

LENOIR-RHYNE UNIVERSITY



STUDENT-ATHLETE HANDBOOK

Updated: October 9, 2023

INTRODUCTION

This handbook summarizes many of the important issues faced by student-athletes at Lenoir-Rhyne to function effectively in their dual roles. For comprehensive information regarding your role as a student and an athlete at the University you must also consult and be familiar with information contained in the [University Catalog](#), [Lenoir-Rhyne's Student Handbook \(The Cub\)](#), and the various materials distributed by the Department of Athletics such as the [Summary of NCAA Regulations](#) and the Lenoir-Rhyne Drug Education/Screening Program. Students who participate in intercollegiate athletics at Lenoir-Rhyne are required to comply fully with all institutional policies that apply to the general student body in admissions, curriculum, degree requirements, financial aid, housing, personal conduct, and other matters. These policies are found in the institution's catalog and in [The Cub](#), the University's student handbook.

Ultimate authority for the athletic program lies with the President of Lenoir-Rhyne, who is subject to policies set forth by the institution's Board of Trustees.

As an acceptance of the expectations of you as a student-athlete at Lenoir-Rhyne, you will be asked to verify that you received information concerning the location of this handbook and understand that you are responsible for its contents.

LENOIR-RHYNE UNIVERSITY MISSION STATEMENT

In pursuit of the development of the whole person, Lenoir-Rhyne University seeks to liberate mind and spirit, clarify personal faith, foster physical wholeness, build a sense of community, and promote responsible leadership for service in the world.

As an institution of the North Carolina Synod of the Evangelical Lutheran Church in America, the University holds the conviction that wholeness of personality, true vocation, and the most useful service to God and the world are best discerned from the perspective of the Christian faith.

As a community of learning, LR provides programs of undergraduate, graduate, and continuing study committed to the liberal arts and sciences as a foundation for a wide variety of careers and as guidance for a meaningful life.

STATEMENT OF PURPOSE

The purpose of the athletics program is to provide a well-conducted and well-balanced intercollegiate athletics program, based on sound educational principles and practices that is a proper part of the mission of Lenoir-Rhyne, having the educational welfare of the participating student-athlete as the primary concern.

NOTICE OF NON-DISCRIMINATION AND EQUAL OPPORTUNITY STATEMENT

Lenoir-Rhyne University does not discriminate on the basis of race, color, national origin, religion, age, sex, sexual orientation, gender, gender expression, gender identity, non-conformity with gender stereotypes, physical or mental disability, and veteran status, in any educational programs and activities, or in its employment and admissions decisions. Lenoir-Rhyne University's policy of non-discrimination and equal opportunity extends to all aspects of employment, including, but not limited to, recruitment, hiring, training, promotion, transfer, reassignment, demotion, discipline, discharge, performance evaluation, compensation and benefits. In addition, the University adheres to this non-discrimination and equal opportunity philosophy in its admissions policies and practices. Lenoir-Rhyne University is committed to providing an environment for learning, working and living that promotes equal opportunity, inclusion, and non-discrimination for its faculty, staff, students, contractors, and visitors. Evidence of discrimination by LR should be reported to the Vice President for Administration and Finance. For the complete document and contacts, [click here](#).

BEARS Core Values

Lenoir-Rhyne Athletics distinguishes the following core values as foundational principles of the BEARS student-athlete experience.

Balance

In pursuit of the development of the whole person, Bears student-athletes learn through their academic pursuits, civic engagement, campus involvement and athletics competition. The balance and integration of these learning opportunities provide a path to graduation while developing key skills that will prepare them for success beyond college.

Excellence

Bears student-athletes will strive for excellence in everything they do. They will embody an unwavering and relentless commitment to continuously improve and develop to their full potential in all aspects of their lives.

Accountability

Bears student-athletes will demonstrate personal responsibility for their actions. They will conduct themselves with the highest level of character and integrity at all times. They will embody honesty, discipline, hard work and emphasize collective team goals over individual success.

Respect

Bears student-athletes will extend respect to officials, visiting teams, their coaches and teammates and all members of campus and community. They will conduct themselves in a professional and courteous manner while demonstrating sportsmanship and respect for the game. They will foster an inclusive and welcoming environment that embraces diverse backgrounds and perspectives.

Service

Bears student-athletes will lead the charge in giving back to their campus and communities. They will serve as strong role models and ambassadors on behalf of the University while striving to make a positive impact in the greater Hickory community.

By being a part of the Bear athletic family and adopting our code of values we are equipped with the tools to succeed as student-athletes in all aspects of life.

INTERCOLLEGIATE AFFILIATIONS AND COMPETITION

Lenoir-Rhyne is a member of Division II of the NCAA, South Atlantic Conference (SAC), Conference members include Anderson, Carson-Newman, Catawba, Coker, Emory and Henry, Lenoir-Rhyne, Limestone, Lincoln Memorial, Mars Hill, Newberry, Tusculum, UVA Wise and Wingate. The conference offers championships for men in baseball, basketball, cross country, football, golf, lacrosse, soccer, swimming, tennis, indoor and outdoor track & field. Women's championships are offered in basketball, cross country, golf, lacrosse, soccer, softball, swimming, tennis, indoor and outdoor track & field and volleyball.

Lenoir-Rhyne abides by the rules and bylaws of both the NCAA and the South Atlantic Conference. A

summary of NCAA regulations regarding the eligibility of student-athletes to compete is provided to all student-athletes prior to their annual competition at LR. The signing of the Division II NCAA Student-Athlete Statement affirms that the student-athlete has been provided and given the opportunity to read the Summary of Regulations. The rules of the NCAA and the South Atlantic Conference, as well as the policies and procedures of Lenoir-Rhyne, are subject to change during an academic year.

All athletics contests and practices will be conducted in compliance with the principles of fair play and amateurism as defined by the NCAA and the South Atlantic Conference. Lenoir-Rhyne will conduct its athletics program in a manner most conducive to the physical and academic well-being of the student-athletes who participate.

A student-athlete must sign off on the following forms before they are allowed to practice or compete at Lenoir-Rhyne University:

- NCAA Drug-Testing Consent (Updated Yearly by the NCAA)
- NCAA Student-Athlete Statement (Updated Yearly by the NCAA)
- NCAA Summary of Regulations (Updated Yearly by the NCAA)
- South Atlantic Conference Promotional Authorization Form
- LR Athletics Code of Conduct
- Student-Athlete Handbook

STUDENT-ATHLETE ADVISORY COMMITTEE

NCAA regulations mandate that each institution establish a student-athlete advisory committee for its student-athletes. The purposes of the Lenoir-Rhyne Student-Athlete Advisory Committee, referred to as the SAAC, are:

1. To streamline and promote efficient communication between the athletic department and the student-athlete.
2. To provide the student-athlete with an opportunity to more effectively communicate with the athletic department administration and provide suggestions on programs designed to serve its needs.
3. To actively encourage more involvement of the student-athletes in campus and community outreach projects.
4. To design and implement programs that will encourage academic achievement, health promotion, social responsibility, and general life skills awareness.

The SAAC is comprised of representatives from each of the institution's 23 intercollegiate sports and each of the institution's 3 club sports. Support personnel include the Director of Athletics, the NCAA Compliance Coordinator, the Senior Woman Administrator, and the Faculty Athletic Representative. Monthly meetings of the SAAC are held during the academic year.

GENDER EQUITY / TITLE IX

Title IX of the Educational Amendments Act of 1972 is the principle Federal gender equity legislation that applies to intercollegiate athletics programs. The statute provides that "no person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance." Essentially, the law prohibits gender-based discrimination in any education program or activity receiving Federal funds.

Title IX regulations require that: 1) athletically related financial aid be allocated in proportion to the numbers of male and female students participating in intercollegiate athletics; 2) all other benefits, opportunities and treatment afforded each participant of each sex be equivalent; and 3) the interests and abilities of the students be effectively accommodated to the extent necessary to provide equal athletics opportunity for members of both sexes. Departures from these requirements are permitted if justified by factors determined to be nondiscriminatory.



DIVISION II PHILOSOPHY STATEMENT

In addition to the purposes and fundamental policy of the National Collegiate Athletic Association, as set forth in Constitution 1, members of Division II believe that a well-conducted intercollegiate athletics program, based on sound educational principles and practices, is a proper part of the educational mission of a university or college and that the educational well-being and academic success of the participating student-athlete is of primary concern.

Higher education has lasting importance on an individual's future success. As such, Division II supports the educational mission of college athletics by fostering a balanced approach in which student-athletes learn and develop through their desired academic pursuits, in civic engagement with their communities and in athletics competition. Division II athletics programs also are committed to establishing an inclusive culture in which persons of all backgrounds are respected and given the opportunity to provide input and to participate.

Division II members abide by the following principles that help define and distinguish the division:

- (a) Division II colleges and universities are expected to operate their athletics programs with integrity and in a welcoming manner that complies with conference and NCAA rules and regulations. Institutional control is a fundamental principle that supports the institution's educational mission and assumes presidential involvement and oversight;
- (b) Division II members fund their athletics programs in a manner that aligns with the institution's budget and educational mission. This method of funding features a "partial scholarship" model that allows Division II schools to recognize student-athletes for their skills through athletics-based grants, but student-athletes can accept merit-based aid and academic scholarships as well;
- (c) Division II believes in a balanced approach that integrates athletics into the college experience and allows students to focus on their academic pursuits and participate in other campus and community activities. This "Life in the Balance" emphasis facilitates learning through:
 - (1) Academics. Division II offers exceptional teacher-student ratios that provide student-athletes with a quality education in the academic curriculum of their choice. The division structures its eligibility requirements to facilitate student-athletes earning their degrees, which is measured in part by an institution's student-athletes graduating at least at the same rate as the institution's student body;
 - (2) Athletics. Division II supports athletics achievement through highly competitive programs that strive to participate in the division's 25 national championships, which offer the best access ratio among the NCAA's three divisions. Division II also supports a regionalization model in scheduling that reduces time away from campus and keeps athletics participation in perspective within the educational mission;
 - (3) Community engagement. Division II athletics programs actively engage with their communities to enhance relationships between student-athletes and community members and develop a shared civic experience. Division II promotes engagement at the local, conference and national levels, including at all

Division II national championships; and

(4) Post-graduation success. Division II supports a higher education model that shapes student-athletes who graduate with the skills and knowledge to be productive citizens. The balanced approach allows student-athletes to focus on their academic pursuits, their internships, and whatever else it takes to prepare them for life after graduation;

(d) Division II members support the utmost in sportsmanship by committing to a “game environment” initiative that establishes an atmosphere at athletics contests that is both energetic and respectful; and

(e) Division II promotes student-athlete involvement in decision-making through campus, conference and national Student-Athlete Advisory Committees that provide leadership opportunities and offer a representative voice in the division’s governance structure.

LENOIR-RHYNE UNIVERSITY

Notice of Non-Discrimination and Equal Employment

Lenoir-Rhyne University does not discriminate on the basis of race, color, national origin, citizenship, religion, political affiliation, age, marital status, sex/gender, physical or mental disability, genetic information, pregnancy, or veteran status in any educational programs and activities, including admissions. Lenoir-Rhyne’s policy of non-discrimination and equal opportunity extends to all aspects of employment, including, but not limited to, recruitment, hiring, training, promotion, transfer, reassignment, demotion, discipline, discharge, performance evaluation, compensation and benefits. Lenoir-Rhyne is committed to providing an environment that promotes non-discrimination, equal opportunity, and inclusion for faculty, staff, students, contractors, volunteers, and visitors.

Non-Discrimination Regarding Disability

For questions and complaints involving discrimination on the basis of physical or mental disability you should contact:

Sherry Proctor
Director of Disability Services/Section 504 & Title III Coordinator
Lenoir-Rhyne University
Cornerstone House
625 7th Ave. NE
Hickory, NC 28601
(828) 328-7296
Sherry.Proctor@lr.edu

Title IX at Lenoir-Rhyne University

As a recipient of federal financial assistance for education activities, Lenoir-Rhyne is required by Title IX of the Educational Amendments of 1972, 20 U.S.C. § 1681 et. seq. and the rule promulgated on May 19, 2020 by the U.S. Department of Education entitled *Nondiscrimination on the Basis of Sex in Education Programs or Activities Receiving Federal Financial Assistance*, 85 Fed. Reg. 30,026 (collectively, “Title IX”) to ensure that all of its education programs and activities do not discriminate on the basis of sex/gender, including sex, sex stereotypes, gender identity, gender expression, sexual orientation, and pregnancy or parenting status.

Sexual harassment, sexual assault, dating violence, domestic violence, and stalking are forms of sex discrimination, which are prohibited under Title IX and by Lenoir-Rhyne. Lenoir-Rhyne also prohibits retaliation against any person participating in any discrimination investigation or complaint process internal or external to the University.

Lenoir-Rhyne University's Sex/Gender Non-Discrimination and Anti-Retaliation Policy is available at <https://www.lr.edu/sex-discrimination-policy>, and includes how to report or file a formal complaint of sex discrimination, harassment, misconduct, and/or retaliation, how LRU will respond to reports and formal complaints, and LRU's formal grievance process and procedures.

Any person may report sex discrimination, harassment, misconduct and/or retaliation at any time (whether or not the person reporting is the person alleged to have experienced the conduct), including during non-business hours, by contacting the Title IX Coordinator or a Deputy Coordinator in-person, by telephone, email or U.S. mail utilizing the contact information listed for the Title IX Coordinator below, or by utilizing the reporting function on the University's Title IX webpage, by going to www.lr.edu/titleix and clicking on "Submit a Report or Complaint."

