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 3 – May 9, 2016)**

- 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 10 – May 15)**

- NLI signees
  - Once cleared by the Compliance Office, may participate in voluntary workouts conducted by S&C coach; and
  - May receive workout apparel.
- Incoming walk-ons
  - 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 16 – May 28)**

- NLI signees
  - Once cleared by the Compliance Office, may participate in voluntary workouts conducted by S&C coach; and
  - May receive workout apparel.
- Incoming walk-ons
  - Must be enrolled in Summer Session A or C.
  - Once cleared by the Compliance Office, may participate in voluntary workouts conducted by S&C coach; and
  - May receive workout apparel.

**Mandatory summer workouts for NLI signees, incoming walk-ons, and returners (Begin May 29)**

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 25 – June 28); or
- Must meet the academic requirements.
  - 2.2 GPA; and
  - PTD.