial request for non-renewal or reduction of athletically related aid is made by the head coach to the Compliance staff member responsible for financial aid through the completion of the *Athletically Related Financial Aid Form* located on ARMS. The Compliance staff member will then send a preliminary notification to the student-athlete of the coach's request to cancel or reduce his or her athletics aid (either during the academic year or for the ensuing academic year). Copies of this document are sent to the coach, the Director of Financial Aid/Compliance for the Office of University Student Services and Systems (USSS), the sport administrator, and the faculty athletics representative.
2. The Director of Financial Aid/Compliance for USSS then sends a formal notification of Indiana University's decision to reduce or cancel athletics aid during the period of the award or to not renew athletics aid for the ensuing academic year. This letter also informs the student-athlete of the right to a hearing if the student-athlete feels the award is being reduced for questionable reasons.
3. The student-athlete is expected to, within 14 calendar days from the date of notification, notify the Director of Financial Aid/Compliance for USSS in writing (including e-mail) of his/her intent to appeal the decision.
4. Should a hearing be requested by the student-athlete, the Director of Financial Aid/Compliance for USSS will schedule the hearing for the earliest date convenient to the student athlete, the coach, and the members of the Hearing Committee. The Hearing Committee is composed of (1) the USSS Director of Financial Aid/ Compliance who serves as the chair of the committee, (2) a staff

representative from and designated by the Dean of Students Office, (3) a faculty member from the University Athletics Committee selected by the chair of that committee, (4) a faculty member designated by the Provost's Office, and (5) a student designated by the Student Body President. Only these members of the Hearing Committee shall be involved in the final discussion and vote.

5. The student-athlete is notified of the date and time of the hearing via a formal letter.
6. Guidelines during the appeals hearing are as follows:
 - Coach's position, including rationale, documentary evidence, and witnesses, if any
 - Student athlete's position, including rationale, documentary evidence, and witnesses, if any
 - Brief response by the coach to the student athlete's comments
 - Brief response by the student athlete to the coach's comments
 - Closing statement by the coach
 - Closing statement by the student athlete
 - Closing remarks by the chair of the committee

Note: There will be no cross examination by the parties of each other. Any questions that one party wishes to ask the other party will be addressed to the Chair of the Hearing Committee, who will determine the relevance. Neither the student athlete nor the Athletic Department shall be represented by an attorney. Each party may confer privately with any advisor or representative during the process. Each side should be brief and to the point.

At the conclusion of the hearing, the Hearing Committee shall confer. Once testimony has been given, the committee will consider its decision in private. Only members of the Hearing Committee shall vote on the decision. Notification of the decision will be sent to the student-athlete, coach, and Senior Associate Athletic Director of Compliance for the Athletic Department and Compliance staff member responsible for financial aid.

This is the final stage of the academic appeals process at Indiana University. The decision of the Hearing Committee is final and is binding on all parties. There is no further internal appeal avenue provided by the NCAA, Big Ten, or university rules, regulations, or policies.

Transferring

The NCAA has rules regarding transfer eligibility. Protect your eligibility by doing your homework. The NCAA has detailed information at <http://www.ncaa.org/student-athletes/current/want-transfer>

Transferring from IU

If you would like to speak with any other four-year institution, please contact a member of Compliance for information related to transferring. NCAA regulations apply to student-athletes who transfer and the Compliance staff assists student-athletes in this process.

Sexual Violence Prevention

IU is committed to complying with the guidelines and reporting requirements spelled out by the NCAA in the NCAA Board of Governors Policy on Campus Sexual Violence.

[NCAA Board of Governors Policy on Campus Sexual Violence](#)

Sexual Violence Disqualification Policy

To protect all members of the Indiana University community, no prospective student-athlete (whether a transfer student, incoming freshman, or other status) who has been convicted of or pled guilty or no contest to a felony involving sexual violence, or has been found responsible for sexual violence by a formal institutional disciplinary action at a previous college or secondary school, shall be eligible for athletically-related financial aid, practice, or competition at Indiana University.

[Indiana University Athletics' Policy Disqualifying Prospective Student-Athletes with Records of Sexual Violence](#)

Name, Image and Likeness

Student-athletes may utilize their name, image and likeness rights under the IU Athletics Student-Athlete Name, Image, and Likeness Policy which can be found here:

<https://iuhoosiers.com/sports/2021/6/30/nilpolicy.aspx>.

Any questions regarding this policy should be directed to IUNIL@iu.edu.

Performance Nutrition

PRIORITY #2: BEING WELL IN MIND, BODY & SPIRIT

In order to be at their best, student-athletes need to be physically and mentally strong. Our programs are supported in this regard by our world-class sports medicine and athletic training staffs, sport psychologists and certified sports nutritionist.

Mental Health Services

Clinical and Sport Psychology services are available to all student-athletes year-round. These services are free and confidential with no limit to number of sessions that can be used. Staff are licensed mental health providers and rotating graduate trainees.

Student-athletes choose to engage in services for a variety of reasons. These may include, but are not limited to, mental health concerns such as depression and anxiety; relationship issues which may be related to family, friends, or coaches; difficulties with academics related to stress, learning issues or need for ADHD assessment; eating concerns; etc. Some student-athletes also utilize the services for performance work. Sport psychology staff assist in performance enhancement services through mental skills training.

You may also encounter sport psychology staff working with your team. This is typically organized by coaching staff and a request can also be initiated by a student-athlete. All team type work is kept separate from any individual counseling you pursue so your confidentiality will be maintained regardless of the settings in which you work with sport psychology staff.

Sport Psychology staff are typically on-site Monday through Friday from 8-5 though these hours are subject to change so be sure to check with staff. Appointments can be scheduled via e-mail at sptpsych@indiana.edu, tmoles@iu.edu, or kmoneder@iu.edu.

While staff may respond outside of business hours, they are not expected to do so.

In the event of a mental health emergency, please dial 911 or proceed to the emergency room. The on-campus 24/7 crisis line is 812-855-5711 option 1. The on-campus 24/7 sexual assault crisis line is 812-855-8900. The National Suicide Prevention Hotline can be reached at 988.

Indiana University Athletics employs three full-time Sports Dietitians and several Performance assistants and volunteers to address the fueling and recovery needs of our student athletes. Part of their mission is “promote food as fuel” and provide education that addresses individual nutrition needs for competitive success in sport and in the classroom. They work collaboratively alongside other departments within the Excellence Academy, including Sports Medicine and Strength and Conditioning, to holistically provide a variety of services that improve the overall health and athletic performance of our student-athletes.

Services Provided:

- 1-on-1 counseling with team-designated Sports Dietitian
- Team nutrition and performance education talks
- Grocery store and dining hall tours
- Cooking and culinary skills demonstrations
- Nutritional supplement reviews
- Travel and local restaurant menu selection during competition
- Body-composition testing
- Goal-based macronutrient and calorie need assessments
- Hydration testing
- Fueling and recovery snacks through Fueling Stations
- Travel snacks with game-day timing information
- Athletic dining facility serving Breakfast, Lunch and Dinner
- Recovery and injury focused counseling/guidelines
- Distribution of NCAA-compliant products including recovery milk/shakes, multivitamins and minerals
- Active social media channel via Instagram with recipes, restaurant choices, grocery tips and more! @IndianaFuel

Tobias Nutrition Center Meal Plans

The Tobias Nutrition Center is our athletics dining facility located in the South End Zone of Memorial Stadium. It is fully staffed and equipped to provide a nutrient dense menu, which is reviewed by the Performance Nutrition staff regularly to accommodate the performance needs of our student-athletes. A free breakfast fueling station is offered Monday through Friday on-site in Tobias. We provide both hot and cold options that are available between the hours of 6:30 and 10:30 a.m. Lunch and Dinner meals are served as well at a cost of \$6.00 per meal for all student-athletes who purchase one of our athletic meal plan options. Individuals purchasing at the door, including student-athletes who opt out of purchasing a meal plan, coaches, athletic trainers and

members of Indiana’s athletic department will pay \$8 plus applicable taxes per meal.

For their convenience, meal plans that are purchased for the Tobias Nutrition center, including on-campus IU dining meal plans, may all be accessed through their Crimson Card at the door. If any student-athlete purchases an on-campus meal plan through IU Dining, they do not need to purchase a separate Tobias Athletic dining plan. The Tobias Nutrition Center accepts meal swipes from these plans to allow the student-athlete to dine in our facility.

For cost savings and convenience, a meal plan can be purchased for those who plan to regularly dine in the Tobias Nutrition Center. There are three meal plan options to select from, which can be found below.