Individuals with questions regarding Title IX, including its application, or who want to make a report of sex discrimination, harassment, misconduct and/or retaliation, should contact the Title IX Coordinator or a Deputy Title IX Coordinator below:

Title IX Coordinator

Leah Reynolds
Title IX Coordinator
leah.reynolds@lr.edu or TitleIXCoordinator@lr.edu
828-328-7040

Lenoir-Rhyne University
Cromer Center 206(A)
625 7th Ave. NE
Hickory, NC 28601

Deputy Title IX Coordinators

Revonda Reed
Asst. VP & Dir. of Human Resources
revonda.reed@lr.edu
828-328-7387

Lenoir-Rhyne University
Lineberger #211
625 7th Ave. NE
Hickory, NC 28601

Dr. Harry Titus
Dean of Students
harry.titus@lr.edu
828-328-7246

Lenoir-Rhyne University
Cromer, 2nd Floor
625 7th Ave. NE
Hickory, NC 28601

Susy Chandler
Director of Community Engagement
leah.reynolds@lr.edu or TitleIXCoordinator@lr.edu
828-407-4263

Lenoir-Rhyne University
Asheville Campus

In addition to the Title IX Coordinator, individuals may also contact the Assistant Secretary for Civil Rights at U.S. Department of Education, Lyndon Baines Johnson Dept. of Education Bldg., 400 Maryland Avenue S.W., Washington, D.C. 20202-1100. Telephone/Fax: **800-421-3481; Fax: 202-453-6012; TDD: 800-877-8339; Email: ocr@ed.gov.**

Other Non-Discrimination Reporting Options

For questions and complaints involving all forms of discrimination you may contact:

Revonda Reed
Asst. VP & Dir. of Human Resources
Lineberger #211
(828) 328-7387

revonda.reed@lr.edu

Dr. Harry Titus
Dean of Students
Cromer, 2nd Floor
(828) 328-7246

harry.titus@lr.edu

You may also direct any discrimination questions and complaints to:

U.S. Department of Education, Office for Civil Rights
(800) 421-3481
ocr@ed.gov

APPROPRIATE CONDUCT

ATHLETIC BEHAVIOR / CONDUCT POLICY

All student-athletes and support personnel associated with Lenoir-Rhyne athletics are expected to conduct themselves in an appropriate manner when representing the institution during practices, scrimmages, games, matches or contests. Departmental expectations include the following:

- a. To promote proper behavior and good sportsmanship at all times;
- b. To refrain from using abrasive, derogatory or vulgar language; taunting or demeaning, offensive gestures;
- c. To refrain from using alcohol, tobacco, or illegal substances;
- d. To refrain from engaging in any physical contact with opponents, officials, coaches or team members that are outside of that associated with normal game conduct;
- e. To restrain team members if inappropriate outbursts occur.

Penalties for inappropriate conduct include all applicable NCAA and South Atlantic Conference sanctions. In addition, any player ejected from a contest is subject to suspension from participation in the next scheduled event. Notification of all ejections or misconduct by a coach or player must be filed with the Director of Athletics within 24 hours of the incident. A second ejection during one season will result in a conference with the Director of Athletics and additional penalties up to and including suspension. Continuous violations of the behavior/conduct code or of the principles of "good sportsmanship" shall be grounds for forfeiture of grants-in-aid and/or permanent dismissal.

GENERAL UNIVERSITY BEHAVIOR / CONDUCT POLICIES

Student-athletes are members of the student body and consequently are subject to all University regulations that apply to students of the institution. Such regulations are found in the University catalogue and the student handbook, [The Cub](#).

Areas of specific importance include:

- Policies concerning Alcohol and Drug Possession and Consumption
- Policies concerning overall citizenship on campus and in the residence halls
- Policies concerning [Sexual Misconduct](#)
- [Resource Guide on Sexual Misconduct](#)
- Policies concerning HIV and the AIDS virus

For student-athletes residing on campus, it is very important to remember that an LR student is responsible for the conduct of his or her guest(s). This conduct includes, but is not limited to, any drug or alcohol violations. Lenoir-Rhyne students may incur judicial sanctions as a result of guest violations. These regulations are found in [The Cub](#).

Another reminder of campus and athletic department policy concerns Traffic Regulations, Violations, and Fines. The Security and Safety staff publishes a pamphlet that outlines the regulations pertaining to the use of vehicles on campus. Students should be familiar with these rules and regulations. Campus security officers have been authorized to place tickets on all vehicles that are found to be in violation of campus

parking policy. In addition, campus security is also authorized to ticket vehicles illegally parked on the city streets that run through campus, particularly Stasavich Place. Tickets received in these areas are City of Hickory citations and further prosecution could stem from delays in dealing with these tickets. All campus tickets are forwarded to the Lenoir-Rhyne Business office for billing. **THE ATHLETIC DEPARTMENT DOES NOT PAY FOR YOUR PARKING TICKETS!**

STUDENT HONOR CODE

All students must subscribe to the University honor code. This code calls on students to exhibit honesty and integrity in their actions and provides penalties for infractions.

Violations

The following offenses constitute academic integrity violations at Lenoir-Rhyne:

A. Cheating:

(1) Individual Cheating: To practice or attempt to practice, dishonesty or deception in the taking of tests or in the preparation or submission of academic work purporting to be one's own; to copy or attempt to copy from another person's test, paper, or other graded work in a course; to use during a testing period, or bring into a testing area with the intent to use, any notes or other prepared materials which a student is not permitted to consult;

(2) Collusion (action taken by two or more persons together to cheat): to allow another to copy one's tests, papers, or other graded course work; to provide assistance to others in the preparation of graded course work without the express consent of the instructor; to aid or abet another person in an act of cheating.

B. Lying:

Committing a forgery or uttering a statement known to be false or dishonest, orally or in writing, for the purpose of, or having the effect of, protecting or improving one's grade in a course, or one's academic record, or one's academic standing; also, to utter a statement known to be false or deceitful in a University judicial proceeding or to protect another person from apprehension or punishment for a violation of academic integrity.

C. Plagiarizing:

The act of willfully copying a sentence, several sentences, or a significant part of a sentence that has been written by someone other than the person submitting the paper, and then neglecting to indicate through the use of quotation marks or blocking that the material has been copied; also, copying from another writer in such a way as to change one or two words in the sentence, or to rearrange the order of the wording, or to paraphrase, or to summarize information and then neglect to furnish documentation. Failure to cite sources when appropriate is a form of dishonesty.

D. Impeding an Investigation:

Falsifying information, or attempting to falsify information, or intimidating participants in an Academic Integrity investigation, or hearing.

E. Any other actions that violate student regulations as outlined in The Cub or public statutes for the purpose of leading to or supporting an Academic Integrity violation as outlined above will be considered an Academic Integrity violation and will come under the jurisdiction of the University Judicial System.

Penalties

As specified in detail in the document itself, penalties (See The Cub for specifics.) for violations range from probation, to a failing grade in the affected course, to expulsion from the University.

POLICIES RELATED TO ATHLETICS COMPETITION

AMATEURISM

NCAA rules regarding amateur status are found in Bylaw 12 of the NCAA Manual. The NCAA dictates that “an individual loses amateur status and thus shall not be eligible for intercollegiate competition in a particular sport if the individual”:

- Subsequent to initial full-time collegiate enrollment, uses his or her athletics skill – directly or indirectly – for pay in any form in that sport;
- Subsequent to initial full-time collegiate enrollment, accepts a promise of pay even if such pay is to be received following completion of intercollegiate athletics participation;
- Subsequent to initial full-time collegiate enrollment, signs a contract or commitment of any kind to play professional athletics, regardless of its legal enforceability or any consideration received;
- Subsequent to initial full-time collegiate enrollment, receives – directly or indirectly – a salary, reimbursement of expenses or any other form of financial assistance from a professional sports organization based on athletics skill or participation, except as permitted by NCAA rules and regulations;
- Subsequent to initial full-time collegiate enrollment, competes on any professional athletics team and knows or had reason to know that the team is a professional athletics team, even if no pay or remuneration for expenses was received;
- Subsequent to initial full-time collegiate enrollment, enters into a professional draft or an agreement with a sports agent;
- Enters into an agreement with a sport agent who is assisting the student-athlete in advancing their professional sports career either prior to or subsequent to initial full-time collegiate enrollment.

GAMBLING

Student-athletes may not provide information concerning intercollegiate athletics competition to persons involved in organized gambling, nor may they participate in any gambling activity through a bookmaker, a parlay card or any other method employed by organized gambling.

SPORTSMANSHIP

Lenoir-Rhyne student-athletes are expected, whether they win or lose, to exhibit good sportsmanship before, during, and after contests. In addition to fair play, good sportsmanship means showing respect to one's opponents, including athletes, coaches, and spectators. It means refraining from directing inappropriate language or gestures toward or physically abusing either officials, opposing coaches, athletes, or spectators.

EXPECTATIONS IN INDIVIDUAL SPORTS

Beyond the foregoing expectations in regard to conduct, coaches in individual sports may impose additional requirements in regard to such matters as a dress code, training rules, personal appearance, and the like.

DUAL PARTICIPATION OF ATHLETES

Dual sport participants are required to participate in both sports. The primary sport will change, based on the championship segment. Whichever sport is currently in-season, that student-athlete will prioritize that sport over the other. Coaches are required to work together to create a schedule that benefits the student-athlete and program.

YOUR ELIGIBILITY: QUICK FACTS

- You must be enrolled in 12 hours (undergraduate) or 9 hours (graduate) at all times. If you are in your final semester of your degree and the hours needed to graduate is less than full-time, you are permitted to take less than a fulltime load. If you drop below fulltime status, as defined by the Lenoir-Rhyne Handbook, you will be immediately declared ineligible for any activity, including practice and competition, until reinstated by the NCAA.
- You must pass 24 hours of academic degree credit toward your degree since the beginning of the previous fall term or since the beginning of LR's preceding regular two academic terms to be eligible the next season. 9 hours must come from the previous full-time term, 18 hours must come from the fall and spring combined, and only 6 hours, if still needed, may come from the summer. Hours towards a minor taken over the summer may not count as a part of the 24 progress toward degree hours needed each academic year. A student-athlete who has declared an optional minor may only use 6 hours toward that optional minor each term as part of their 9 hours needed each term to be eligible for the next term.
- A minimum of 9 hours of progress toward degree credit must be earned during the previous full-time term to be eligible.
- Only 25% of the hours used toward continuing eligibility – no more than six (6) hours - may be earned in summer school
- You must obtain at least a 2.0 grade point average after the completion of 24 hours (two semesters). That number remains the same throughout your college enrollment.
- Your GPA can only be improved by taking classes at Lenoir-Rhyne.
- You must officially declare a major through the Registrar's Office before the beginning of your 5th semester of full-time enrollment. This can be done through the registrar's office or by clicking this [link](#). This is the same form that can be filled out to declare or change a minor as well.
- If you wish to change your major it must be done during the academic semester in which the change is occurring prior to PTD being calculated.
- Math 090, Math 080, and English 050 can only be used toward your eligibility if successfully completed during your first year of collegiate enrollment. If you are a transfer student these classes may not be used toward eligibility.
- Due to federal, state and University regulations, eligibility for participation does not necessarily guarantee eligibility for federal, state, and Lenoir-Rhyne financial aid – including athletics scholarship.
- CLUB Sport participants will be encouraged to meet these same standards that NCAA Student-Athletes do.
- NCAA Student-Athletes sign off in their student-athlete statement that they will allow coaches to view academic progress to know that progress towards degree is being maintained along with other key requirements of athletic eligibility standards. The same goes for club sports at Lenoir-Rhyne University.

ELIGIBILITY GENERAL REQUIREMENTS

Student-athletes who demonstrate dishonesty in evading or violating eligibility regulations immediately become ineligible.

In order to be and remain eligible, all student-athletes must be enrolled in a minimum of 12 hours of degree credit throughout the semester in which competition takes place, full-time for graduate students is 9 hours. The NCAA allows a student-athlete to take less than 12 hours during their final semester of enrollment and competition if the classes are those needed to graduate, but enrolling in less than a full-load jeopardizes financial aid awards and eligibility for campus housing.

Unless allowed under an exception to NCAA rules from Bylaw 14.7.5 and 14.7.6 student-athletes in all sports become ineligible if during the intercollegiate season in their sport they compete on a non-collegiate, amateur team in that sport.

REQUIREMENTS FOR FRESHMEN

Student-athletes are ineligible if, after they completed their high school eligibility and before they graduated, they participated in more than two high school all-star football or basketball games.

Student-athletes can become permanently ineligible to represent an institution in intercollegiate athletics if staff members or "boosters" of the institution approach them in ways that constitute unaccepted recruiting practices. A summary of such practices as well as other information on eligibility is provided in Appendix A, "Summary of NCAA Regulations."

To be eligible for competition in their initial year of enrollment student-athletes who are first-time entering freshmen must meet the following requirements certified by an initial eligibility clearinghouse approved by the NCAA:

1. Graduation from high school;
2. Attainment of a minimum high school grade point average (GPA) of 2.000 out of 4.000 in a core curriculum of 16 classes required by the NCAA; and
3. Achievement of a test score taken on a national testing date (prior to the beginning of the academic year) of 68 sum score on the ACT or 820 on the old SAT or 900 on the new SAT (taken on or after March 2016). Students may combine the best verbal and math scores from different tests in order to achieve a score of 820 on the old or new SAT (may not combine score from both tests. Score must come from same test to be combined) or the best scores on each part of the ACT.

(Currently, due to Covid-19, the NCAA is not requiring that test scores be submitted.)

Student-athletes who do not meet the above requirements are denied the opportunity to compete. Such students may, by meeting satisfactory academic progress requirements, become eligible for intercollegiate athletics competition at the beginning of their sophomore year and compete for four seasons. **Recruited and Nonrecruited student-athletes who have not met the initial eligibility requirements upon arrival to campus for either enrollment or preseason practice may practice for a maximum 45 days before final certification. Following this grace period the student-athlete must cease participation in all athletically-related activities until final certification is determined.** You must receive a favorable final certification before you can compete against outside competition.

REQUIREMENTS FOR UPPERCLASSMEN

To be eligible for competition, student-athletes must be in good academic standing as defined by their own institutions. At Lenoir-Rhyne, this means that students who are on academic probation must meet with the Academic Dean or his/her designee and participate in a prescribed self-improvement program.

As established by NCAA Bylaw, a student-athlete must be enrolled in 12 credit hours throughout the semester in which competition takes place. Only seniors who need fewer than 12 hours to graduate may enroll in less

than 12 credit hours. **BE AWARE** that enrolling in less than 12 hours may jeopardize your financial aid award.

Introductory courses, such as English 050, Math 080, and Math 090, are not counted towards a student's graduation requirements and, thus, may only be used toward continuing eligibility if taken during a student's first year of collegiate enrollment. In addition, those students in or beyond their fifth semester of collegiate enrollment must complete at least 24 hours of degree credit to meet satisfactory progress.

