
PACIFIC LUTHERAN UNIVERSITY



STUDENT-ATHLETE HANDBOOK

PLU Athletics

PLU seeks to educate students for lives of thoughtful inquiry, service, leadership and care – for other people, for their communities and for the earth.

To view the Student-Athlete Handbook go to <https://golutes.com>, inside athletics tab, student-athlete handbook.

Policies

- Hazing Policy pg. 11-14
- Social Media pg. 14-16
- Alcohol & Drug Policy pg. 16-18
- NCAA Banned Substance pg. 19-21
- Summary of NCAA Regulations pg. 44-54

Eligibility – To Practice and Compete

- You must be in good standing (which requires)
 - Cumulative **GPA of 2.0 or higher**
 - Registered for a minimum of **12 credits**
 - Cannot be on academic or disciplinary probation



ATHLETICS MISSION STATEMENT

Developing life long leaders through athletics united in teamwork, excellence, and service. Each program strives toward these common goals while working together as one.

Our core values and guiding principles make up who we are as Lutes:

Leadership

Creating a climate where we seek only the best for those around us

Unity

Embracing and respecting others across the campus community

Teamwork

Working together to achieve common goals

Excellence

Being the best we can be in all facets of life

Service

Giving back and making an impact in the lives of others

ATHLETICS VISION STATEMENT

Pacific Lutheran University Athletics creates lifelong leaders through a competitive sport environment making us a NCAA Division III premiere program in the Pacific Northwest. We develop strong global citizens by fostering a student-athlete experience elevated by academic achievement, commitment to community involvement, and ongoing personal development.



COVID-19

PLU is closely monitoring the spread of COVID-19 and following the lead of public health officials to do everything possible to keep our community safe and healthy.

For up to date information on PLU's response to COVID-19, please visit plu.edu/coronavirus/.

Questions feel free to contact:

Jennifer Thomas

Interim Director of Athletics & Recreation

Phone: 253-535-8109

Email: thomasjl@plu.edu

Jennifer Childress-White

Asst. AD/Compliance/SA Development/Title IX

Phone: 253-535-7361

Email: childrjl@plu.edu

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2020-2021 Academic Calendar



Fall Semester 2020 (September 8 – December 18)

- Opening Convocation/Virtual: Tuesday, September 8 at 10 a.m.
- Classes Begin: Tuesday, September 8 at 11:50 a.m.
- Mid-Semester Break: Friday, October 23 (*No classes, PLU offices open*)
- Veterans Day: Wednesday, November 11 (*Observance at Chapel*)
- Thanksgiving Break: Wednesday, November 25 at 1:35 p.m. – Sunday, November 29 (*PLU offices are closed Thursday and Friday, November 26-27*)
Classes resume on Monday, November 30 at 8 a.m.
- Classes End: Saturday, December 12 (*Saturday classes take final exam this day*)
- Final Examinations: Monday, December 14 – Friday, December 18
- Fall Semester Ends: Friday, December 18
- Final Grades Due: Wednesday, December 23 by 5:00 p.m.

January Term 2021 (January 4 – January 29)

- Classes Begin: Monday, January 4
- Martin Luther King, Jr. Birthday Holiday: Monday, January 18 (*No classes, PLU offices closed*)
- Classes End: Friday, January 29
- Final Grades Due: Friday, February 5 by 5:00 p.m.

Spring Semester 2021 (February 8 – May 28)

- Classes Begin: Monday, February 8
- Presidents' Day: Monday, February 15 (*No classes, PLU offices closed*)
- Spring Break/Easter Break: Monday, March 29 – Thursday, April 1 (*PLU offices open*)
- Good Friday: Friday, April 2 (*No classes, PLU offices closed*)
Classes resume Monday, April 5 at 8 a.m.
- Classes End: Saturday, May 22 (*Saturday classes take final exam this day.*)
- Final Examinations: Monday, May 24 – Friday, May 28
- Spring Semester Ends: Friday, May 28
- Commencement: Saturday, May 29
- Final Grades Due: Friday, June 4 by 5:00 p.m.

DEPARTMENT OF ATHLETICS & RECREATION DIRECTORY

MAIN ATHLETICS OFFICE IS LOCATED IN OLSON AUDITORIUM, ROOM 101

Interim Director of Athletics & Recreation	Jennifer Thomas	535-8109	thomasjl@plu.edu
Assistant to the Athletic Director	Luann Corso	535-7352	corsoik@plu.edu
Assistant AD/Compliance/SA Development/Title IX	Jennifer Childress	535-7361	childrjl@plu.edu
Head Athletic Trainer	Todd Yamauchi	535-7366	yamauctc@plu.edu
Senior Associate Athletic Trainer	Anna Gonzales	535-7358	fukunaap@plu.edu
Assistant Athletic Trainer	Alex Dasso	535-7358	dassofas@plu.edu
Director of Sports Communications	Mark Albanese	535-7356	albanemj@plu.edu
Assistant Director of Media and Communications	Lou Groce	535-8504	lcg@plu.edu
Faculty Athletics Representative	Keith Cooper	535-7234	cooper@plu.edu
Strength Coach & Director of Names Fitness Center	Chris Rice	535-5496	riceca@plu.edu
Assistant Football Coach	Jud Keim	535-8351	keimjj@plu.edu
Assistant Football Coach	Spencer Crace	535-8211	cracesq@plu.edu
Assistant Athletic Director for Recreation	Robert Thompson	535-7495	thompsrw@plu.edu
Asst. Coach Football/Track & Field	Trey (Nolan) Henderson	253-448-1095	hendertc@plu.edu

HEAD COACHING STAFF

Baseball	Nolan Soete	253-535-8789	soetenp@plu.edu
Men's Basketball	Chad Murray	253-535-8452	murraycg@plu.edu
Women's Basketball	GC Hillburn	253-535-7353	hillbugc@plu.edu
Football	Brant McAdams	253-535-8311	mcadambw@plu.edu
Men's Golf	Kyle Drugge	253-381-8454	druggekg@plu.edu
Women's Golf	Sara Griffin	206-973-9139	griffinse@plu.edu
Women's Rowing & Asst. AD-Special Projects	Andy Foltz	253-686-4077	foltzae@plu.edu
Men's Soccer	John Yorke	253-334-8999	yorkehj@plu.edu
Women's Soccer	Seth Spidahl	253-376-7687	spidahsj@plu.edu
Softball	Traci Barrett	253-535-7419	barrettj@plu.edu
Swimming & Aquatics Director	Matt Sellman	253-363-3748	sellmame@plu.edu
Men's Tennis	TBA	TBA	TBA
Women's Tennis	Cheri Campbell	360-791-5210	campbecm@plu.edu
Track & Field, Cross Country	Adam Frye	253-535-7371	fryeac@plu.edu
Volleyball	Kevin Aoki	253-535-4321	aokika@plu.edu

FREQUENTLY USED ON-CAMPUS DIRECTORY

Office	Location	Email	Phone
Alumni and Student Connection	Nesvig Alumni Center	career@plu.edu	253-535-7415
Academic Assistance	Mortvedt Library 101	learningctr@plu.edu	253-535-7459
ASPLU	Anderson University Center 140	asplu@plu.edu	253-535-7480
Athletics Office	Olson 101	athletics@plu.edu	253-535-7352
Athletic Training Room	Olson 122	yamauctc@plu.edu	253-535-7366
Business Office	Hauge Administration 110	buso@plu.edu	253-535-7171
Campus Safety	Harstad (Ground Floor) G-28	csin@plu.edu	253-535-7441
Center for Gender Equity	Anderson University Center, room?	cge@plu.edu	253-535-8759
Center for Student Success	Mortvedt Library 101	success@plu.edu	253-535-7459
Clubs and Organizations	Anderson University Center, 135	clubs@plu.edu	253-535-8399
Counseling Center	Anderson University Center, 300	counseling@plu.edu	253-535-7838
Disability Support Services	Lee House	dss@plu.edu	253-535-6392
Emergency	Harstad (Ground Floor) G-28	csin@plu.edu	253-535-7911
Fitness Center	Names Fitness Center	riceca@plu.edu	253-535-8798
Health Center	121 st St. & Park Ave	health@plu.edu	253-535-7337

Mortvedt Library	12180 Park Ave S	library@plu.edu	253-535-7500
Payroll (Student)	Hauge Administration 102-9	payr@plu.edu	253-535-7531
Registrar's Office	Hauge Administration 104	registrar@plu.edu	253-535-7131
Residence Hall Association	Anderson University Center 143	rha@plu.edu	253-535-7003
Residential Life	Anderson University Center 161	rlif@plu.edu	253-535-7200
Student Employment	Nesvig Alumni Center	stuemp@plu.edu	253-535-7415
Student Financial Services	Hauge Administration Building 102	sfs@plu.edu	800-678-3243 or 253-535-7161
Student Life, Office of the VP	Anderson University Center 161	slif@plu.edu	253-535-7191
Student Rights and Responsibilities	Lee House	srr@plu.edu	253-535-7462
Writing Center	Library 220	writing@plu.edu	253-535-8709

Campus Resources

Office	Contact Information	Services Offered
Academic Assistance Contact: Leslie Foley, Director of Academic Assistance Programs	<ul style="list-style-type: none"> 253-535-7459 Mortvedt Library, Room 101 learningctr@plu.edu www.plu.edu/aac 	<ul style="list-style-type: none"> Individual tutoring & group study sessions Drop-in labs Foreign language conversation groups Study skills workshops Free flashcards
Alumni and Student Connections Contact: Aviance Taylor Kamau, Director of Learning and Engagement	<ul style="list-style-type: none"> 253-535-7415 Nesvig Alumni Center alumni@plu.edu 	<ul style="list-style-type: none"> Resumes and cover letters State and Federal Work Study Off Campus Internships Volunteering
Business Office Contact: Maddie Bray, Business Office Administrative Assistant	<ul style="list-style-type: none"> 253-535-7171 Hauge Administration Building, Rm 110 braymm@plu.edu https://www.plu.edu/business-office/ 	<ul style="list-style-type: none"> Pick up paycheck Cash Reimbursement Forms Electronic Billing
Campus Ministry Contact: Jen Rude, University Pastor	<ul style="list-style-type: none"> 253-535-7465 University Center Room 190 cmin@plu.edu https://www.plu.edu/campus-ministry/ 	<ul style="list-style-type: none"> Referral to community churches Student religious clubs Chapel, University Congregation, The Cross, Common Ground Pastoral care (grief, decision making, etc.)
Campus Safety Contact: Tara Simmelink, Director of Campus Safety	<ul style="list-style-type: none"> 253-535-7441 or 7911 for Emergency Harstad Hall G-28 csin@plu.edu www.plu.edu/campus-safety 	<ul style="list-style-type: none"> Vehicle jump starts On-campus medical emergency response Shuttle escort service operates 4pm – 3am Vehicle registration & parking enforcement
Center for Gender Equity Contact: Front Desk 253-535-8759	<ul style="list-style-type: none"> 253-535-8759 AUC – room ? cge@plu.edu www.plu.edu/gender-equity 	<ul style="list-style-type: none"> Promotes gender equality Domestic and sexual violence education (SAPET) Internship and volunteer opportunities Support system for all students on campus
Center for Student Success Contact: Aviance Taylor Kamau, Campus Coordinator for Student Success	<ul style="list-style-type: none"> 253-535-7459 Mortvedt Library 101 success@plu.edu www.plu.edu/student-success 	<ul style="list-style-type: none"> Educational planning and decision making Assistance with choosing majors and planning academic programs
Counseling Center Contact: Lizz Barton, Director of the Counseling Center	<ul style="list-style-type: none"> 253-535-7206 University Center, Room 300 counseling@plu.edu www.plu.edu/counseling 	<ul style="list-style-type: none"> Personal counseling Educational & career counseling Standardized test information center Services for students with disabilities

Disability Support Services Contact: Front Desk	<ul style="list-style-type: none"> • 253-535-6392 • Lee House • dss@plu.edu • www.plu.edu/dss 	<ul style="list-style-type: none"> • Documentation of disabilities • Equitable access and inclusion for students w/disabilities • Assistive technology
Diversity Center Contact: Nicole Juliano, Director of the Diversity Center	<ul style="list-style-type: none"> • 253-535-8750 • University Center Room 150 • dcenter@plu.edu • www.plu.edu/dcenter 	<ul style="list-style-type: none"> • Catalyst for campus-wide change • Fair practices and habits at PLU • Foster cooperation and communication among campus and Tacoma community groups.
Health Center Contact: Elizabeth Hopper, Director of Health Center	<ul style="list-style-type: none"> • 253-535-7337 • 121st St & Park Ave. • health@plu.edu • https://www.plu.edu/health-center/ 	<ul style="list-style-type: none"> • Health education information • Immunizations, allergy shots • Physical exams, pap smears/STD tests • Birth control advice & prescriptions
Information & Technology Services Contact: Circulation Desk or Help Desk	<ul style="list-style-type: none"> • 253-535-7525 • Mortvedt Library, first floor • helpdesk@plu.edu • www.plu.edu/its 	<ul style="list-style-type: none"> • Library and technology help services • Computer labs • Data and voice networks
Residential Life Contact: Tom Huelsbeck, Associate Vice President for Campus Life	<ul style="list-style-type: none"> • 253-535-7200 • University Center Room 161 • Rlif@plu.edu • www.plu.edu/residential-life 	<ul style="list-style-type: none"> • Residence hall staffing • Housing assignments • Residential learning communities • South Hall, living off campus
Student Employment Contact: Jessica Pagel, Student Employment Coordinator	<ul style="list-style-type: none"> • 253-535-8786 • Nesvig Alumni Center • stuemp@plu.edu • www.plu.edu/studentemployment 	<ul style="list-style-type: none"> • Employment on Campus • Work Study • Career Connections
Student Engagement Contact: Tina M. Muller, Associate Director for Student Engagement	<ul style="list-style-type: none"> • 253-535-7195 • University Center, Room 161 • engage@plu.edu • www.plu.edu/student-engagement 	<ul style="list-style-type: none"> • Student government support (ASPLU) • Student organizations, student media • Leadership development • Off-campus student support • New student orientation
Student Financial Services Contact: Mike Frechette, Dean of Enrollment Management and Student Financial Services	<ul style="list-style-type: none"> • 253-535-7161 or 800-678-3243 • Hauge Administration Building Room 102 • sfs@plu.edu • www.plu.edu/student-financial-services/ 	<ul style="list-style-type: none"> • Add/drop classes, withdrawals • Verification of enrollment • Payment contracts, option plans • Transcript requests • Financial Aid
Student Life Contact: Joanna Royce-Davis, Vice President for Student Life	<ul style="list-style-type: none"> • 253-535-7191 • University Center, Room 161 • slif@plu.edu • www.plu.edu/student-life 	<ul style="list-style-type: none"> • Individual attention to student concerns • Resources to answer student questions • Direct students to assistance, both on and off campus
Student Rights & Responsibilities Contact: Eva Frey, Dean of Students	<ul style="list-style-type: none"> • 253-535-7462 • Lee House • srr@plu.edu • https://www.plu.edu/srr/ 	<ul style="list-style-type: none"> • Appeals • Student Conduct • Academic Dishonesty • Student Care Reporting Form
Writing Center Contact: Scott L. Rogers, Director of the PLU Writing Center	<ul style="list-style-type: none"> • 253-535-8709 • Mortvedt Library, Room 220 • writing@plu.edu • www.plu.edu/writingcenter 	<ul style="list-style-type: none"> • Help students become better writers • On-line writing consultant • One-on-one consulting • Help with resumes, job application letters, and graduate school applications

THE MISSION OF PACIFIC LUTHERAN UNIVERSITY IS:

Pacific Lutheran University seeks to educate students for lives of thoughtful inquiry, service, leadership and care – for other people, for their communities and for the earth.

PACIFIC LUTHERAN UNIVERSITY ATHLETICS PROGRAM

WELCOME LUTES!

On behalf of the entire Department of Athletics we would like to welcome you to Pacific Lutheran University. We are excited and proud to have you as a member of the LUTE family. When you decided to attend PLU you made a decision to invest in your future. As a Student-Athlete, you have chosen a path which offers an excellent education coupled with an equally excellent athletic program.

The privilege of being a PLU Student-Athlete comes with a certain set of responsibilities and new opportunities. Take advantage of the many resources that PLU has to offer to assist you in balancing life as a student, as an athlete, and to becoming a better person. As an institution of higher learning, we want to impress on our Student-Athletes the importance of conducting themselves in a positive and honorable manner at all times. As a representative of Pacific Lutheran University's Athletics programs, it should be a matter of personal pride and integrity to be honest, responsible, and ethical, while competing, around campus, in the community and as a fan at other athletic events.

Our commitment is to provide you with quality coaching and the opportunity to learn and grow in your sport. Further we are committed to your academic pursuits which are our ultimate priority. The Student-Athlete Handbook is intended to assist Student-Athletes in these pursuits. It is provided to answer any questions which may come up over the academic year. The material enclosed will provide the guidelines to a successful experience here at Pacific Lutheran University. Good luck this year and GO LUTES!

STUDENT LIFE MISSION STATEMENT

The mission of Student Life is to promote the holistic development of students and steward a dynamic campus community. We engage students in purposeful experiential learning that challenges them to make a difference in the world as they care for themselves and others, and positively impact the diverse communities in which they live.

ATHLETICS MISSION STATEMENT

Developing lifelong leaders through athletics united in teamwork, excellence, and service. Each program strives toward these common goals while working together as one. Our core values and guiding principles make up who we are as Lutes:

Leadership - Creating a climate where we seek only the best for those around us

Unity - Embracing and respecting others across the campus community

Teamwork - Working together to achieve common goals

Excellence - Being the best we can be in all facets of life

Service - Giving back and making an impact in the lives of others

ATHLETICS PROGRAM OBJECTIVES

- To provide Student-Athletes the opportunity to develop their skill level to the highest level by providing them with adequate facilities, competent coaching, and appropriate competitive opportunities.

- To field teams capable of competing with peer institutions, which are competitive for conference championships, and the national opportunities that conference championships may bring.
- To provide equitable opportunities for all Student-Athletes.
- To provide an atmosphere for participants to realize the importance of others, personal dignity, individual rights, and the value of cooperative teamwork to attain personal and team goals.
- To provide the incentive to develop high standards of ethical conduct and the motivation and commitment necessary for academic success.
- To foster the highest standards of ethical conduct and fair play.
- To build self-confidence, self-esteem, and respect for others through participation in a community which values each athlete as an individual.
- To create a community enriched by men and women of diverse backgrounds.
- To provide opportunities through competition where students, staff, faculty, alumni, and the community can come together to express their loyalty to and spirit for PLU.