- Meal Plan A
 - \$90 total price
 - 15 meals/semester
- Meal Plan B
 - \$180 total price
 - 30 meals/semester
- Meal Plan C
 - \$270 total price
 - 45 meals/semester

As a courtesy, should a student-athlete go over their meal plan allotment, they will still be allowed to continue to swipe in to the Tobias Nutrition Center and receive their meal at the \$6 rate per their elected plan. When this happens, the total dollar amount will accrue for the remainder of the semester and be billed to the student-athlete’s bursar account at the end of the semester. Unused meals will be rolled over from the fall semester to the spring semester. However, unused meals at the end of the year will not be refunded.

For information related to purchasing a Tobias Nutrition Center meal plan, please contact Isaac Hicks, Director of Performance Nutrition at ilhicks@iu.edu or he can be reached by phone at (812) 855-4419.

Tobias Nutrition Center Hours of Operation

Breakfast (Monday-Friday) -- 6:30-10:30 a.m.

Lunch (Monday-Friday) -- 11-1:30 p.m.

Up to date information on menus, important changes, hours and nutrition tidbits/info can be found online by accessing: <https://athletics.indiana.edu/Menu/default>

Fueling Stations/Oasis

Due to the demanding schedule our student-athletes can have at different points of the year, fueling and snack stations are located within the athletics campus to encourage healthy snacking practices and ensure regular fueling. These options are free to all student-athletes. The locations and times they are open are as follows:

Center for Elite Athlete Development (South End Zone across from training room):

Monday through Friday, 7:30 a.m. -5:00 p.m.

Wilkinson Performance Center:

Monday through Friday, 6 a.m.-6 p.m.

Individual team fueling stations (located in team-specific lounge/locker room areas):

Nutritional Supplements

If any student-athlete is interested in taking a nutritional supplement outside what is offered by IU Athletics, it needs to be approved by the IU Performance Nutrition Staff and their Team physician. Please note that supplements are always a risk for student-athletes as they are under-regulated by the FDA.

Choosing to take any supplement is at the student-athlete’s own risk even if supplement education is provided by medical and/or nutrition staff. Supplement reviews/discussions are provided for guidance and education to help our student-athletes make an informed choice about what they are choosing to use. Though the Performance Nutrition staff may educate on the appropriate use of a supplement including its efficacy, appropriate dosage, and safety and even offer “safer” alternatives through whole food sources or other supplements, student athletes are always 100% responsible for what they choose to put in their body.

Body Composition Assessments

Another tool and service offered through IU Performance Nutrition are body composition assessments via the Bod Pod. This device utilizes air volume displacement to give our athletes up to date information on their body composition including lean body mass (LBM), body fat %, weight and estimated resting metabolic rate based on a number of factors.

Athletes, at any time, may opt out of a composition assessment but are however encouraged to utilize the Bod pod

as another tool to assist them in reaching their performance and athletic goals.

At a minimum, testing is encouraged at least 2X a year to stay up to date on weight and composition trends that can help the athlete set goals to maintain or improve their performance as it relates to composition and weight changes. Since each individual athlete is unique, even within the same sport or similar events, no specific targets should be, or can be, dictated to guarantee an athlete a measurable improvement in their performance. However, informed suggestions, through their Sports Dietitian or Team Physician, may be shared with those athletes who desire to reasonably improve upon their weight and composition.

Taking a holistic approach, these suggestions will take into consideration the athlete's sport, position within their sport, previous weight history, dietary trends and other medical history as needed to support and assist the student-athlete in increasing their performance where specific ranges may be advantageous. This will not apply to every athlete. If an athlete is interested in discussing individual targets based on current composition, gender, age and sport, they should speak with their team-designated performance dietitian.

Bod pod assessments can be initiated through a team's specific athletic trainer, strength coach or through directly contacting their team's designated dietitian. Athletic staff may not make the assessment mandatory for an athlete. Student-athletes will be given an acknowledgement form at their first composition assessment with which it will be explained how the information obtained is handled and with whom it may be shared. For more information on this policy please contact: Isaac Hicks, Director of Performance Nutrition at ilhicks@iu.edu or he can be reached by phone at (812) 855-4419.

Athletic Performance

IU has one of the largest strength training and conditioning programs in the entire country. The purpose of the strength training and conditioning program is three-fold:

1. Develop each student-athlete to his/her genetic potential with the most productive, effective, and efficient means of sport-specific training.
2. Decrease the chance for injury.
3. Return each student-athlete to competition in optimal physical condition.

Programs for each sport are designed with the following objectives:

1. Develop the best sports specific training programs for our student-athletes.
2. Provide expert coaching and supervision to all varsity sports.
3. Offer a demanding, intense environment in which student-athletes are eager to train.
4. Provide a safe, clean environment.
5. Provide a modern well-kept facility.
6. Embrace current advancements in technology as it relates to human sports performance.

There are many benefits to be derived from a properly developed and implemented strength and conditioning program. These include but are not limited to the following:

1. Promote an environment that is safe and well supervised.
2. Promote increased muscular strength for improved performance with a subsequent increase in joint stability and integrity of all supportive structures, tendons, ligaments and bones.
3. Reduce the number of injuries as well as assist in the rehabilitation of injured student-athletes.
4. Increase functional muscular mass, thereby enhancing the student-athlete's power output.
5. Improved muscle endurance.
6. Improved cardio-vascular/cardio-pulmonary efficiency.
7. Improve student-athletes' functional range of motion.
8. Improve student-athletes' quickness and speed.
9. Educate student-athletes regarding maintenance of long-term health and fitness.
10. Allow for the development of testing protocols to identify strengths and weaknesses of the team and/or individual student-athletes. Test results will be recorded within individual profiles to monitor the progress of all student-athletes within a program.
11. Prepare student-athletes to WIN!

Center for Elite Athlete Development

The Center for Elite Athlete Development (CEAD) is a multifaceted and cutting-edge sports science, sports medicine, and sports performance laboratory. The staff provides a variety of testing in order to assess and monitor student-athlete health and wellness in the areas of cardiology, pulmonology, physiology, and concussion research. The CEAD utilizes the most advanced equipment, technology and devices to create an innovative and all-encompassing environment dedicated to developing champion student-athletes safely and achieving excellence in sport.

Services Provided:

- Sports Cardiology
 - Cardiac Pre- Screening
 - EKG
 - Echocardiogram
 - Stress Testing
 - Post COVID Cardiology Testing
- Metabolic Testing
- Consultations
- CPET Testing
 - Anaerobic threshold
 - Vo2 Max
 - Pulmonary function testing
 - Other Cardiopulmonary Measures
- Cardiac Monitors
- Wearable Technology
 - GPS, LPS, Ultrawideband
 - Heart Rate
 - Load management
 - Speed, Distance
- Force Plates
 - Agility
 - Force
 - Wellness
- Reaction Time
- Muscle Fiber Type
- Subjective Measures
 - Sleep Tracking
 - Soreness
 - Other Self-Reported Measures
- Applied Research
- Sport Performance Data Analytics

Sport Medicine Services and Policies

The sports medicine program at IU falls under the direct supervision of the Chief Medical Officer. Certified athletic trainers evaluate injuries and illnesses providing student-athletes with the basic health care needs and direct them to the team physicians or pertinent allied health professional as necessary. The role of the athletic trainers is to implement prevention of injury programs, provide immediate care and treatment, and follow rehabilitation procedures for the injured student-athlete as directed by a team physician. A team physician shall have final authority regarding a student athlete’s participation status in practice and competition following an injury, illness or other medical concerns.

Sports Medicine Facilities

The primary sports medicine facilities are in the following locations:

1. Memorial Stadium – South Endzone – 812-855-4509

2. Memorial Stadium – Football – 812-855-7155
3. Cook Hall – 812-855-2002 or 812-856-2206

Satellite sports medicine facilities include:

1. SRSC – 812-855-1326
2. Simon Skjodt Assembly Hall (court level NW corner) – 812-855-0659
3. Simon Skjodt Assembly Hall (court level SE corner) – 812-855-2002
4. Mellencamp Pavilion – phone: 812-855-7056
5. Andy Mohr Softball Stadium – 812-856-4003
6. Bart Kaufman Baseball Stadium – 812-856-4004
7. Tardy Center
8. Wilkinson Hall
9. Boathouse

These facilities are provided with the professional staff and equipment necessary to provide our student-athletes with the opportunity to receive sports medicine services that meet or exceed the standard of care.

Physical Examinations & Medical Clearance for Activities

In order to be medically cleared to participate in athletic related activities, student athletes must have the following on file in the sports medicine office:

1. A medical history questionnaire
2. An approved physical examination by IU Sports Medicine
3. A completed health insurance form and a copy of the front/back of insurance card.
4. Vaccination record.

Incoming Student-Athletes

In order to be medically cleared for eligibility certification, each incoming student-athlete must have the following on file in the Sports Medicine office: Vivature Electronic Medical Records registration (includes a medical history questionnaire), a completed physical examination, front/back copy of insurance cards, and lab testing results. All physical examinations are conducted by an IU team physician. Approval for participation is based on a thorough review of the student athlete’s Sports Medicine medical packet and their health status. The final decision on physical qualification or reason for rejection shall be the responsibility of a team physician.