Satisfactory Progress

Satisfactory progress is a minimum standard set to ensure that each student-athlete is on course to get his or her degree. To meet satisfactory progress requirements to compete, a student-athlete must pass at least 24 degree-credit hours since the beginning of the previous fall semester or since the beginning of the previous two academic terms of fulltime enrollment. Of these 24 hours, only six (6) can be completed in summer school. If you would like to take a class at another school to earn progress toward degree credits over the summer, you must check with the registrar's office to ensure that those hours will transfer into Lenoir-Rhyne University and be counted as progress toward degree hours. Additionally, it is important to note that hours taken at another institution WILL NOT influence your Lenoir-Rhyne cumulative GPA. In addition to NCAA Progress Toward Degree credit hours, certain grade-point-average (GPA) requirements must be met. They are as follows:

- Must have a cumulative 2.000* GPA prior to each fall semester.

**Based on a maximum 4.000 grade point average*

SEE YOUR ELIGIBILITY QUICK FACTS FOR MORE INFORMATION

Seasons of Competition

A student-athlete in Division II is allowed 10 nonconsecutive semesters in which to compete in four seasons of competition. A semester is counted if a student is enrolled full time and attends the first day of classes. Calculating the terms of attendance for two-year college transfers may differ depending on the regulations determining full-time status at each specific institution. A season of competition is used when a student-athlete competes against any outside competition, including scrimmages, junior varsity participation, and competition during non-traditional seasons. Incoming freshman may compete in preseason exhibition contests and not be charged a season of competition. These contests must occur prior to the first regular season contest and can only be applied during the first year of collegiate enrollment.

Hardship Waivers

A student-athlete may be granted an additional year of competition by the conference or the Committee on Student-Athlete Reinstatement for reasons of "hardship." Hardship is defined as an incapacity resulting from an injury or illness that has occurred under all of the following conditions: (Revised: 1/14/02 effective 8/1/02)

(a) The incapacitating injury or illness occurs in one of the four seasons of intercollegiate competition at any two-year or four-year collegiate institution; (Revised: 1/10/92 effective 8/1/92)

(b) The injury or illness occurs prior to the first competition of the second half of the playing season that concludes with the NCAA championship in that sport (see Bylaw 14.2.5.2.3) and results in an incapacity to compete for the remainder of that playing season; and (Revised: 1/14/97 effective 8/1/97, 1/14/02 effective 8/1/02, 1/13/03 effective 8/1/03 for any injury or illness occurring on or after 8/1/03, 1/21/17 effective 8/1/17 for any incapacitating injury or illness, or other extenuating circumstance occurring on or after 8/1/17)

(c) The injury or illness occurs when the student-athlete has not participated in more than three contests or dates of competition (whichever is applicable to that sport), or 30 percent of the maximum permissible number of contests or dates of competition set forth in Bylaw 17 in his or her sport (see Bylaw 14.2.5.2.5.1.1 for information regarding percent calculation in track and field). Competition (excluding alumni games, fundraising activities, celebrity sports activities, scrimmages and exhibition contests per Bylaw 17 in the applicable sport) against outside participants during the playing season that concludes with the NCAA championship, or, if so designated, during the official NCAA championship playing season in that sport (e.g., spring baseball, fall soccer), shall be countable under this limitation. (Revised: 1/10/92, 1/14/97 effective 8/1/97, 1/14/02 effective 8/1/02, 4/29/04, 1/10/05 for any competition occurring on or after 8/1/04, 1/17/09 effective 8/1/09, 1/16/13, 1/21/17)

effective 8/1/17 for any incapacitating injury or illness, or other extenuating circumstance occurring on or after 8/1/17, 4/16/19 Immediate, for student-athletes who initially enroll during the 2019-20 academic year, and thereafter.)

Declaration of a Major

By the beginning of the fifth semester of enrollment a student-athlete must officially designate a program leading to a specific baccalaureate degree and make satisfactory progress (as determined by institutional academic regulations) toward that degree. Forms for official Declaration of Major may be picked up in the Registrar's Office or found [here](#). If a student-athlete wishes to change their major, they are responsible for making sure that they take the proper steps to get their major changed in a timely manner.

Intercollegiate Participation by Graduates

A student with remaining eligibility who has completed requirements for a degree may, within her/his allotted 10 semesters, continue to participate in intercollegiate athletics if the student enrolls full-time in a graduate program, a second baccalaureate degree program, or another professional program. A student may pursue a graduate or professional degree at another institution and participate in their final season under the stipulations of the one-time transfer rule.

Transfer Eligibility

Unless they are able to take advantage of one of a number of exceptions granted by the NCAA, student-athletes who transfer from other institutions to Lenoir-Rhyne must fulfill a one-year NCAA residency requirement before being eligible to compete. The NCAA requires that transfer students complete two regular semesters in residence as full-time students or that they be enrolled full-time for two regular semesters and pass at least 24 hours. Although summer school cannot count as one of the regular semesters, up to six (6) hours earned in summer school can count toward the required 24 degree-credit hours.

A student-athlete is identified as a transfer student if, at a previous institution, he or she was registered and enrolled in a minimum full-time program, usually 12 hours, in any regular term and was present on the opening day of classes or attended any regularly scheduled class. Student-athletes are also considered transfer students if they participated in a regular practice session at a previous institution even if the practice occurred before the opening of the academic term and even if they were enrolled in less than a full-time academic load.

Since the rules providing for waivers depend on the transfer histories of student-athletes (whether they have previously transferred, whether they are transferring from a two or four-year school, whether if from a two-year school they previously transferred from a four-year institution), a comprehensive listing of all the possible waivers cannot readily be provided. The rules generally allow immediate eligibility to the following transfer student-athletes:

1. Graduates of two-year institutions;
2. Student-athletes who have neither practiced nor competed at the intercollegiate level during the two years immediately prior to transferring;
3. Student-athletes who during at least an eighteen-month period since enrollment at a prior institution were involved in active service in the armed forces of the United States.

A transfer must provide complete official transcripts to the Lenoir-Rhyne Registrar. An official transcript is one that is sent directly from the previous institution's registrar to the LR registrar or admissions office. No copies or faxes are acceptable.

Transfer credit towards a degree at Lenoir-Rhyne is determined solely by the Registrar's office. Materials such as catalogs from previously attended institutions may be needed by the Registrar's office for accurate determination of transfer credit. Normally, classes that are not offered at Lenoir-Rhyne are not counted as transfer credit. Also, classes with an earned grade below 'C' and remedial or developmental classes are normally not transferred either.

For a student-athlete who has not previously transferred from a four-year institution and who would have been eligible to compete at the previous institution had he or she remained, the NCAA also allows a one-time exemption from its residency requirement if the prior institution certifies in writing that it does not object to the exemption and the student would have been eligible to return to the previous school.

A student-athlete who transfers from any collegiate institution following a disciplinary suspension is not immediately eligible and must complete one calendar year of residency at Lenoir-Rhyne University before gaining eligibility.

See NCAA sites for more information on Transfer Eligibility:

TRANSFER ELIGIBILITY –

NCAA Guide for Two-Year College transfers:

http://fs.ncaa.org/Docs/eligibility_center/Transfer/TwoYearGuide.pdf

NCAA Guide for Four-Year College transfers:

http://fs.ncaa.org/Docs/eligibility_center/Transfer/FourYearGuide.pdf

Student-athletes who may be considering a transfer from Lenoir-Rhyne to another NCAA institution should be aware that officials at other institutions are not allowed to discuss transfer issues with them unless they have been officially given Notification of Transfer and entered the Transfer Portal. Once the Notification of Transfer form has been completed and received by compliance, Lenoir-Rhyne Compliance will place the requestor in the transfer portal within SEVEN business days.

The Appeal Process is as follows:

Student-athletes may request a hearing conducted by the Athletics Appeal Committee (AAC), a standing committee composed of faculty & staff, independent from the Athletic Department. Requests shall be made in writing, submitted to the Director of Athletics (or designee). The Director of Athletics (or designee) shall inform the student-athlete in writing, within 14 consecutive days from receipt of the student-athlete's written request, that he or she, on request, shall be provided a hearing. Hearings will be held during regularly scheduled meetings of the AAC, or if one is not planned, on an Ad Hoc basis. An abbreviated committee, consisting of at least three members, may hear appeals during vacation periods. The institution shall conduct the hearing and provide a written response within 30 consecutive calendar days upon receipt of the student-athlete's written appeals request.

YOUR FINANCIAL AID: QUICK FACTS

- **Eligibility for Financial Aid, including Athletic Scholarship, is dependent upon full-time enrollment (12 credit hours undergrad, 9 hours for graduate).**
- **Per NCAA regulations, Athletic Scholarships are valid for a one-year period and can be renewed prior to the beginning of the subsequent academic year.**
- **The receipt of any Financial Aid at Lenoir-Rhyne, including Athletic Scholarship, is dependent upon the successful completion of all paperwork required by the Financial Aid Office. This paperwork includes, but is not limited to, the FAFSA, the LR Scholarship App, and other required forms.**
- **Eligibility for Federal, State, and Lenoir-Rhyne Financial Aid, including Athletic Scholarship, is also dependent upon your Good Academic Standing. Failure to meet Good Academic Standing, as defined in the University catalog, could render you ineligible to receive any federal aid, including loan, North Carolina aid, and up to 20% of your Lenoir-Rhyne aid.**
- **Lenoir-Rhyne requires students to reside on campus through the junior year unless exempted to do so by the Dean of Students. Additionally, students, including athletes, whose gift aid exceeds tuition and fees will have their aid reduced should they decide to live off campus.**
- **If your athletic scholarship is reduced or cancelled, either during the period of the award or for the subsequent year, you have the right to a hearing before a non-athletic committee. The Athletics Appeal Committee is required by the NCAA and consist of 7 members of the faculty/staff at Lenoir-Rhyne that are outside of athletics. The appeal process is stated below:**
- **I understand that given the current unknowns due to Covid-19, my financial aid may be reduced if I am no longer utilizing on-campus housing or my on-campus meal plan.**

Student-athletes may request a hearing conducted by the Athletics Appeal Committee (AAC), a standing committee composed of faculty & staff, independent from the Athletic Department. Requests shall be made in writing, submitted to the Director of Athletics (or designee). The Director of Athletics (or designee) shall inform the student-athlete in writing, within 14 consecutive days from receipt of the student-athlete's written request, that he or she, on request, shall be provided a hearing. Hearings will be held during regularly scheduled meetings of the AAC, or if one is not planned, on an Ad Hoc basis. An abbreviated committee, consisting of at least three members, may hear appeals during vacation periods. The institution shall conduct the hearing and provide a written response within 30 consecutive calendar days upon receipt of the student-athlete's written appeals request.

FINANCIAL AID

Your eligibility for intercollegiate competition is dependent on compliance with NCAA regulations concerning financial aid.

You are not eligible if you receive financial aid other than the financial aid that your institution awards. However, it is permissible to receive: (a) money from those upon whom you are naturally or legally dependent; (b) financial aid awarded to you on a basis other than athletics; and (c) financial aid from an entity outside your institution that meets NCAA requirements as found in Bylaw 15.01.3.

You must report to your institution any financial aid that you receive from a source other than your institution. However, you do not need to report financial aid received from anyone upon whom you are naturally or legally dependent.

Undergraduate student-athletes who meet institutional requirements are eligible for financial aid during any regular term in which they are enrolled in a minimum full-time load provided they have eligibility remaining within the 10-semester rule discussed in the Eligibility portion of this handout, or within six years of initial enrollment in college so long as they do not receive for more than five years. **Lenoir-Rhyne students attending a fifth year of school to attain an undergraduate degree will lose some types of institutional aid.** You should discuss this issue with the financial aid department prior to starting your fifth year.

A student must be enrolled in a full-time class load (12 hours) to be eligible for full federal and University financial aid benefits. Be aware that failure to maintain full-time status as a student at Lenoir-Rhyne can negatively affect your financial aid package.

Student-athletes who have graduated from Lenoir-Rhyne but have eligibility remaining can receive financial aid provided they are enrolled full-time at Lenoir-Rhyne in a graduate or professional degree program or in a program for an additional undergraduate major.

Financial Aid Limits

The maximum financial aid allowed for student-athletes by NCAA regulations is the amount needed to cover tuition fees, room and board, and required course-related books. Conference policy mandates that all entitlement monies, including but not limited to Pell Grant be used directly toward the cost of tuition, fees, room, and board. Subsequently, the decision on whether or not book expense will be covered lies with the head coach of the sport in which the student-athlete participates. \$400 per semester can be designated for course-related book expense for those eligible.

Financial Aid Agreement

The period of an Athletics Grant-in-Aid, as mandated by the NCAA, is one year. By signing a Grant-in-Aid or renewal form the student-athlete has agreed to year-round participation that may include off-season practice, continued academic eligibility, adherence to the rules and regulations of the sport(s), the rules of the University and the NCAA and South Atlantic Conference.

Institutional financial aid may not be reduced or canceled during the period of an award on the basis of the student's athletic ability or performance, a student-athlete asking to be put into the transfer portal or because of an injury that prevents the recipient from participating in intercollegiate competition.

Institutional financial aid may be reduced or canceled during the period of the award if that student-athlete: (a) renders himself or herself ineligible; (b) fraudulently misrepresents information on an application, letter of intent or financial aid agreement; (c) is found by the University Judicial System to have engaged in serious misconduct; or (d) voluntarily withdraws from a sport during the semester. Fraudulent misrepresentation includes, but is not limited to, failing to adhere to stipulations outlined in the grant-in-aid or the renewal grant-in-aid.

Student-athletes who receive financial aid, other than loans or work-study, which exceeds the amount of tuition and fees are required to live on campus or the financial aid offered by the institution will be reduced. Policies may vary for married students who reside with their spouse. **If you are planning to live off**

campus, please contact the Financial Aid office to see how your aid will be affected by the move.

Currently Lenoir-Rhyne students are required to live on campus through their junior year unless they meet housing guidelines for off-campus living or have approval from the Office of the Vice President of Student Life.

Renewal/Non-renewal of Financial Aid

Prior to July 1 preceding the academic year in which it takes effect, NCAA regulations require the Financial Aid office of the University to notify each student-athlete who receives athletic-related scholarship monies of his or her award for the coming year.