POLICY ON NON-DISCRIMINATION

Pacific Lutheran University does not discriminate on the basis of race, color, creed, religion, gender, gender identity, gender expression, national origin, age, mental or physical disability, marital status, sexual orientation, or any other status protected by law in the educational programs or activities which it operates. Numerous federal, state and local laws, including but not limited to the following federal laws, prohibit discrimination in educational programs, activities, admission to and employment at PLU: Title IX of the Education Amendments of 1972, Title VI and Title VII of the Civil Rights Act of 1964, and Section 504 of the Rehabilitation Act of 1973.

NCAA DIVISION III PHILOSOPHY STATEMENT

Colleges and universities in Division III place the highest priority on the overall quality of the educational experience and on the successful completion of all students' academic programs. They seek to establish and maintain an environment in which a student-athlete's athletics activities are conducted as an integral part of the student-athlete's educational experience, and an environment that values cultural diversity and gender equity among their student-athletes and athletics staff. To achieve this end, Division III institutions:

- Expect that institutional presidents and chancellors have the ultimate responsibility and final authority for the conduct of the intercollegiate athletics program at the institutional, conference and national governance levels;
- Place special importance on the impact of athletics on the participants rather than on the spectators and place greater emphasis on the internal constituency (e.g., students, alumni, institutional personnel) than on the general public and its entertainment needs;
- Shall not award financial aid to any student on the basis of athletics leadership, ability, participation or performance;
- Primarily focus on intercollegiate athletics as a four-year, undergraduate experience;
- Encourage the development of sportsmanship and positive societal attitudes in all constituents, including student-athletes, coaches, administrative personnel and spectators;
- Encourage participation by maximizing the number and variety of sport offerings for their students through broad-based athletics programs;
- Assure that the actions of coaches and administrators exhibit fairness, openness and honesty in their relationships with student-athletes;
- Assure that athletics participants are not treated differently from other members of the student body;

- Assure that student-athletes are supported in their efforts to meaningfully participate in nonathletic pursuits to enhance their overall educational experience;
- Assure that athletics programs support the institution's educational mission by financing, staffing and controlling the programs through the same general procedures as other departments of the institution. Further, the administration of an institution's athletics program (e.g., hiring, compensation, professional development, certification of coaches) should be integrated into the campus culture and educational mission;
- Assure that athletics recruitment complies with established institutional policies and procedures applicable to the admission process;
- Exercise institutional and/or conference autonomy in the establishment of initial and continuing eligibility standards for student-athletes;
- Assure that academic performance of student-athletes is, at a minimum, consistent with that of the general student body;
- Assure that admission policies for student-athletes comply with policies and procedures applicable to the general student body;
- Provide equitable athletics opportunities for males and females and give equal emphasis to men's and women's sports;
- Support ethnic and gender diversity for all constituents;
- Give primary emphasis to regional in-season competition and conference championships; and
- Support student-athletes in their efforts to reach high levels of athletics performance, which may include opportunities for participation in national championships, by providing all teams with adequate facilities, competent coaching and appropriate competitive opportunities.

MEMBERSHIP- NORTHWEST CONFERENCE

Pacific Lutheran University is a member of the National Collegiate Athletic Association (NCAA) as a Division III affiliate. The NCAA is a governing body responsible for conducting championships and monitoring rules and regulations as determined by the membership.

The University is also a member of the **Northwest Conference** along with **George Fox University, Lewis and Clark College, Linfield College, University of Puget Sound, Pacific University, Whitman College, Whitworth College, and Willamette University**. The University also is affiliated with the Western Intercollegiate Rowing Association.

Pacific Lutheran University sponsors 19 varsity sports including baseball, men's and women's basketball, men's and women's cross country, football, men's and women's golf, women's rowing, men's and women's soccer, softball, men's and women's swimming, men's and women's tennis, men's and women's outdoor track & field, and women's volleyball.

NORTHWEST CONFERENCE SPORTSMANSHIP POLICY

In accordance with the NCAA Principle of Sportsmanship and Ethical Conduct, it is the responsibility of each member institution to:

"Promote character development of participants, to enhance the integrity of higher education and to promote civility in society, student-athletes, coaches, and all others associated with these athletics programs and events should adhere to such fundamental values as respect, fairness, civility, honesty, and responsibility. These values should be manifest not only in athletics participation but also in the broad spectrum of activities affecting the athletics program. It is the responsibility of each institution to:

(a) Establish policies for sportsmanship and ethical conduct in intercollegiate athletics consistent with the

educational mission and goals of the institution; and

(b) Educate, on a continuing basis, all constituencies about the above policies."

NCAA Division III SAAC Mission Statement

The mission of the NCAA Division III Student-Athlete Advisory Committee (SAAC) is to enhance the total Student-Athlete experience by promoting opportunity for all Student-Athletes; protecting Student-Athlete welfare; and fostering a positive Student-Athlete image, while maintaining the tenants of the Division III philosophy

Student-Athlete Advisory Committee (SAAC)

The Student-Athlete Advisory Committee is a committee made up of Student-Athletes from each varsity sport assembled to provide insight on the Student-Athlete experience. The SAAC offers input on the rules, regulations and policies that affect Student-Athletes' experience on campus.

The purpose of the PLU SAAC is to:

1. Act as a liaison between the PLU Athletic Department and all-varsity athletic teams
2. Increase communication between varsity student-athletes and teams
3. Provide guidance to incoming student-athletes
4. Represent PLU varsity athletics in the community

Faculty Athletics Representative

The Faculty Athletics Representative (FAR) is Pacific Lutheran University's representative and appointed delegate to the NCAA and the Northwest Conference. The purpose of the FAR is to ensure the academic and athletic missions and goals of the university are being met. The FAR is appointed by the University president and is a member of the faculty.

Grievance Related to Athletics Participation

If a Student-Athlete encounters a situation with a coach or department staff member in which the welfare and/or rights of the Student-Athlete have been compromised, the Student-Athlete should immediately contact the Director of Athletics. The department will follow an established grievance procedure. Every effort will be made by the Department of Athletics to address and prevent further occurrences as warranted, including reprisal for bringing a grievance forward. For issues related to violations of the University's non-discrimination policy (including sexual harassment), please refer to the information provided above. The department does not tolerate incidents of physical, verbal, or mental abuse by coaches or staff.

DISPUTE RESOLUTION COMMITTEE

Pacific Lutheran University is committed to the internal resolution of disputes arising within the university community. To that end, the President has appointed a University Dispute Resolution Committee that includes representatives from the faculty, student life, human resources and academic administration. The Committee appointments shall each be for a minimum two-year term.

The University Dispute Resolution Committee (UDRC) is charged with reducing conflicts and helping members of the community resolve disputes appropriately, expediently and fairly. The committee does so by educating the community about campus policies and dispute resolution options; coordinating dispute resolution services;

investigating grievances when appropriate and advocating for review of university policies and procedures when necessary.

It is the intent that the University Dispute Resolution Committee be a resource for all members of the PLU community. The UDRC may assist any faculty, administrator, staff or student who needs consultation or referral to resolve an on-campus conflict, or who desires conflict resolution services. The UDRC also processes all formal grievances as allowed by the University's Grievance Policy, except those that (1) relate to faculty tenure, dismissal or discipline, (2) which otherwise arise under the grievance procedure set forth in Article VI of the Faculty Constitution and Bylaws or (3) which arise under the Student Conduct System. The University Dispute Resolution Committee (UDRC) processes complaints of sex discrimination, (including, but not limited to, sexual harassment, sexual assault, sexual misconduct and sexual violence) by employees when such conduct is alleged against any member of PLU's staff, faculty or third parties. The UDRC follows the Grievance Policy and Procedures. Students who are also employees may be subject to the Student Conduct process, depending on circumstances and at the University's discretion. Similar complaints against students are handled under the Code of Student Conduct and the Student Conduct Procedures.

The UDRC shall have authority to establish separate policies and procedures for certain types of grievances. Subject to faculty approval, the UDRC shall also have authority to enact special policies and procedures for resolution of grade disputes and issues of academic dishonesty. The University Dispute Resolution Committee has the authority to appoint additional committee members on an as needed basis, for example, when one or more UDRC members would be unable to participate in a specific matter or when an additional member would assist in serving the mission of the University Dispute Resolution Committee.

The university encourages community members to resolve their disputes at the earliest and most informal level (i.e. by talking directly with the individual(s) involved; through facilitated conversation and/or through conflict mediation). When informal resolution is not possible, every member of the university community, whether faculty, student, administrator or staff, has the right to file a grievance and access the grievance procedures established by the UDRC. Grievances may be initiated by contacting any member of the Committee. Grievances involving allegations of sexual harassment, sexual assault, and sexual violence may also be initiated by contacting the Title IX Coordinator, Teri Phillips, at 253.535.7187 or phillitp@plu.edu or any member of the UDRC, see <https://www.plu.edu/udrc/staff/> for members. Grievances first reported elsewhere in the community should be referred to the Committee for resolution, except for grievances that arise under the faculty constitution and by-laws or under the Student Conduct System.

If, at any time during a conflict resolution or grievance proceedings, a participant believes that a member of University Dispute Resolution Committee has a conflict or the appearance of a conflict, or that the dispute/grievance involves or potentially involves a member of the Committee, that member will be excused from any further involvement in the grievance proceedings. In such circumstances an additional UDRC member may be appointed by the remaining University Dispute Resolution Committee members.

The grievance policy and procedures at <https://www.plu.edu/udrc/policies-procedures/>

Office of Student Rights and Responsibilities

The Office of Student Rights and Responsibilities system is part of the university's commitment to holistic student development. It is the university's purpose to assist students' in

1. Developing a personal set of values and ethics;
2. Managing emotions;
3. Making decisions and following through on commitments;
4. Becoming independent;
5. Recognizing interdependence; and
6. Accepting the consequences of personal actions and decisions.

The Office of Student Rights and Responsibilities collaborates with campus partners to offer educational programs focused on health and wellness; as well as, responses to possible PLU Student Conduct policies violations. Our goal is to support student learning—both in and out of the classroom.

There are times when incidents of reported misconduct may warrant a review by members of the university community. When incidents are reported to the Office of Student Rights and Responsibilities, incident reports are shared with athletic department leadership and coaches for them to be aware and to help support athletes through the conduct process. SRR proceedings are neither an end in themselves nor the primary means of developing responsible student conduct. Student development is more likely to take place through education and example than through disciplinary measures. Nonetheless, there will be occasions when the university will assert its disciplinary authority for the safety and well-being of the university community.

The Student Conduct System seeks to provide a fair and equitable process for reviewing and responding to incidents. In addressing disciplinary concerns, PLU's Student Conduct System supports the concept of community review and implements this concept through "Review Meetings." This means that situations that violate university policies, rules, regulations, and standards will be reviewed by students, staff, and faculty members drawn from within the PLU community. In addition, the university may also contact parents or guardians when students are referred to the Student Rights and Responsibilities System and/or notify parents or guardians of outcomes and/or imposed sanctions.

The PLU Student Conduct Procedures have been developed with the goal that all students involved in any disciplinary matter are treated with fairness and in a manner consistent with other students. Review Meetings give all parties the opportunity to identify concerns, explain perceptions, explore behavior, and hear suggestions. The emphasis is placed on student behavior and the relationship of behavior to commitments and responsibilities inherent in accepting membership into the university community.

Inherent in the Student Conduct System is an element of flexibility that enables the university to address core issues of behavior. Since each student is an individual, and no two incidents are alike, each incident will be handled individually. PLU reserves the right to modify procedures and sanctions in individual cases and with individual students when, in PLU's sole discretion, such modification is in the best interest of the university community. Each person may not receive the same sanction for a similar policy violation, but each sanction given will be within a general framework of consistency and fairness.

Students Rights and Responsibilities policies and procedures can be read in full at www.plu.edu/srr

Topics included in the Student Code of Conduct include, but is not limited to:

- Academic Integrity
- Accommodations of Persons with Disabilities
- Alcoholic Beverages
- Building Security
- Computer and Network Use
- Concern for Community Members
- Confiscation of Possessions
- Disruption of University Business
- Neighbor Relations
- Noise
- Non-Cooperation
- Pets in the Workplace
- Physical Assault
- Plagiarism
- Property Damage, Misuse or Theft
- Publicity and Solicitation

- Equal Educational Opportunity
- Equipment, University
- False Information
- Family Educational Rights and Privacy Act
- Fire Safety
- Firearms, Explosives, Weapons
- Freedom of Expression
- Gambling
- Grade Disputes
- Grievance Policy and Procedures
- Guests on Campus and at PLU Events
- Hazing
- Identification Cards
- Illegal Drugs
- Immunization Policy
- Representing the University
- Residence Hall Communities
- Residency Requirements
- Sexual Misconduct
- Smoking
- Speakers
- Tobacco Free Campus
- Vehicle Registration & Parking
- Vehicle, Bicycle & Skateboard Use
- Violence Prevention
- Visitation and Guest Policy
- Withdrawal from a Course
- Withdrawal from the University

STUDENT-ATHLETE CONDUCT

Pacific Lutheran University and the Department of Athletics requires all Student-Athletes, coaches, athletic trainers, and staff to conduct themselves in a manner which creates a positive image of the people, values and traditions associated with the University and the department. Student-Athletes' behavior reflects on themselves, their team, the coach, the athletic department, the administration and the alumni. With this in mind, it is extremely important that all Student-Athletes recognize and accept the responsibility to conduct themselves accordingly, while serving as role models within the University and the community at-large.

Student-athletes are subject to the provisions of the PLU Athletics Policy and Procedures Manual, The Student-Athlete Handbook, The University Policies/Student Code of Conduct and all disciplinary procedures which apply to all students at PLU. Further, all Student-Athletes are subject to the rules and regulations of the NCAA covering unethical or unsportsmanlike behavior and other specified misconduct.

In addition, Student-Athletes will be expected to adhere to all team rules set forth by their coaches. If a problem arises it is expected that the Student-Athlete will address the issue with the coach directly.

As the Office of Student Rights and Responsibilities receives formal and informal information regarding behavior of a PLU Student-Athlete, a representative of the office will contact the PLU Athletic Director. The PLU Athletic Director will disseminate further information about the Student-Athlete and the behavior, as appropriate and necessary.

SEXUAL MISCONDUCT

PLU is committed to providing an environment in which students can work, live, and study free from all types of sexual misconduct. Consistent with its Equal Educational Opportunity Policy, Pacific Lutheran University prohibits any discrimination in education and employment on the basis of gender (see also PLU Human Resources Sexual Misconduct Policy). Sexual misconduct has a serious negative impact on the quality of the education experience. When an allegation of Sexual Misconduct is brought to the administration, and a Respondent is found to have violated this policy, PLU will issue sanctions which are commensurate with the violation and which reflect PLU's determination to prevent and correct sexual misconduct to the fullest extent possible. All members of the community are expected to conduct themselves in a manner that does not infringe upon the rights of others, whether on or off campus. The Sexual Misconduct Policy has been developed to reaffirm these principles and to provide recourse for those individuals who believe they may have experienced or witnessed Sexual Misconduct. It also serves as a measure for the University to determine, after

the fact, if behaviors violate the PLU Student Code of Conduct. It also sets out the University's expectations for its students with respect to sexual communication, sexual responsibility, and sexual respect.

The University will work to prevent and eliminate sexual misconduct by providing a multi-faceted educational program to promote awareness of acceptable and non-acceptable behaviors. For further information on programs, awareness, and procedures at PLU, please see <https://www.plu.edu/title-ix/>

The University reserves the right to take whatever measures - including immediate measures pending investigation and review - that it may deem necessary in response to an allegation of Sexual Misconduct in order to protect students' rights and personal safety. Such actions are in keeping with the Special Provisions section of PLU's Student Rights and Responsibilities Procedures. Measures may include, but are not limited to, PLU no contact orders, modification of living arrangements and class schedules, suspension from campus and/or reporting to the local police. The University reserves the right to impose sanctions ranging from warning to expulsion depending on the severity of the offense. In keeping with the Student Rights and Responsibilities Procedures, the University will consider the concerns of both the Complainant and the Respondent throughout the Student Rights and Responsibilities process.

This policy is intended to meet the requirements of applicable federal and state law. If this policy is inconsistent with any applicable law, it is the University's intent to follow applicable law.

Please refer to <https://www.plu.edu/srr/> and follow the Sexual Misconduct Policy tab on the left side of the screen to view the full policy.

TREATMENT OF ATHLETES CHARGED WITH CRIMINAL CONDUCT

Students are separately accountable both to local, state, and federal laws and to the PLU Student Code of Conduct. When local, state, or federal law and the PLU Student Code of Conduct overlap, the university may invoke the Code to protect its own interests and standards. A Student-Athlete who breaks the law must be prepared to accept the consequences, since he/she has no more immunity from the law than other citizens.

HAZING POLICY

PLU Student Code of Conduct Policy

PLU is first and foremost an educational institution. Hazing prevention policies, and response procedures for hazing incidents, grow from and embody the institution's mission. Membership in clubs, organizations, and other university-affiliated groups can increase leadership and service potential; provide athletic, recreational, intellectual and spiritual opportunities; and otherwise contribute positively to personal and social development of our students. Where membership is linked with involvement in hazing activities, the educational purpose of the endeavor is compromised and safety of students is endangered. Hazing is therefore prohibited by university policy.

A. Policy Statement and Definition

In conjunction with Washington State Law (RCW 28B.10.901 and RCW 28B.10.902), PLU defines hazing as any act of initiation (committed by a person, whether individually or in concert with others) into a student organization, athletic team or living group, or any pastime or amusement engaged in with respect to that organization or group with or without the consent of the participant(s), which:

1. causes, or is likely to cause, bodily danger or physical harm, or serious mental, emotional or psychological harm to any student or other person; or
2. may abuse, mistreat, degrade, humiliate, harass, ridicule, intimidate or endanger him or her, or which may in any fashion compromise his or her inherent dignity as a person; or
3. subjects a student or other person to conduct or conditions which a reasonable person in the circumstances would find harmful, including but not limited to

- excessive mental or physical discomfort
 - alcohol or drug abuse
 - physical confinement
 - abandonment
 - verbal or physical abuse, or
 - substantial interference with the person's educational pursuits; or
4. otherwise involves a violation of a law or University policy or which encourages a student or other person to violate a law or University policy, including but not limited to the "Student Code of Conduct", "Alcohol and Drug Policy", and "Sexual Harassment Policy".