Returning Student-Athletes

Each returner must complete an annual health review with a team physician AND fill out the Insurance Update form each year, including a new front/back copy of his/her insurance card.

Medical Insurance

As permitted by NCAA regulations and institutional policy, IU provides medical coverage for all injuries or illnesses sustained as a result of IU intercollegiate athletics directed practices, competitions, conditioning/weight training sessions and team travel. The Indiana University Office of Insurance, Loss Control, and Claims will utilize the parent's or student athlete's insurance as the primary insurance coverage with IU paying for deductible and out of pocket excess expenses. IU's coverage is secondary and becomes primary when a student-athlete has no coverage or the student-athlete's coverage is denied. The athletic department will not pay for treatment that has not been pre-authorized by the IU athletic medical staff. Every student-athlete's insurance information must be on file in the athletic training room prior to the student-athlete's participation in any practice (including weight training and conditioning) or competition.

Scholarship student-athletes should maintain family medical insurance and submit a photocopy of the front and back of their insurance card to their team athletic trainer or the sport medicine office. When student-athletes do not have medical insurance, they are encouraged to enroll in the voluntary health coverage plan that is offered by Indiana University. This plan would provide coverage of potential non-athletic problems.

Non-scholarship student-athletes *must* have medical insurance and maintain proof of this insurance coverage to be eligible for intercollegiate athletics participation at Indiana University. Proof of insurance (a photocopy of the front and back of the insurance card) *must* be submitted to the Office of Sports Medicine, for that sport prior to any practice (including weight training and conditioning activities) or competition. Any changes in coverage throughout the academic year *must* be reported to the Office of Sports Medicine immediately.

IU does not cover medical bills that are for conditions which are not a direct result of athletic competition participation or voluntary activities to prepare the student-athlete for practice or competition. The athletic department may provide coverage for some diagnostic procedures to determine the safety of participation but will not pay for treatment of non-athletically related injuries or illnesses.

Medical Care during the Playing Season (Traditional and Non-Traditional)

All student-athletes eligible for practice and/or competition at IU are eligible to receive medical care. All injuries must be reported immediately after practice or competition during the student-athlete's traditional as well as non-traditional seasons. The athletic trainer responsible for the sport will make an evaluation and take the appropriate action of treatment or referral. In the case of illness, student athletes should inform their respective athletic trainer and let them evaluate the problem and refer to the appropriate physician or medical services provider. The department employs the medical services of a variety of medical specialists. Appointments can be made through the staff athletic trainers or certified graduate assistants that provide primary coverage for their respective sports.

Second Opinion/Ancillary Medical Supplies and Services Policy

All student-athletes are free to pursue a second opinion regarding their medical care. The cost of a second opinion and/ or ancillary medical supplies or services will be assumed by the Department if it is arranged by the CMO/Sports Medicine Office. If it is arranged independently by the student athlete, it must be both reviewed and approved in advance by the CMO/Sports Medicine Office for the cost to be covered by the Department. Should a student-athlete choose to seek a second opinion and/or purchase ancillary medical supplies or services outside of this process, the student-athlete is responsible for any costs incurred. Ultimately, the final decision regarding clearance to participate in athletic activity is the sole responsibility of the CMO. Student-athletes are free to request access to ancillary medical supplies and services, which must be both reviewed and approved in advance by the Sports Medicine Office. Should a student-athlete not follow this process, the student-athlete will be responsible for any costs incurred for such supplies or services.

Chaperone Policy

A chaperone will be present for all medical (not just those performed by physicians) consultations, examinations and procedures that can be potentially distressing for individuals, including those procedures involving intimate areas (i.e. breasts, genitalia, rectum, or situations involving the need for the student-athlete to undress) regardless of the gender of the student-athlete or provider. Moreover, a chaperone may always be present at any medical visit at the request of a student-athlete. The chaperone may either be formal (e.g., a Sports Medicine staff member) or informal (e.g., a parent or

friend). The student-athlete also has the right to decline the presence of any chaperone. The chaperone's presence or the student-athlete's decision to decline a chaperone will be documented.

Medical Care Outside of the Playing Season

The playing season includes both the traditional and nontraditional seasons. Athletic trainers are available for consultation and will provide treatment and rehabilitation for injuries occurring during these seasons. While student-athletes may consult with the team physician and/or athletic trainer outside of the playing season, the athletic department will provide expenses for medical treatment incurred by a student-athlete only as a result of an athletically related injury (coach supervised practice or competition) or while participating in voluntary physical activities designed to prepare the student-athlete for competition during the academic year. Outside of the playing season, IU sports medicine staff may advise student-athletes of treatment provider and facility options, however, any costs or fees incurred outside of the playing season are the responsibility of the student athlete.

Medical Care of Ineligible Student-Athletes

Student-athletes who are on the team roster but are not practicing or competing due to academic ineligibility or medical non-counters and student-athletes who have exhausted their athletic eligibility but are still enrolled at IU may consult with IU sports medicine personnel through the end of that academic year. Any medical costs, including but not limited to outside referral office visits, prescription medicines, diagnostic work, etc., are the responsibility of the student-athlete unless related to an injury/illness sustained from previous intercollegiate athletics directed sports participation at IU. Non-qualifiers can be seen and treated by the Sports Medicine staff and costs for medical treatments are covered as long as the athlete was injured while preparing for participation in IU athletics.

Medical Care of Student-Athlete upon End of Athletics Participation at IU

Student-athletes, who have ended their participation in intercollegiate athletics at IU, must schedule exit physical reviews from a sports medicine staff member to identify any existing medical injuries or problems. Student-athletes with a continuing athletically related medical problem will receive care consistent with the medical exit interview and exam established by a team physician. Any such care must be coordinated through the IU team physician and athletic trainer

of that sport. Otherwise, the athletic department will not be responsible for any charges incurred.

If an injured student-athlete transfers to another institution and participates in athletics or if the student-athlete begins a professional athletic career, responsibility for the student-athlete's care as outlined by the exit interview and exam will transfer to the student-athlete themselves or to the student-athlete's new institution or team.

Transportation of Student-Athletes to Medical Appointments

Student-athletes with out-of-town medical appointments will be transported by staff athletic trainers or athletic training students. Parents may provide this transportation if desired. All athletic training staff, graduate assistants, and athletic training students must fill out an authorization form for a Motor Vehicle (MVR) Check to drive department or a personal vehicle on University business.

Student-athletes with local medical appointments are responsible for their own transportation unless there are circumstances in which the presence of a staff athletic trainer is necessary, in which case the staff athletic trainer may provide transportation for the student-athlete.

On-Campus Transportation for Injured Student-Athletes

When student-athletes need assistance to get to class due to an injury, they must assume responsibility to contact the Office of Disability Services for Students in the Herman B. Wells Library, room 302 (telephone: 812-855-7578). Injured student-athletes may purchase temporary on-campus parking permit from the Office of Parking Operations at Henderson Garage at 310 South Fess Avenue, when they present a note of authorization from the appropriate Sports Medicine staff member.

Sports Medicine Staff Coverage

All practices will have a certified athletic trainer available and every scheduled home event will have a certified athletic trainer on site or available.

Emergency Room/Urgent Care

In cases of life-threatening illness or injury, student-athletes should call 911 or proceed directly to a hospital or emergency care facility. If the athletic training staff cannot be reached, the student-athlete should proceed to the emergency facility and inform their staff athletic trainer or a team physician as soon as possible. In cases of non-life-threatening situations,

student-athletes should contact the athletic training staff who may then refer the student-athlete to an appropriate medical care provider.

If the student-athlete's condition is not related to athletic participation, all costs incurred are the full responsibility of the student-athlete and/or their own insurance carrier.

**Provision of Prescription and Non-Prescription
Drugs to Student-Athletes**

Prescription medications may be prescribed to student-athletes by the team physicians referred specialists only. Over-the-counter (OTC) medications may be provided to student-athletes by any sports medicine staff or GA. All medications must be documented appropriately when used. When medications provided to a student-athlete are related to athletic participation, the cost of the medication(s) will be submitted to the student-athlete's insurance company. Any co-payments or costs not covered by insurance will be covered by the athletic department so that there is no out-of-pocket expense to the student-athlete. Cost of stimulant medication prescribed for ADHD will be the sole responsibility of the student athlete.

Supplements

NCAA legislation controls the type of nutritional supplements which may be provided to student-athletes. Nutritional supplements that conform to NCAA regulations are available to student-athletes for specific health or medical purposes. IU Athletics personnel will only provide supplements to IU students that have received approval from the sports medicine or nutrition staff.

Nutritional/dietary supplements are not strictly regulated by the FDA and may contain NCAA banned substances which may cause student-athletes to test positive for banned substances. Therefore, student-athletes should always consult with the sports medicine or nutrition staff before taking any nutritional supplement.