Students who receive an involuntary reduction or non-renewal in their athletic financial aid award from the previous year have the right to a hearing before the Athletics Appeal Committee. Upon notification of a reduction /non-renewal, a student-athlete must make a written request for appeal. The process to appeal is written below:

Student-athletes may request a hearing conducted by the Athletics Appeal Committee (AAC), a standing committee composed of faculty & staff, independent from the Athletic Department. Requests shall be made in writing, submitted to the Director of Athletics (or designee). The Director of Athletics (or designee) shall inform the student-athlete in writing, within 14 consecutive days from receipt of the student-athlete's written request, that he or she, on request, shall be provided a hearing. Hearings will be held during regularly scheduled meetings of the AAC, or if one is not planned, on an Ad Hoc basis. An abbreviated committee, consisting of at least three members, may hear appeals during vacation periods. The institution shall conduct the hearing and provide a written response within 30 consecutive calendar days upon receipt of the student-athlete's written appeals request.

During the appeal, the committee will hear from the student-athlete, as well as the coach /staff member involved, and any others who may be able to provide information pertinent to the case. In keeping with the policies followed by the Student Judicial system all Athletics Appeal Committee hearings are private between the student-athlete, the coach involved, and the committee. The compliance coordinator will also sit in on the appeal to make sure that everything is in accordance with any NCAA Bylaw but will not have a voice at the hearing. The committee's decision is final. After the hearing, the chair of the Athletics Appeal Committee is required to let the student-athlete know of the outcome within 30 days of the date the hearing was requested by the student-athlete.

A reduction / non-renewal of athletic-based financial aid has no bearing on the eligibility of general financial aid at the University. Other types of aid are still available based upon the filing of required federal and University financial aid application forms within prescribed time frames and eligibility for such funds.

Failure to Maintain Good Academic Standing

Federal and State law requires that students failing to maintain Good Academic Standing as defined by their respective institution lose eligibility for aid such as Pell Grant, SEOG, NC Legislative Grant, NC Contractual Grant, federal loans, etc. In addition, up to 20% of Lenoir-Rhyne aid, including athletic scholarship, may be reduced. Requirements for Good Academic Standing and procedures for aid reduction and appeal are outlined in the University catalog.

Required Institutional Procedure

As mandated by the University's Board of Trustees, the receipt of any Financial Aid at Lenoir-Rhyne, including Athletic Scholarship, is dependent upon the successful completion of all paperwork required by the Financial Aid Office. This paperwork includes, but is not limited to, the FAFSA or Federal Renewal Application, the LR Scholarship App, and other required forms. Delay in or failure to successfully complete this process could result in the reduction or cancellation of all aid.

Athletic Aid Limitations

Unless prior arrangement is made, the Lenoir-Rhyne Athletic Department will not cover the extra cost of single dorm rooms or the cost of summer school with athletic grant money.

The NCAA Transfer Portal

If you would like to enter the NCAA Transfer Portal, you will need to inform your institution's NCAA Compliance Coordinator (Andrew Stafford, andrew.stafford@lr.edu). It is highly recommended that you alert your coach prior to informing the compliance coordinator of your intent to transfer. When requesting to transfer, a student-athlete will need to log in to their ARMS account and complete the Notification of Transfer workflow, and set up a meeting with the NCAA Compliance Coordinator to discuss transfer policies and your eligibility. This form can be found under workflow launchpad in ARMS. Once this form has been submitted and your meeting has occurred the NCAA Compliance Coordinator has 7 days to place the student-athlete into the NCAA Transfer Portal.

Lenoir-Rhyne University may not add any permission to contact restrictions to your account; however, in order to automatically apply the one-time transfer exception, you must complete the Notification of Transfer workflow prior to June 15th. The South Atlantic Conference has a policy that does not permit the immediate transfer to another South Atlantic Conference school without the student-athlete completing an academic year in residence. This rule is not put into place if a student-athlete graduates from a SAC School and wants to then attend another SAC School.

Any restrictions placed on your transfer portal account can be appealed. The appeal process is outlined below:

Student-athletes may request a hearing conducted by the Athletics Appeal Committee (AAC), a standing committee composed of faculty & staff, independent from the Athletic Department. Requests shall be made in writing, submitted to the Director of Athletics (or designee). The Director of Athletics (or designee) shall inform the student-athlete in writing, within 14 consecutive days from receipt of the student-athlete's written request, that he or she, on request, shall be provided a hearing. Hearings will be held during regularly scheduled meetings of the AAC, or if one is not planned, on an Ad Hoc basis. An abbreviated committee, consisting of at least three members, may hear appeals during vacation periods. The institution shall conduct the hearing and provide a written response within 30 consecutive calendar days upon receipt of the student-athlete's written appeals request.

PHYSICAL WELL-BEING

The physical well-being of all student-athletes is a major concern of the Athletics Department. In order to insure that well-being the Department provides, in addition to the resources of Student Health Services which are available to all boarding students, athletic training services, a well-equipped weight room, and other student-athlete educational programs.

LENOIR-RHYNE STUDENT HEALTH SERVICES

The University's Student Health Center is located in the Cornerstone House. In addition to the nurse's quarters, it contains medical facilities appropriate to the services provided.

A Registered Nurse is on duty at posted times on Monday - Friday. Local emergency rooms are used for emergencies and after-hours complaints/illnesses of students requesting to see a physician. Medical emergencies should be reported immediately to the University Nurse (telephone 828-328-7181). No student should be taken to the hospital emergency room without the knowledge of a University official, unless there is a *bona fide* emergency. Whenever a student is involved in an emergency medical situation off campus, the University nurse or Residence Director should be contacted as soon as possible.

Students are expected to report immediately all non-athletically related injuries or illness to the athletic trainer assigned to their team. In the event the athletic trainer is unavailable, student-athletes who live on campus should seek care from the Student Health Services. Every attempt should be made to report to the Head Athletic Trainer any medical care rendered. (Off-campus students who wish to use these services must pay the requisite fee each semester at the Business Office.) The University Security Department provides, for those who require it, transportation to receive medical attention.

PERSONAL COUNSELING

The University provides counseling services for students seeking assistance with typical life problems. The counseling office is located in the Cornerstone House. A counselor is available to help students with personal problem resolution, crisis intervention, and coordination of referral resources for psychological services on campus and in the community.

PREGNANCY

Pregnancy is treated as a non-athletically related medical condition. Lenoir-Rhyne University's medical insurance will not cover a student-athlete in this condition since the situation is not athletically related. Student-athletes who become pregnant will be allowed to participate as long as their regular physician gives approval. Due to unforeseen medical conditions an athletic scholarship will not be reduced.

ATHLETIC TRAINING SERVICES

The Athletic Training Room is located in the lower level of the McCrorie Center. Any questions concerning the Lenoir-Rhyne Athletic Training program and services should be directed to:

- Michael Flicker, Senior Associate AD / Head Athletic Trainer – (828) 328-7054

Unquestioned Authority

The student-athlete is responsible for reporting all injuries/illnesses as soon as possible to a certified athletic training staff member. Athletic training staff will make necessary referrals as indicated to Lenoir-Rhyne University team physicians: Dr. Amanda DuSablón, Dr. Benjamin Goodman, Dr. Chris Houdek or their designee. Lenoir-Rhyne University team physicians have unquestioned authority regarding clearance and return to play for all LRU athletes regardless of any medical advice that is sought out elsewhere.

Seeking Second Opinion

A student-athlete has the option to seek a second opinion; however, the student-athlete must obtain written approval from the head athletic trainer prior to the doctor's visit for Lenoir-Rhyne University insurance to cover expenses. Any

unauthorized referrals without prior approval in writing from the head athletic trainer will become the sole financial responsibility of the student-athlete. Reminder, regardless of the secondary opinion, Lenoir-Rhyne University team physicians will have unquestioned authority to make the final decision about clearance and return to play for LRU athletics. A student-athlete should at no time seek outside medical attention (except for emergent situations) without informing his or her designated certified athletic training staff member.

Physical Examinations

All new student- athletes are required to have a comprehensive physical completed prior to arrival at Lenoir-Rhyne per NCAA guidelines. Returners will have a medical screening for the remaining years of eligibility/competition.

Athletic Training Room

The main day-to-day provision for the physical well-being of student-athletes is an athletic training room supervised by a certified athletic trainer. Athletes who have been injured may not practice or participate in a contest without the approval of the Team Physician or Athletic Trainer. To ensure maximum effectiveness in the operation of the athletic training room the following procedures are to be observed:

1. No cell phone or headphone use during injury evaluations or rehabilitation.
2. No cleats are to be worn in the ATR. No shoes may be worn while on treatment tables.
3. Since the facility is coed, appropriate clothing, for the activity or treatment being performed, must be worn at all times.
 - a. In the athletic training room, athletes must be dressed in a minimum of shirts and shorts unless the athletic trainer informs you that removal of certain clothing is necessary for your medical treatment. Sports bras alone as a top are not acceptable.
4. Whirlpool Rules:
 - a. Only full coverage swimwear is permissible in the whirlpools; no spandex
 - b. Must have cell phone volume muted or use headphones
 - c. Must shower prior to whirlpool use
 - d. Student-athletes must provide their own towel.
 - e. Student-athletes must completely dry themselves after exiting whirlpool.
 - f. Student-athletes cannot submerge any body parts with open wounds into the whirlpools.
5. All injuries are to be reported to athletic training personnel--no matter how trivial they may appear--including scratches, blisters, and the like. Only Team Physicians and Athletic Trainers are qualified to evaluate injuries.
6. New injuries should be reported the same day (preferably at practice) or before noon the following day.
7. The ATR cannot be used as a lounge during peak hours.
8. With acute injury and emergency exceptions, all student-athletes must shower after practice/game before receiving treatment.
9. Limit personal items, equipment, book bags, clothing bags, etc. that are brought into the ATR.
10. ATR equipment is to be operated only by athletic training personnel.
11. No horseplay in the ATR.
12. Profanity, slander, and/or adverse comments are discouraged.
13. LRU is a Drug & Tobacco-Free Campus. All drugs, tobacco, and vaping products (snuff, e-cigarettes, etc.) are prohibited in the ATR, as well as across all University-owned or leased properties, facilities, athletic fields and stadiums, parking lots, and vehicles.
14. Regardless of age, alcohol is prohibited in the ATR.
15. Modifying athletic equipment may only be done by/under Athletic Trainer/Equipment Manager supervision.
16. All student-athletes are expected to be at practice unless excused by the Athletic Trainer, Team Physician, Cornerstone Student Health, or Coaching Staff.
17. Referrals to a physician or appropriate medical professionals must be coordinated with the Athletic Training Staff. The Department will not be financially responsible for unauthorized visits to a medical provider.

Lenoir-Rhyne University Secondary Insurance Policy

Lenoir-Rhyne University Athletics does not require insurance coverage for participation, the Athletic Training Department highly recommends each athlete have some type of basic health plan with guaranteed coverage, regardless of existing medical conditions. Personal health plans should cover general medical, pre-existing, and non-athletic related injuries to ensure full health coverage. International students will be charged for a primary policy through Lenoir-Rhyne University.

Lenoir-Rhyne University Athletic Department carries a Sport Accident Insurance Policy through Orchestrate HR, a partner of Vivature, Inc. Orchestrate HR's plan is effective 8/1/2020 and expires 7/31/2021. This policy acts as a secondary insurance carrier for individuals who are already covered under a primary insurance plan, or as a primary insurance plan for individuals who do not have a primary insurance plan. This plan will only consider payment after the patient's primary insurance has been exhausted. Lenoir-Rhyne is not responsible for any outstanding bill that has been denied by the primary or excess insurance policies.

Injuries Occurring During These Activities Are Commonly Covered by Secondary Insurance Policy

Regularly-scheduled practices or training
Regularly-scheduled competitions or exhibition games
Scheduled Tryouts or Workout Sessions
Team Meetings
Standard Cheerleading
Expanded Cheerleading
Athletics/Sports Related Travel
Supervised and Sponsored Sports Activities
Prospective Athlete Visits

Injuries Occurring During The Following Are Commonly Excluded from Secondary Insurance Policy

Pre-existing injuries
Injury or Illness that occurs during non-sport related activity
Repair or Replacement of Existing Dentures, Partial Dentures, Braces or Bridgework
Orthopedic appliances used mainly to protect an injury so that the insured can take part in interscholastic, intercollegiate and club sports
Purchase or replacement of, eyeglasses, contact lenses, hearing aids, wheelchairs, braces, appliances, orthopedic braces, or orthotic devices
Repair or replacement of existing artificial limbs, eyes, and larynx

Benefit Period

Treatment for first covered expense must begin within 90 days from the date of injury.
Injuries must be incurred within 12 months of the effective date (8/1/2020) of the policy. Eligible expenses must be received within 24 months from the effective date (8/1/2020) of the policy in coordination with the NCAA Catastrophic Injury Policy.
Benefits are payable per Insured per Accident for up to 104 weeks no later than 7/31/2022.
The injury must occur after the Effective Date (8/1/2020) and prior to the Expiration Date (7/31/2021) and care must be Medically Necessary.

How a Claim is Filed

Athlete must report any new injuries immediately to the Lenoir-Rhyne Athletic Training Department that occur during a Lenoir-Rhyne sanctioned athletic practice, event/game, conditioning, or weight lifting session. Following the reported injury, Lenoir-Rhyne Athletic Training Department has up to 60 days to care for the injury prior to referring the athlete to a team physician, this decision is left to the team Athletic Trainer. When referred to a team physician, the athlete shall provide their primary insurance and will be given a secondary insurance packet to provide when checking into the front desk, which provides them with instructions on filing with our Secondary Insurance provider.

Following the appointment, the process should be completed by the Healthcare Facility to file with the athlete's primary insurance and then any remaining balance be filed with OrchestrateHR. If you receive a bill or EOB for these or any other services related to your athlete's injury, please forward a copy within **6 MONTHS** of receiving the bill, otherwise the secondary insurance may no longer accept the submitted bills. Forward EOBs or Bills to us at:

If by fax: (828) 267-3445

If by mail: LR Athletic Training Department LR Box 7356 Hickory, NC 28603

Please do not email this information to us, as it contains Protected Health Information (PHI). Sending PHI via e-mail, is not a secured means of communication.

The Lenoir-Rhyne University Athletic Department is not responsible for expenses incurred from injuries and/or illnesses that are pre-existing or sustained during non-sport activity. This includes but is not limited to any unsupervised participation, unauthorized use of Lenoir-Rhyne facilities, or any other unsanctioned activity (i.e., intramurals, pick-up games, ATV operation, etc.) Any medical expenses from an injury and/or illness that was pre-existing or that occurred while participating in an unsanctioned Lenoir-Rhyne activity, while out-of-season, or during the summer months will not be covered.