Hazing also includes soliciting, directing, aiding, or otherwise participating actively or passively in such acts. Hazing is prohibited no matter if it occurs on or off campus. **Hazing occurs regardless of the consent or willingness of persons to participate in the activity, and regardless of whether a whole team participates in the activity in question.**

B. Sanctions

1. Individual Sanctions: A student who participates in or encourages hazing shall be subject to disciplinary action by the University through its Student Conduct Code and Procedures. Hazing that endangers a person's mental or physical safety is also a criminal offense. As required by state law, a student who participates in criminal hazing, in addition to the possibility of being subject to prosecution, shall forfeit any entitlement to state-funded grants, scholarships, or awards for a period of time determined by the university, but not less than one academic term.
2. Group Sanctions: A student organization or living group that permits hazing to occur by its members or by others, subject to its direction or control, shall itself be subject to sanctions, including but not limited to the University's withdrawal of its recognition of the group. Violations of the hazing policy by athletic team members will result in department-imposed sanctions, which may include department service, dismissal from the team or cancellation of competition. In addition, the organization or group may be liable under state law for resulting harm to persons or property.

Resources from <http://www.stophazing.org>

EXAMPLES OF HAZING

The following are some examples of hazing divided into three categories: subtle, harassment, and violent. It is impossible to list all possible hazing behaviors because many are context-specific. While this is not an all-inclusive list, it provides some common examples of hazing.

SUBTLE HAZING:

Behaviors that emphasize a power imbalance between new members/rookies and other members of the group or team. Termed "subtle hazing" because these types of hazing are often taken-for-granted or accepted as "harmless" or meaningless. Subtle hazing typically involves activities or attitudes that breach reasonable standards of mutual respect and place new members/rookies on the receiving end of ridicule, embarrassment, and/or humiliation tactics. New members/rookies often feel the need to endure subtle hazing to feel like part of the group or team. (Some types of subtle hazing may also be considered harassment hazing).

Some Examples:

- Deception
- Assigning demerits
- Silence periods with implied threats for violation

- Deprivation of privileges granted to other members
- Requiring new members/rookies to perform duties not assigned to other members
- Socially isolating new members/rookies
- Line-ups and Drills/Tests on meaningless information
- Name calling
- Requiring new members/rookies to refer to other members with titles (e.g. "Mr.," "Miss") while they are identified with demeaning terms
- Expecting certain items to always be in one's possession

HARASSMENT HAZING:

Behaviors that cause emotional anguish or physical discomfort in order to feel like part of the group.

Harassment hazing confuses, frustrates, and causes undue stress for new members/rookies. (Some types of harassment hazing can also be considered violent hazing).

Some Examples:

- Verbal abuse
- Threats or implied threats
- Asking new members to wear embarrassing or humiliating attire
- Stunt or skit nights with degrading, crude, or humiliating acts
- Expecting new members/rookies to perform personal service to other members such as carrying books, errands, cooking, cleaning etc.
- Sleep deprivation
- Sexual simulations
- Expecting new members/rookies to be deprived of maintaining a normal schedule of bodily cleanliness.
- Be expected to harass others

VIOLENT HAZING:

Behaviors that have the potential to cause physical and/or emotional, or psychological harm.

Some Examples:

- Forced or coerced alcohol or other drug consumption
- Beating, paddling, or other forms of assault
- Branding
- Forced or coerced ingestion of vile substances or concoctions
- Burning
- Expecting abuse or mistreatment of animals
- Public nudity
- Expecting illegal activity
- Bondage
- Abductions/kidnaps
- Exposure to cold weather or extreme heat without appropriate protection

Myth: As long as there's no malicious intent, a little hazing should be O.K.

Fact: *Even if there's no malicious "intent" safety may still be a factor in traditional hazing activities that are considered to be "all in good fun." For example, serious accidents have occurred during scavenger hunts and kidnapping trips. Besides, what purpose do such activities serve in promoting the growth and development of group team members?*

Myth: If someone agrees to participate in an activity, it can't be considered hazing.

Fact: In states that have laws against hazing consent of the victim can't be used as a defense in a civil suit. This is because even if someone agrees to participate in a potentially hazardous action it may not be true consent when considering the peer pressure and desire to belong to the group.

Myth: It's difficult to determine whether or not a certain activity is hazing--it's such a gray area sometimes.

Fact: It's not difficult to decide if an activity is hazing if you use common sense and ask yourself the following questions: Make the following inquiries of each activity to determine whether or not it is hazing.

- 1) Is alcohol involved?
- 2) Will active/current members of the group refuse to participate with the new members and do exactly what they're being asked to do?
- 3) Does the activity risk emotional or physical abuse?
- 4) Is there risk of injury or a question of safety?
- 5) Do you have any reservation describing the activity to your parents, to a professor or University official?
- 6) Would you object to the activity being photographed for the school newspaper or filmed by the local TV news crew?

If the answer to any of these questions is "yes," the activity is probably hazing

Ways to be proactive:	What to listen/watch for:	Inter-team Dynamics:
<ul style="list-style-type: none"> Educate yourself Educate your team Talk about hazing Take a clear stand 	<ul style="list-style-type: none"> Singling out a sub-group Potential for embarrassment "Initiation", "tradition", "performance" 	<ul style="list-style-type: none"> Common perception that "every PLU team has their own "thing" What are team members saying about other teams? Consistency of proactive measures

1. If you have to ask if it's hazing, it is.

2. If in doubt, call your coach. If you won't pick up the phone, you have your answer.

Great team building activities can be found at <https://www.teampedia.net>

Social Media Posting Guidelines

From the Office of Student Rights and Responsibilities

POSTING AND CONTENT

Pacific Lutheran University and the Department of Athletics encourages all members of the PLU community to post on social platforms or websites during their time at the university. Student-athletes are encouraged to take part in posting, blogging, tweeting or other forms in order to share their experiences and the story of being a Lute.

However, student-athletes must be aware that material posted to their online profiles is subject to review by the PLU Athletics Department, administrators, and coaches. Social media postings should conform to the PLU athletic spirit and be in good taste. If a student-athlete mentions PLU or shares PLU's information over social media, they are automatically serving as a representative or brand ambassador of their team, the department and the university.

Student-athletes should avoid content that can be interpreted as obscene, offensive, threatening, or illegal. Avoid using vulgar or curse words as well as negativity towards others (including other schools and/or their teams and student-athletes). Any content in violation of team or Athletic Department rules, University policies, or federal, state, and local law is subject to disciplinary procedures.

Examples of inappropriate and/or offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

1. Posting photos, videos, comments or posters showing the personal use of alcohol, tobacco, etc. (i.e., no holding cups, cans, shot glasses, etc.)
2. Posting photos, videos and comments that are of sexual nature. This includes links to websites of a pornographic nature, retweeting or engaging with accounts with sexual undertones, images or content and other inappropriate material.
3. Posting pictures, videos, comments or posters that condone drug related activity. This includes, but is not limited to, images that portray the personal use of marijuana, and drug paraphernalia.
4. Using inappropriate or offensive language in all comments, videos and other postings. This includes threats of violence and derogatory comments against race, gender, and/or sexual orientation.

Things to think about before posting:

1. Do no harm: Could what you are posting be considered harmful to the University or yourself? Think about the implications of your reputation, and possible future, based on your post.
2. Is this acceptable content: Would you share the same message face to face? Is this a message you would want your parents, grandparents, guardians, future employers, and other mentors to see or hear?
3. Use Responsible Marketing: Be aware of liability and copyright infringement with posts. To obtain permission to use PLU logos, branded materials, or copyrighted materials in a personal post, contact the Athletics Department.
4. Be Responsible: Social media and social networking is a privilege and very powerful tool. Treat it seriously and with respect to help maximize and grow your personal brand and network and achieve success.
5. Think first, post second: Before you post anything, especially related to PLU, consider whether the material positively upholds the mission and values of PLU, the spirit of the Athletics Department, your team and its members, and, most importantly, yourself.

Student-athlete social networking participants must not use the Pacific Lutheran University Athletics logo or the Pacific Lutheran University logo on any online personal platforms or websites. Please refrain from using official university identification on any postings, blogs, or tweets unless directly Replying, Mentioning, or Sharing from a University Brand Page. For use of these images, obtain prior approval from the Athletics Department.

ONLINE SAFETY

Student-Athletes may not be aware that third parties including the media, faculty, future employers, opponents, fans and NCAA officials can easily access their profiles and view personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athlete, the Athletic Department and the University.

For your own safety, please keep the following recommendations in mind as you participate in social networking websites:

- Set your security settings so that only “friends” can view your profile
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Beware of who you add as a “friend” to your site.

- Be smart about all content posted as it can create a “first impression” from afar.

WHAT ARE A STUDENT-ATHLETE’S RIGHTS IF THEY FEEL A SOCIAL MEDIA POST IS INAPPROPRIATE?

Pacific Lutheran University officials will never search for social media activity by students, staff, or faculty members. However, if notification comes to PLU regarding activity that could be construed as inappropriate, disrespectful, or offensive, action can be taken. Additionally, if potential violations of the Student Code of Conduct are brought to the attention of PLU administrators, action can be taken. If activity on social media can be construed as being a representative of PLU, additional responsibilities need to be understood. Examples of such conduct may include, but is not limited to:

- Content that can be interpreted that could infringe on the rights of an individual’s identities, including race, religion, gender, gender identity, sexual orientation, club or organization affiliation, etc.
- Content in violation of state or federal laws
- Content that displays clear violations of the PLU student code of conduct

The Office of Student Rights and Responsibilities acknowledges that all individuals have a right to freedom of speech and expression as it relates to online activity. However, it is also the responsibility of all PLU community members to understand the impact words or actions can have on other people, and how that could infringe on the rights of individuals.

All potential concerns should be reported to the Office of Student Rights and Responsibilities. Complaints may be submitted via the [Incident Reporting Form](#), or through an email sent to srr@plu.edu.

After a complaint is received, the Office of Student Rights and Responsibilities will determine appropriate steps which could include, but is not limited to educational conversations, pre-conduct meetings, or a formal Review Meeting process. For information on the Student Rights and Responsibilities processes, please visit www.plu.edu/srr.

LIABILITY

When student-athletes chose to go public with any comments, opinions, or other online materials, they are solely responsible. The online user can be held personally liable for any material deemed to be defamatory, obscene or proprietary. Please ask permission of other teammates or Pacific Lutheran University students before posting on their behalf. All student-athletes on social media should make it clear that the views expressed in their activity are their own.

Student-athletes must remember that they are representatives of Pacific Lutheran University and are in the public eye more so than other students. If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as the Athletics Department and the University’s. Remember, present yourself in a positive image and respect yourself, your team, your family and the University. **THINK FIRST, POST SECOND**

Department of Athletics Policies and Services

STUDENT-ATHLETE ALCOHOL, DRUG & TOBACCO POLICIES

All PLU students are accountable to (1) local, state, and federal laws and (2) to the PLU Student Code of Conduct. In addition, PLU athletes are accountable to policies and procedures established by the PLU Department of Athletics. Therefore, PLU athletes may assume that a violation of this Student-Athlete Alcohol &

Drug Policy will trigger disciplinary procedures and consequences under the Student Code of Conduct as well as Department of Athletics policies.

The Department of Athletics' behavioral expectations for each Student-Athlete extend throughout the academic year and apply to behavior both on and off-campus. The Department of Athletics at Pacific Lutheran University does not condone the use by any Student-Athlete of alcoholic beverages and prohibits the use of illegal drugs and NCAA banned performance enhancing or controlled substances ("Prohibited Substances"). Student-athletes carry the university's reputation with them at all times, but especially during training, the competition season and at team functions. Therefore, use of alcohol or Prohibited Substances by Student-Athletes during training, the competition season, while hosting prospective student-athletes, and at team functions will be addressed with additional consequences. An official team function, for purposes of this policy, is defined as any activity, which is held at the direction or under the supervision of the team's coaching staff or the university's Department of Athletics.

ALCOHOL

The University is concerned about students and their total physical, mental, and emotional well-being. The university recognizes that a complex cluster of student and social issues surround the use of alcohol in society and that student views concerning its use vary widely. The following university policy, has been established in recognition of Washington State law and out of desire to create a campus living/learning environment consistent with the university goals and mission. Community members participating in PLU sponsored study away programs are expected to respect the drinking laws of their host country while upholding the university policy outlined below. Students living off campus are expected to adhere to local drinking laws. Violations of local law may be considered violations of the PLU Alcoholic Beverages Policy.

1. Possession of alcoholic beverages is prohibited in or on university premises with the exception of the Gonyea House, the Garfield Commons, the University House (which is privately owned), a Resident Director's university housing, South and Kreidler Halls (as outlined in the South Hall & Kreidler Alcoholic Beverages Policy and the Conference and Events summer policies), and for the purpose of approved religious worship.
2. 208 Garfield is permitted to serve alcoholic beverages (beer and wine) as a part of catered events on campus, and in compliance with this policy, in: the Columbia Center, the Gallery and lobby of Ingram, the Phillips Center for the Performing Arts, the Mary Baker Russell Music Center, the Morken Center for Learning and Technology, the Neeb Center, Olson Auditorium, Nordquist Lecture Hall in Xavier and the Anderson University Center. The immediate adjacent outdoor areas to the buildings listed above may be considered for alcoholic beverage service as a part of an event inside the building.
3. The use or possession of alcoholic beverages is prohibited on campus in all other university spaces including the residence halls. The university reserves the right to confiscate and dispose of alcoholic beverages and/or containers found on the premises. Empty alcohol containers and brewing equipment are similarly prohibited.
4. Misconduct related to consumption, provision of alcohol to others or misuse of alcohol that creates risks for one's safety, threatens the safety of others, detracts from the living-learning community, disrupts the university community either on or off campus may be a violation of PLU's Alcoholic Beverages Policy. Violators will be referred to Student Rights and Responsibilities or Human Resources.
5. Students who are present when an Alcoholic Beverages Policy is being violated are expected to remove themselves from the room/situation and are encouraged to report the violation. Students who do not leave will be documented on an incident report and referred to the Student Rights and Responsibilities System. [See Residence Hall Community](#) policy for further information.

6. If alcoholic beverages are available at PLU sponsored events, then nonalcoholic beverages must also be available.
7. Students must show current valid identification (driver's license and PLU ID) in order to obtain alcoholic beverages at PLU sponsored functions.
8. At events sponsored by PLU, alcoholic beverages must be refused to minors, apparently intoxicated individuals, or persons in a state of helplessness.

<https://www.plu.edu/student-code-of-conduct/student-code-of-conduct-policies/alcoholic-beverages/>

Please read this policy in detail to understand all of its implications. A summary of sanctions includes:

1st violation: Required completion of an alcohol education workshop and payment of a \$75 workshop fee; required completion of a 2-3 page essay and a follow up meeting with a Hearing Officer. Depending on the nature of the incident, a substance abuse assessment may be required and parents or guardians may be notified.

2nd violation: Required payment of a \$100 fine, completion of 5-8 hours of community service and a one-to-one meeting with a Hearing Officer to develop a plan of action for future success and policy compliance. Pending the nature of the incident, a substance abuse assessment may be required and a student may be placed on Disciplinary Probation. Parents or guardians will be notified.

3rd violation: Students who are found responsible for violating PLU's alcohol policy a third time will be placed on Disciplinary Probation. Probationary status may make a student ineligible to retain their campus housing, participate in study-away programs, hold elected or appointed student offices and/or participate in athletic or performance groups. In addition, there will be a required payment of a \$125 fine and completion of 12-18 hours of community service as recommended by the conduct body and completion of a follow-up activity. Pending the nature of the incident, a substance abuse assessment may be required. Parents or guardians will be notified. If previously on Disciplinary Probation, the Student-Athlete will be considered for suspension.

If a Student-Athlete is involved in an alcohol related incident where the initial referral is to the Student Conduct Code, the Associate Director of Student Rights and Responsibilities will forward a notice of potential violation of the Student Conduct Code to the Director of Athletics. The Director of Athletics is responsible for informing the coach of the violation and conferring with the coach as to the appropriate Department of Athletics or team consequence. In addition to University disciplinary action, which may be imposed by the Associate Director of Student Rights and Responsibilities, the Student-Athlete may also have disciplinary action imposed on him/her by the Director of Athletics.

The disciplinary action will be determined in part by the nature of the violation and may include, but may not be limited to:*

1st offense→Meeting with the Coach and Director of Athletics (possible actions include: warning, educational component, suspension from practices, and/or competition(s), cannot dress in uniform at suspended competition(s) ;

2nd offense→Suspension from a minimum of 10% of competitions or one competition (whichever is more) depending on severity of 1st offense; cannot dress in uniform at suspended competition(s);

3rd offense→Suspension from the team for the season and loss of ability to letter for the year; must meet with Coach and Director of Athletics to develop a plan for possible reinstatement to the team.

If a Student-Athlete violates the University/Athletic policy during a second season, the consequences will depend on the nature of the violation, but at a minimum will begin with **a suspension from 10% of competitions** or one competition, in addition to meeting with the Coach and Director of Athletics.

Violations of the Alcohol Policy while on a team trip will result in an automatic suspension from competitions equal to the number of competitions scheduled on that road trip.

ILLEGAL DRUGS – PROHIBITED

The unauthorized possession, use, distribution, and/or sale of the following is prohibited:

- Illegal drugs are defined as substances and/or products designated as illegal by either federal and/or state laws and/or regulations. Illegal drugs include, but are not limited to, those categories often known as cannabis (despite legalization in the state of Washington), acids, hallucinogens, barbiturates, amphetamines, and narcotics.
- Prescription medications.
- Any other substance identified to be dangerous by PLU, in its sole discretion.
- Drug paraphernalia.
- State and federal laws also designate as illegal: Imitation substances that are thought to be illegal drugs because of any of the following: packaging, appearance, statements, use, etc.

In addition to University sanctions, any Student-Athlete found in use of illegal drugs/narcotics/illegal performance enhancing substances may be suspended from the team for one year. For first time offenders of cannabis (marijuana) a minimum of **20% suspension of competitions** will be considered.

***PLU has established these steps as a guideline for disciplinary action and not a promised course of conduct. PLU reserves the right to take the steps out of order, or to move to immediate suspension or termination for violation of PLU or Department of Athletics policy, depending on the circumstance.**

NCAA BANNED SUBSTANCES - PROHIBITED

A student Student-Athlete who is found to have used a substance on the list of banned drugs, as set forth in Bylaw 31.2.3, of the NCAA manual shall be declared ineligible for further participation for one year in regular-season and post season competition in all sports in accordance with the provisions in Bylaw 18.4.1.5 of the NCAA manual. The certifying institution may appeal to the NCAA Student-Athlete Reinstatement Committee for restoration of the Student-Athlete's eligibility if the institution concludes that circumstances warrant restoration.