Student-Athlete Advisory Panel

A student-athlete advisory panel will be established that will meet at least once each semester to provide feedback to the Sports Medicine leadership team.

Student-Athlete Alcohol Use

A student-athlete who consumes alcohol will be accountable for any alcohol-related incident in which he/she is involved. In alcohol-related incidents, the student-athlete is subject to

university, athletic department and team disciplinary action, as well as any applicable legal actions.

The following policy regarding the use of alcohol is in effect for all student-athletes:

1. The consumption or possession of an alcoholic beverage, in violation of applicable law, on university property, or in the course of a university activity, or student organization activity is prohibited.
2. Consumption of an alcoholic beverage within 48 hours prior to any intercollegiate athletic contest is prohibited.
3. Consumption or possession of an alcoholic beverage during an athletic road trip is prohibited.
4. Consumption or possession of an alcoholic beverage in the presence of a recruited prospective student-athlete during a campus visit is prohibited.
5. Consumption of an alcoholic beverage by a student-athlete is prohibited where the student-athlete serves as a representative of the university at an official function.

Drug Testing of Student-Athletes

The overall goal of the IU student-athlete drug testing program is to promote a year-round drug-free environment in the university's intercollegiate athletics programs. The first priority is the health, welfare and safety of the student-athlete. The athletic department is committed to maintaining a safe and healthy environment where student-athletes can develop academically, athletically and socially to their fullest potential. Part of maintaining that environment is assuring the physical well-being of the student-athletes who participate in the program. The athletic department feels a responsibility to help achieve and maintain the optimum health of student-athletes in a drugfree environment. Maintenance of a drug-free environment is necessary because of the direct potential harm to the user as well as the potential harm to others caused by acts resulting from impaired judgment. In addition to preventing injury, the athletic department is committed to sound assessment, treatment and rehabilitation from substance abuse.

Information on the IU Drug Testing Policy or the NCAA List of Banned Substances can be accessed through the following site: www.iuhoosiers.com/drugtestpolicy.

ADD/ADHD Policy

IU Sports Medicine is committed to providing optimal and ethical care to our student athletes. Concerns in the medical field have surfaced about over diagnosis and misdiagnosis of Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD). Complete IU Athletics ADHD Policy: iuhoosiers.com/adhdguidelines

Concussion Management Policy

IU follows the guidance from the NCAA regarding concussion safety protocols. Recognition, diagnosis and treatment of concussions are outlined completely in the Indiana University Athletics Concussion Management Policy and can be accessed at the following site: www.iuhoosiers.com/concussion

Sickle Cell Trait Policy

Sickle cell trait is not a disease. It is a condition whereby an individual has one inherited gene for normal hemoglobin and one inherited gene for sickle hemoglobin. Sickle cell trait is not a barrier to high-level athletic performance. However, during intense or extensive exertion, red blood cells can change shape and cause an “exertional sickling” episode which can pose a serious risk for some athletes. Anyone can have the trait, but people at *high risk* for having sickle cell trait are those either directly from or with ancestors from: Africa, South or Central America, Caribbean, Mediterranean countries, India, and Saudi Arabia. Knowledge of sickle cell trait status can be a gateway to education and simple precautions that may prevent exertional sickling episodes.

Thus, according to NCAA guidelines, the student-athlete has 3 options regarding Sickle Cell Screening:

1. The Sports Medicine Department will screen all initial entry student athletes to investigate sickle cell trait status in student athletes during pre-participation physical examinations,
2. The student-athlete may show documentation of a previous screen,

Student Welfare

Indiana University Student Welfare Initiative

The Student Welfare Initiative is aimed at coordinating and intensifying efforts across the seven campuses administered by IU to prevent and respond to sexual assault and all forms of sexual violence and sexual misconduct and to support the safety and well-being of students. It is our aspiration and determination to be a leader in the fight against sexual violence. IU Policies, information and a complete listing of resources can be found at <https://stopsexualviolence.iu.edu/> and you can turn to Page 27 to find the 10 Things You Should Know About IU’s Sexual Misconduct Policy.

Reporting Allegations of Sexual Misconduct

IU is committed to compliance with state and federal laws regarding sexual misconduct, required reporting to state and

federal agencies, and to working with law enforcement officials and agencies. If you have experienced sexual assault or violence in a dating or intimate relationship you can report the incident to law enforcement (911 or IUPD 812-855-4111).

If you want to explore your options for reporting a sexual violence incident you can get help from a Confidential Victim Advocate in the Office for Sexual Violence Prevention and Victim Advocacy at cva@indiana.edu or 812-856-2469.

Culture of Care

The University is also committed to using its resources in research and education to improve preventative programs. Culture of Care is a campus wide, student-led and staff-supported initiative focused on creating a campus culture in which members of the Indiana University Bloomington community demonstrate “care” for one another. Through bystander intervention, the Culture of Care initiative empowers students to support their peers. The Culture of Care initiative promotes helping one another, behavioral change, and raising awareness in four core areas: sexual well-being, mental health, alcohol & drug awareness, and respect. More information can be found at <https://care.indiana.edu/>.

Hazing

Included in the Statement of Principles on the Conduct of Participants in Student Athletic Programs, participants in the University’s athletic programs - students, coaches and other faculty and staff are covered by the laws, regulations, policies, and procedures applicable to other members of the University Community. Indiana University may discipline a student for an act of personal misconduct that occur on university property, including but not limited to academic and administration buildings, residence halls, athletic and recreational facilities, and other university-serviced property, such as sororities and fraternities. Hazing is defined as any conduct that subjects another person, whether physically, mentally, emotionally, or psychologically, to anything that may endanger, abuse, degrade, or intimidate the person as a condition of association with a group or organization, regardless of the person’s consent or lack of consent.

Discrimination and Harassment

Indiana University pledges itself to continue its commitment to the achievement of equal opportunity within the University and throughout American society as a whole. In this regard, Indiana University will recruit, hire, promote, educate, and provide services to persons based upon their individual qualifications. Indiana University prohibits discrimination based on arbitrary

considerations of such characteristics as age, color, disability, ethnicity, sex, gender identity, marital status, national origin, race, religion, sexual orientation, or veteran status. IU complies with all local, state and federal laws prohibiting discrimination, including Title IX, which prohibits discrimination on the basis of sex. The entire policy is available at <https://policies.iu.edu/Non-Discrimination/Equal Opportunity/Affirmative Action>.

Diversity, Equity and Inclusion Statement

The Indiana University Department of Intercollegiate Athletics recognizes the strength, value, and importance of creating and cultivating a permanent equitable environment where all of our student-athletes, coaches, and staff feel valued, respected and empowered. We appreciate that every individual's unique experiences strengthen our department collectively. We embrace and welcome different races, cultures, ethnicities, genders, abilities, religions, socio-economic backgrounds, sexual orientations and gender identities. And we will not only nurture this atmosphere in our department, but will work to promote similar attitudes and environments in our campus and local communities.

Indiana LifeLine Law

Under Indiana's Lifeline Law, people younger than 21 who are under the influence of alcohol will not be prosecuted for crimes such as possession, intoxication or consumption of alcohol if they call 911 to seek medical help for another person or in cases of sexual assault, and if they cooperate with police. If you are someone else is in trouble, call 911, even if you are intoxicated. Under the Indiana LifeLine law, minors are protected from legal consequences during an alcohol related and/or substance-related emergency. Complete information is available at <https://protect.iu.edu/iu-police-department/personal-preparedness/alcohol-drugs/index.html>

IU Athletics has incorporated the Indiana LifeLine Law into the Statement of Principles on the Conduct of Participants in Student Athletic Programs. The complete text of the Statement of Principles can be found at the following site: https://iuhoosiers.com/sports/2015/4/1/GEN_201401017.aspx

Pregnancy Statement & Policy

The Indiana University Athletic Department is committed to the personal health and development of all our members, and to the educational mission of Indiana University. As a department we are committed to providing a gender-inclusive, healthy environment that respects all pregnancy and parenting decisions and urges all participants to work cooperatively toward degree completion. We want to protect

student-athletes' physical and psychological health, and ultimately their ability to complete their education. Any questions regarding the pregnancy statement and policy should be directed to the Deputy Athletic Director/Senior Woman Administrator at 812-855-2415.