As an LR Student-Athlete, I understand that this document should be shared with my parent or guardian.

PLEASE CONTACT MICHAEL FLICKER, HEAD ATHLETIC TRAINER, IF YOU HAVE ANY INSURANCE QUESTIONS.

To ensure proper record keeping, all physician appointments have to be coordinated through the Athletic Training Department at LR by the Head Athletic Trainer or designee. We understand that your health insurance may require or you may desire a second opinion for diagnosis/prognosis of certain injuries/illnesses should they occur. We will not discourage these efforts, but we do insist that the Athletic Trainer be involved in the scheduling procedures to avoid miscommunication and the chance of insurance payment denial. **Any athlete who seeks medical attention on his/her own without informing the LR Head Athletic Trainer should not expect LR athletic insurance coverage even if the injury is athletically related.**

Medical Authorization: This allows the athletes to be seen in emergency situations without having to obtain parental consent. This is especially valuable during away games. This also allows the Athletic Trainers to obtain copies of medical notes/records from those individuals and/or facilities that render treatment to your son/daughter.

Statement of Risks: This is to make both the athlete and the parents aware that there are certain risks involved with competition in intercollegiate athletics.

Lenoir-Rhyne University Student-Athlete Medical Alert Wristband Policy

Purpose: To provide identification of student athletes with high risk medical conditions while they are participating in weight training, conditioning, and practices. This will facilitate early recognition by athletic trainers, strength coaches, and team coaches in the event of a potential flare up of their condition.

Conditions that warrant wearing an alert wristband:

- Sick Cell Disease or Trait
- Poorly Controlled Asthma
- Diabetes
- Epilepsy
- Bee Sting Allergy (anaphylaxis-outdoor sports/activity)
- Any condition deemed appropriate to be monitored during team-related physical activity outside of competition as listed or described here: _____

Wristbands will be distributed to student-athletes that have any of the above conditions. Athletic trainers will educate coaches and strength and conditioning staff on what to look for in the above conditions to be included in the Emergency Action Plan review and rehearsal session.

Student-Athletes who are assigned to wear these bands will be required to store the bands in their locker, and wear the band during all weight lifting, conditioning, individual workouts, and team practices.

The athletic training staff at Lenoir-Rhyne University has full authority to withhold any student-athlete's participation in intercollegiate athletics in the event that they have a complication/flare-up of any of the above conditions.

DRUG EDUCATION/SCREENING PROGRAM

Introduction

The Athletics Department at Lenoir-Rhyne recognizes that the abuse of drugs is a problem that mirrors contemporary society. It is not possible to perform at the high level of athletic or academic standards set at Lenoir-Rhyne if even minimal exposure to abusive (or street) drugs is allowed. There are many problems that drug use combined with intercollegiate sports participation may cause which the non-athlete user does not face. First, many drugs when used in conjunction with athletics participation, poses serious risks to the health of the athlete. Symptoms of illness, temporary injury, and even death can be caused by such drug use. Second, the use of certain drugs temporarily may improve some types of athletics performance and thereby create an unfair competitive advantage for the person using them. Such uses of drugs may imperil the long-term health of the user. Therefore, the Athletic Department has established a drug abuse prevention program to allow its athletes to progress toward their athletics and academic goals in a drug-free environment. The philosophy of this program is four-fold.

1. To educate athletes on the effects of abusive drugs upon their physical, psychological, and social selves.
2. To identify potential drug abusers and provide for them a mechanism for counseling and rehabilitation.
3. To remove the stigma of drug abuse from most athletes who are not abusers.
4. To reassure athletes, parents, alumni/alumnae, and community that the health and academic progress of each of its athletes is the Department's primary goal.

This policy is not to be construed as a contract between institution and the student-athlete at Lenoir-Rhyne University. However, signed consent and notification forms shall be considered affirmation of the student-athletes agreement to the terms and conditions contained in this policy.

This policy may be amended at any time and this program is separate and distinct from the NCAA Drug Testing Program.

A "student-athlete" as it relates to the drug testing program is defined as an individual who is on any active athletic team roster during the testing period. Additionally, any student-athlete who has been removed from an active roster but is still receiving athletic scholarship money is also eligible for testing.

2022-23 Banned Substances:

https://ncaaorg.s3.amazonaws.com/ssi/substance/2022-23NCAA_BannedSubstances.pdf

Student-Athlete Dietary Supplement Disclosure

Student-athletes may elect to take dietary supplements. It is recommended that student-athletes report any dietary supplements they are taking or intend to take to their designated athletic trainer so that they may submit an inquiry to Drug Free Sport. The student-athlete and athletic trainer will complete the *Student-Athlete Dietary Supplement Disclosure & Review Form* following the results of the dietary supplement query to Drug Free Sport.

Drug Education

Prior to participation in intercollegiate athletics at Lenoir-Rhyne, all athletes will receive education through ARMS video on the Drug Education/Screening Program, sign consent forms which states that they understand the NCAA Drug Education/Screening Program and LR Drug Program and agree to cooperate in its administration by providing, when they are requested to do so, a urine sample to be tested for the presence of banned drugs. Testing will be on a random, unannounced basis. However, the Athletic Trainer, individual coaches, or the Athletic Director may request to have any specific individual tested at any time. All questions should be directed to Michael Flicker at Michael.flicker@lr.edu.

Drug education will be a mandatory component for each student-athlete. Convocations will be announced as mandatory and attendance will be taken. Individuals who are unable to attend due to an excused issue will be given an assignment related to the presentation. Student-athletes who miss a mandatory convocation for an unexcused issue will serve 3 hours of community service and complete an assignment related to the presentation prior to representing the university in intercollegiate competition.

Prospective Student-Athlete Information: The student-athlete handbook will be on the recruiting tab on LRBears.com and all coaches are required to have student-athletes read this document including the drug policy.

Selection Methods

Unannounced Random Testing - All student-athletes who have signed the institutional drug-testing consent form and are listed on the institutional squad list are subject to unannounced random testing at any time. Lenoir-Rhyne contracts with The National Center for Drug Free Sport, Inc. (The Center) to randomly select student-athletes for the Drug Education/Screening Program. To ensure randomness in the selection process, the drug testing coordinator of Lenoir-Rhyne University utilizes team rosters and a random selection program from The Center to select the student-athletes.

Reasonable Suspicion Screening

A student-athlete may be subject to testing at any time when the Director of Athletics or his/her designee determines there is individualized reasonable suspicion to believe the participant is using a prohibited drug. Such reasonable suspicion may be based on objective information as determined by the Director of Athletics or by an Associate/Assistant Athletic Director, Head Coach, Assistant Coach, Head Athletic Trainer, Assistant Athletic Trainer, or Team Physician, and deemed reliable by the Director of Athletics or his/her designee. Reasonable suspicion may include, without limitation, 1) observed possession or use of substances appearing to be prohibited drugs, 2) arrest or conviction for a criminal offense related to the possession or transfer of prohibited drugs or substances, or 3) observed abnormal appearance, conduct or behavior reasonably interpretable as being caused by the use of prohibited drugs or substances. Among the indicators which may be used in evaluating a student-athlete's abnormal appearance, conduct or performance are: class attendance, significant GPA changes, athletic practice attendance, increased injury rate or illness, physical appearance changes, academic/athletic motivational level, emotional condition, mood changes, and legal involvement. If suspected, the Director of Athletics or his/her designee will notify the student-athlete and the student-athlete must stay with a member of their coaching staff, the athletics administration staff, or the sports medicine staff, until an adequate specimen is produced.

Note: The possession and/or use of illegal substances may be determined by means other than urinalysis. When an individual is found to be in possession and/or using such substances, he/she will be subject to the same procedures that would be followed in the case of a positive urinalysis (e.g., using on-site saliva testing products to determine alcohol consumption).

Post-season/Championship Screening

Any participant or team likely to advance to post-season championship competition may be subject to additional testing. Testing may be required of all team members or individual student-athletes at any time within thirty (30) days prior to the post-season competition. If a student-athlete tests positive, he or she will not be allowed to compete at the post-season event and will be subject to the sanctions herein.

Follow-up Testing

A student-athlete who has returned to participation in intercollegiate sports following a positive drug test under this policy may be subject to follow-up testing. Testing will be unannounced and will be required at a frequency determined by the Athletic Director or his/her designee in consultation with the counselor or specialist involved in the student-athlete's case.

Pre-season Screening

Student-athletes are subject to pre-season drug testing and may be notified of such by the Director of Athletics or his/her designee at any time prior to their first competition.

Testing

The drug testing coordinator will notify the student-athlete that he/she was randomly selected for an institutional drug test. No more than 24 hours prior to the test the drug testing coordinator will have the student-athlete complete the notification form indicating the time and date the student-athlete was informed of his/her drug test, and the place, time and date he/she is to arrive at the collection site for the drug test. The student-athlete will arrive at the stated time, place and date at the collection site, show proof of identification and officially sign in. From this point, standard/professional drug testing procedures will be followed. Failing to arrive for the drug test at the scheduled time will result in a positive test.

URINE COLLECTION PROCEDURES

LR utilizes several agencies for drug testing and urine collection. We will refer to each agencies protocol for urine collection procedures.

These agencies include, but are not limited to the following:

- Drug Free Sport
- ARC Point Labs

Results

The results of the drug test will be determined and the drug testing coordinator will be notified of all results. The laboratory will make final determination of specimen adequacy. If the laboratory determines that an athlete's specimen is inadequate for analysis, another specimen may be collected. If an athlete is suspected of manipulating specimens, it is considered a positive drug test. If a student-athlete refuses to produce an adequate specimen, it is a positive test. If a drug test is determined to be positive, the student-athlete will be notified and sanctions will be followed based on recommendations of the sanctioning committee. The sanctioning committee is defined later in this document. A high level of confidentiality will be maintained as only appropriate individuals will be notified of a positive drug test.

Appeals Process

Student- athletes who test positive for a banned substance by the laboratory retained by the institution may, within 72 hours following receipt of notice of the laboratory finding, contest the finding. Upon the student-athlete's request for additional testing of the sample, the Director of Athletics/designee will formally request the laboratory retained by Lenoir Rhyne University to perform testing on specimen B. Specimen B findings will be final, subject to the results of any appeal. If specimen B results are negative, the drug test will be considered negative.

Student-athletes who test positive under the terms of this policy will be entitled to a hearing with the Director of Athletics/designee prior to the imposition of any sanction. Request for such a hearing must be made within forty-eight (48) hours of notification of a positive test result. If the forty-eight hours would end on a weekend, the request must be made by noon on the next business day. Requests must be in writing and received by the Director of Athletics/designee.

The student-athlete may have an advocate or other representative present if the student so desires. However, the student-athlete must present his or her own case. The meeting should take place no more than seventy-two (72) hours after the written request is received. Either the student-athlete or the other parties involved may request an extension of time to the Director of Athletics, who will consider whether to grant the extension upon a showing of good cause. These proceedings shall include an opportunity for the student-athlete to present evidence, as well as to review the results of the drug test. The proceedings shall be confidential. The decision by the Director of Athletics or designee regarding the sanction to be imposed shall be final.

There are certain policies and guidelines that must be adhered to by all students so that everyone may live comfortably and safely in the university community. Please remember that all students are obliged to obey federal, state, and local laws.

Alcohol and Controlled Substances

As an institution of higher education, LRU requires all students to comply with federal, state and local laws related to the use of alcoholic beverages, narcotics and other drugs. LRU further requires all students to comply with NCAA guidelines concerning the use of drugs, including the NCAA prohibition on the use of anabolic steroids and stimulants by student-athletes.

Where to Go for Help: Lenoir-Rhyne University's Counseling Office offers individualized assessment, substance abuse counseling and education for students, available upon request, to assist with any alcohol or substance abuse problems. For assistance dealing with substance abuse issues, individuals should contact one of the following:

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|--|--|
| Student Health Center | 828.328.7181 or 828.328.7959 |
| Jenny Smith, University Counselor | 828.328.7252 |
| Jenny.Smith@lr.edu | |
| Andrew Weisner, University Pastor | 828.328.7248, Andrew.Weisner@lr.edu |

Policy Statement: The University prohibits the unlawful possession of alcohol and illicit drugs by students, either on University property or at any University-sponsored activity. This prohibition extends to activities sponsored by groups or organizations related to the University; and it extends to off-campus professional activities, including professional conferences, where attendance by students is sponsored, wholly or in part, by the University or by organizations related thereto. Furthermore, the University reserves the right to discipline members of the University community who, in other situations, whether on campus or off, are found to be in violation of federal, state and local laws related to the use of controlled substances.

Alcohol and Controlled Substance Sanctioning Committee: The following Lenoir-Rhyne University officials will be responsible for issuing sanctions related to consumption, distribution, and possession of alcohol and controlled substances: Dean of Students, Director of Counseling, Director of Residence Life, Faculty Athletics Representative, and Director of Security. These individuals will be referred to as the “Sanctioning Committee.”

Specific Detail:

Alcohol

Recognizing that alcohol creates some of the most serious social problems in our society and that the use thereof causes pain and/or death to countless numbers of persons each year, the University recommends abstinence about the use of alcoholic beverages. Lenoir-Rhyne University seeks to inform students about laws governing the use of alcohol; to discourage the illegal use and abuse of alcohol, whether on campus or off; and to educate persons who either misuse alcohol or enable other persons to misuse alcohol.

North Carolina General Statutes: 18B-102. All members of the University community are expected to comply with North Carolina statutes prohibiting the use of alcoholic beverages by persons younger than 21 years of age. Specifically, it is against the law:

- to sell or give beer, wine, liquor or mixed beverages to anyone younger than 21 years of age;
- for a person younger than 21 years of age to purchase or possess beer, wine, liquor or mixed beverages;
- to use fraudulent identification or to permit the use of one's identification by another in order to obtain alcohol illegally.

The University expects members of the University community to abide by state laws governing the use of alcohol; and, therefore, it prohibits the use of alcohol by persons who are younger than 21 either on campus or at campus-related events. Although the University does not sanction the use of alcohol, students who are 21 years old or older may consume alcohol in their rooms in the residence halls provided the door is shut, provided no person under 21 is in the room, and provided legal users conduct themselves in a positive manner. In the event that alcohol is discovered in student rooms anywhere on campus, and provided neither student is 21 or older, the alcohol will be confiscated, and additional sanctions will be imposed. Your special attention is called to the following:

- even where consumption of alcohol is legal, alcohol, whether open or closed, should not be publicly displayed on campus;
- where the legal use of alcohol results in behavior which is disruptive, disrespectful, destructive, loud or threatening, sanctions up to and including suspension and expulsion may be imposed;
- alcohol may not be used as an award or trophy for any event or program of the University or by any University organization, group or individual.

