



AUTONOMY PROPOSALS

RARAS

- New rule: The term "required athletically related activities" was created and added to playing and practice season legislation.
- What this means: Student-athletes will be prohibited from engaging in the new, broader category of athletically related activities on their off days.
- Effective date: August 1, 2017

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AUTONOMY PROPOSALS

RARAS

- CARAs
- Recruiting activities, including student-host duties;
- Compliance meetings;
- · Organized team promotional activities;
- · Media activities;
- Fundraising events;
- · Community service events;
- · Sport-specific life skills activities;
- · Team-building activities; and
- Travel to and from away-from-home competition.*

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AUTONOMY PROPOSALS NO RARAS FOR 8 HOURS

- New rule: RARAs are prohibited during an eight-hour period between 9 pm and 6 am.
- What this means: Student-athletes must have at least eight straight hours off every night from RARAs. Also, coaches may not schedule RARAs during an eight-hour period after a home contest that concludes after 9 pm and upon return to campus from away-from-home competition after 9 pm.
- Effective date: August 1, 2017

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AUTONOMY PROPOSALS

FLEX 21

- New rule: Student-athletes must receive 21 additional days off from RARAs during the academic year.
- What this means: RARAs are prohibited for a sevenday period beginning the day after a student-athlete or team's last contest of the championship segment. And an additional 14 days off must be provided during the academic year when classes are in session.
- Effective date: August 1, 2017

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AUTONOMY PROPOSALS

TIME MANAGEMENT PLANS

- New rule: Institutions must develop student-athlete time management plans.
- What this means: Time management plans set forth, among other things, a schedule detailing virtually all athletically related activities. They are created in a collaborative setting with coaches, sports administrators, and student-athletes. They are reviewed at the end of each year by an institution's director of athletics, FAR, head coach, and at least one student-athlete.
- Effective date: August 1, 2017

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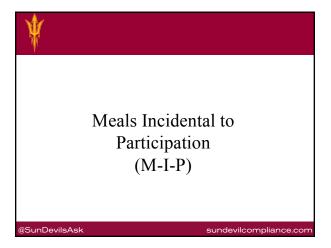
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AUTONOMY PROPOSALS PROTEIN

- New rule: Protein is added as a permissible class of nutritional supplements that may be provided to studentathletes.
- What this means: No longer do coaches and staff need to make sure a supplement or nutrition bar contains less than 30% of its calories from protein (e.g., SDA may provide student-athletes regular Muscle Milk and not just the collegiate version).
- Effective date: Immediate

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MIP REMINDERS

- Purpose Fortify nutritional needs
- · Time period
 - Academic year, or
 - In season, but outside the academic year
- Number
- · Business office claims

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Adidas Discounts

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*	
	Social Media
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SOCIAL MEDIA FOLLOWING PROSPECTS Coaches and staff may initiate or accept friend requests with or follow prospects at any time.

SOCIAL MEDIA
PERMISSIBLE ELECTRONIC
CORRESPONDENCE

- The Facebook inbox or Twitter/Instagram direct message features are permissible forms of electronic correspondence.
- Permissible social media messages have the same start date as emails.

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*	SOCIAL MEDIA TOO YOUNG TEMPLATE
until September 1 at t	ail, but under NCAA rules I cannot email a prospect or his parents he start of his junior year. Because you are a sophomore, I cannot until September 1, 2017.
	nit a prospect or a prospect's parent to call a college coach or ime. Just be aware that per NCAA rules I cannot call you back if I
Thank you,	
Coach X 480.xxx.xxxx	



SOCIAL MEDIA

CLIC

- Coaches and staff may like, favorite, react, share, retweet, or repost, because these activities indicate approval of a prospect's social media activity.
- These actions require clicking a mouse or screen.

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SOCIAL MEDIA DON'T TYPE

- Coaches and staff may not comment, tag, mention, repost/retweet with additional comments, or add anything additional to a post because these activities go beyond indicating approval of a prospect's post.
- These actions require typing.

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SOCIAL MEDIA

DON'T CLICK RECRUITING SERVICES

Coaches and staff may not retweet a recruiting or scouting service post because this is considered endorsing that service, which remains impermissible.

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SOCIAL MEDIA

CAMPUS VISITS

- Coaches and staff may click on a prospect's post during his or her visit to campus as long as the post was not at the direction of coaches or staff.
- For example, if a prospect posts a picture taken on the sideline during football pregame activities (and was not posted or taken at the direction of coaches or staff), SDA coaches and staff may retweet that photo.

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SOCIAL MEDIA RECRUITING EVENTS

- Coaches may tweet generic information about recruiting, for example:
 - Visiting a high school or town.
 - Attending a contest.
- The information cannot include:
 - Personally identifiable information about a specific prospect (e.g., number, nickname); or
 - Endorsement of a prospect's team, coach, or facility.

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RECRUITING/SCOUTING SERVICES SPORTS OTHER THAN MFB AND MBB

- SDA may subscribe to recruiting or scouting services if all subscribers receive the same:
 - Information; and
 - Subscription rate.
- SDA may not contract with the services to record or provide video of specific contests.

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RECRUITING/SCOUTING SERVICES REMINDERS

- · Coaches cannot:
 - Endorse a service;
 - Work at a camp/clinic sponsored by a service; or
 - Click on a services post relating to prospects.
- Coaches must receive Compliance Office approval (Susanna) before purchasing.

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