Relationships

Any and all Athletics Department staff members, including, but not limited to coaches, volunteer coaches, professional and administrative staff, other non-student volunteers, contracted staff (e.g., medical staff), and graduate assistants are strictly prohibited from engaging in any sexual or amorous relationship with a student participating in IU's athletic programs (such as student-athletes, spirit squad members, managers, athletic trainers, volunteers, and the like). This information is included in the Statement of Principles on the Conduct of Participants in Student Athletic Programs. The complete text of the Statement of Principles can be found at the following site:

https://iuhoosiers.com/sports/2015/4/1/GEN_201401017.aspx

**PRIORITY #3:
ACHIEVING ACADEMICALLY**

Academics Services

Indiana University Athletics Department offers a comprehensive academic support program that is integrated with other campus resources. Specific academic support services available to all student-athletes focus on their transition, retention, and graduation. College is a transformative experience, with learning taking place both in and out of the classroom. Academic advising and support, as well as counseling and programming on learning initiatives, are geared toward developing a passion for learning in all of our student-athletes. In addition to academic and learning initiatives, Academic Services focuses on arming student-athletes with highly effective transferrable skills to equip them for productive citizenship following graduation from IU. The athletics department takes pride in the role Academic Services plays in the growth and overall development of IU student-athletes and its ability to facilitate the delivery of the most exceptional experience possible.

Staff Responsibilities

- Serve as primary academic advisor through University Division assisting with the major exploration process
- Coordinate priority registration process for student-athletes
- Collaborate with university advisors regarding degree progress and registration plans
- Plan schedules each semester with the student-athlete to ensure compliance with all Big Ten/NCAA Progress Towards Degree Rules and IU Regulations
- Develop graduation plans in collaboration with IU advisors
- Monitor the academic progress of student-athletes on a regular basis in collaboration with the Compliance staff
- Provide individualized travel letters to instructors when student-athletes need to miss class for competition
- Maintain a feedback system throughout the semester from professors to provide information regarding academic progress
- Follow the Indiana University Code of Academic Ethics which can be accessed at <https://policies.iu.edu/>

What Else Can Academic Services Assist Me With?

- Changing and selecting a major
- Requesting a tutor
- Advice (time management, stress management, classes, professors, coaches, professional/graduate school, etc.)
- Referral to campus resources
- Navigating campus rules and regulations

Learning Services

- Support services provided to match individual needs
- Support with learning skills and strategies necessary for success in the college classroom
- Private consultation with the Learning Services
- Reading and study skills assessments
- Objective-based study program and supervised study
- Specialized tutor staff and a mentor program
- Serve as liaison to Disability Services for Students (DSS)
- Serve as a liaison to a psychologist for all referrals or additional assessments, if needed, in the areas of a learning disability.

Support Services

Advising

Each semester, Academic Services has a designated time period to plan schedules for the future semester. After creating a program plan, it is imperative for student-athletes to register during the priority registration period to ensure that they receive classes that are degree applicable and work with each respective sport's practice schedule. All University Division student-athletes will meet with their advisor in Academic Services. If you are in your major, you must schedule and attend a program planning meeting with your campus advisor prior to meeting with your academic advisor in Academic Services.

Travel Letters

Academic Services provides student-athletes with personalized travel letters for each class. During the first week of classes, student-athletes should inform their instructors in writing regarding possible conflicts due to team travel. Faculty members are not required to excuse a student-athlete for competition, and travel does not excuse a student-athlete from completing required coursework on time. Therefore, it is particularly important to contact instructors early in the semester to discuss alternative arrangements for making up missed coursework. Most instructors are willing to cooperate if given advance notice of expected absences. As soon as the possibility of post-season competition arises, the student-athlete should notify all instructors to arrange for papers, examinations, and other work to be made-up. Any difficulty encountered by the student-athlete in arranging for absences due to team travel should be brought to the attention of the staff in Academic Services.

Proctoring Exams During Team Travel

When a professor allows a student-athlete to complete an exam on the road, the exam can only be proctored by an academic staff member. If an academic staff member is not traveling with the team, arrangements can be made with the athletic academic center at the visiting site.

Tutoring

Student-athletes have access to both individual and group tutoring. Tutorial sessions are designed to provide assistance with course content, develop study skills, promote independent learning, encourage academic success, and improve retention.

Online Courses and Tutoring

Student-athletes are permitted to enroll in up to two online and/or hybrid courses each semester. Anything beyond two courses must be approved by the Faculty Athletics Representative. Tutoring for online classes will only be provided after the student-athlete has completed a required number of hours in the academic center preparing for the course. Hours will be based on the allotted time for a traditional course (i.e., 3 credit class =150 minutes each week).

Verification of Non-Traditional Credits

A list of student-athletes completing non-traditional credits will be submitted to the Faculty Athletics Representative each semester for review. Student-athletes will complete the Non-Traditional Course Agreement form and attach all necessary documentation from their respective schools.

Academic Mentoring Program

The Mentoring Program provides a variety of services specifically designed for student-athletes who need additional assistance with academics or study management skills. The aim of our Mentor Program is to help student-athletes improve their academic performance by focusing on all aspects of college academics through time management, study strategies, advocating for themselves, and navigating through college. Mentors and student-athletes will meet based on the individual needs of the student. During this time, mentors will assist with organization, review weekly objectives, and help navigate through all campus resources (Canvas, one.iu, Library, course websites). Academic mentors work under the direction of the Learning Services and Retention staff and are typically upperclass or graduate-level students or professionals who work part-time for the athletics department.

Tutors are provided to all student-athletes and are coordinated through Academic Services. Tutoring requests are made online through GradesFirst (<https://one.iu.edu/task/iub/grades-first>). The Tutor Coordinator will schedule the session and notify you, the tutor, and your academic advisor of the tutor appointment. Tutoring is free for all student-athletes. However, if you fail to cancel within four hours prior to a scheduled session or miss a scheduled tutoring session, you will be charged for the session.

Supervised Study

Supervised study, or study tables, is organized by Academic Services and takes place at the D. Ames Shuel Academic Center. Supervised study provides a place for student-athletes to study and meet with tutors. Advisors are available during regular office hours and occasionally in the evenings. Your coach and advisor will determine your required number of study hours each week.

Learning Assessments

Informal and formal educational assessments are administered to student-athletes upon request or by recommendation from an academic support staff member, coach or faculty member. Learning Services Staff Members are available to administer and score informal assessments, which include reading comprehension and writing assessment. When more in-depth assessments are necessary, referrals are made. If it is determined that a student-athlete has a learning disability or another medical condition that impedes the student's ability to reach their academic potential, appropriate accommodations are implemented by the Office of Disability Services.

Computer Resources and iPads

The D. Ames Shuel Academic Center has a state-of-the-art computer lab available to students in addition to private tutor rooms that have computer access.

As a provision of the Indiana University Student-Athlete Bill of Rights, all IU student-athletes will receive an iPad to use and keep in support of their academic and athletic pursuits. Each iPad will be loaded with specific academic, athletic, and life skill software to remain on the cutting edge on all fronts. The distribution of iPads will take place prior to the beginning of the school year as a part of general orientation and training related to the Excellence Academy. Upon taking receipt of the iPad, all

student-athletes must sign the Indiana University Student-Athlete Equipment Responsibility and Liability Agreement. This agreement outlines the terms of use and procedures in the event of loss, theft or damage. All issues and questions regarding iPads should be directed to the Athletics Information Technology office at 812-855-4978.

D. Ames Shuel Academic Center

Located underneath the East side of Memorial Stadium, the Center helps provide IU student-athletes with the resources they need to be successful in the classroom. Located in the heart of IU's athletic campus, this 25,800 square-foot center for student-athletes includes:

- A state-of-the-art computer lab
- Collaborative study areas
- Quiet study rooms
- Four classrooms
- Private tutor rooms
- Nutrition Fueling Stations
- Staff offices

Much more than that, however, our center also provides an intellectual and social community that contributes to the holistic development of student-athletes and stimulates camaraderie among every student throughout our 24 sports.

D. Ames Shuel Academic Center
 Phone (812) 855-0876
 Office Hours..... Monday-Friday: 8:00 a.m. – 5:00 p.m.

Supervised Study/Computer Lab Hours:
 Monday-Thursday 8:00 a.m. – 10:00 p.m.
 Friday 8:00 a.m. – 5:00 p.m.
 Sunday 3:00 p.m. – 9:00 p.m.

General Academic Policies

U-Division Probation & Dismissal Standards

University Division. Academic records are reviewed at the end of fall semester, spring semester, and the final summer session. Determination of academic status is based upon all credit hours attempted (both transfer hours and IU graded hours) and IU CGPA (Cumulative Grade Point Average). "Tested" hours and P/F hours are not included in the graded hours unless a grade of "F" is given for the P/F. AP credit is recorded as transfer hours.

Credit Hours	*Critical Probation or Dismissed if IU CGPA is:	Probation if IU CGPA is Between:
1-18	Less than 1.33	1.33 to 2.00
19-36	Less than 1.63	1.63 to 2.00
37-45	Less than 1.83	1.83 to 2.00
46 or more	Less than 2.00	

*The first time a student's CGPA falls below the benchmark in this column, he/she is placed on "critical probation." If the student's CGPA falls below the benchmark again, the student is dismissed and may not enroll at IUB for at least one fall or spring semester. The student may then petition to be considered for reinstatement. (Exception: Students who have a semester GPA of 2.5 or higher are not dismissed regardless of their cumulative grade point average.)