Alcohol Use Policies

The possession or consumption of alcoholic beverages by LRU students is prohibited except in accordance with the provisions set forth below.

1. Behavior and the consequences of said behavior are the responsibility of the individual student. Intoxication, intoxicated conduct and resulting behaviors are subject to the disciplinary processes and sanctions set forth in the **Student Grievance and Judicial Procedures**, found in Section 8 of this Handbook. Such behavior may also be subject to the legal processes of civil and criminal law.
2. The display of alcohol in public areas is prohibited. Students over 21 years of age and possessing alcohol for their own personal use and consumption may transport that alcohol through “public areas” only in a closed container in a bag, or a cooler. *The consumption or display of alcoholic beverages in public areas is prohibited except at a registered event involving alcohol.*

(For purpose of this policy, the term “public area” shall refer to any University building, room, external area, or property other than the interior boundaries of the student’s private

residence room. The interior boundaries of the residential houses of organizations, meaning on-campus organizational houses where access and privileges are limited to members of that organization, shall not be in common or public areas of the campus for the purposes of the alcohol policy. Members of these organizations may meet in these areas at the discretion of the organization. Legal personal possession and consumption of alcohol in these areas including externalities such as decks or porches shall not be prohibited. When deemed necessary, security officers may ask organizational officers to clear the porches and/or decks.)

3. The possession or use of kegs and alcohol paraphernalia (bongs, funnels, etc.) on campus is prohibited. All bulk quantity common source containers are prohibited.
4. Advertisement regarding alcohol and alcohol-related events and activities must adhere to the following guidelines:
 - a. University publications will not accept advertisements promoting alcohol use or events at which alcohol will be present.
 - b. Fliers, posters, and advertisements regarding events at which alcohol will be present are prohibited.
 - c. Invitations to events at which alcohol will be served must be addressed to specific individuals and placed in campus mailboxes. Mass Distribution of non-specific invitations by any means is prohibited.
5. Students must follow all laws relating to the purchase, possession, and consumption of alcohol.
6. No student shall permit, tolerate, encourage or participate in “drinking games”.
7. All provisions of the Lenoir-Rhyne Student Alcohol Policy are enforced year-round, including all breaks and summer sessions.
8. LRU students are responsible for the conduct of their guests, including alcohol violations. LRU students and student organizations may incur disciplinary sanctions as a result of guest violations.
9. Abusive Drinking will not be tolerated. Abusive drinking is defined as:
 - a. Use of alcohol, which leads to medical consequences such as passing out, blackouts (loss of memory), gastritis (vomiting, retching), physical injuries, or other medical problems.
 - b. Use of alcohol in association with inappropriate behavior such as: verbal abuse, physical abuse, failure to comply with a university official, property damage, any behavior that violates the LRU Statement of Academic Integrity and Student Code of Conduct, found in Section 1 of the Handbook, recurring episodes of intoxication, a single episode of intoxication in which the Assistant Provost & Dean of Student Life believes that the level of intoxication posed a risk to the student’s health or well-being.

Provisions for Alcohol use in the Residence Hall and Residential Houses

In addition to the provisions listed above, the following provisions apply to alcohol use in the residence facilities:

1. All halls with first-year students are housed are designated as alcohol-free residence areas. No alcohol is permitted under any circumstances in these halls or rooms.
2. Students who are at least 21 years old may possess alcoholic beverages for their own use in their residence hall room, but public display of excessive amounts of alcohol containers is prohibited.
3. Students who are at least 21 years old may consume alcoholic beverages in their residence room and the residence room of other 21-year-olds, except for any provisions noted above.
4. Students who are at least 21 years old, who are members of an organization with a residential house may consume alcohol within the confines of their residential house and deck/porch.

Events Involving Alcohol

Any student organization wishing to hold an event where alcohol is present (a party) must adhere to the following additional policies:

1. Each group must send at least one representative from its executive cabinet to an Alcohol Education Workshop sponsored each semester by the Office of Student Life. Organizational advisors are strongly encouraged to attend.
2. A party is defined as a group of (8) eight or more people when alcohol is present. In the Living-Learning Center and Price Village, a party is defined as a group of (15) fifteen or more people in one apartment when alcohol is present.
3. Open parties, meaning those with unrestricted access by nonmembers of that organization, shall be prohibited. Parties will be by invitation only to a pre-determined number of guests. The invitation list may not be larger than 100 names and must be filed in the Assistant Provost & Dean of Student Life office with the party permit 1 week in advance of the event. A Campus Activity Board (CAB) activity open to the entire student body would be the only exception to this category. Such an event would require prior approval by the Assistant Provost & Dean of Student Life.
4. Each group must complete and submit a Party Permit to the Assistant Provost & Dean of Student Life at least 1 week prior to the planned event. Blank Party Permits are available in the Assistant Provost & Dean of Student Life office.
5. Food must be served at all events involving alcohol. Non-alcoholic, closed container beverages must be available at all times during the event.
6. The event will be limited to four hours. Events may go until 2 a.m. on Friday and Saturday nights. A Thursday night event may go until midnight. Events involving alcohol are prohibited Sunday through Wednesday.
7. Kegs and other bulk quantity common source containers are prohibited.
8. Students who live in residential houses may register their house and attached deck/porch for an alcohol event. Alcohol is not allowed on the grounds surrounding residential houses.
9. Students who live in residence halls may register various approved locations on-campus for alcohol events. Alcohol events will not be approved in residence halls. A list of approved locations is available in the Assistant Provost & Dean of Student Life office.
10. Binge drinking is defined as 5 or more drinks in one sitting and is not acceptable by the Lenoir-Rhyne community.
11. A legal-age student who transports alcohol anywhere outside of an area where legal consumption has been approved must cover the closed container in a bag, or a cooler.
12. Advertisement (including party invitations) for events involving alcohol sponsored by student organizations must conform to the guidelines listed in the General Provisions.
13. All fraternities and sororities must abide by the provisions laid out in the FIPG's Risk Management Policy.
14. Failure of a campus group to exhibit responsible behavior, abide by the conditions established by this policy, or provide adequate security for members and invited guests may result in the group's loss of privileges for one full year from that date or for the remainder of the current school year plus the entire next year. National organizations will be notified in the case of fraternity and sorority violations.
15. University officials may enter a party at any time.
16. Glass containers of any kind are prohibited.

Effects of Alcohol Abuse

Even minimal consumption of alcohol may affect behavior, but the abuse of alcohol ordinarily has acute or chronic effects.

Acute: Even low doses of alcohol may have acute effects: (1) most vehicular accidents among persons aged 15 to 24 are related to drinking; (2) aggressive acts, such as abuse of family/friends and acquaintance rape, are almost always related to alcohol abuse; (3) mental functions may be impaired, making it difficult for a person to process and remember information. High doses of alcohol can cause respiratory depression and death. If combined with other depressants of the central nervous system, much lower doses may produce similar effects.

Chronic: Repeated use of alcohol can lead to dependence, in which case sudden cessation of alcohol intake is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations and

convulsions. Alcohol withdrawal can be life-threatening. Long-term consumption of large quantities of alcohol, particularly when combined with poor nutrition, can also lead to permanent damage to vital organs, such as the brain and the liver. Some studies suggest that brain cells are actually destroyed permanently by high levels of alcohol.

For legal and/or moral reasons, the following guidelines should apply wherever alcohol is available at off-campus events:

- Alcohol should not be provided by organizations or individuals to persons not known to be 21 years old or older
- The sale of alcohol should be prohibited unless the distributor is licensed by state or local authorities
- Individuals, groups of individuals or organizations who influence excessive and/or harmful consumption of alcohol through games, peer pressure, subterfuge or other activities should know that they are subject to stern disciplinary action both by the University and by external authorities
- Any organization or group of individuals which sponsors an event where alcohol is available should provide alternative food and beverages during the duration of time when alcohol is available
- Any individual, group of individuals or organization which sponsors an event where alcohol is available should consider the effects, including noise and parking, upon the community where the event is scheduled. Specifically, such events should not be scheduled where noise pollutes residential communities or where people park on private property other than that of the hosts
- Litter should not be allowed to accumulate, even temporarily

Sanctions for Violations Involving Alcohol

Although sanctions may be increased for exceptional violations, the following sanctions are typical for possession, consumption or distribution of alcoholic beverages in violation of University policy. The Sanctioning Committee will determine the level of violation. Academic departments, athletic teams, and co-curricular organizations may have a stricter alcohol policy than the outlined policy below. These policies must be on file with the appropriate department head and/or Dean of Students prior to an incident occurring.

Possession/Consumption

Level 1 Offense

- \$50 fine
- Notification of violation sent to coach and Athletic Director/on campus supervisor and, as needed, a parent/guardian.
- Alcohol assessment with the Counseling Department and completion of AA/DA (Alcohol Abuse / Drug Abuse) process. Failure to complete the entire AA/DA within 30 days from the referral meeting will result in a University hold being placed on the student's account and an additional \$50 charge.
- **Students must complete the initial counseling assessment and all other sanctions prior to representing LRU in any capacity (e.g., serving as a tour guide, presenting off-campus, intercollegiate or co-curricular competitions).**

Level 2 Offense

- \$50 fine
- Notification of violation sent to coach and Athletic Director/on campus supervisor and parent/guardian.
- Alcohol assessment with the Counseling Department and completion of AA/DA (Alcohol Abuse / Drug Abuse) process. Failure to complete the entire AA/DA within 30 days from the referral meeting will result in a University hold being placed on the student's account and an additional \$50 charge.

- Student-athlete will be referred off campus for an alcohol abuse assessment and must complete indicated therapies. Student-athlete will be required to return a note of completion or Cornerstone Counseling Services
- A minimum of 10 hours of community service will be required. The community service hours are to be completed in the time frame given by the Sanctioning Committee. Failure to complete the hours in the allotted time frame will result in a hold and another \$50 fine. Failure to complete the above requirements in the time frame specified will result in the individual being unable to represent LRU in any capacity.

Level 3 Offense

- All sanctions in the second offense will be reissued, with possible removal from campus housing and/or possible suspension from representing LRU in any capacity (e.g., serving as a tour guide, presenting off-campus, intercollegiate or co-curricular competitions). Sanctioning committee will determine the length of any suspension.

Illegal Distribution

1st Offense

- Sanction for selling alcohol illegally or for illegally abetting, purchasing, or distributing alcohol to individuals younger than 21 years of age include a
- \$100 fine and probation for remainder of academic year.
- Depending on the severity of the offense, a suspension or expulsion may also be considered.

2nd Offense

- Sanction will include a \$250 fine.
- Additionally, the student will be either suspended or expelled, depending on the severity of the offense.

Failure to Enforce University Policy, University Recommendations, or North Carolina General Statutes
Where organizations fail to enforce University policies, University recommendations or legal statutes involving the distribution, possession or use of alcohol, sanctions ranging up to suspension or expulsion of the organization may be imposed.

Typical sanctions for students involved in anti-social behavior while intoxicated are as follows:

Abuse of Persons

Intoxicated persons who abuse persons should expect expulsion and referral to law enforcement agencies. Abuse of persons includes, but is not limited to, assault, battery, intimidation and insubordination.

Abuse of Property

Intoxicated persons who violate the property rights of others must make restitution within time frame given by University official issuing sanction. Typically, minimal sanctions for the first offense include a fine. Sanctions may also include loss of campus housing, disciplinary probation, referral to law enforcement agencies, and suspension or expulsion. Upon the second offense, students should expect suspension or expulsion from the University and referral to enforcement agencies.

Public Drunkenness or Driving Under the Influence (DUI)

Sanctions for typical offenses are the same as those listed for possession/consumption. A charge or arrest for these actions will be treated as such. The sanction committee will determine the offense level.

Off-campus Events

Although the University ordinarily is not in a position to police off-campus events, it should be understood that any person or any group of persons who aids or abets others in securing alcohol may

be liable not only for aiding or abetting, but also for personal injuries or property damages resulting from misconduct by those who are intoxicated. Organizations and officers of such organizations may also have such liabilities. Therefore, in part because they are intended to help persons or groups avoid such liabilities, it behooves individuals, groups of individuals or organizations to comply with the following guidelines. Furthermore, should it become evident that individuals, groups of individuals or organizations who/which are members of the University are unlawfully furnishing alcoholic beverages to persons who are not of the legal drinking age or using alcohol in games or as prizes, such individuals, groups of individuals or organizations may be subject to stern disciplinary action by the University. Such action may include the withdrawal of the organizational charter or the expulsion or termination of individuals.

Controlled Substances

Lenoir-Rhyne University will maintain a strict policy regarding the illegal possession, consumption, and/or distribution of all illicit drugs and controlled substances (including prescription medications without a valid prescription) that are classified as Schedule I, II, III, IV, or V. These include but are not limited to: Heroin, LSD, Marijuana, Ecstasy, Peyote, Vicodin, Cocaine, Methamphetamines, OxyContin, Adderall, Ritalin, Anabolic Steroids, Testosterone, Xanax, Valium, Ambien, Tramadol, Robitussin AC, and Lyrica.

Controlled Substances Use Policies

The illegal possession or consumption of controlled substances by LRU students is prohibited at all times.

Provisions for Controlled Substance use in the Residence Halls and Residential Houses

The illegal possession or consumption of controlled substances is prohibited in LRU Residence Halls and Residential Houses.

Events Involving Controlled Substances

The illegal possession or consumption of controlled substances is prohibited at any LRU or LRU related events.

Effects of Controlled Substance Abuse

Even minimal use of controlled substances may affect behavior, but the abuse of controlled substances can lead to acute or chronic effects.

Acute: Even low doses of controlled substances may have acute effects; these include but are not limited to: illusions, depression, violent behavior, anxiety, disorientation, slurred speech, increased pulse rate and blood pressure, nausea. High doses of controlled substances can cause coma and death.
Chronic: Repeated use of controlled substances can lead to dependence, in which case sudden cessation of substance use is likely to produce withdrawal symptoms. These symptoms include but are not limited to: irritability, tremors, panic, cramps, nausea, anxiety, convulsions, depression, disorientation, psychosis, and death. Long-term use of controlled substances can also lead to permanent damage to vital organs, such as the brain, heart, and liver.