A Student-Athlete who tests positive in any drug class other than "street drugs" (in accordance with the testing methods authorized by the NCAA Executive Committee) shall be ineligible to participate in regular season and postseason competition for one calendar year after a positive test and shall be charged with the loss of a minimum of one season of competition in all sports. The Student-Athlete shall remain ineligible for all regular season and postseason competition for one calendar year after the Student-Athlete's positive drug test. The ineligibility continues until the Student-Athlete retests negative and eligibility is restored by the NCAA Student-Athlete Reinstatement Committee.

A Student-Athlete who, as a result of a drug test administered by the NCAA, is found to have used a substance in the banned class "street drugs" shall be charged with the loss of competition during a minimum of 50 percent of a season in all sport (i.e. 50 percent of all contests or dates of competition in the season following the positive test). The student athlete shall remain ineligible until the prescribed penalty is fulfilled, the Student-

Athlete tests negative and his or her eligibility is restored by the NCAA Student-Athlete Reinstatement Committee.

If a Student-Athlete tests positive a second time for the use of any drug, other than a “street drug” as defined in Bylaw 31.2.3.2 of the NCAA manual, s/he shall lose all remaining regular-season and postseason eligibility in all sports. A combination of two positive tests involving street drugs will result in the loss of an additional year of eligibility. In addition the penalty for missing a scheduled drug test is the same as the penalty for testing positive for the use of a banned drug other than a street drug.

If a Student-Athlete tests positive for the use of a street drug after being restored to eligibility, s/he shall be charged with the loss of a minimum of one additional season of competition in all sports and also shall remain ineligible for regular-season and postseason competition at least through the next calendar year.

The NCAA has reduced the threshold for a positive test for marijuana to five nanograms per milliliter. This has been effective as of August 1, 2013.

The NCAA list of banned drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or <http://www.ncaa.org/sport-science-institute/ncaa-drug-testing-program> for the current list. The term “related compounds” comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the US Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the Student-Athlete’s own risk. Questions pertaining to nutritional dietary supplements should be directed to the athletic training staff.

Before consuming any nutritional/dietary supplement product, review the product and its label with your Department of Athletics staff. Dietary supplements are not well regulated and may cause a positive drug test. Any product containing a dietary supplement ingredient is taken at your own risk.

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

The NCAA bans the following classes of drugs:

1. Stimulants
2. Anabolic Agents
3. Alcohol and Beta Blockers (banned for rifle only)
4. Diuretics and Other Masking Agents
5. Street Drugs
6. Peptide Hormones and Analogues
7. Anti-estrogens
8. Beta-2 Agonists

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:

1. Blood Doping.

2. Gene Doping.
3. Local Anesthetics (under some conditions).
4. Manipulation of Urine Samples.
5. Beta-2 Agonists permitted only by prescription and inhalation.

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff!

1. Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
2. Student-athletes have tested positive and lost their eligibility using dietary supplements.
3. Many dietary supplements are contaminated with banned drugs not listed on the label.
4. Any product containing a dietary supplement ingredient is taken at your own risk.

*Note to Student-Athletes: There is no complete list of banned substances.
Do not rely on this list to rule out any supplement ingredient.*

Check with your athletics department staff prior to using a supplement.

Some Examples of NCAA Banned Substances in Each Drug Class

Stimulants: amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, “bath salts” (mephedrone) etc.

Exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):

Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, stanozolol; stenbolone; testosterone; trenbolone; etc.

Alcohol and Beta Blockers (banned for rifle only):

alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

Diuretics (water pills) and Other Masking Agents:

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

Street Drugs:

heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)

Peptide Hormones and Analogues:

growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

Anti-Estrogens:

anastrozole; tamoxifen; formestane; ATD, clomiphene, etc.

Beta-2 Agonists:

bambuterol; formoterol; salbutamol; salmeterol; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting.

Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

Information about ingredients in medications and nutritional/dietary supplements can be obtained by **contacting the Resource Exchange Center, REC, 877-202-0769** or <https://dfsaxis.com/users/login> password ncaa1, ncaa2 or ncaa3. It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

DRUG TESTING

All Student-Athletes must sign a Drug Testing Consent form as well as the Buckley Amendment Release form to be eligible to compete in NCAA competition. Participation in intercollegiate athletics is a privilege and may be forfeited by a violation of this policy. PLU Student-Athletes may be required to partake in random drug testing as determined by the athletic administration and University officials.

TOBACCO POLICY

PLU Department of Athletics follows the PLU and NCAA policy, which prohibits the use of tobacco products during practice and competition by Student-Athletes and all game personnel (e.g. coaches, athletic trainers, managers, and game officials). Use is prohibited on the field of play, buildings on campus and college vehicles or buses. Further in the sport of baseball, dugouts are considered to be on the field of play. Violation of this policy will result in the suspension of the Student-Athlete from a minimum of 10% of competitions and a required meeting with the coach and Director of Athletics. Repeated violations will result in removal from the team.

INTERIM SUSPENSION

Either the Department of Athletics or Student Rights and Responsibilities may, when in their judgment circumstances deem it necessary, suspend an athlete from competition on an interim basis. Because of the preliminary nature of this disciplinary action, and the frequency with which athletes may have games, practices or other team related events, discipline applied may have disproportionate consequences. PLU nonetheless reserves the rights to make such judgments in the best interest of the PLU community.

REINSTATEMENT/APPEALS

A Student-Athlete who has been suspended from the team, for violations of the alcohol, drug and tobacco policies may appeal his/her suspension to the Student-Athlete Welfare Committee which is comprised of the Director of Athletics, Senior Woman Administrator, Athletic Trainer, Faculty Athletic Representative, and other advisory members as needed from the Health Center, Counseling Center, and Student Involvement and Leadership.

Any Student-Athlete who was suspended from a team must also meet with the Director of Athletics and their coach prior to being reinstated.

Pacific Lutheran University Athletic Training and Sports Medicine Services

PLU have certified athletic trainers on staff that provide the care and prevention of injuries as well as determining the type and level of medical care required by an injured athlete. If an athlete receives an injury s/he should inform the coach and report to the athletic trainer immediately. Injuries of any kind should not be ignored. Athletes are responsible for completing the treatment and rehabilitation recommended by the athletic trainer so that injuries do not worsen. An injured athlete may not participate further until the athletic trainer or a physician has cleared that individual for competition. Athletes who see a physician require documentation, including the diagnosis, prescribed treatment, return to activity guidelines, and the physician's signature. It is important that the Student-Athletes show up prepared and on time for athletic training services. Student-Athletes will receive treatment on a first-come, first serve basis, with the only priority given to in-

season participants or emergency scenarios. Athletic trainers will be present for all home contests. Only PLU designated care providers and athletic trainers may be present in the athletic training room, locker rooms, and on sidelines.

Athletic Training Facilities

PLU's Athletic Training Room is located in Olson Auditorium, near the fieldhouse. The Athletic Training Room will be open Monday through Friday from 10:00 AM through the end of daily practices and evenings and weekends as practice and competitive schedules dictate.

Athletic Training Staff

PLU has full time Board of Certification (BOC) Certified Athletic Trainers (ATC) on staff. These athletic health care providers implement the athletic training objectives and services. The athletic training staff also supervises the athletic training room aids assistants involved in the health care of PLU Student-Athletes.

Athletic Training Coverage

Certified athletic trainers and athletic training room aids are assigned to all risk activities including coverage of practices and home contests. ATC's are present at all home varsity competitions. When possible, an athletic trainer may travel with teams.

No health care provider, other than the team physician or designated members of the athletic training staff, may be present in the athletic training room, in the locker room, on the bench or sideline without the expressed consent of the team physician.

Athletic Training Room Rules and Regulations

1. **It is mandatory for the athlete to report all injuries to the Athletic Trainer and Head Coach**
2. This is a co-ed athletic training room. Dress and act accordingly. Change in your locker room and wear shorts and shirts when receiving treatment.
3. No shoes or cleats in the athletic training room, please leave them in the hallway.
4. You will sign in each time you receive treatment.
5. The athletic training room is not a café or for socializing. Please use the medical facility wisely.
6. Please refrain from using cell phones in the athletic training room unless permission is granted by the Athletic Trainers.
7. Have respect of athletic training equipment; this includes coolers, water bottles, medical kits and stored supplies.
8. Please show respect by refraining from the use of profanity in the athletic training room.
9. Do not take full rolls of tape for equipment (socks, shoes, bats, etc.). Tape ends are usually available.
10. Cut off and dispose of all used tape yourself, this includes the practice field.
11. Shower after practice, before treatment and prior to using a whirlpool.
12. Golf cart is off limits except during injury situations.

Clearance for Participation (Following Restriction for Injury/Illness)

An athlete who has been restricted by a physician from participation because of injury or illness must be cleared in writing by a physician before returning to participation. The athletics training staff reserves the right to restrict an athlete's participation even with medical clearance, if in their professional opinion, the athlete remains at risk of further injury or re-injury.

Medical decisions regarding return to play can only be made by PLU Sports Medicine staff (or host ATC/ host team physician if injury occurs on travel when PLU staff is not available). If a Student-Athlete is seen by a non-PLU medical provider, they must provide proper documentation of clearance to the PLU athletic training staff for approval prior to the return to activity. PLU reserves the right to restrict participation even with documentation from an outside physician. A copy of the [**PLU Out of Network Physician Visit Form**](#) is available in the appendix.

Athletic Physical Policy

All Student-Athletes must have a pre-participation physical examination on file with the Athletic Training Room before they will be permitted to participate in any practice and/or competition. Coaches are not permitted to allow Student-Athlete to participate without a physical. All Student-Athletes participating in their first season at PLU must get a physical from the PLU Health Center or a physical on PLU forms from a primary care physician approved by the PLU Health Center prior to beginning activities with the team and follow up with PLU Health Center with 10 days of starting practice with the team. Athlete should fill out all information in the Intercollegiate Athletics Pre-Participation Packet online at <https://golutes.com/sports/2018/5/15/sports-medicine.aspx>

Subsequent to the initial medical examination, a health appraisal will be given annually by the PLU Athletic Training Staff. If any health problems are detected during the health appraisal, the Student-Athlete will be referred to the PLU Health Center or Team Physician for further evaluation or clearance.

Care provided

PLU athletic trainers will assist with care for all injuries and will assist with the prevention, evaluation and rehabilitations of all injuries as needed. All student athletes should feel comfortable coming to see athletic trainers with all injuries or medical questions regardless of severity. Student-Athletes may see any of the PLU Athletic Trainers for care or treatment.

Insurance

Eligibility and Coverage

- The Athletic Accident and Athletic Related Conditions (ARC) Expense benefit provide coverage for all full-time students participating in a Covered Event and will cover students from the first to the last date they are required to be on campus for participation in a Covered Event
- This is an EXCESS plan and will only pay **after any other valid and collectable insurance** has paid or denied an eligible claim.
- HMO, PPO or similar arrangement must be utilized for surgery. Failure to comply with primary health care policy may result in further out of pocket expenses. This plan **is not a primary insurance**.
- The institution IS NOT financially responsible and should NEVER promise payment to a provider for charges incurred by a student. Eligibility is determined by Pioneer or EIIA and is based solely on the Policy Provisions
- Any regularly scheduled and supervised intercollegiate sporting event sponsored by the Athletic Department is covered under this insurance. Open gyms, off season workouts, etc. are not covered.
- Student athlete must disclose prior injuries and documentation on request or may lose ability to be covered by secondary insurance.

Claim Procedures

In the event of an Accident, you should;

1. Report the Accident to your Athletic Trainer immediately
2. File all charges with your primary insurance carrier first. If you are insured by an HMO/PPO, you must obtain pre-authorization for all services rendered.
3. Before going to an outside medical provider, you should secure a PLU insurance card from a PLU Athletic Trainer, and fill out a PLU injury claim form.

4. Obtain a note from the doctor (PLU form in appendix of handbook) after the visit recoding a diagnosis and return to play plan and return that form back to Athletic Trainers.
5. Identify all subsequent information relating to your claim with your name; the institution name; the policy number; and the initial date of injury

TRANSGENDER AND GENDER NON-BINARY INCLUSION POLICY

In accordance with the principles of equity and inclusion, the Pacific Lutheran University Department of Athletics and Recreation confirm the following policies in order to facilitate and encourage transgender and gender non-binary students, staff, faculty, and visitors to fully participate in PLU's sport and recreational programs and related experiences. These policies encompass participation in NCAA Division III intercollegiate athletics, club sports, intramural sports, and recreation; and accommodation for those who attend and participate in athletic activities that are hosted/sponsored by Pacific Lutheran University ([Inclusion Policy and Best Practices for Transgender and Gender Non-binary Student-Athletes](#)).

MENTAL HEALTH AVAILABLE ASSISTANCE

Depending on the situation, there are many different options for assistance, both on and off campus, if you or someone you know are in need of care for mental health concerns.

AVAILABLE RESOURCES

On Campus Resources	
Campus Safety	253-535-7441 or x7911 for emergency
Counseling Center	253-535-7206
Counseling Crisis Line	253-535-7075
Health Center	253-535-7337
Sports Medicine Staff	253-535-7366
Student Care Network	253-535-7462
Off Campus Resources	
Emergency Services	911
Mental Health Services	211
National Suicide Prevention Line	1-800-273-8255 (TALK)
Pierce County Crisis Line	1-800-576-7764



Strength & Conditioning Services – Names Fitness Center

Strength & Conditioning Mission

Pacific Lutheran University Strength & Conditioning is a function of the Department of Athletics, and within these confines strives to decrease the risk of contact and non-contact related injuries, improve the athletic performance of PLU athletes, and educate Student-Athletes on the value of life-long fitness. Traditional and

non-traditional equipment, exercises, and programming are implemented to train the Student-Athlete according to the demands of the sport. All workouts are programmed to coincide with the sport's competitive schedule (in-season, pre-season, off-season, post-season).

PLU Strength & Conditioning Coach

The PLU Strength and Conditioning program focuses on injury reduction through optimized movement. The first goal with every athlete is to find and apply appropriate progressions based on each athlete's current level of technical ability. Once an athlete masters a specific progression, they are advanced to a more complex movement. As the athlete works their way through the progressions, we are able to load the movement a little more. Some athletes come into PLU with a solid strength training base and are able to move through progressions very quickly. Other athletes, due to past injuries, improper training, or lack of technical ability, will require a longer time frame.

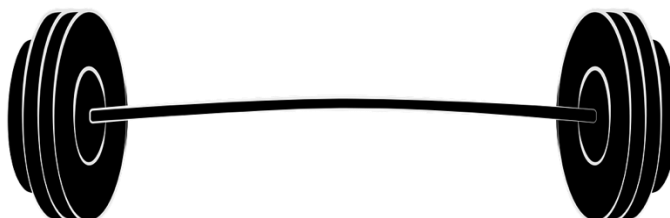
Ultimately we apply progressions to master a few fundamental movements; the front squat, deadlift (followed by hang clean), and pushup. The basis of every athletic program is built upon these four movements. We, of course, utilize many other movements (bench press, pullups, lunge variations, etc.) but the technical requirements of such movements are quite low, and easy to teach.

A strength and conditioning coach is not to be confused with the sports medicine practitioner. While many strength coaches have knowledge of injuries and their prevention, all treatment and rehabilitation will go through the sports medicine staff. The strength and conditioning staff is responsible for all out-of season conditioning, weight training, and speed training. At the DIII level the strength and conditioning coach has the unique opportunity to coach athletes during the entire year provided equal opportunity is given to all athletes from all sports. However, in the offseason it is against NCAA regulations to report out of season workouts and results to the sport coaches. Sport coaches are also not to supervise or attend out of season training sessions.

Traditionally the Strength & Conditioning Coach at the collegiate level has both a bachelors and master's degree in exercise science. This coach will also be certified by all or one of the following bodies:

- NSCA (National Strength and Conditioning Association)
- CSCCA (Collegiate Strength and Conditioning Coaches Association)
- USAW (USA Weight Lifting)

All individuals (athletes and non-athletes) utilizing Names Fitness Center and/or Memorial Gym must bring a valid Lute Card for entry. A complete list of facility rules and regulations is posted on the fitness center entrance window.



GENERAL POLICIES

FACILITIES/UNIVERSITY EQUIPMENT

- Student-Athletes are expected to conduct themselves in a responsible and reasonable manner and show special courtesy to other teams in all practice areas.
- Student-Athletes are expected to show student ID cards when using the Fitness Center/Pool and should only be using such facilities during regular hours unless supervised by a coach as part of a team training session.
- For University liability purposes, doors should not be left propped open at any time. Student-athletes should enter through main entrance points, or be assisted by the coaches when the building/fields are closed.
- The University is not responsible for lost or stolen items. Please secure all belongings.
- Equipment provided by the University shall be based on the specific needs of each sport and funding available. All University equipment must be checked out and then returned immediately at the end of the season (unless prearranged with the head coach). To be authorized for equipment issue, Student-Athletes must be cleared for NCAA eligibility and for medical purposes.
- Student-Athletes shall be responsible for payment of any non-returned, lost, stolen, or damaged items. If payment is not made on time, the individual's University student account will be billed.

UNIVERSITY TRAVEL POLICIES

- Absolutely no alcohol or drugs are allowed in the vehicles at any time. Operators are not to consume alcohol/drugs prior to driving.
- All vehicles must have the appropriate number of seat belts for all passengers and seat belts should be worn at all times. Vans should not be overloaded.
- Students, who wish to separate from the official travel party and utilize other means of transportation back to campus or home must seek permission from the head coach and complete the "Travel Waiver" form.

AWARDS AND RECOGNITION PROGRAM

- First year award = **chenille letter**.
- Second year award = **logo water bottle**.
 - Transfer athletes who have participated in Varsity Athletics at PLU for two years, meet all criteria for lettering, and have exhausted their eligibility **will receive a diploma frame**.
- Third year award = **logo glass**.
 - Athletes who have participated in Varsity Athletics at PLU for three years, meet all criteria for lettering, have exhausted their eligibility, or are graduating **will receive a PLU diploma frame**.
- Fourth year award = Athletes who have participated in Varsity Athletics at PLU for four years and meet all criteria for lettering **will receive a personalized diploma frame**.
- Any student-athlete lettering four times in two sports at PLU receives a watch in addition to a personalized diploma frame.
- Any student-athlete lettering four times in one sport and three times in a second sport receives a personalized diploma frame (4-year award).

***Any student-athlete lettering three times in two sports at PLU receives a diploma frame (3-year award)**

* Student-athletes receiving recognition for lettering as described above, must be in attendance at the Athletics Awards Dessert (held each year on the first Sunday in May) to receive their award unless extenuating circumstances have been communicated in advance to Jen Childress, Assistant Athletic Director.