Students whose records are accepted by upper division schools at IU Bloomington must maintain the academic standards of their respective schools. Contact the specific school or look in the front section of the school bulletin to determine specific academic requirements.

Campus Academic Resources

Academic Support Centers

Academic Support Centers (ASC) provide free tutoring, advising, and general academic support for all students,

Writing Tutorial Services

For free help in any phase of the writing process – from brainstorming to polishing the final draft – Writing Tutorial Services (WTS, pronounced "wits") can help you. Online tutorials will be offered through Zoom. Visit our online tutoring page for more information about scheduling and participating in an online tutorial. To make an online appointment, you will visit WTS schedule and login as usual. The updated schedule is now available for you to start making appointments for this fall. After you make an appointment, you will receive an email from your tutor with a Zoom link and password that you can use to access your tutorial. WTS will email you this information at least one hour before your appointment. Please be sure that you have opted-in to receiving emails from WTS. If you don't receive the email, please return to your appointment in the schedule or email WTS at wts@indiana.edu.

Information on WTS can be accessed at <https://wts.indiana.edu/>

Hoosiers for Life – Degree Completion

Indiana University is committed to assisting all scholarship student-athletes to earn an undergraduate degree, even if

they leave the institution during their five-year eligibility period. Our “Hoosiers for Life” Program is designed to provide former scholarship student-athletes, who meet the following criteria, with an opportunity to graduate from Indiana University:

- Must have been eligible to play for at least two seasons at Indiana University.
- Must not be eligible for 5th year aid.
- Must have been eligible and in good standing under University and department policies and team rules prior to leaving the institution.
- Must have received athletics-related financial aid prior to leaving Indiana University.
- Must not have any outstanding financial obligations to Indiana University.
- Must be readmitted to the Indiana University-Bloomington campus.
- Must have completed a degree completion plan with a campus and/or athletics academic advisor.
- Applicants who transferred to another institution are not eligible for the Hoosiers for Life program.

If the applicant fails to meet all of the above-mentioned criteria, participation in the “Hoosiers for Life” program may still be possible.

Academic Awards

Herbert Cup

The Herbert Cup is presented to the team with the highest semester grade point average each semester.

Alpha Beta Honorary

The Alpha Beta Honorary recognizes those student-athletes who have earned a minimum 3.0 grade point average in their most recent academic semester. Student-athletes earning a 3.5 semester GPA will receive Alpha Beta Honors.

Scholastic Achievement Award

This award recognizes the student-athlete in each sport who has attained the highest cumulative grade point average. Recipients must have completed four semesters of college coursework (of which two semesters must be completed at IU) and have competed in at least one intercollegiate athletic contest at IU.

Jack D. Tichenor Award

This award is presented annually to the IU male and female athletes with the highest cumulative grade point average. These students exemplify Jack D. Tichenor’s ideals of scholastic achievement and athletic ability.

Chi Alpha Sigma

Chi Alpha Sigma is a National College Athlete Honor Society established in order to recognize top collegiate student-athletes with high academic achievements. In order to be inducted into Chi Alpha Sigma, student-athletes must meet the following criteria: attend a four-year accredited college or university that is a member of the NCAA or NAIA; have earned a letter in a varsity intercollegiate sport sponsored by the NCAA or the NAIA; achieved at least junior academic standing by the fifth semester or seventh quarter as determined by the certifying institution; and have achieved a minimum cumulative 3.4 (on a 4.0 scale) or equivalent grade point average by the time of the selection process.

Academic All-Big Ten

The Big Ten Conference recognizes student-athletes academic achievement as Academic All-Big Ten. To be eligible for Academic All-Big Ten honors, student-athletes must be letter winners who are in at least their second academic year at IU and carry a cumulative GPA of 3.0 or higher.

Big Ten Distinguished Scholar Award.

At the conclusion of each academic year, the Big Ten announces its Distinguished Scholar Awards. To be eligible, student-athletes must be letter winners who are in at least their second academic year at IU and earn a 3.7 GPA in the current academic year (Fall and Spring).

**PRIORITY #4:
EXCELLING ATHLETICALLY**

Athletic Recognition

A rich tradition of athletic success. Winning is in our DNA. And the pursuit of excellence is in the blood of each and every Hoosier student-athlete. It's these truths that have given us an impressive tradition of competitive success and accolades-including among the most team and individual national championships, All-Americans and Olympians in the country.

Distinction. It is an honor and a privilege to represent Indiana University, and we do so true to **The Spirit of Indiana: 24 Sports, One Team**, which distinguishes us from all other schools. We believe in ourselves and our ability. We know that a belief that we can get the job done is an essential component of getting the job done. We're confident and assured because Indiana University prepares us to be successful. We represent Indiana University understanding our obligation to do things with The Spirit of Indiana.

The G. Frederick Glass Director's Award

The G. Frederick Glass Director's Award is presented at the annual Spirit of Indiana Showcase to the male and female student-athletes who, on the whole, best personify the tenets of The Spirit of Indiana: 24 Sports, One Team.

Varsity Participation Awards

The Varsity "I" will be presented to the recipients at the end of the season for each sport. The athletic director, along with the athletics committee, must approve all award nominations from the head coaches.

The awards are as follows:

- First Year = Wool Jacket with "I"
- Second Year = Travel Bag
- Third Year = "I" Blanket • Fourth Year = Senior Ring.

Since it is possible to letter in more than one sport in any year, the department will award only one varsity award per year to the individual. A student-athlete who letters in a second sport will receive a certificate his/her senior year listing the years the student-athlete lettered in that sport. Should a student-athlete receive his/her first award in the sophomore year, he/she has the choice of the first or second year award. If his/her first award is received in the junior year, he/she has the choice of the first, second, or third year award. To receive a senior ring, the student-athlete must be a senior, or fifth-year senior, who has exhausted or completed his/her eligibility or who will no longer be engaged in competition for Indiana University and who is on target to graduate.

Varsity "I" Award Criteria

Student-athlete receiving the Varsity "I" and subsequent varsity athletic awards must:

1. Be members in good standing with the team.
2. Practice regularly.
3. For most teams, complete the season as an eligible member of the team.
4. Student-athletes unable to compete due to injury or illness must be recommended by the coach.

Athlete of the Year

This award is given annually to honor the exceptional achievements of a male and female student-athlete who have excelled in their respective sport.

Aline Robinson Mental Attitude Award

Given annually to a female student-athlete in each sport (no class distinction) who has distinguished herself in athletics and scholarship and who has displayed an outstanding mental attitude.

Anita Aldrich Leadership Award

Given annually to honor and acknowledge one senior female student athlete who best exemplifies Anita Aldrich's ideals of leadership, scholastic achievement and athletic ability.

Hoosier Award

Given to a male and female student-athlete in each sport (no class distinction) annually who brings honor and distinction to Indiana University in his/her respective sport during the academic year.

Jake Gimbel Award

Given to one senior male student-athlete who has distinguished himself in athletics and scholarship and who has displayed an outstanding mental attitude.

Diversity, Equity and Inclusion Award

Given to one male and female student-athlete whose efforts have promoted the department's culture of unity and inclusivity

Big Ten Conference Athlete of the Year Award

This award is given to one male and one female student-athlete annually who have distinguished themselves in their respective sports.

Big Ten Conference Sportsmanship Award

Given to a student-athlete in each sport, annually, who has demonstrated outstanding sportsmanship throughout the year. At each Big Ten championship event throughout the year, coaches select the recipient from their team.

Big Ten Conference Medal of Honor

Given to two seniors (one male & one female) who have maintained an outstanding scholastic rating and who have distinguished themselves in athletic endeavors.

**PRIORITY #5:
INTEGRATING WITH THE UNIVERSITY**

Impacting Lives, Changing the World

We have a special responsibility to integrate ourselves not only with the University but also with our department and each other, the city of Bloomington, our hometowns, our other communities, and ultimately the world at large. More than being the right thing to do, this integration makes us stronger by giving us a greater understanding and appreciation of the world.

Excellence Academy

Developing student-athletes and staff who are unselfish leaders and teammates is, and must continue to be, an integral part of everything we do. Unique to IU Athletics is our Excellence Academy. The academy takes an intentional approach, based on continual assessment, to identifying curricular and co-curricular life-skills and leadership opportunities for each student-athlete that integrate with his or her athletic experiences.

