



SUMMER CONDITIONING BASKETBALL AND FOOTBALL

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 SIGNEE AY & SUMMER FOOTBALL WORKOUTS

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.