Sanctions for Violations Involving Controlled Substances

Possible sanctions for any student participating in the use and/or distribution of illicit drugs and controlled substances include, but are not limited to the following sanctions: fines, sessions with the University Counseling department, community service, scholarship reduction, probation, suspension, expulsion, and any other necessary sanction deemed fit by the University. The Sanctioning Committee will determine the level of violation. Academic departments, athletic teams, and cocurricular organizations may have a stricter controlled substance policy than the outlined policy below. These policies must be on file with the appropriate department head and/or Dean of Students prior to an incident occurring.

For any charge or arrest regarding a citation for Driving While Impaired (DWI) or controlled substance possession or paraphernalia will be treated as a positive test for controlled substances.

A positive NCAA Drug Testing program result will also be considered a positive result and sent to the sanctioning committee to determine the level of offense. Sanctions will be in addition to any NCAA mandated penalties but will not include additional competition penalties.

Possession and/or Use

Level 1 Offense - sanction will include:

- \$85 fine
- Suspension of all intercollegiate participation according to the chart below. Suspension will begin immediately and be applied to current/future regular and postseason competition until completed. The Dean of Students will determine all other suspensions.

| | |
|---------------|------------------------|
| Baseball | 7 Games |
| Basketball | 4 Games |
| Cheer/Dance | 4 Games |
| Cross-Country | 1 Dates of competition |
| Football | 2 Games |
| Golf | 3 Dates of competition |
| Lacrosse | 3 Games |
| Soccer | 3 Games |
| Softball | 7 Games |
| Swimming | 2 Dates of competition |
| Tennis | 4 Dates of competition |
| Track & Field | 3 Dates of competition |
| Triathlon | 1 Dates of competition |
| Volleyball | 4 Matches |
| Weightlifting | 1 Dates of competition |

- 5% athletic scholarship reduction
- Drug abuse assessment with Counseling Department and completion of AA/DA process.
- Eligible to be randomly tested at any time
- Parent/guardian will be contacted through phone call and/or letter
- Coach and Athletic Director/on-campus supervisor will be contacted
- Completion of 10 hours of community service within 30 days
- Judicial probation for one calendar year
- Students must complete the initial counseling assessment and all other sanctions prior to representing LRU in any capacity (e.g., serving as a tour guide, presenting off-campus, intercollegiate or co-curricular events).

Level 2 Offense - sanction will include:

- \$200 fine
- Student-athlete will be referred off campus for a drug abuse assessment and must complete indicated therapies. Student-athlete will be required to return a note of completion to Cornerstone Counseling Services
- Suspension of all intercollegiate participation according to the chart below. Suspension will begin immediately and be applied to current/future regular and postseason competition until completed. The Dean of Students will determine all other suspensions.

| | |
|---------------|-------------------------|
| Baseball | 25 Games |
| Basketball | 13 Games |
| Cheer/Dance | 10 Games |
| Cross-Country | 3 Dates of competition |
| Football | 6 Games |
| Golf | 10 Dates of competition |
| Lacrosse | 9 Games |
| Soccer | 9 Games |
| Softball | 28 Games |

| | |
|---------------|-------------------------|
| Swimming | 8 Dates of competition |
| Tennis | 13 Dates of competition |
| Track & Field | 9 Dates of competition |
| Triathlon | 3 Dates of competition |
| Volleyball | 14 Matches |
| Weightlifting | 3 Dates of competition |

- 75 hours of community service to be completed within 120 days
- Eligible to be randomly tested at any time
- Minimum of 15% athletic scholarship reduction. Coach may choose to further reduce athletics scholarship up to full cancellation of athletic scholarship.
- Parent/guardian will be contacted through phone call and/or letter
- Coach and Athletic Director/on-campus supervisor will be contacted
- Remain on judicial probation for one calendar year from the offense date
- The student must complete all sanctions prior to representing LRU in any capacity. (e.g., serving as a tour guide, presenting off-campus, intercollegiate or co-curricular competitions).

Level 3 Offense – sanction will include:

- Suspension or Expulsion
- **The student is permanently banned from representing LRU in any capacity. (e.g., serving as a tour guide, presenting off-campus, intercollegiate or cocurricular competitions).**

Illegal Distribution

The illegal distribution, delivery or sale of any narcotic, hallucinogenic drug or other controlled substance while on University property or while attending a university-related event is strictly prohibited.

First offense - Suspension or expulsion

Illegal Possession of Drug Paraphernalia

The illegal possession and/or use of drug paraphernalia, including, but not limited to, roach clips, bongs, pipes or rolling papers, while on University property or while attending a university-related function is specifically prohibited. Hookahs, vaporizers/e-cigarettes/etc. are also banned from Lenoir-Rhyne University.

Sanctions may include mandatory referral to the Counseling Department for assessment. Additional sanctions, including, but not limited to, fines, the loss of campus housing or suspension, may be imposed.

Typical sanctions for students involved in anti-social behavior while under the influence of controlled substances are as follows:

Abuse of Persons

Persons who are under the influence of a controlled substance who abuse persons should expect expulsion and referral to law enforcement agencies. Abuse of persons includes, but is not limited to, assault, battery, intimidation and insubordination.

Abuse of Property

Persons under the influence of a controlled substance who violate the property rights of others must make restitution within time frame given by University official issuing sanction. Typically, minimal sanctions for the first offense include a fine. Sanctions may also include loss of campus housing, disciplinary probation, referral to law enforcement agencies, suspension or expulsion. Upon the second offense, students should expect suspension or expulsion from the University and referral to enforcement agencies.

Student Reinstatement

Students who have tested positively for an NCAA drug test and wish to be reinstated by the NCAA are required to provide all funds for the reinstatement drug testing procedures.

DRUG SANCTION FAQ

Created 2.21.17, Updated 3.1.17

- What contests/dates of competition count toward suspension?
 - Only championship segment contests/dates of competition that count towards NCAA Championship selection will count toward suspension.
- What can the student-athlete participate in during suspension?
 - The student-athlete may participate in all team practices, exhibitions and scrimmages. The student-athlete may also participate in weight lifting and conditioning activities.
- Does academic and/or medical clearance affect the suspension?
 - The student-athlete must be academically and medically cleared for participation in order for the date of competition to count toward suspension.
- Can the student-athlete dress out for/be on sideline for/ and travel for games/dates of competition?
 - The student-athlete may NOT dress out/be on sideline or travel during dates of competition during suspension
- How does penalty apply to two sport athletes?
 - The student-athlete will complete half the suspension at each sport as long as the student-athlete has eligibility left in each sport and as long as the student-athlete is on each athletic team prior to the failed test.
 - If the student-athlete is removed from either roster for any reason (quit, released, etc.), that student-athlete will complete the remainder of the suspension in the second sport.
 - Should a student-athlete add a sport after a failed test and prior to completion of the suspension, that student-athlete would complete the full suspension at each sport.

Policy Statement on the Use of Supplements

It is to be noted that the Lenoir-Rhyne University Athletics Department does not condone the use of dietary supplements. The NCAA stance on dietary supplements is that student-athletes should be advised that the most effective and safest way to enhance their performance is to avoid dietary/nutritional supplement products and rely on a combination of a healthy diet, appropriate conditioning, rest and recovery, and avoiding substance abuse.

Student-athletes should always bring all supplement products to the designated athletic trainer before using, and then checking all supplements through Drug Free Sport Axis, staffed by the National Center for Drug Free Sport, the NCAA third party drug testing administrator. DFS Axis is the only authoritative resource for questions related to whether listed ingredients on nutritional supplement product labels or in medications contain NCAA banned substances.

Products labeled as dietary supplements sold over the counter, in print advertisements and through the internet are under-regulated by the U.S. FDA. Dietary supplements are at risk of contamination or may include ingredients that are banned under your drug testing policy. Student-athletes have tested positive and lost their eligibility using dietary supplements. Any product containing dietary supplement ingredients is taken at the student-athlete's own risk.

To access DFS Axis, call toll free 1-877-202-0769 or go to www.drugfreesport.com/axis, select NCAA Division 2, and insert password `naaa2`. Right on the home page you can select "Ask about Dietary Supplements" or go to the "Prescription/Over-the-Counter Drug Search". It's as easy as 1, 2, or 3. By signing the Policy Consent Form, the student-athlete:

1. Acknowledges that he/she understands that they are to disclose all dietary supplements used to their designated athletic trainer;
2. Acknowledges the aforementioned policies and statements, and fully accepts the detrimental and possibly permanent defects caused by the use of dietary supplements;
3. Fully accepts that they have been made aware of the Lenoir-Rhyne University and the National Collegiate Athletic Association (NCAA) policies with regard to the use of dietary supplements;
4. Accepts any and all liability if they have in the past used, continue to use, and/or use at any time in the future, dietary supplements in any form; and releases the Lenoir-Rhyne University, its agents, and all personnel of any and all responsibility and liability related to such use.

**LENOIR-RHYNE UNIVERSITY DEPARTMENT OF ATHLETICS
DRUG TESTING REASONABLE SUSPICION
REPORTING FORM**

I, _____, under the reasonable suspicion clause
L-R Athletic Dept. Staff Member

that is outlined in the Lenoir-Rhyne University Drug Education and Drug
Testing Policy, report the following objective sign(s), symptom(s) or behavior(s)
that I reasonably believe warrant _____ be referred
Name of Student-Athlete
to Michael Flicker, Head Athletic Trainer or his/her designee for possible drug testing
and education.

The following sign(s), symptom(s) or behavior(s) were observed by me over the
past _____ hours and/or _____ days.

Please check below all that apply:

The Student-Athlete has shown:

- _____ irritability
- _____ loss of temper
- _____ poor motivation
- _____ failure to follow directions
- _____ verbal outburst (e.g. to faculty, staff, teammates)
- _____ physical outburst (e.g. throwing equipment)
- _____ emotional outburst (e.g. crying)
- _____ weight gain
- _____ weight loss
- _____ sloppy hygiene and/or appearance

The Student-Athlete has been:

- _____ late for practice
- _____ late for class
- _____ not attending class
- _____ receiving poor grades
- _____ staying up too late
- _____ missing appointments
- _____ missing/skipping meals

- ☐ dilated pupils
- ☐ constricted pupils
- ☐ red eyes
- ☐ smell of alcohol on the breath
- ☐ smell of marijuana
- ☐ staggering or difficulty walking
- ☐ constantly running and/or red nose
- ☐ recurrent bouts with a cold or the flu (give dates _____)
- ☐ over stimulated or “hyper”
- ☐ excessive talking
- ☐ withdrawn and/or less communicative
- ☐ periods of memory loss
- ☐ slurred speech
- ☐ recurrent motor vehicle accidents and/or violations (give dates _____)
- ☐ recurrent violations of <school> Student Code of Conduct

| | | |
|------------------------------------|-----------------------------------|------|
| Print Name of Athletic Dept. Staff | Signature of Athletic Dept. Staff | Date |
|------------------------------------|-----------------------------------|------|

| | |
|-----------------------------|----------------|
| L-R Counselor Consulted: | |
| Name of Counselor Consulted | Date Consulted |

- 39

- Reasonable suspicion finding denied

ATHLETIC TRAINING SERVICES: COVID-19 ADDENDUM

The athletic training room guidelines will follow campus, county, state and federal guidelines and will be discussed with student athletes, coaches and staff members in preseason and updated as necessary to provide a safe environment. Contact Michael Flicker if you have any specific questions or concerns.

ACADEMIC WELL-BEING

The academic well-being of student-athletes involves much more than merely meeting the minimum academic requirements to be eligible for intercollegiate athletics competition. Important to academic well-being is knowledge of the policies and procedures which govern academic life on campus. These are published in detail in the Lenoir-Rhyne catalogue. A summary of some of the most important academic policies and procedures, as well as academic support services, is provided below.

CLASS ATTENDANCE/ABSENCES

Attendance at all class meetings is considered a student obligation. No "allowed" number of absences is automatically granted in any course. Ordinarily, a student who misses more than twenty-five (25) per cent of the scheduled class meetings will not receive credit for the course. Faculty members, however, do have the prerogative of establishing their own attendance requirements. Students should consult their individual teachers to determine these requirements. Whenever a student is at home because of illness, accident, or other extenuating circumstance, the Dean of Students should be contacted. The Dean will notify the student's teachers and any other appropriate staff member. However, the prerogative for accepting a student's excuse for an absence or for permitting a student to miss class is left with the professor. Students normally receive excused absences for participation in scheduled outside competition. However, **faculty members are instructed that student-athletes are not to miss class, lab, or drill for practice!**

MATRICULATION REQUIREMENTS

At Lenoir-Rhyne, the freshman becomes a sophomore when he/she has completed at least twenty-eight (28) semester hours of credit. The junior must have completed at least sixty (60) semester hours. The senior must have earned at least ninety-two (92) semester hours.

Full-time students are required to pass at least nine (9) hours each semester. Students who fail to meet this requirement are subject to academic review followed by academic probation and/or suspension from the University.

When extenuating circumstances exist - such as (but not limited to) injury to the student, illness of the student, or death of a parent - the Academic Standing Committee may waive the above requirements and declare a student to be in good standing and making satisfactory progress even though he/she fails to meet one or both of the above criteria.

Hours earned for required remedial coursework (English 050 and Math 080) will be counted toward the hours needed to maintain good standing during the freshman year. However, at the end of the first term of the sophomore year, the student must have earned the minimum credits required exclusive of any hours completed in remedial courses. Withdrawal from courses and grades of "Incomplete" will not affect good standing or academic progress provided the student meets the above criteria. However, an incomplete grade not rectified during the mandated time period, normally mid-term of the next semester, becomes an 'F' and is recorded as such on the student's transcript.

When a course is repeated, the grade earned in the second attempt will be counted in the student's cumulative grade-point average even if the grade earned is lower than the first attempt.

A student who fails to maintain good standing and becomes ineligible to receive financial aid will have this eligibility restored when he or she makes up any deficiency in hours earned or in grade-point average and is again in good academic standing. The student will receive financial aid for the term in which he or she regains good academic standing. GPA is certified at the start of each fall semester. Student-athletes must

have a 2.0 at the start of the semester in order to be considered to be in good academic standing. If a student-athlete's GPA falls below a 2.0 during the academic year, the student-athlete will remain eligible through the spring and will be eligible for the next fall semester as long as the student-athlete pulls their GPA back up to a 2.0. If a student-athlete enters the fall semester ineligible because their GPA is below a 2.0 but is able to pull their GPA back up to a 2.0 by the start of the spring semester, the student-athlete will be eligible for the spring semester.