Student-Athlete Advisory Committee

The Student-Athlete Advisory Committee (SAAC) was established in the fall of 1994 for the purpose of giving student-athletes a voice within the Athletics Department. SAAC members review NCAA legislation and make suggestions to the Big Ten Student-Athlete Advisory Committee for future legislation. SAAC strives to promote communication between student-athletes and the athletics administration. They recognize and discuss issues within the department and work to build a sense of community among all athletic teams through social and community service activities. As outlined in the Indiana University Student-Athlete Bill of Rights, through the SAAC student-athletes are:

- Annually provided a report by the Athletic Director on the state of the athletic department similar to that provided to the IU Board of Trustees and the Bloomington Faculty Council;
- Provided the opportunity to meet with the Athletic Director every semester to ask questions and share concerns;
- Permanently represented on the Bloomington Faculty Council Athletics Committee;
- Permanently represented on the Indiana University Excellence Academy Leadership Council;
- Represented on any search or advisory committees for hiring a new head coach or athletic director; and
- Financially supported to participate in Big Ten Conference and national SAAC governance.

AD's Council on Diversity and Inclusivity

The Athletic Director's Council on Diversity and Inclusivity is an important initiative designed to create a forum for student-athletes to discuss and address issues relating to diversity and inclusivity in our department, campus and surrounding community. The Council is comprised of representatives from each varsity sport program and meets regularly with the Athletic Director to explore issues and formulate solutions in order to maintain a diverse and inclusive environment in our athletic department.

HER

HER is a group that focuses on fostering safe environments for female student-athletes of color to discuss relevant issues, support one another, and develop leadership qualities. In addition to group discussions, which are generally led by members of the executive board and/or guest speakers, HER provides opportunities to build camaraderie and friendship through various events and activities.

Hoosier Heroes Peer Mentoring Program

The Hoosier HEROES Student-Athlete Peer Mentoring Program, sponsored by the Athletics Department, is offered to first year student-athletes at Indiana University. The purpose of the program is to be a resource for incoming freshmen student-athletes as they prepare for and handle the demands of being a student-athlete and in ways to succeed in all areas of their life. Upperclassmen benefit from this leadership program by role-modeling effective mentoring practices, by experiencing the application, interview, and selection process, and gaining valuable skills through ongoing training. Mentors receive ongoing training sessions that include the areas of sport psychology, bystander intervention training, communication skills, mental health allyship, and more. In addition, it gives all student-athletes taking part in the program the opportunity to build relationships and share experiences with peers from all 24 sports (One Team).

All IN

All IN is a student-athlete run group that focuses on student-athlete transitions, identity, and the importance of mental health. It serves to provide a space for student-athletes to support, celebrate, guide, serve, understand, share, and empower other student-athletes. This is done through the use of panel discussions, large group presentations, and small group opportunities for conversation and interaction. It is an opportunity for education and communication on issues important to development and success.

Hoosier Core

Hoosier CORE is a student-athlete peer education group that focuses on healthy relationships and sexual violence and substance abuse prevention. Members of this group travel to

the APPLE Training Institute to work with and learn from student-athletes from across the country on best practices for campaigns, programming, events and education. They have created and facilitated leadership programming, enhanced recruiting resources, worked with administration to create policy, and collaborated with campus for special events.

Men of Valor Excelling (MOVE)

M.O.V.E. was established to empower male student-athletes of color to be leaders through brotherhood, education, and support. Events are offered throughout the year to make connections to campus resources and alumni and staff, and explore topics related to the experience of young men who participate in intercollegiate athletics.

GLOBAL Hoosiers

GLOBAL Hoosiers serves a dual role as both a peer support system for international student-athletes throughout their experience at IU and an opportunity to share cultures, customs and experiences within the department to enrich and enlighten fellow Hoosiers. From the International Student-Athlete Handbook, to a Welcome Week Mixer, to ongoing programming and events, GLOBAL Hoosiers provides a space for our international students to mentor each other through their first year experience transition and share their pride with their peers.

Hoosiers Out Loud

Hoosiers Out Loud is a group that provides space and opportunity for support, education, allyship, and fellowship for all LGBTQ+A student-athletes and those wishing to serve as allies. To that end this group has facilitated training programs, collaborated with campus groups on programming, and hosted Pride Games, .

IUDM Team 24

IUDM Team 24 is an IU Dance Marathon team comprised of student-athletes with the goal of raising money for Riley Hospital for Children and participating in the dance marathon. To date, the team has raised over \$36,000.

Everybody Plays

This community impact student-athlete group is charged with organizing and implementing sports-themed events for athletes with intellectual and physical disabilities, creating opportunities for them to interact with and learn from current IU student-athletes. Each program is focused on a specific sport, and participants play adaptive sports and other games together. Sports that have participated are: Men's and Women's Soccer, Men's & Women's Tennis, Men's & Women's

Track & Field, Volleyball, Wrestling, Baseball, Softball, Football, and Field Hockey.

Service Learning

Hoosiers Helping Hoosiers

Through the Hoosiers Helping Hoosiers program of community engagement and service learning, IU Athletics students and staff live our value of being a part of something bigger than ourselves. Together, we impact lives and change the world. To provide the greatest impact on our communities and the most meaningful experiences for our students, Hoosiers Helping Hoosiers focuses our service on three primary areas: Hoosier Readers, Healthy Hoosiers, and Hoosiers Giving Hope.

Hoosier Readers

Hoosier Readers is dedicated to supporting and improving childhood literacy in our local communities. Hoosier Readers often partner with established programs such as Read Across America and elementary school mentoring programs.

Healthy Hoosiers

Continuing with our partnership with IU Health and particularly, Bloomington Hospital, Healthy Hoosiers participates in programs to encourage children to take part in physical activity and make healthy nutrition choices. Healthy Hoosiers also participates in drug and alcohol education and sexual misconduct prevention programs.

Hoosiers Giving Hope

There are two main priorities of the Hoosiers Giving Hope program. First, we provide "special experiences", through our partnerships with the Enis Furley Foundation, Riley Children's Hospital, and Team Impact to bring joy to those Hoosier families who are in difficult times. Secondly, we support other specific causes such as breast cancer awareness, recess buddies, and other mentoring activities in the community.

Coach for College

Coach for College is a service-learning program that brings together US student-athletes and Vietnamese University students to teach academics, sports, and life skills at summer camps to disadvantaged children in rural Vietnam. Each summer, Indiana University sponsors student-athletes to participate in this program through the Excellence Academy.

Career Development

Bade Family Career Counseling Center

Located in the Hancock Hiltunen Caito Center for Leadership and Life Skills, the Bade Family Career Counseling Center was established to provide the skills and resources our student-athletes need to grow into confident individuals prepared to face the world and start their careers. This is accomplished through a variety of programs, initiatives and professional opportunities coordinated by a full-time, career development specialist housed in the department.

Career Advising and Professional Development

The Indiana University Athletic Department offers a wide range of career development and career readiness programming throughout the year. The goal of this department is to transition student-athletes successfully from college to careers, highlight their unique transferrable skills, create working resumes, gain internships and job shadowing opportunities, and get actively involved in their personal career paths.

Career advising and professional development is accomplished through the Hoosier Network Event, Career Boot Camp, and various career building workshops, one-on-one appointments, or by team request throughout the year.

Indiana University Excellence Academy Internship Program

The Indiana University Excellence Academy Internship Program was developed to provide IU student-athletes with a learning opportunity that will aid in their career and professional development. Each summer, student-athletes will be selected through an application process to participate in a paid internship experience within the Athletics Department.

Hoosier Network Event

Each semester, the Hoosier Network Event is provided for all IU student-athletes. At this event, students are able to network with potential employers in an intimate setting to engage with students interested in internships and full-time job opportunities. Employers are invited back to campus to set up interviews with student-athletes, as well as, participate in tabling events, workshops, and career training opportunities. Additionally, representatives from IU graduate programs and other academic support units are present to answer questions regarding graduate and professional school admissions. IU athletics alumni mentors are invited to Hoosier Network Events to discuss life after college with our student-athletes.

Career Boot Camp

Career Boot Camp is implemented through various programs, workshops, and events throughout each semester in order to give student-athletes the confidence needed to become industry professionals upon gaining an internship or fulltime position. Career Boot Camp begins freshman year and extends to alumni. Throughout the program student-athletes learn career fundamentals, including resumes, cover letters, networking, and personal branding. Once established in these areas, student-athletes are given advanced topics which cover interviewing skills, experiential learning opportunities, career readiness, and much more.

Leadership and Life Skills

Freshmen Excellence Program

This exclusive program is for all freshman student-athletes, meant to assist in the transition from high school to college and submerge them into the Indiana University culture. This eight-month curriculum meets once a month, focusing on one of the Spirit of Indiana tenets at each meeting. Throughout these sessions, freshmen begin building their toolbox, understanding what is expected of them, and what it means to be a Hoosier.

Emerging Leaders

The Emerging Leaders program is primarily for freshmen and sophomores, while open to all, for the development of self/leadership. The curriculum is dedicated to the fundamentals of leadership definitions, styles, expectations, risks and rewards, self-assessment, values, and cross-sport interaction with the goal of learning to lead self in preparation for learning to lead others. (Limited to 25 participants per program.)