LETTERING CRITERIA:

Successful completion of a full competition season as reported by respective coach.

* Any student-athlete who is not in good standing with the university (the student-athlete is on academic or disciplinary probation) for any portion of the academic year will not receive a “letter” for that year.

GEORGE FISHER SCHOLAR-ATHLETE NOMINATIONS, MEN/WOMEN

- Nominees must meet the following minimum athletic criteria:
 - Two years of participation in one varsity sport, or one year of participation in two varsity sports.
 - Must attain a varsity letter as determined by sport-specific written criteria in a varsity sport at Pacific Lutheran University.
- Nominees must meet the following minimum academic criteria:
 - Must have a minimum cumulative GPA of 3.75 as computed by the University Registrar.
 - Must be a student in good standing, enrolled in a degree program at Pacific Lutheran University for the semester in which the award is presented, or in the case of a recent graduate, for the immediate past semester.

***Note: The winner and nominees for this award will be based upon the male and female student-athlete(s) with the highest cumulative GPA that meet the criteria below. The top 2-3 senior male and female student-athletes will be recognized as nominees with the award going to the student-athlete with the top GPA for each gender**

LUTE CAREER ACHIEVEMENT AWARD

- Must have participated in an intercollegiate sport for four years.
- Must have lettered three years in one sport at PLU.
- Must demonstrate the “total package” throughout their career on their team(s) as in the following:
 - Must have received All-Conference and/or All-American standing in their sport(s).
 - Must have minimum GPA of 3.0.
 - Must demonstrate exceptional leadership and contribute to team spirit and morale.
 - Must demonstrate involvement in local and extended community service projects beyond the scope of team requirements.
 - Must possess outstanding character and sportsmanship in representing Pacific Lutheran University.

ATHLETE OF THE YEAR AWARD

- Must have lettered in the sport in the year s/he is nominated.
- Must have demonstrated exceptional athletic achievement during the year (e.g. received All-conference recognition in their sport).
- Must have a minimum GPA of 2.0.

NEWCOMER OF THE YEAR

- Must be in initial year of athletic participation at PLU.
- Must have lettered in the sport s/he is nominated.
- Must have demonstrated exceptional athletic achievement during the year (e.g. received NWC recognition in their sport).
- Must have a minimum GPA of 2.0.

FROSTY WESTERING LUTE INSPIRATIONAL AWARD

A PLU individual who, throughout his/her action and involvement inspires athletes, coaches and the campus community. Coaches must give clear, specific rationale as to why their nominee meets the “inspirational” definition of “to guide, affect, to stimulate or arouse to a high level.” The nominee’s influence is meant to extend beyond his or her own team. Non-athletes are eligible for this award. This award is not necessarily presented on an annual basis.

LUTE SERVICE AWARD

An individual who contributes to the PLU athletic program in special ways. The description of contributions must be specific. Non-athletes are eligible for this award. This award is not necessarily presented on an annual basis.

CHI ALPHA SIGMA MEMBERSHIP

Chi Alpha Sigma is the National College Athlete Honors Society, honoring student athletes who have excelled in both the classroom and athletic arenas. Membership in Chi Alpha Sigma is an honor bestowed upon selected student athletes, by an NCAA, NAIA, or NCCAA accredited four-year institution. PLU’s local chapter of Chi Alpha Sigma recognizes varsity letter winning student athletes who; achieve junior or senior academic standing, by at least their fifth full time semester, as determined by PLU; have been actively involved on campus and/or in the community; demonstrate excellent character and citizenship; and have a cumulative GPA of 3.5 or higher. Members are selected based on the criteria aforementioned by the athletic department in consultation with individual nominee’s head coaches.

SPORTS INFORMATION SERVICES

Student-Athletes are required to complete a Student-Athlete Information form at the beginning of each academic year. These forms are used to generate individual Student-Athlete profiles and assist with generating feature story ideas for local media outlets. The Office of Sports Communications and Marketing relies on internal and external assistance from coaches and colleagues when reporting on athletic contests. Every effort is made to ensure athletic events are reported accurately and in a timely manner.

LUTE CLUB

The Lute Club is made up of alumni, parents, friends, and businesses which provide annual support to the University’s Department of Athletics. Gifts donated to Lute Club go toward supporting the department’s Student-Athletes awards and recognition program, as well as provide opportunities to purchase equipment, improve facilities, and address various program needs. Membership is available to any persons and/or businesses who wish to support the efforts of our Student-Athletes.

RECRUITING

The Department of Athletics prohibits the purchase or use of alcohol, tobacco or illegal drugs/narcotics or NCAA banned performance enhancing substances by prospective Student-Athletes or their hosts while they are visiting the University. The purchase of alcohol for consumption by a person under the legal drinking age is a violation of state law. Any Student-Athlete involved in providing alcohol, illegal drugs/narcotics or NCAA banned performance enhancing substances to recruits will be removed from the team and referred to Student Conduct.

HOSTING A PROSPECTIVE STUDENT-ATHLETE

Serving as a student host for a prospective Student-Athlete visit to Pacific Lutheran University is an important responsibility. The personal conduct of Student-Athletes serving as hosts for overnight visits significantly reflect upon the University, the Department of Athletics, and the host themselves. Appropriate conduct is required of you by institutional and NCAA standards and regulations as well as state and federal law.

- You are responsible for the prospect as all times during the visit. You are accountable for the whereabouts of the individual as well as their actions and behavior.

- The prospect may not participate in any athletic activity that is observed or arranged by the coaching staff or an activity that is designed to test the athletics ability of the prospect. The prospect may participate in recreational activities, which are not planned, mandated or arranged by the coaching staff.
- The use and/or presence of alcohol or illegal drugs are strictly prohibited. If any activity occurs which violates Pacific Lutheran University policies or any local, state or federal laws while the prospect is on campus, you will be held responsible and disciplined accordingly.
- The prospective Student-Athlete should not be entertained or in attendance at parties at any off-campus housing residences.
- No cash may be given to the prospect or the prospect's parents or legal guardians, relatives or friends at any time.
- You may not purchase or provide the prospect or the prospect's parents/legal guardians, relatives or friends with gifts of value (i.e. souvenirs, t-shirts, etc.).
- The host may be provided prospective Student-Athlete host money for entertainment. This money is only for the host and the prospect; other team members must pay for their own meals or entertainment. The host must handle the money personally and not give it to the prospect. The prospect may be entertained within a 30-mile radius only.
- You will need to provide your own transportation. You cannot use your coach's car or any University vehicle. Your coach may provide you and the prospect transportation during an official visit.
- When hosting a prospective Student-Athlete on campus for an overnight visit, the prospect must spend the night in your room or a designated room approved by the coach.

Violations of any policies may result in your dismissal from the athletics program and other sanctions deemed necessary by the Athletics Administration of Pacific Lutheran University and/or other Pacific Lutheran University Administrators.

Not available due to COVID

Pacific Lutheran University Department of Athletics Student-Athlete Host Agreement

Student Host: _____ Residence Hall/Room No.: _____

Sport: _____ Head Coach: _____

Serving as a student host for a prospective Student-Athlete visit to Pacific Lutheran University is an important responsibility. The personal conduct of Student-Athletes serving as hosts for overnight visits significantly reflects upon the University, the Department of Athletics, and the host themselves. Appropriate conduct is required of you by institutional and NCAA standards and regulations as well as state and federal law.

- **YOU ARE RESPONSIBLE FOR THE PROSPECT AT ALL TIMES DURING THE VISIT.** You are accountable for the whereabouts of the individual as well as their actions and behavior.

- The prospect may not participate in any athletic activity that is observed or arranged by the coaching staff or an activity designed to test the athletic ability of the prospect. The prospect may participate in recreational activities, which are not planned, mandated, or arranged by the coaching staff.
- The use and/or presence of alcohol or illegal drugs are strictly prohibited. If any activity occurs which violates Pacific Lutheran University policies or any local, state or federal laws while the prospect is on campus, you will be held responsible and disciplined accordingly.
- The prospective Student-Athlete should not be entertained or in attendance at parties at any off-campus housing residences.
- No cash may be given to the prospect or the prospect's parents or legal guardians, relatives or friends at any time.
- You may not purchase or provide the prospect or the prospect's parents/legal guardians, relatives or friends with gifts of value (i.e. souvenirs, t-shirts, etc).
- The host may be provided prospective Student-Athlete host money for entertainment. This money is only for the host and the prospect; other team members must pay for their own meals or entertainment. The host must handle the money personally and not give it to the prospect. The prospect may be entertained within a 30-mile radius only.
- You will need to provide your own transportation. You cannot use your coach's car or any University vehicle. Your coach may provide you and the prospect transportation during an official visit.
- When hosting a prospective Student-Athlete on campus for an overnight visit, the prospect must spend the night in your room or a designated room approved by the coach.

Violations of any policies may result in your dismissal from the athletics program and other sanctions deemed necessary by the Athletics Administration of Pacific Lutheran University and/or other Pacific Lutheran University Administrators.

Host Signature: _____ Date: _____

Head Coach: _____ Date: _____

NCAA Compliance

Amateur Status – Bylaw 12.1.1

NCAA Bylaw 12.1.1 indicates that member institutions athletic programs are designed to be an integral part of the educational program and the Student-Athlete is considered an integral part of the student body, thus maintaining a clear line of demarcation between college athletics and professional sports. In this regard, an amateur Student-Athlete is one who engages in a particular sport for the educational, physical, mental and social benefits derived there from, and for whom participation in that sport is an avocation. The following legislation and interpretations relating to amateurism have been developed:

Use of Agents – Bylaw 12.3.1

An individual shall be ineligible for participation in if s/he ever has agreed (orally or in writing) to be represented by an agent for the purposes of marketing his/her athletics ability or reputation in that sport. Further, an agency contract not specifically limited in writing to a sport or particular sports shall be deemed applicable to all sports, and the individual shall be ineligible to participate in any sport.

Complimentary Tickets for Home Games – Bylaw 16.2.1.1

For those sports in which the department charges admission, participating Student-Athletes in that sport are entitled up to four complimentary tickets only to persons designated by the Student-Athlete via a pass list. The tickets are non-refundable. All PLU students receive free admission to University home athletic events with a valid student I.D. card (not valid for NCAA events).

Sports Wagering Activities – Bylaw 10.3

The NCAA opposes all forms of legal and illegal sports wagering. Sports wagering has the potential to undermine the integrity of sports contests, and jeopardizes the welfare of Student-Athletes and the intercollegiate athletics community. Sports wagering demeans the competition and competitors alike by a message that is contrary to the purposes and meaning of "sport." Sports competition should be appreciated for the inherent benefits related to participation of Student-Athletes, coaches and institutions in fair contests, not the amount of money wagered on the outcome of the competition.

For these reasons, the NCAA membership adopted NCAA Bylaw 10.3 prohibiting athletics department staff members and Student-Athletes from engaging in gambling activities as they relate to intercollegiate or professional sporting events. Staff members of the Athletics Department and Student-Athletes shall not knowingly:

- Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
- Solicit or accept a wager on any intercollegiate or professional contest;
- Solicit or accept a bet on any intercollegiate or professional competition for any item (e.g., cash, shirt, dinner) that has tangible value; or
- Participate in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parlay card or any other method employed by organized gambling.
- Participate in a pool or fantasy league where there is an entry fee involved.

The NCAA's Interpretations Committee clarified the scope of Bylaw 10.3 to preclude a Student-Athlete from soliciting or accepting a bet for a nonmonetary material item that has tangible value. The Interpretations Committee also decided that the prohibition against Student-Athletes and athletics department staff members participating in gambling activities associated with professional sports events is applicable to those sports in which the Association conducts championship competition, Division I-A football and emerging sports.

Sanctions for gambling will be determined by the NCAA on a case by case basis.

Eligibility

ELIGIBILITY FOR PRACTICE AND COMPETITION

Eligibility for intercollegiate athletic activities is subject to the policies and procedures of the National Collegiate Athletic Association (NCAA) and the Northwest Conference (NWC). All Student-Athletes must sign the necessary forms before the first date of competition in order to be declared eligible. Final eligibility for student participation will be determined by the Registrar.

First year students presenting test scores and a high school record acceptable for University admission are eligible to participate their first semester. Transfer students must have been academically and athletically eligible if they remained at their previous institution to be immediately eligible.

A season of intercollegiate participation shall be counted when a Student-Athlete participates (practices or competes) during or after the first contest following the Student-Athlete's initial participation of that academic year at that institution. A season of participation shall not be counted when a Student-Athlete participates in a preseason scrimmage, preseason exhibition, or preseason contest conducted prior to the first contest following the Student-Athlete's initial participation of that academic year at that institution.

If you sustain a season-ending injury in the first half of any season in a particular sport, you may qualify to request a hardship waiver from the Northwest Conference. The standard for proving you had a season-ending injury in the first half of the season is very high. You must produce extensive contemporaneous medical documentation from your attending physician/physicians. If you are rehabilitating with our athletic training staff you are responsible to make sure all of your treatment and rehabilitation visits are promptly documented. All dates of injury, participation in all contests and practices, and rehabilitation efforts must be well-documented.

In the unfortunate circumstance of sustaining a season-ending injury, please ask your athletic training staff and/or an athletic administrator to assist you in preparing your documentation for an immediate or future request for such a waiver. The Northwest Conference must approve all hardship requests.

Because PLU has graduate degree programs you may utilize any eligibility remaining in a particular sport while attending graduate school in the academic year immediately following completing your bachelor's degree requirements. You may also utilize a remaining year of eligibility in a fifth year when completing your bachelor's requirements. Student-athletes have 10 semesters (15 quarters) to use their four years of eligibility in any one sport.

ALL STUDENT-ATHLETES:

To be eligible to participate in organized practice or competition, a Student-Athlete must be enrolled in a minimum full-time program of studies (at least 12 semester credits). Dropping below 12 credits during a given semester renders a Student-Athlete immediately ineligible until such time as s/he increases his/her course load to at least the minimum 12-credit limit. Students should consult with their Coach, Compliance Coordinator or the Director of Athletics before withdrawing from a class.

Exceptions to full time enrollment:

- Seniors in their last term of attendance who have applied for and been cleared to graduate may be enrolled in fewer than 12 credits.
- Student-athletes may practice, but not compete during the institution's first five days of classes if enrolled in less than full-time.

CONTINUING ELIGIBILITY

In order to be eligible during a given semester all students must be in good academic standing by maintaining a cumulative grade point average of 2.0 or higher. CERTIFICATION of eligibility will be made EACH semester.

No one on academic or disciplinary probation will be eligible to compete. Once on academic probation, the Student-Athlete will remain on academic probation until the Student-Athlete's GPA raises above the cumulative 2.0. Only courses taken at PLU can be utilized to rectify academic probation. Students should consult with the Center for Student Success or the Registrar's Office to determine what courses are necessary to raise the cumulative grade point average to above a 2.0.

ACADEMIC STANDING REGULATIONS

The following are PLU academic regulations. They may relate to athletic eligibility, but are an entirely separate area of academic concern. It is your responsibility to know and adhere to these requirements. Coaches and student-athletes need to be fully aware of these regulations and impact on athletic eligibility.

ACADEMIC STANDING POLICY

The following terms are used to describe academic standing at PLU; separate progression and retention policies may be in place in individual programs; please see the individual program section of the catalog for details. Academic standing is determined by the Committee for the Admission and Retention of Students, which reserves the right to review any student's record to determine academic standing. Academic standing will be reviewed at the end of each semester and term.

GOOD STANDING

All students enrolled at the university are expected to stay in good academic standing. Good standing requires a cumulative grade point average (GPA) of 2.0 or higher.

ACADEMIC WARNING

Students completing their first semester (first year students & transfers):

Students placed on academic probation at the completion of their first semester at PLU may have their standing changed to academic warning if they complete the requirements set forth in the academic probation notification letter by the specified deadline. Academic warning is noted permanently on the transcript.

Continuing Students:

All other students whose most recent semester GPA was less than 2.0, but whose cumulative GPA is 2.0 or higher will receive an academic warning notification. Students are required to follow the guidelines set forth in the letter. For these students, academic warning is not noted on the transcript.

ACADEMIC PROBATION

Students are placed on academic probation if their cumulative GPA falls below a 2.0. Students on academic probation must satisfactorily complete each course they attempt in the subsequent semester. Satisfactory completion means no grades of "W" (withdrawal), "I" (incomplete), or "E" or "F" for the term. Students who do not satisfactorily complete each course attempted in a probationary semester are dismissed from the university. Academic probation is noted permanently on the transcript.

Students who successfully complete January Term or summer term course(s) and who achieve a cumulative GPA of at least 2.0 will be considered in good academic standing. Students who complete a January Term or summer term course(s) and who achieve a term GPA of 2.0 or higher but whose cumulative GPA still remains below 2.0 must raise their cumulative GPA to at least 2.0 with their coursework in the next Fall or Spring Semester.

STUDENTS ON ACADEMIC PROBATION ARE NOT ELIGIBLE FOR PRACTICE AND/OR COMPETITION.

DISCIPLINARY PROBATION

This indicates that the student's continued enrollment at PLU is conditional for a specified period of time. It requires the student to demonstrate that they can act in a manner consistent with the university standards to which they agreed when accepted by the university. Students on Disciplinary Probation are not in Good Standing with respect to Student Rights and Responsibilities. Disciplinary probation may include restrictions or

obligations on the student. If restrictions or obligations are to be included, this information will be included in written communication to the student. Examples of restrictions include, but are not limited to, restricting participation in university activities such as athletics, living on campus, studying away, performing in recognized PLU groups, social events, and elective or appointive student offices. Examples of obligations include, but are not limited to, informing faculty or other advisors about the Disciplinary Probation status, and requiring attendance at specified meetings, counseling sessions, or assessments at the student's expense. The university, in its sole discretion, will decide what restrictions apply in a given case. Should the student fail to fulfill specified conditions, the student shall be referred for further disciplinary action. This sanction may not be deferred.

STUDENTS ON DISCIPLINARY PROBATION ARE NOT ELIGIBLE FOR PRACTICE AND/OR COMPETITION.

Reminders

- Always turn your assignments in when they are due. The fact that you will be absent from class does not mean you have an extra day to complete the assignment.
- Be sure to always communicate with the faculty member.
- Do not tell a faculty member that you have to miss class for a competition when you are not competing. Students who miss class unrelated to athletic competition are accountable for such absences.
- **Student-Athletes are not allowed to miss class due to practice or other athletically related activity except for competition (NCAA Bylaw 17.1.4.2).**

ACADEMIC INTEGRITY

PLU's expectation is that students will not cheat or plagiarize, and that they will not condone these behaviors or assist others who cheat or plagiarize. Academic misconduct not only jeopardizes the career of the individual student involved, but also undermines the scholastic achievements of all PLU students and attacks the mission of this institution. Students are inherently responsible to do their own work, thereby insuring the integrity of their academic records.

