**PERMISSIBLE**

- Simulation of game activities provided:
  - No offensive or defensive alignments are used;
  - No equipment related to the sport is used; and
  - No equipment from another sport is used to replace football equipment (e.g., tennis ball, rolled-up towel, Frisbee).
- Weight training (e.g., free weights, weight machines, kettlebells, medicine balls)
- Running/sprints
- Agility/plyometric drills
- Military crawls
- Obstacle courses
- Tug-of-war (e.g., rope, tire)
- Resistance sprints (e.g., parachute, harness, sled, other individuals)
- Sledgehammer training
- Battling ropes
- Wheelbarrow races

**IMPERMISSIBLE**

- Contact-related drills
- Blocking/tackling/checking drills (e.g., use of football sleds, dummies, walls, or other individuals to develop blocking, tackling, checking, or other contact techniques)
- Offensive or defensive alignments
NLI Signing Day through ASU graduation day (February 4 – May 11, 2015)

• Once cleared by the Compliance Office, NLI signees may use ASU’s workout facilities.
• The following conditions must be met:
  – S&C may be present, but may not work directly with the prospect.
  – The activities cannot be prearranged.
  – The prospect may not receive any workout apparel.

First day after ASU graduation through first day of classes (May 12 – May 18)

• NLI signees
  – Once cleared by the Compliance Office, they may participate in voluntary workouts conducted by S&C coach.
  – They may receive workout apparel.
• Incoming walk-ons
  – They may not participate in voluntary activities, receive apparel, or use any ASU facility during this time period.

First day of Summer Session A to first day of mandatory workouts (May 18 – May 26)

• NLI signees
  – Once cleared by the Compliance Office, they may participate in voluntary workouts conducted by S&C coach.
  – They may receive workout apparel.
• Incoming walk-ons
  – They must be enrolled in Summer Session A or C.
  – Once cleared by the Compliance Office, they may participate in voluntary workouts conducted by S&C coach.
  – They may receive workout apparel.

Mandatory summer workouts for NLI signees, incoming walk-ons, and returners (Begin May 26)

Must be cleared by the Compliance Office.
• Must be either enrolled in the summer session and actually taking classes during the session (i.e., not between summer session terms (June 26 – July 1)); or
• Must meet the academic requirements.
  – 2.2 GPA; and
  – PTD.