Elite Leaders

Elite Leaders is a next level leadership program that builds upon the self-leadership concepts in Emerging Leaders (a pre-requisite for this program) and develops strong team and individual leadership skills. With a focus on emotional intelligence, communication and difficult conversation skill building, elite leaders are preparing for roles within their team and/or department. This program is designed to build upon existing self-awareness and leadership understanding to hone the necessary skills to lead others successfully. (Limited to 12 participants per program.)

Servant Leaders

Developing the concept of leading through service to others, this program explores a new leadership style including defining

servant leadership, expectations, examples, and opportunities to lead through serving others.

University Resources

Dean of Students Office

The Dean of Students Office connects students to resources, provides support, and helps create policies that impact each student's Hoosier experience. The Dean of Students Office provides wide-ranging support to all students in times of challenge and crisis or when faced with concerns and struggles. The Dean of Students Office is committed to the welfare of each student and addresses issues of personal safety (including sexual violence and assault), harassment, and discrimination, as well as promotes initiatives that strengthen our campus and community.

For more information about the Dean of Students Office, please visit <https://studentaffairs.indiana.edu/index.html>

Office of Institutional Equity

The Office of Institutional Equity's mission is to protect the rights of each individual and to ensure their equal access in all aspects of employment, education, and participation within the university. As part of that work, we:

- Investigate and respond to complaints of discrimination and harassment against IU faculty, staff, and students.
- Provide information, consultation, and training regarding diversity, equity, equal opportunity, disability awareness, Title IX, and discrimination and harassment prevention.
- Monitor the university's affirmative action and equal opportunity employment practices.
- Coordinate the university's compliance with its Non-Discrimination/Affirmative Action/Equal Opportunity policy, as well as Title IX, the Americans with Disabilities Act, and all other relevant laws and regulations.

For more information about the Office of Institutional Equity, please visit: <https://equity.iu.edu>

Office for Sexual Violence Prevention and Victim Advocacy

The Office for Sexual Violence Prevention and Victim Advocacy is a place on campus where students can learn about sexual violence prevention efforts and is a central location for where students can access and get connected to campus resources. While prevention is one of the primary goals of the office, they also have staff who provide confidential victim advocacy and support to students who

have experienced sexual violence. To find out more information about the Office for Sexual Violence Prevention and Victim Advocacy, please visit:

<https://studentaffairs.indiana.edu/violence-prevention/about/index.shtml>

Student Advocates Office

The Student Advocates Office is a branch of the Division of Student Affairs. The Student Advocates Office assists students with all kinds of personal, academic and social problems (i.e., reinstatement, sexual harassment, dissatisfaction with the quality of instruction, appeals of fines and disciplinary action). Staff members, including retired faculty and administrators with many years of experience in counseling and advising students in the University system, are available to help students who have not been able to solve problems through other channels.

Visit the web page for more information:

<https://studentaffairs.indiana.edu/student-support/advocates/index.html>

Office of Student Conduct

The Office of Student Conduct (a unit of the Division of Student Affairs) supports student learning and personal growth through explicit partnerships with the university community that promote ethical development, personal reflection, social responsibility, and community outreach guided by the IU Code of Student Rights, Responsibilities, and Conduct. Visit the web page for more information:

<https://studentaffairs.indiana.edu/health-safety/sexual-violence/index.html>

Diversity at IU

Asian Culture Center

The Asian Culture Center aims to promote awareness and understanding of Asian, Asian American, and Pacific Islander cultures, history, and issues at Indiana University and in the Bloomington community by providing institutional resources, educational support, and community outreach activities to students, faculty, and staff. For more information, please visit: <https://asianresource.indiana.edu/about/index.html>

First Nations Educational & Cultural Center

The mission of the FNECC encompasses four components: to build a safe, supportive, and inclusive Native community within IU Bloomington; to actively support the recruitment and retention of Native and Indigenous students at IU Bloomington; to connect with and provide support to students, faculty, and staff who have historical roots to the land that is present day Indiana; and to provide educational opportunities that further

awareness of contemporary issues within Native and Indigenous communities and create a campus environment that welcomes multiple perspectives on these issues. For more information, please visit: <https://firstnations.indiana.edu>

LGBTQ+ Culture Center

Indiana University's LGBTQ+ Culture Center is open for everyone. It serves as a safe and inclusive gathering space for LGBTQ+ students—a place where people are given the encouragement and resources to build meaningful relationships across differences and open their minds and hearts to matters relating to race, gender, and sexual orientation. For more information please visit: <https://lgbtq.indiana.edu/>

La Casa/Latino Cultural Center

The La Casa/Latino Cultural Center serves as an important link and advocate between the university and the Latino community, working closely with other campus units, the Bloomington community, and state and national groups. Building on a strong campus community, La Casa/Latino Cultural Center provides programming, support, and opportunities to foster a sense of belonging and pride for

Latino students, while assisting in their academic, leadership, professional, and social development.

For more information, please visit: <https://lacasa.indiana.edu/index.html>

Neal-Marshall Black Culture Center

The NMBCC, a unit of the Office of the Vice President for Diversity, Equity, and Multicultural Affairs, strives to create and consistently facilitate activities and programming that challenges, supports, and contributes to the continued development and success of Black students within the Indiana University community. We also seek to be an agent of cultural education and cross-cultural engagement for the broader community. For more information, please visit: <https://blackculture.indiana.edu/index.html>

Office of International Services

The University Administrative Office of International Services (UA-OIS) is committed to assisting international students and scholars in the accomplishment of their educational, personal, and professional goals at Indiana University. Visit <http://ois.iu.edu> for more info.

10 Things You Should Know About IU's Sexual Misconduct Policy

- 1. What's Prohibited?** IU prohibits discrimination on the basis of sex or gender, and all forms of "sexual misconduct" (sexual harassment, sexual violence, dating violence, domestic violence, sexual exploitation and stalking).
- 2. Who? Where?** The Sexual Misconduct policy protects all members of the University community and applies to sexual misconduct that occurs on or off campus in the context of any University program or activity, as well as conduct that creates a hostile environment on campus or in any University program or activity.
- 3. Everyone's Responsibility.** Every University member is responsible for knowing the University's definition of consent, what conduct is prohibited, and ensuring they have consent before engaging in sexual activity.
- 4. Supportive Measures.** The University can help students who have experienced sexual misconduct with measures such as no contact orders; assistance in changing academic, living, transportation, and or work situations; counseling services; victim advocacy services; and assistance in obtaining protective orders. Students can seek support and additional resources from the Confidential Victim Advocates in the Office for Sexual Violence Prevention and Victim Advocacy and the Sexual Assault Crisis Service Counselors at CAPS (Counseling and Psychological Services).
- 5. No Retaliation.** Retaliation against anyone who has reported an incident of sexual misconduct, provided information, or participated in a University sexual misconduct investigation, is prohibited by the University.
- 6. Responsible Employees.** Under University Policy, "Responsible Employees" (including faculty, AIs, lecturers, advisors, residential hall staff, student affairs administrators, coaches, trainers, and more) are required to share information known to them about incidents of sexual misconduct, with University Sexual Misconduct & Title IX Coordinator or a Deputy University Sexual Misconduct & Title IX Coordinator. This is to ensure the University is able to reach out to the individual who has experienced sexual misconduct with important information and resources.
- 7. Confidential Employees.** Confidential employees, such as mental health counselors and victim advocates (depending on campus), do not have to report information known to them, and students can speak to them privately about sexual misconduct. (See StopSexualViolence.iu.edu for the Confidential Employees).
- 8. Reporting.** Students are strongly encouraged to report instances of sexual misconduct to learn about available resources, as well as IU procedures. IU will not discipline students reporting sexual misconduct for violations of the Student Code related to drug and/or alcohol consumption in connection with the reported incident of sexual misconduct. To report, contact IUPD, an University Sexual Misconduct & Title IX Coordinator or a Deputy University Sexual Misconduct & Title IX Coordinator, or email oie@iu.edu. IU Bloomington Sexual Misconduct & Title IX Coordinators are listed below:
 - a. Jennifer Kincaid, University Director of Institutional Equity/University Sexual Misconduct & Title IX Coordinator/University ADA Coordinator
 - b. Libby Spotts, Senior Associate Dean of Student Affairs/Deputy Sexual Misconduct & Title IX Coordinator
 - c. Sally Ronald, Associate University Director for Complaint Response & Investigations/Deputy University Sexual Misconduct & Title IX Coordinator
- 9. Request for No University Action.** If you request that the University not take action in response to a report, the University will weigh this request against its duty to maintain a safe community. In situations where the University determines that it must move forward, you decide how much to participate in the process.
- 10. Safeguard Privacy.** The University will share personal information and details of an allegation only with individuals who have a legitimate administrative or legal reason to know.

For additional information visit: StopSexualViolence.iu.edu