What is Academic Dishonesty?

PLU defines Academic Dishonesty as violating procedures prescribed to protect the integrity of an assignment, test, or other evaluation. The most common forms of academic dishonesty are cheating and plagiarism.

Cheating includes, but is not limited to:

- Collaborating with others on assignments without the instructor's consent; or
- Cooperating with or helping another student to cheat; or
- Using information or devices not allowed by the instructor (such as formulas or a computer program or data); or unauthorized materials (such as a copy of an examination before it is given); or
- Submitting material that is not yours as part of your course performance, such as submitting a downloaded paper off of the Internet; or
- Fabricating information, such as data for a lab report; or
- Other forms of dishonest behavior, such as having another person take an exam for you, altering exam answers and requesting the exam be re-graded, or communicating with anyone other than a proctor or instructor during an exam.

Plagiarism occurs when one omits, misrepresents, or inaccurately documents how the work of others appears in and influences one's own work. Plagiarism can involve both products (such as words, formulas, or images)

and ideas (such as ideas, intellectual approaches, or concepts), and can result from an intent to deceive or from a lack of due attention to the responsibilities of accurate documentation.

In short, plagiarism is the act of using any source (published, unpublished, or one's own) that appears in or directly influences one's own work without properly identifying it, such as (but not limited to):

- Directly quoting the words of others without attribution and without using quotation marks or other accepted formats to identify them; or
- Using any course work previously produced by the same student without prior approval from the current instructor; or,
- Using altered wording, materials, or ideas of others without properly identifying their source; or
- Representing an idea or strategy that is significant in one's own work as one's own when it comes from someone else.

Reporting Suspected Academic Dishonesty:

Generally, instructors are strongly encouraged to report any suspected violations of the university's academic integrity policy through formal channels by submitting an electronic Academic Dishonesty Report Form (ADRF) with appropriate documentation

(https://cm.maxient.com/reportingform.php?PacificLutheranUniv&layout_id=2). When an instructor believes a student has violated the university's Academic Integrity Policy, s/he may at his or her discretion contact the student to inform him or her of the issue.

When an Academic Dishonesty Report Form is submitted it will be sent to the Student Rights and Responsibilities Office (SRRO) for processing. The SRRO will inform the student that the form has been filed and will provide the student with a copy of the Academic Integrity Policy along with the information on the review process.

RESOLVING AN ACADEMIC DISHONESTY INCIDENT

When an instructor believes a student has violated the university's Academic Integrity Policy, they may resolve the incident in accordance with one of the following options. Instructors are encouraged to consult with any member of the CLC regarding these procedures.

- The instructor may meet informally with the student to resolve the matter.
- The instructor may ask to meet with the student in the presence of witnesses to resolve the matter. In this case, the student will be informed in writing of the purpose of the meeting, and of his or her right to have a witness present.

If an instructor is unable to meet with a student, as at the end of Spring Term or a term before a student studies abroad, the instructor will document the suspected violation and send it to the student, via certified mail or email, together with a letter stating the penalty to be imposed.

The instructor may submit an electronic ADRF with appropriate documentation and an indication of the severity of the violation.

The electronic ADRF has two checkbox options:

- **Minor Academic Dishonesty**

This option indicates that the suspected violation was non-egregious, and that the student should receive additional education in order to avoid future violations. Instructors are encouraged to discuss the situation and the reasons for filing the report with the student.

- **Major Academic Dishonesty**

This option indicates that the suspected violation was egregious, and that the student should receive a hearing from an Academic Dishonesty Hearing Panel (ADHP). Instructors are encouraged to discuss the situation and the reasons for filing the report with the student.

When an ADRF has been filed it will generate one of the following outcomes.

- **Reports of Minor Academic Dishonesty**

If a report of minor academic dishonesty is the first report that has been filed against a student, the SRRO will inform the student that an ADRF has been filed and that they must attend a mandatory meeting with the Associate Director for Students Rights and Responsibilities or designated university official, during which the student will receive additional education about academic integrity in an environment removed from perceived bias in order to avoid future violations or suspected violations.

In this meeting, no determination of responsibility will be made, but the student will be advised: 1) that the ADRF will remain on file; 2) that it will be used to make determinations of responsibility if subsequent reports are submitted involving the student; 3) of the possible sanctions that could be imposed if subsequent reports are submitted involving the student; and 4) that a single ADRF with a minor indicator will not be considered a student conduct record and will be automatically expunged from the student's education record upon graduation. The student will also be directed to Academic Assistance, to his or her instructor, and to other resources that may help the student understand how to avoid future violations or suspected violations.

The instructor will be informed of the content of the mandatory meeting.

If a report of minor academic dishonesty is not the first report that has been filed against a student it will be treated as a major report of academic dishonesty.

Reports of Major Academic Dishonesty

The SRRO will inform the student that an ADRF has been filed and initiate a hearing as outlined below in "Formal Hearing Process."

The instructor has full authority to impose penalties with respect to his or her class. The minimum penalty grade for dishonesty in coursework that constitutes 30% or more of a course grade shall be an "E" for the course, unless the student is enrolled in "pass/fail" in the class, and the course grade will be an "F." Dishonesty in other required course work shall result in a minimum penalty grade of zero for that work.

Occasions When an Academic Dishonesty Hearing Panel Must Be Called

- When academic dishonesty includes flagrant behavior. Examples include, but are not limited to, having a substitute take an exam, fabricating experimental data, or buying a written term paper from someone.
- When more than one ADRF is filed for the same student at any time during that student's PLU career.

Student Request for Formal Hearing

Students who disagree with a penalty imposed or the filing of an ADRF by an instructor may request a formal hearing by an ADHP. Such a request must occur within five business days of notification of the grade in question or the notification of suspected academic dishonesty. When filing such a request, the student must contact the

CLC chair and provide a rationale for why they are challenging the instructor's decision. The CLC chair will then notify the instructor and coordinate a date and time for the formal hearing. The student and instructor will be given at least 48-hours' notice of the date, time and location of the formal hearing.

Penalties

The minimum penalty grade for dishonesty in coursework that constitutes 30% or more of a course grade shall be an "E" for the course, unless the student is enrolled "pass/fail" in the class, and then the course grade will be an "F". Dishonesty in other required course work shall result in a minimum penalty grade of zero for that work.

Academic Dishonesty Hearing Panels may render a finding of either "responsible," "not responsible," or "inconclusive." The ADHP shall use majority vote to reach decisions. ADHP decisions of "not responsible" or "inconclusive" should not be used as a record of previous academic misconduct.

An ADHP is empowered, at its discretion, to take the following actions in accordance with its findings:

- Recommend a change of grade to the instructor; and/or
- Impose sanctions as listed in [Section IX](#) of the Student Rights and Responsibilities Procedures (except suspension, expulsion, or grade changes); and/or
- Recommend suspension or expulsion of a student to the Provost. Suspension and expulsion may be considered in severe cases and in cases where there is a previous history of academic dishonesty; grievous offenses such as academic dishonesty in capstones or culminating experiences may result in expulsion. Penalties of suspension and expulsion must be endorsed by the Provost. The Provost will convey their recommendation and reasons that support their position to the Vice President for Student Life and Dean of Students and confer with the Vice President for Student Life and Dean of Students regarding the import of the incident. Sanctions of suspension or expulsion are imposed by the Vice President for Student Life and Dean of Students. No specific mention of Academic Dishonesty will appear on the student's transcript; however, suspensions and expulsions will be recorded as detailed in [Section IX](#) in the Student Rights and Responsibilities Procedures.

An ADHP may also recommend that the instructor reduce a penalty that the ADHP believes was arbitrary or too severe. If an ADHP finds that academic dishonesty did not occur, it will recommend to the instructor that the penalty imposed be rescinded and for the instructor to grade the course work on its academic merit.

Retaliation

The University expressly prohibits retaliation against any person who has reported academic misconduct to a member of the university community or who has participated in any way in the conduct of a case of academic misconduct or in the imposition of a sanction for academic misconduct. Any person who violates this policy may be subject to disciplinary action, including suspension or expulsion from the university.

Maintenance of Records

Academic integrity records will be maintained in accordance with the university's [Family Educational Rights and Privacy Act](#) (FERPA) policy and the Student Rights and Responsibilities Procedures. The records are housed with the Associate Director for Student Rights and Responsibilities and will be kept according to Section X of the PLU Student Rights and Responsibilities Procedures. A single ADRF with a minor indicator will not be considered a student conduct record and will be automatically expunged from the student's education record upon

graduation. If a student leaves PLU before graduation the student may petition to have a single ADRF expunged (<https://www.plu.edu/student-rights-and-responsibilities-procedures/conduct-records/>).

FORMAL HEARING PROCESS

Formal hearings of alleged violations of the academic dishonesty policy will be conducted by the Academic Dishonesty Hearing Panel.

Hearing Procedures:

The purpose of an ADHP is to determine whether a student is responsible for academic dishonesty as described in the university's academic integrity policy. Throughout the hearing process, students' fundamental due process rights will be maintained and respected. These include:

- The right to a written notice of the date, time and place of the review meeting and a copy of the Academic Dishonesty Report Form;
- The right to have an individual ADHP hearing if more than one student is charged with misconduct;
- The right to request disqualification of any ADHP they believe to be biased. Final determination of disqualification is made by the CLC chair;
- The right to have witnesses speak on their behalf;
- The right to have a student, staff, or faculty member of the university community (excepting a practicing attorney) assist them in the proceedings;
- The right to a written copy of the ADHP's decision;
- The right to a self-initiated appeal.

An ADHP hearing is open unless the student requests that it be closed. ADHP decisions will be based on a preponderance of the evidence and a majority vote.

MISSED CLASS TIME

It is impermissible for a Student-Athlete to miss class, leave early or arrive late to class in order to prepare for or attend practice

At the beginning of each semester or sport season, Student-Athletes will receive a letter from the Athletics Department for your faculty members, describing the travel related to your team's competition schedule and potential course conflicts. You should take the missed class letter to each instructor for the courses you will miss due to athletics competition during the first week of classes or as soon as you receive it. It is recommended that you make an appointment to see the instructor or go to their office during office hours because it will allow time to discuss the situation and make necessary decisions regarding progress in the class while away.

Then, prior to leaving for each away trip, Student-Athletes should follow up with each instructor to remind them when class will be missed, and to verify what arrangements the instructor prefers for the student to make up assignments, tests, etc.

Undergraduate students officially representing the university off campus for a performance, competition, or academic presentation shall not be penalized solely for missing class due to such events (including travel time). With prior documentation of such involvement, these students shall be allowed to complete missed exams or substitute an alternative assignment. However, whether a missed lab, clinical, or other in class activity may be made up shall be up to the academic unit.

The burden is always on the student, not the faculty member, to take steps to remedy the effects of absences from class. In particular, the student is responsible for making prior arrangements with the instructor to complete missed work or to substitute comparable work instead. An academic unit may adopt shared policies to govern such assignments, including an expectation that the work be submitted or the test taken prior to the absence.

You are NOT automatically excused from class.

Academics

GRADING SYSTEM

Students are graded according to the following designations:

Grade	Points per Hour	Credit Awarded
A	4.00	Yes
A-	3.67	Yes
B+	3.33	Yes
B	3.00	Yes
B-	2.67	Yes
C+	2.33	Yes
C	2.00	Yes
C-	1.67	Yes
D+	1.33	Yes
D	1.00	Yes
D-	.67	Yes
E	0.00	No

The grades listed below are not used in calculating grade point averages. No grade points are earned under these designations.

Grade	Points per Hour	Credit Awarded
P	Pass	Yes
F	Fail	No
I	Incomplete	No
IP	In Progress	No
AU	Audit	No
W	Withdrawal	No
MW	Medical Withdrawal	No
NG	No Grade Submitted	No

Pass/Fail Option

The pass/fail option permits students to explore subject areas outside their known abilities by experiencing courses without competing directly with students who are specializing in those areas of study. Grades of A through C- are regarded as pass; grades of D+ through E are regarded as fail. Pass/fail grades do not affect the grade point average.

- The pass/fail option is limited to eight credit hours (regardless of repeats, pass or fail).
- Only one course may be taken pass/fail in fulfillment of General Education Elements or of the College of Arts and Sciences requirement.
- The pass/fail option may not be applied to a course taken for fulfillment of a major or minor program. An exception to this is allowed for one course in the major or minor field if it was taken before the major or minor was declared.

- Students must file their intention to exercise the pass/fail option with the Office of the Registrar by the deadline listed on the Registrar's Office website.
- The pass/fail option is limited to undergraduate students only.
- IHON students may not pass/fail an International Honors course.

Exclusive Pass/Fail Course

Some courses only award pass/fail grades. The goals of these courses are typically concerned with appreciation, value commitment, or creative achievement. Exclusive pass/fail courses do not meet major or university requirements without faculty approval. If a student takes an exclusive pass/fail course, the student's individual pass/fail option is not affected.

Grade Changes

Faculty may not change a grade once it has been recorded in the registrar's records unless an error was made in assigning the original grade. The error must be reported to the Registrar by the end of the following long term after which it was entered (by the Spring grade submission deadline for Fall and January, and by the Fall grade deadline for Spring and Summer). Any grade change requested after the designated date must be approved by the respective Department Chair and Dean. The Grade Change policy does not apply to I or IP grades, which are subject to separate policies.

Incomplete Grades

Incomplete (I) grades indicate that students did not complete their work because of circumstances beyond their control. To receive credit, all work must be completed and a passing grade recorded. Incompletes from Spring Semester and the Summer Term are due six weeks into the Fall Semester. Fall Semester and J-Term incompletes are due six weeks into the Spring Semester. Faculty may assign an earlier deadline for completion of the work by the student. The earned grade is recorded immediately following the I designation (for example, IB) and remains on the student record. Incomplete grades that are not completed are changed to the default grade assigned by the instructor when the incomplete grade is awarded at the end of the term. If a default grade was not indicated, the incomplete grade will be defaulted to an E or F grade upon expiration of the time limit for submitting grades for an incomplete from that term. An incomplete does not entitle a student to attend the class again without re-enrollment and payment of tuition. An incomplete contract is available and may be required by the faculty member.

CALCULATING YOUR GRADE POINT AVERAGE (GPA)

Multiply the **points per hour** by the number of **credit hours** of the class (ex: A grade of an A in STAT 231 is 4.00 x 4 = **16.00**).

Find the sum of the **total points** for each class you have taken for the semester (ex: A in STAT 231=**16.00** + B in BUSA 201=**12.00** + A- in RELI 237=**14.68**-> **42.68**).

Divide the **above sum** by the **GPA Hrs** to arrive at your semester GPA (ex: 42.68 / 12 = **3.56**).

No Grade

A temporary grade entered by the Office of the Registrar when no grade has been submitted by the faculty member by the established deadline.

Medical Withdrawal

Medical Withdrawal is entered when courses are not completed due to medical cause. A medical withdrawal does not affect a student's grade point average, but may affect progression in a major or timely completion of the degree. For further information, go to Withdrawal from the University at the end of this section.



Transfer of Credit

Transfer of Credit from Other Colleges/Universities

The Office of the Registrar evaluates all transfer records and provides advising materials designed to assist students in the completion of University requirements. Undergraduate students who attend other regionally accredited colleges or universities may have credits transferred to Pacific Lutheran University according to the following policies and procedures:

Official Transcript:

An official transcript is required for any course to be transferred to PLU. It is the responsibility of the student to obtain all needed documentation from the other college or university. Transcripts become the property of the University and will not be returned to the student, photocopied for the student, or forwarded to another site. Official transcripts are documents that have appropriate certification (seal/signature) from the other college/university and have been submitted in an official manner (normally sealed by the institution and submitted directly from the institution). Official transcripts are required from all colleges/universities attended.

Grade Requirement:

Courses completed with a grade of C- or higher at regionally accredited colleges or universities normally will be accepted for credit as passing grades. Transfer courses are not calculated into the PLU grade point average. Courses from all other colleges/universities are subject to course-to-course evaluation by the Office of the Registrar. Not all courses offered by other colleges and universities are transferable to PLU. Guidance is available through the Interactive Equivalency Guide on the Registrar's Office website.

96 Semester Hour Maximum:

A student may transfer a maximum of 96 semester hours. Of these, the maximum transferable from a two-year school is 64 semester hours. Credits from quarter-hour colleges or universities transfer on a two-thirds equivalency basis. (Example: a five-quarter-hour course transfers as 3.33 semester hours).

Three Semester Hours Minimum:

Transfer courses must be a minimum of three semester hours to fulfill a PLU four-hour general education element requirement. Transfer courses to fulfill any other semester hour General Education Program element (for example, physical education course) must be a minimum of two-thirds of the PLU hour requirement.

Lower-Division Community College Credit Only:

All two-year and community college courses transfer as lower-division credit regardless of upper-division equivalency.

Residency Requirement:

Out of the 40 semester hours of a student's program, at least 32 semester hours must be completed in residence at PLU. That is, no more than eight transfer credits may be applied during a student's 40 hours in a degree program. (Special programs such as 3-2 Engineering and Study Away during a semester or January Term are excluded from this limitation.)

PLU GPA Restriction:

The Pacific Lutheran University grade point average reflects only PLU work. A student's grade point average cannot be improved by repeating a course elsewhere.

Unaccredited Schools:

Credits from unaccredited schools or non-traditional programs are subject to review by the appropriate academic departments and the Office of the Registrar and are not normally transferable to PLU.

Senior Standing:

Students who complete a bachelor's degree from an accredited college or university before matriculation at PLU will be admitted with senior standing of 90 semester hours. Students may transfer in a maximum of 96 semester hours or 144 quarter hours; of these the maximum transferable from a two-year school is 64 semester or 96 quarter hours. These students will have satisfied all general education program elements except for four hours in religion (from Christian Traditions); four semester hours in Perspectives on Diversity; the senior seminar requirement; and, where appropriate, the College of Arts and Sciences requirement. A bachelor's degree does not automatically satisfy the mathematics or foreign language entrance requirements.

Students are also subject to any school/division/department policies concerning transfer of courses. Exceptions to academic policies are based on submitted documentation and rationale and are approved by the appropriate officials.

Evaluation of Credits

Individual schools and departments determine which courses satisfy major requirements.

Transfer of Credits Earned While in High School

The University awards credit to high school students for certain courses completed before high school graduation. The University may award college credit to high school students who have completed courses in approved programs, as described below:

Advanced Placement Program (AP):

Students who complete advanced placement or credit toward graduation through the examination program of the College Board may receive credit for such courses. Inquiries should be addressed to the Office of the Registrar.