A student may appeal the loss of financial aid by petitioning (in writing) the Academic Standing Committee. The Committee, in consultation with the Dean of Academic Affairs, the Registrar, and the Director of Admissions and Financial Aid, will review the petition and determine whether there are extenuating circumstances which warrant the continuation of financial aid to the student.

Academic Probation and Suspension

A student who fails to maintain a minimum level of academic achievement may be placed on academic probation or suspension by the Academic Standing Committee of the University. Procedures concerning academic probation, suspension and re-admission are found in the University catalog.

ADVISING AND ACADEMIC SERVICES CENTER (AASC)

Academic Affairs works in conjunction with several offices, from Student Life and Enrollment Management, in order to help promote and support the academic success of Lenoir-Rhyne University students. The primary goal of the SAS office is to make sure there is a coordinated campus wide effort to support the academic needs of all students. Please feel free to contact the following individuals regarding academic support issues.

| | | | |
|----------------|--|--------------|--|
| Carla Fowler | Director of Student Support & Outreach | 7622 | <ul style="list-style-type: none"> • Probation Follow Up and Support • Workshops |
| Sherry Proctor | Disabilities Coordinator | 7296 7049 | <ul style="list-style-type: none"> • Supplemental Instruction • Tutoring |

GENERAL PLAY / PRACTICE SEASON REGULATIONS

Each athletic team at Lenoir-Rhyne must submit their playing and practice declaration prior to the start of their championship and non-championship season. The declaration of playing season defines the calendar week for each sport. Once the calendar week is selected, it cannot change during the course of the academic year. NCAA Bylaw 17.1.6.4.3 defines a week as any seven consecutive days. Each calendar week, as it appears on a calendar, should have one day, or two days, off per line on a standard calendar depending on whether the team is in the championship or non-championship segment. During the championship segment each member of a team shall be given one calendar day off per week and during the non-championship segment each member of the team shall be given two calendar days off per week. Not every athlete has to have the same calendar day(s) off during the week.

What is Practice?

Practice is a countable athletically-related activity. Countable athletically-related activities are defined as "any meeting, activity, or instruction involving sports-related information and or having an athletics purpose, held for one or more student-athletes at the direction of, or supervised by, any member or members of an institution's coaching staff.

Examples of items that are not countable athletically-related activities:

- Pre- / Post-game meals
- Rehab / Treatments / Medical Exams
- Study Hall
- Dressing / Showering / Taping

- Travel to and from games
- Serving as a student host in recruiting
- Non-required, voluntary workouts which are supervised in the interest of safety, such as in the weight room
- Media / Photo / PR Days
- Visiting competition sites in sports other than cross country and golf
- Regular PE classes

Under no circumstances may the coaching staff hold practice after a game.

Daily and Weekly Time Limitations

During the playing season a student-athlete's countable athletically-related activities are limited to four (4) hours a day and 20 hours a week. A date of competition counts as three (3) hours regardless of the actual time involved with the competition. During the playing season all countable activities are prohibited for one day a week. A day off is just that – **A DAY OFF!** A day off does not mean, "Run on your own..." or "Lift on your own..." or "Be sure you get your shots in today..." etc. If a student-athlete wishes to do voluntary workouts on their own this is allowable if the voluntary activity is not reported back to a coach or observed by a coach.

In golf, a practice round may exceed four (4) hours a day, but the 20 hours limit stands. Practice rounds for bona fide intercollegiate tournaments count as three (3) hours regardless of the actual time used.

In the off-season, defined as the semester in which championship play does not occur in your sport, teams may practice in a designated 45 consecutive day time period with 15 hours of countable athletically related activity per week. Tennis and golf are allowed 60 days during their non-championship segment with 20 hours of countable athletically related activity per week. During the off-season, all countable athletically related activity is prohibited during two calendar days per week.

Spring football season regulations are stated below:

Spring Practice. Fifteen postseason practice sessions (including intrasquad scrimmages) and the spring game are permissible. An institution is not required to count as one of its 15 designated days any day during which countable athletically related activities are limited solely to required conditioning activities and/or review of game film. Practice sessions must meet the following conditions: (Revised: 1/10/05)

- (1) All practice sessions must be conducted within a period of 36-consecutive calendar days, omitting vacation and examination days officially announced on the institution's calendar and days during which the institution is closed due to inclement weather. (Revised: 1/26/19)
- (2) An institution may not conduct multiple on-field practice sessions on the same day.
- (3) Any such practice sessions held during vacation days may not be of longer duration than those normally held when academic classes are in session.
- (4) Only 12 of the 15 sessions may involve contact, and such contact shall not occur before the third practice session.
- (5) The noncontact practice sessions may involve headgear as the only piece of protective equipment.
- (6) Of the 12 permissible contact sessions, eight sessions may involve tackling, and not more than three of the eight tackling sessions may be devoted primarily (greater than 50 percent of practice time) to 11-on-11 scrimmages.
- (7) Tackling shall be prohibited in four of the 12 contact sessions. An institution has the discretion to determine the practice activities (other than tackling) that may occur during the four contact nontackling sessions as well as the protective equipment to be worn by the student-athletes.
- (8) If an institution conducts a "spring game" per Bylaw 17.10.7.3-(h), the game shall be counted as one of the three sessions that can be devoted primarily to 11-on-11 scrimmages.
- (9) A student-athlete's participation in countable athletically related activities, including conditioning activities and review of game film (see Bylaw 17.02.1), during the spring practice period shall be limited to a maximum of four hours per day and 20 hours per week. (Revised: 1/10/90, 1/10/91, 1/10/92, 1/16/93, 1/11/94, 1/11/95, 1/9/96, 1/13/98, 1/14/02 effective 8/1/02, 4/29/04)
- (10) All countable athletically related activities shall be prohibited during one calendar day per week.

Outside the playing season, sports (other than football) are allowed 8 hours of CARA weekly, student-athletes still must get two calendar days off per week. Of these 8 hours not more than four hours per week may be spent on team activities.

Outside of the playing season regulations for football are defined below:

In football, outside of the playing season during the academic year, only a student-athlete's participation in weight training, conditioning, individual skill instruction and review of game film shall be permitted, as follows:

(Adopted: 1/15/11 effective 8/1/11, Revised: 1/16/16, 7/19/16)

(a) A student-athlete's participation in such activities shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on review of game film and individual skill instruction;

(b) During individual skill instruction, not more than eight student-athletes from the team shall be part of a group of student-athletes working with a coach at one time. More than one group of student-athletes from the same team may participate in skill instruction in the same facility or in different facilities at the same time, provided there is no co-mingling of student-athletes between the groups. Each group of student-athletes must have a separate coach. Coaches may rotate between the groups provided at least one coach is present with each group during skill instruction. The use of footballs and field equipment (e.g., shields, bags) is permissible; however, the use of protective equipment (e.g., helmets, shoulder pads) is not permissible; and (Revised: 1/21/17 effective 8/1/17)

(c) Following the institution's final contest in the segment that concludes with the NCAA championship, a student-athlete is prohibited from engaging in countable athletically related activities for a 14-consecutive-calendar-day period.

Time limitations prior to the first day of class or the first contest, whichever comes first, do not apply.

Restrictions during vacation periods vary. If, such as Fall Break or Thanksgiving, the vacation comes during a week which classes are in session the time limits stand and the students must be given a day off. Vacations such as Spring Break and Christmas Break do not fall under the time limitation rule as long as there is no class during the week. Exam periods are not vacations and the time limits stand.

Travel days can be the day off during the week as long as no other countable activities occur during that day. If a competition is canceled prior to the start or prior to it being considered an official completed event as described by the rules of the sport, that day can be the day off if no other countable activities occur.

No class time shall be missed for practice activities except when the team is on the road and practice occurs in conjunction with an away-from-home contest. **No class time may be missed for competition in the non-championship segment of the playing season.** Preseason off-campus intra-squad games are prohibited in all sports.

SPIRITUAL WELL-BEING

Our Lutheran faith resonates in everything we do at Lenoir-Rhyne University, and worship plays an important role in campus life. Whether you're interested in bible study, spiritual renewal retreats, serving others on and off campus, or learning more about spiritual life, LR Campus Ministry is open to every student, regardless of their faith background.

GRACE CHAPEL

A grand structure with arches that soar more than 53 feet above a tiled floor, Grace Chapel is a distinctive feature and the University's signature building. Behind the pulpit, a 12-foot diameter rose window depicts a risen Christ upon his throne.

A distinctive focal point of the church, the pipe organ took over 10,000 hours to make, spread over the course of nearly a year and a half. Installation took about three weeks, with an additional seven weeks spent toning and finishing the organ. The C.B. Fisk Organ Company, hired to build and install the organ, was founded in Massachusetts more than 50 years ago.

There are two altars in Grace Chapel. The main altar is the focus for worship services and is carved from oak.

The Latin phrase on the front apron of the altar, *Jesu Bone Pastor*, is translated *Jesus the Good Shepherd*.

The marble altar, located in the Daily Eucharist Chapel in the right tower, is used when the Holy Eucharist is celebrated each day.

Because the University is an institution of higher learning of the Evangelical Lutheran Church in America, the chapel embraces the worship style of the ELCA. However, it also honors the ecumenical traditions of other denominations.

WORSHIP SERVICE

- Chapel services are every Wednesday at 10 am in Grace Chapel, lasting about 30 minutes.
- The Eucharist is celebrated Monday through Friday at 12:10 pm in Grace Chapel's "Daily Eucharist Chapel," lasting about 30 minutes.

HONORS AND AWARDS

COMPLIMENTARY ADMISSIONS

The University provides four complimentary admissions for each home contest to team members and spirit team members in its three revenue sports, football, men's basketball and women's basketball. Hard copies of tickets will not be handed out to those guest that are receiving complimentary tickets, guest may only enter the sports venue if they have a valid ID to show proof of identification. Request for complimentary tickets must be made through ARMS 48 hours prior to the start of the home game. Student-athletes are allowed to transfer their unused comp tickets to other student-athletes on their team if they wish to do so.

AWARDS

Awards such as jackets, plaques, sweaters, and trophies must include an appropriate institutional insignia. Under no circumstances is a student-athlete permitted to receive as an award for athletics participation either cash or an item which is negotiable for cash or trade or other services, benefits, or merchandise.

Varsity Awards

The following awards are made for qualifying participation in a sport:

- Third Award: Chenille Wool Lenoir-Rhyne Letter Jacket or Blanket
- Fourth Award: A plaque with senior picture. (To be eligible a senior must have earned a letter for at least two years, including their senior year.)

Superlative awards have been established in each intercollegiate sport. Individual coaches in consultation with the Athletics Director determine what awards are to be made for their sports.

Equipment

Equipment may not be kept by student-athletes. Student-athletes may keep used apparel that is retired.

LENOIR-RHYNE ATHLETICS DIRECTORY

ADMINISTRATIVE PERSONNEL

| | <u>OFFICE</u> |
|---|----------------------|
| Kim Pate, Vice President of Athletics | 7128 |
| Katrina DeVore, Senior Associate AD for Internal Operations, SWA | 7563 |
| Michael Flicker, Senior Associate AD for Sports Performance/Head AT | 7054 |
| Justin Hay, Senior Associate AD for External Operations | 7172 |
| Jeremy Zalacca, Senior Associate AD for Athletic Communications | 7174 |
| Jake Berry, Associate AD for Revenue Generation | 7946 |
| Andrew Stafford, Assistant AD for Compliance | 7114 |
| Gregory Richard, Assistant AD for Marketing and Fan Engagement | |
| Myles Kendrick, Director of Facilities and Game Day Operations | |
| Ryan Crompton, Director of Transportation Operations | 7417 |
| Justine Blue, Marketing and Development Assistant | 7094 |
| Grace Marley, Graduate Assistant – Corporate Sponsorship | |
| Shayna Skonieczki, Assistant Director of the Bears Club | |
| Martha Wrike, Bears Club Special Events Director | 7007 |
| Dr. Joshua Ring, Faculty Athletics Representative | 7927 |

HEAD COACHES

| | |
|---|------|
| Dean Ward, Women's Soccer | 7137 |
| Carlos Rubio, Men's Soccer | 7429 |
| Kevin Paterson, Men's & Women's Cross Country/Track and Field | 7140 |
| Shena Hollar, Softball | 7133 |
| Mike Jacobs, Football | 7121 |
| Everick Sullivan, Men's Basketball | 7122 |
| Chris Ramirez, Baseball | 7136 |
| Nicole Barringer, Volleyball | 7215 |
| Grahm Smith, Women's Basketball | 7132 |
| Elliot Gealy, Men's & Women's Golf | 7620 |
| Paul Schiffel, Men's and Women's Swimming | 7085 |
| Sam Clarke, Men's and Women's Tennis | 7083 |
| Greg Paradine, Men's Lacrosse | 7497 |
| Shannon McHale, Women's Lacrosse | 7160 |
| Harley Mason, Varsity and Club Triathlon | |
| Dr. Alex Koch, Barbell Sports | 7136 |

OTHER IMPORTANT PERSONNEL

| | |
|--|------|
| Dr. Fred Whitt, University President | 7333 |
| Dr. Harry Titus, Dean of Students | 7246 |
| Courtney Thompson-Ballard, Director of Financial Aid | 7182 |
| Stacey Brackett, Registrar | 7278 |
| Todd Cutter, University Pastor | 7248 |
| Erik, ARAMARK Food Service Director | 7148 |
| Trent Caldwell, Director of Strength & Conditioning | 7068 |
| Sarah Lightfoot, Athletic Trainer | 7053 |
| Allie Dudick, Athletic Trainer | 7098 |
| Stephanie Dudzik, Athletic Trainer | 7064 |
| Stephanie Stadden, Athletic Trainer | 7162 |
| Ryan McDonough, Athletic Trainer | 7124 |
| Anna Catherine Sasser, Athletic Trainer | 7801 |

OTHER OFFICES

| | |
|-------------------------|------|
| Housekeeping | 7178 |
| Student Health Services | 7181 |

| | |
|-------------------------------|----------------------|
| Otis Pitts, Maintenance | 7179 |
| Norris Yoder, Security Office | 7145 / 7146 (beeper) |