International Baccalaureate (IB):

A maximum of 30 semester hours may be granted for completion of the IB Diploma. A maximum of four semester hours per course may be granted for courses identified on an IB Certificate if a grade of 4 or higher is awarded. Students are advised to contact the Office of the Registrar for specific details.

Running Start Program:

Accepted students who have completed courses under the Washington State Running Start Program are considered first-year students with advanced standing. Students who participate in this program will be awarded college credit in a manner consistent with PLU's policy on transfer of credit from other institutions.

Other Programs:

Students who have completed college courses while in high school may receive credit in a manner consistent with PLU's policy on transfer of credit from other institutions. The University reserves the right to make decisions on an individual basis.

Credits earned by Advanced Placement (AP)-English, International Baccalaureate (IB)-English, or through Washington State's Running Start Program do not satisfy the Writing Seminar element of the First-Year

Experience Program, though the hours may be used for elective credit. Transfer of credits from other universities' courses must be listed in the official college catalog, be part of the regular college curriculum of a regionally accredited college or university, and be posted on an official college or university transcript. Admitted students who complete the Direct Transfer Associate degree (DTA) from an accredited Washington state community college, the Associate of Arts Oregon Transfer degree (AAOT) from an accredited Oregon community college, or the California Intersegmental General Education Transfer Curriculum degree (IGETC) from an accredited California community college before matriculation at PLU will be granted junior standing and will have satisfied all General Education Program elements except for four semester hours in religion (from Christian Traditions); four semester hours in Perspectives on Diversity; the two to four semester hour senior seminar requirement; and the College of Arts and Sciences requirement. The DTA, AAOT, and IGETC do not automatically satisfy the mathematics or foreign language entrance requirements.

Cambridge International Examinations (A-level exams):

A maximum of 30 semester hours may be granted for completion of Cambridge International Examinations. Students must earn a passing grade (C or better) to earn credit. No credit will be awarded for AS-Level or O-Level exams. Students are advised to contact the Office of the Registrar for specific details.

Other Educational Experiences

Credits earned in non-accredited schools are not transferable. Students who have matriculated at Pacific Lutheran University may petition a department or school to waive a particular requirement on the basis of previous non-accredited coursework or may petition a department of school to receive credit by examination.

Military and CLEP Hours:

The University allows up to 20 semester hours of United States Armed Forces Institute (USAFI)/Defense Activity for Non-Traditional Education Support (DANTES) credit, up to 20 semester hours for military credit, and up to 30 semester hours of College-level Examination Program (CLEP) credit, providing the total of the three does not exceed 30 semester hours. Official transcripts bearing American Council on Education (ACE) recommendations should be submitted for evaluation.

GED Restriction:

The University does not grant credit for college-level General Equivalency Diploma (GED) tests.

Global Assessment Certificate Program (GAC):

A maximum of 30 semester hours may be granted for completion of ACT Education Solutions, Global Assessment Certificate program courses. Only certain courses are eligible for course credit based on faculty assessment. Students must earn a GAC grade point average of 2.60 (equivalent to a B-) or better. This GPA is separate from the GPA required for admission purposes. Students are advised to contact the Office of the Registrar for specific details.

Withdrawal from a Course

A student may withdraw from a class with an instructor's signature after the last day to drop deadline and before the withdrawal deadline published in the important dates section on the Office of the Registrar website. Tuition is not refunded and any additional tuition will be charged for adding any other classes. A grade of W is recorded on the student's academic transcript.

If a student is enrolled in a class, has never attended and did not drop the course before the published deadline, tuition will be charged to the student's account, unless the instructor's signature has been obtained. If the student obtains the instructor's signature, tuition is not charged, but a \$100 late registration fee is assessed. The add/drop/withdraw form may be obtained online or from the Office of the Registrar, filled in, instructor signature obtained, and returned to the Office of the Registrar no later than the last day to withdraw from a course.

ACADEMIC ADVISING

PLU has faculty Academic Advisors for students who are declared majors as well as Student Success Advisors who work with first-year, entering students as well as students still determining their major. All advisors are committed to assisting students as they discover and define their educational, personal, and emergent life goals. The advising relationship is a collaborative partnership through which students may gain an understanding of academic disciplines and university resources, and be supported and challenged to become contributing members of the community. Student Success works to strengthen and empower students as they progress through their academic journey.

All students enrolled in degree programs have advisors whose overall responsibility is to guide academic progress. All students are required to meet with their advisor (and receive a current Registration Access Code) prior to registering for an upcoming term.

Meeting with your Advisor

Navigating the academic requirements and policies can be an overwhelming process. Student Success is available to help answer questions, explain procedures, and offer suggestions. If you have a professional academic advisor, please call the Center for Student Success front desk at 253-535-7459 (or stop by Mortvedt Library 101) to schedule an appointment to meet with an advisor. If you have a faculty advisor, contact that professor directly to schedule an appointment. Students must meet with their advisor to obtain a registration access code prior to reach registration period.

REGISTRATION

Students register by using Banner Web, an online registration system. In addition to registering, Banner Web also offers students the ability to add or drop a class, check their schedules, and access final grades. Banner Web may be accessed through the PLU home page (www.plu.edu). Students may contact the Center for Student Success with registration questions.

- Students are not officially enrolled until their registration has been cleared by the Student Accounts Office.
- Students are responsible for selecting their courses. Advisors are available to assist with planning and to make suggestions.
- Students should be thoroughly acquainted with all registration materials, including the current catalog and class schedule (both available online). Students are also encouraged to study carefully the requirements of all academic programs in which they may eventually declare a major.

Adding or Dropping a Course

All add or drop activity must be completed by the listed add/drop deadline for the specific term or semester. All students are encouraged to consult with their faculty academic advisor or the Center for Student Success prior to making any significant schedule changes. Please go online at www.plu.edu/registrar for the most current academic calendar information. Students may add a course without an instructor signature that meets multiple times per week only during the first five business days for a full or half semester-length class. For courses that meet only one-time per week, students may not add the course without instructor permission after the first class meeting. A student may drop a course without an instructor's signature only during the first ten business days of a full semester-length class and during the first five business days of a half-semester length class. For all courses, registered students must attend the first class meeting or contact the instructor to receive permission to miss the first meeting or they may be dropped from the class by the instructor. Students dropped for nonattendance may not re-register for the course without faculty permission. Faculty must notify the Office of the Registrar to drop a student. In most cases, adding and dropping can be accomplished using Banner Web.

See the January Term and Summer class schedules online for the add/drop periods for those terms. Any registration changes may result in additional tuition charges and fees and may also affect the student's financial aid (if applicable). A \$100 late registration fee is charged for any registration changes after the printed deadline dates.

Early Registration for Returning Students

Students who plan to return are encouraged to register for classes at their assigned registration time. Registration dates are determined by the number of credits, including transfer credits, completed by the student.

Withdrawal from a Course

A student may withdraw from a class with an instructor's signature after the add/drop deadline and before the withdrawal deadline published in the important dates section on the Office of the Registrar website. Tuition is not refunded, a \$100 late registration fee is charged and any additional tuition will be charged for adding any other classes. A grade of W is recorded on the student's academic transcript.

If a student is enrolled in a class, has never attended and did not drop the course before the published deadline, tuition will be charged to the student's account, unless the instructor's signature has been obtained. If the student obtains the instructor's signature, tuition is not charged, but a \$100 late registration fee is assessed.

The add/drop form may be obtained from the Student Financial Services, filled in, instructor signature obtained, and returned to the Student Financial Services by the appropriate dates that impact fee assessment. The add/drop form may be found online at: <https://www.plu.edu/student-financial-services/documents/>

DECLARING OR CHANGING AN ACADEMIC MAJOR

Congratulations! Now that you have made a decision, here are the next steps:

1. Schedule an appointment with the Chair of the department.
2. When meeting with the Chair, they will fill out an online form declaring your major.
3. Congratulate yourself for choosing a major.

Please note that some majors (i.e., Business, Education Nursing, and Social Work) require an application process before a major is declared.

CREDIT FOR SPORTS TEAM PARTICIPATION

Student-Athletes may register for PHED 250 "Directed Sports- (name of sport)" for 1 credit **ONE TIME** during their course of study at PLU. This credit is applicable to the four credit Physical Education requirement for graduation. Student-Athletes may sign up to receive PHED 250 credit through Banner in the term/semester immediately following the completion of their championship season. After completing their initial season of participation, it is the student's responsibility to determine which term they wish to take the PHED 250 credit and register for it. Options for grading Directed Sports are P-Pass or F-Fail only.

NCAA TRANSFER PORTAL

The decision to transfer to another school is an important and often difficult one in your college career. Before you act, do your homework. Make sure you understand how transferring will affect you, so you don't negatively impact your education or your chances to play college sports. In order to start communicating with other schools, a meeting needs to be set up with the Assistant Athletic Director to be entered into the NCAA Transfer Portal. Once you are entered into the Portal, you are free to communicate with other NCAA schools about the possibility of transferring. If you are only interested in transferring to a different NCAA DIII institution, you can also complete and submit the NCAA DIII Self Release form to release yourself for transferring. This form is only good when transferring from a DIII institution to another DIII institution. A copy of this form is located in the Appendix of this handbook.



Summary of NCAA Regulations – NCAA Division III

For: Student-athletes.

Purpose: To summarize NCAA regulations regarding eligibility of student-athletes to compete.

DISCLAIMER: THE SUMMARY OF NCAA REGULATIONS DOES NOT INCLUDE ALL NCAA DIVISION III BYLAWS. FOR A COMPLETE LIST, GO TO WWW.NCAA.ORG. YOU ARE RESPONSIBLE FOR KNOWING AND UNDERSTANDING THE APPLICATION OF ALL BYLAWS RELATED TO YOUR ELIGIBILITY TO COMPETE. CONTACT YOUR INSTITUTION'S COMPLIANCE OFFICE OR THE NCAA IF YOU HAVE QUESTIONS.

TO: STUDENT-ATHLETE.

This summary of NCAA regulations contains information about your eligibility to compete in intercollegiate athletics. This summary has two parts:

Part I is for **all** student-athletes.

Part II is for **new** student-athletes only (those signing the Student-Athlete Statement for the first time).

If you have questions, ask your director of athletics (or their official designee) or refer to the 2020-21 NCAA Division III Manual. These forms are available via the NCAA website (<http://www.ncaa.org/2020-21-division-iii-compliance-forms>). The references in brackets after each summarized regulation show you where to find the regulation in the Division III Manual.

Part I: FOR ALL STUDENT-ATHLETES.

This part of the summary discusses ethical conduct, amateurism, financial aid, academic standards and other regulations concerning your eligibility for intercollegiate competition.

1. Ethical Conduct – All Sports.

- a. You must always act with honesty and sportsmanship so that you represent the honor and dignity of fair play and the generally recognized high standards associated with wholesome competitive sports. [NCAA Bylaw 10.01.1]

- b. You have engaged in unethical conduct if you refuse to furnish information relevant to an investigation of a possible violation of an NCAA regulation when requested to do so by the NCAA or your institution. [Bylaw 10.1-(a)]
- c. You are **not eligible** to compete if you knowingly provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition, solicit a bet on any intercollegiate team, accept a bet on any team representing the school or solicit or accept a bet on any intercollegiate competition for any item (e.g., cash, shirt, dinner) that has tangible value. [Bylaw 10.3]
- d. You are **not eligible** to compete if you knowingly participate in any gambling activity that involves intercollegiate or professional athletics through a bookmaker, a parlay card or any other method employed by gambling. [Bylaw 10.3]
- e. You are **not eligible** to compete if you have shown dishonesty in evading or violating NCAA regulations. [Bylaw 14.01.3.3]

2. Amateurism – All Sports.

- a. You are **not eligible** for participation in a sport if after full-time collegiate enrollment you have ever:
 - (1) Taken pay, or the promise of pay, for competing in that sport;
 - (2) Agreed (orally or in writing) to compete in professional athletics in that sport;
 - (3) Competed on any professional athletics team (as defined by the NCAA) in that sport [Bylaw 12.02.5]; or
 - (4) Used your athletics skill for pay in any form in that sport. (Prior to collegiate enrollment, an individual may accept prize money based only on his or her place finish or performance from the sponsor of an open athletics event, the United States Olympic Committee or the appropriate national governing body. An individual may also accept actual and necessary expenses associated with the individual's practice and competition on a professional team.) [Bylaws 12.1.3 and 12.1.5]
- b. You are **not eligible** in a sport if you ever have accepted money, transportation or other benefits from an agent or agreed to have an agent market your athletics ability or reputation in that sport. [Bylaw 12.3.1]
- c. You are **not eligible** in any sport if, after you become a student-athlete, you accept any pay for promoting a commercial product or service or allow your name or picture to be used for promoting a commercial product or service, unless:
 - (1) The individual became involved in such activities for reasons independent of athletics ability;

- (2) No reference is made in these activities to the individual's involvement in intercollegiate athletics; and
- (3) The individual's remuneration under such circumstances is at a rate commensurate with the individual's skill and experience as a model or performer and is not based in any way on the individual's athletics ability or reputation. [Bylaw 12.5.1.3]
- (4) You are **not eligible** in any sport if, because of your athletics ability, you were paid for work you did not perform, or were paid at a rate higher than the going rate. [Bylaw 12.4.1]

3. Delayed Collegiate Enrollment.

The following rules are applicable to all Division III student-athletes first entering a collegiate institution on or after August 1, 2014:

- If you did not enroll in college as a full-time student by the next opportunity after a one-calendar year period following the graduation of your high school class and you participated in any of the activities listed below, you have used a season of intercollegiate competition for each calendar year or sport season in which you participated in such activities. [Bylaw 14.2.4.4]

(1) Activities Constituting Use of a Season.

- (a) Any team competition or training in which pay in any form is provided to any of the participants above actual and necessary expenses;
- (b) Any individual competition or training in which the individual accepts pay in any form based on his or her place finish or any competition or training in which the individual accepts pay in any form above actual and necessary expenses;
- (c) Any competition pursuant to the signing of a contract for athletics participation or entering a professional draft; or
- (d) Any competition funded by a representative of an institution's athletics interest that is not open to all participants. [Bylaw 14.2.4.4.2]

- (2) If you have used a season(s) of participation according to the regulations above, you must also fulfill an academic year in residence prior to being eligible to represent your school in intercollegiate competition. [Bylaw 14.2.4.4.1]

4. Competition Exceptions (for delayed collegiate enrollment).

- A student-athlete would not use a season of competition, if the student-athlete participated in organized competition while enrolled in a postgraduate college preparatory school during the initial year of enrollment, or if the student-athlete participated in the Olympic Games tryouts and competition,

and other specified national and international competition. Both of these organized competition exceptions may be applied one time and for a maximum of one year. [Bylaw 14.2.4.4.2.1]

5. Seasons of Participation – All Sports.

- a. A student-athlete must count a season of participation when the student-athlete practices or competes during or after the first contest following the student-athlete's initial participation at that school. [Bylaw 14.2.4.1]
- b. A season of participation shall not be counted when a student-athlete participates in a preseason scrimmage or preseason exhibition conducted prior to the first contest in the traditional segment following the student-athlete's initial participation at that school, or when a student-athlete participates in the one date of competition during the nontraditional segment in baseball, field hockey, lacrosse, soccer, softball and volleyball. [Bylaw 14.2.4.1.1]
- c. A season of participation shall not be counted when a student-athlete practices in the nontraditional sports segment. [Bylaw 14.2.4.1]

6. Financial Aid – All Sports.

- a. You are **not eligible** if you receive financial aid other than the nonathletics financial aid that your school distributes. However, it is permissible to receive:
 - (1) Financial aid from anyone on whom you are naturally or legally dependent. [Bylaw 15.2.3.3]
 - (2) Financial aid that has been awarded to you on a basis other than athletics leadership, ability, participation or performance. [Bylaw 15.2.3.4]
 - (3) Financial aid from an entity outside your school that meets the requirements specified in the Division III Manual. [Bylaw 15.2.3.2]
- b. You must report to your school any financial aid that you receive from a source other than your school. However, you do not need to report financial aid received from anyone on whom you are naturally or legally dependent. [Bylaw 15.2.3.1]

7. Academic Standards – All Sports.

- a. Eligibility for Practice.
 - (1) You are **eligible to practice** if you are enrolled in a minimum full-time program of studies leading to a baccalaureate or equivalent degree as defined by the regulations of your school. If at any point you drop below full time you are unable to practice. [Bylaw 14.1.8.1]
 - (2) You are **eligible to practice** during the official vacation period immediately before initial enrollment, provided you have been accepted by your school for enrollment in a regular,

full-time program of studies, you are no longer enrolled at your previous school and you are eligible under all school and NCAA requirements. [Bylaw 14.1.8.1.6.5]

- (3) You also are **eligible to practice** while enrolled in less than a minimum fulltime program of studies if you are enrolled in the final semester or quarter of a baccalaureate or graduate degree program, or a minor or undergraduate certificate program and your school certifies that you are carrying (for credit) the courses necessary to complete your degree, minor or certificate program requirements. [Bylaw 14.1.8.1.6.1]

b. Eligibility for Competition.

- (1) To be **eligible to compete**, you must:

- (a) Have been admitted as a regularly enrolled, degree-seeking student according to the published entrance requirements of your school;
- (b) Be in good academic standing according to the standards of your school; and
- (c) Be enrolled in at least a minimum full-time program of studies leading to baccalaureate or the equivalent (not less than 12-semester or quarter hours) and maintain satisfactory progress toward that degree, be enrolled in a full-time graduate or professional degree program (as defined by the school for all graduate students) or be enrolled and seeking a second baccalaureate degree. [Bylaws 14.01.2, 14.1.7.1, 14.1.8.1 and 14.1.8.1.6.2]

- (2) If you are enrolled in less than a full-time program, you are **eligible to compete** only if you are enrolled in the last term of your **baccalaureate or graduate** degree program, or your **minor or undergraduate certificate** program and are carrying credits necessary to finish your degree, minor or certificate program requirements unless you meet the provisions of the experiential learning requirement exception specified in Bylaw 14.1.8.1.6.1.1. [Bylaw 14.1.8.1.6.1]

- (3) You are **eligible to compete** during the official vacation period immediately before initial enrollment, provided you have been accepted by your school for enrollment in a regular, full-time program of studies and at the time of your initial participation, you are no longer enrolled in your previous educational institution and you are eligible under all institutional and NCAA requirements. [Bylaw 14.1.8.1.6.5]

- (4) If you are a returning student, you are **eligible to compete** between terms, provided you have been registered for the required minimum full-time load at the conclusion of the term immediately before the date of competition, or if you are either continuing enrollment or beginning enrollment, provided you have been accepted for enrollment as a regular full-time student for the regular term immediately following the date of competition. [Bylaw 14.1.8.1.6.6]

8. Other Rules Concerning Eligibility – All Sports.

- a. You are **not eligible** to participate in more than four seasons of intercollegiate participation. [Bylaw 14.2]
- b. You are **not eligible** after 10 semesters or 15 quarters in which you were enrolled at a collegiate institution in at least a minimum full-time program of studies as determined by the school, except for any extensions that have been approved in accordance with NCAA legislation. [Bylaw 14.2.2]
- c. You are **eligible** if you are enrolled and seeking a second baccalaureate or equivalent degree or you are enrolled in a graduate or professional school, provided you graduated from an NCAA Division III institution, you have seasons of participation remaining and your participation occurs within the applicable 10 semesters or 15 quarters. You are also **eligible** for postseason events that occur within 60 days of the date you complete the requirements for your degree. [Bylaws 14.1.9 and 14.1.8.1.6.7]
- d. You are **not eligible** in your sport for the rest of your season if, after enrollment in college and during any year in which you were a member of an intercollegiate team, you competed as a member of any outside team in any noncollegiate, amateur competition in the sport during your college team's playing season. Competing in the Olympic Games, tryouts and competition and other specified national and international competition is permitted. [Bylaws 14.7.1 and 14.7.3]

9. Transfer Students Only.

- a. You are considered a transfer student if:
 - (1) You were officially registered and enrolled in a minimum, full-time program of studies in any quarter or semester of an academic year, as certified by the registrar or admissions office and attended class; or
 - (2) You reported for a regular squad practice (including practice or conditioning activities that occurred before certification), announced by the institution through any member of its athletics department staff, before the beginning of any quarter or semester, as certified by the athletics director. [Bylaw 14.5.2]
- b. If you are a transfer student from a four-year school, you are **not eligible** during your first academic year in residence unless you meet the provisions of one of the exceptions specified in Bylaws 14.5.5.1.1, 14.5.5.1.2 or 14.5.5.1.3.
- c. If you are a transfer student from a two-year institution, you are **not eligible** during your first academic year in residence at your new institution unless you meet the academic and residence requirements specified in Bylaw 14.5.4.1 or the exception specified in Bylaw 14.5.4.2.
- d. If you wish to correspond with another NCAA institution about your opportunity to transfer, the institution must have permission to contact you before any correspondence may occur.

- (1) To contact another NCAA Division III school, you may seek permission from your director of athletics, or you can grant other NCAA Division III institutions permission to contact you. To grant another NCAA Division III school permission to contact you about a potential transfer (or for you to be able to contact the school), complete the Permission to Contact: SelfRelease form that is provided by the NCAA national office. The form and instructions are available on the student-athlete home page of the NCAA website at www.ncaa.org/student-athletes/resources/recruitingcalendars?division=d3. [Bylaws 13.1.1.2 and 13.1.1.2.1]
 - (2) To contact Divisions I or II schools, you must seek permission from your director of athletics.
-

Part II: FOR NEW STUDENT-ATHLETES ONLY.

This part of the summary contains information about your recruitment, which is governed by Bylaw 13 of the Division III Manual.

- **Recruitment.**

- a. Offers – All Sports.

- (1) You are **not eligible** if, before you enrolled at your school, any staff member of your institution or any other representative of your school's athletics interests offered to you, your relatives or your friends any financial aid or other benefits that NCAA rules do not permit. [Bylaw 13.2.1]
- (2) During your recruitment, it was permissible for you to be employed in any department outside of intercollegiate athletics provided the employment is arranged through normal institutional employment policies and procedures. [Bylaw 13.2.4.1]

- b. Source of Funds – All Sports.

- (1) You are **eligible** for intercollegiate competition if prior to initial full-time collegiate enrollment, you received normal and reasonable living expenses from an individual with whom you had an established relationship (e.g., high school coach, nonscholastic athletics team coach, family of a teammate), even if the relationship developed as a result of athletics participation, provided:
 - (a) The individual is not an agent;
 - (b) The individual is not an athletics representative of a particular school involved in recruiting the prospective student-athlete; and

- (c) Such living expenses are consistent with the types of expenses provided by the individual as a part of normal living arrangements (e.g., housing, meals, occasional spending money, use of the family car). [Bylaw 12.1.3.1]
 - (2) You are **eligible** for intercollegiate competition if prior to initial full-time collegiate enrollment, you received educational expenses (e.g., tuition, fees, room, board and books) from any individual or entity other than an agent, professional sports team/organization or a representative of an institution's athletics interests, provided such expenses are disbursed directly through your educational institution (e.g., high school, preparatory school). [Bylaw 12.1.3.1-(r)]
- c. Sports Camps.
- You are **not eligible** if, before you enrolled at your school, the school, members of its athletics staff or a representative of its athletics interests gave you free or reduced admission privileges to attend its sports camp or clinic after you had started classes for the ninth grade. [Bylaw 13.11.3.2]
- e. Visits, Transportation and Entertainment – All Sports.
- (1) You are **not eligible** under Bylaws 13.5, 13.6 or 13.7 if, before you enrolled at your school, any of the following happened to you:
 - (a) Your school paid for you to visit its campus more than once;
 - (b) Your school paid more than the actual round-trip cost by direct route between your home and the campus when you made your one expense-paid visit;
 - (c) Your school entertained you, your parents (or guardians) or your spouse outside a 30-mile radius of the campus during your expensepaid visit; or
 - (d) Your school entertained you, your parents (or guardians) or your spouse excessively during your expense-paid visit, or entertained your friends or other relatives at any site.
 - (2) You are **not eligible** if your school paid for you to visit its campus before January 1 of your junior year in high school. [Bylaw 13.6.1.1.1]
 - (3) You are **not eligible** if, when you were being recruited, staff members of your school or any representatives of its athletics interests paid the transportation costs for your relatives or friends to visit the campus or elsewhere other than the one paid visit. [Bylaw 13.5.2.8]
 - (4) You are **not eligible** if any person, (other than your parents or legal guardians) at his or her own expense, paid for you to visit your school once and did not accompany you on the visit or paid for you to visit more than once. [Bylaw 13.6.1.1]
 - (5) You are **not eligible** if, at any time that you were visiting your school's campus at your own expense, your school paid for anything more than the following:

- (a) Transportation, when accompanied by a staff member, to see offcampus practice and competition sites and other facilities. [Bylaw 13.5.3]
 - (b) A meal at the dining hall of your school or a meal at an off-campus site if all institutional dining halls were closed and the school normally provides similar meals to all visiting prospective students. [Bylaw 13.7.2.1.1]
 - (c) Housing at your school that is generally available to all visiting prospective students. [Bylaw 13.7.2.1.2]
- (6) You are **not eligible** if, when you were being recruited, a staff member of your school's athletics department spent money, other than what was necessary, for the staff member's (or representative's) personal expenses during an off-campus visit with you. [Bylaw 13.13.2]
- f. Precollege or Postgraduate Expenses - All Sports.
- You are **not eligible** if your school, or any representative of its athletics interests, offered you money, directly or indirectly, to pay for any part of your educational expenses or other expenses during any period of time before you enrolled at your school. This applies to your postgraduate education as well. [Bylaw 13.14.1]



Academic Year 2020-21

Permission to Contact: Self-Release – NCAA Division III

For: Student-athletes.
Action: Complete form, sign and send to the director of athletics at institution where you wish to discuss a possible transfer.
Authorized by: NCAA Division III Bylaw 13.1.1.2.1.
Purpose: To grant NCAA Division III student-athletes permission to contact other NCAA Division III institution's athletics department staff about a possible transfer.
Period of Release: This permission to contact will be in effect for 30 days from the date this document is signed.

NAME OF STUDENT-ATHLETE: _____

Name of institution you wish to contact: _____

Use this form so you may contact another NCAA Division III college or university's athletics staff members (including coaches) about a possible transfer. This form does not allow you to contact athletics department staff members at NCAA Division I or NCAA Division II institutions.

Bylaw 13.1.1.2 states that:

"An athletics staff member or other representative of the institution's athletics interests shall not make contact in any manner (e.g., in-person contact, telephone calls, electronic communication, written correspondence) with the student-athlete of another NCAA or NAIA four-year collegiate institution, directly or indirectly, without first obtaining written permission to do so, regardless of who makes the initial contact. If permission is not granted, the second institution shall not encourage the transfer. If permission is granted, all applicable NCAA recruiting rules apply. Written permission may be granted by:

- (a) The first institution's athletics director (or an athletics administrator designated by the athletics director); or
 - (b) The student-athlete, if the student-athlete attends a Division III institution."
-

1. This form gives you permission to have contact with the athletics staff at another NCAA Division III college or university to discuss a potential transfer. It also gives another college or university permission to contact you. This form does not include any information about your academic or athletics eligibility; however, in order to be immediately eligible to compete at the new institution, you must not have an unfulfilled residence requirement and have been both academically and athletically eligible for athletics had you stayed at your current institution.
2. This form is effective for 30 days from the date of signature. While the form is effective, the new institution may contact you or you may contact the new institution. If this is the first time you have sent this form to a particular institution, then that institution must preserve the privacy of this contact and any further communication. If you desire, this privacy can be waived by checking the

box on Page No. 2 of this form. At the end of the 30-day period, if you decide to transfer, your new institution must notify your current institution within a seven-day period of the form's expiration date.

3. **If you decide not to pursue the transfer, the new college or university is not allowed to notify your current institution of the contact at any time.** If you are undecided at the end of the 30-day period, you must send a new copy of this form to have additional contact with the college or university. Further, because this second release is beyond the first 30-day period, the new college or university must notify your current institution within seven days of the issuance of the second release.
4. By signing this form, you agree that you permit the named college or university to contact you for a 30-day period from the date this document is signed. You also agree that if you decide to transfer, or if you send a second self-release, the new college or university will notify your current institution of these facts. Institutions in receipt of this form are not allowed to notify your current institution of this release, unless:
- a. You have granted permission for that notification to occur by checking the box near the end of this form;
 - b. You notify the institution in receipt of the form that you have decided to transfer to that institution; or
 - c. You have issued a second self-release.

Signature of Student-Athlete

Date

Name (please print)

Name of current institution

Sport(s) of interest

Contact information (telephone number, email address, or physical address)

- ☐ Check this box if this is the first release issued to this institution.
- ☐ Check this box if you give the named college or university permission to notify your current institution of this permission to contact during the 30 days this form is effective.

What to do with this form: Sign and send this form to the director of athletics at the college or university you would like to contact about a possible transfer. You may send this form via facsimile, email or standard mail, but the form must include a signature. If this form is emailed, it still must include a scanned signature.

This form is to be kept in the director of athletics' office for six years.

PACIFIC LUTHERAN UNIVERSITY
Travel Waiver Form - Athletics

At Pacific Lutheran University, our policy is that all Student-Athletes in the traveling party must return to campus with the team. The exception would be when the athlete is released to the **custody of their parent/guardian or spouse**. If an exception is made, the release statement must be signed by the Student-Athlete, be approved by the head coach and remain on file with the Director of Athletics.

My signature acknowledges my decision to separate from the official Pacific Lutheran University traveling party and utilize independent means of transportation. _____**initials**

In doing this, it is my understanding that I am no longer considered part of the official PLU Traveling Party for the remainder of this trip. _____**initials**

I accept full responsibility for my own actions and any problems that may occur after my departure from the team. I further hold Pacific Lutheran University, its employees and agents harmless in terms of any accidents or incidents that may occur to me or involve me upon my separation from the official traveling party. _____**initials**

I also understand that should airline tickets or other tickets be provided for me, I will be responsible for making my own reservations within the limitations of the ticket(s) provided to me. _____**initials**

I will be separating from my team for one of the following reasons:

_____ Continuation of Winter, J-Term, or Spring Break (circle one)

_____ Other: _____

Print Name

Coaches Signature/Date

Signature/Date

Parent/Guardian Signature if under 18/Date

Date of separation from traveling party

Sport/Trip

*All appropriate portions of the form must be completed prior to the trip and on file with the Director of Athletics.

DISCLAIMER: The PLU head coach and/or Director of Athletics reserves the right to refuse or override permissions for departure at any time before or during travel, for any reason.

PLU Out of Network Physician Visit

Athlete_____

Date of visit_____

Athlete's sport_____

Date of first visit_____

Physicians name_____

Injured body part R/L_____

Physician's address_____

Physician's number_____

Fax number_____

Please have the doctor fill out appropriate areas or have them attach a note.

Physician's Impression_____

Physician's Plan_____

Physician's Signature_____

Date_____

Pacific Lutheran University Athletic Training

Phone: 253-535-7366

12180 Park Avenue S. Tacoma, WA 98447-0003



CONCUSSION SAFETY

WHAT STUDENT-ATHLETES
NEED TO KNOW

What is a concussion?

A concussion is a type of traumatic brain injury. It follows a force to the head or body and leads to a change in brain function. It is not typically accompanied by loss of consciousness.

How can I keep myself safe?

1. Know the symptoms.

You may experience ...

- Headache or head pressure
- Nausea
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy or foggy
- Confusion, concentration or memory problems

2. Speak up.

- If you think you have a concussion, stop playing and talk to your coach, athletic trainer or team physician immediately.

3. Take time to recover.

- Follow your team physician and athletic trainer's directions during concussion recovery. If left unmanaged, there may be serious consequences.
- Once you've recovered from a concussion, talk with your physician about the risks and benefits of continuing to participate in your sport.

How can I be a good teammate?

1. Know the symptoms.

You may notice that a teammate ...

- Appears dazed or stunned
- Forgets an instruction
- Is confused about an assignment or position
- Is unsure of the game, score or opponent
- Appears less coordinated
- Answers questions slowly
- Loses consciousness

2. Encourage teammates to be safe.

- If you think one of your teammates has a concussion, tell your coach, athletic trainer or team physician immediately.
- Help create a culture of safety by encouraging your teammates to report any concussion symptoms.

3. Support your injured teammates.

- If one of your teammates has a concussion, let him or her know you and the team support playing it safe and following medical advice during recovery.
- Being unable to practice or join team activities can be isolating. Make sure your teammates know they're not alone.

*No two concussions are the same. New symptoms can appear hours or days after the initial impact.
If you are unsure if you have a concussion, talk to your athletic trainer or team physician immediately.*

What happens if I get a concussion and keep practicing or competing?

- Due to brain vulnerability after a concussion, an athlete may be more likely to suffer another concussion while symptomatic from the first one.
- In rare cases, repeat head trauma can result in brain swelling, permanent brain damage or even death.
- Continuing to play after a concussion increases the chance of sustaining other injuries too, not just concussion.
- Athletes with concussion have reduced concentration and slowed reaction time. This means that you won't be performing at your best.
- Athletes who delay reporting concussion take longer to recover fully.

What are the long-term effects of a concussion?

- We don't fully understand the long-term effects of a concussion, but ongoing studies raise concerns.
- Athletes who have had multiple concussions *may* have an increased risk of degenerative brain disease and cognitive and emotional difficulties later in life.

What do I need to know about repetitive head impacts?

- Repetitive head impacts mean that an individual has been exposed to repeated impact forces to the head. These forces may or may not meet the threshold of a concussion.
- Research is ongoing but emerging data suggest that repetitive head impact also may be harmful and place a student-athlete at an increased risk of neurological complications later in life.

Did you know?

- NCAA rules require that team physicians and athletic trainers manage your concussion and injury recovery independent of coaching staff, or other non-medical, influence.
- We're learning more about concussion every day. To find out more about the largest concussion study ever conducted, which is being led by the NCAA and U.S. Department of Defense, visit ncaa.org/concussion.

CONCUSSION TIMELINE



For more information, visit ncaa.org/concussion.

NCAA is a trademark of the National Collegiate Athletic Association.



SICKLE CELL TRAIT



WHAT IS SICKLE CELL TRAIT?

Sickle cell trait is not a disease. Sickle cell trait is the inheritance of one gene for sickle hemoglobin and one for normal hemoglobin. Sickle cell trait will not turn into the disease. Sickle cell trait is a life-long condition that will not change over time.

- ▶ During intense exercise, red blood cells containing the sickle hemoglobin can change shape from round to quarter-moon, or "sickle."
- ▶ Sickled red cells may accumulate in the bloodstream during intense exercise, blocking normal blood flow to the tissues and muscles.
- ▶ During intense exercise, athletes with sickle cell trait have experienced significant physical distress, collapsed and even died.
- ▶ Heat, dehydration, altitude and asthma can increase the risk for and worsen complications associated with sickle cell trait, even when exercise is not intense.
- ▶ Athletes with sickle cell trait should not be excluded from participation as precautions can be put into place.

DO YOU KNOW IF YOU HAVE SICKLE CELL TRAIT?

People at high risk for having sickle cell trait are those whose ancestors come from Africa, South or Central America, India, Saudi Arabia and Caribbean and Mediterranean countries.

- ▶ Sickle cell trait occurs in about 8 percent of the U.S. African-American population, and between one in 2,000 to one in 10,000 in the Caucasian population.
- ▶ Most U.S. states test at birth, but most athletes with sickle cell trait don't know they have it.
- ▶ The NCAA recommends that athletics departments confirm the sickle cell trait status in all student-athletes.
- ▶ Knowledge of sickle cell trait status can be a gateway to education and simple precautions that may prevent collapse among athletes with sickle cell trait, allowing you to thrive in your sport.

HOW CAN I PREVENT A COLLAPSE?

- ▶ Know your sickle cell trait status.
- ▶ Engage in a slow and gradual preseason conditioning regimen.
- ▶ Build up your intensity slowly while training.
- ▶ Set your own pace. Use adequate rest and recovery between repetitions, especially during "gassers" and intense station or "mat" drills.
- ▶ Avoid pushing with all-out exertion longer than two to three minutes without a rest interval or a breather.
- ▶ If you experience symptoms such as muscle pain, abnormal weakness, undue fatigue or breathlessness, stop the activity immediately and notify your athletic trainer and/or coach.
- ▶ Stay well hydrated at all times, especially in hot and humid conditions.
- ▶ Avoid using high-caffeine energy drinks or supplements, or other stimulants, as they may contribute to dehydration.



- ▶ Maintain proper asthma management.
- ▶ Refrain from extreme exercise during acute illness, if feeling ill, or while experiencing a fever.
- ▶ Beware when adjusting to a change in altitude, e.g., a rise in altitude of as little as 2,000 feet. Modify your training and request that supplemental oxygen be available to you.
- ▶ Seek prompt medical care when experiencing unusual physical distress.

For more information and resources, visit www.NCAA.org/health-safety