Integral to ASU’s focus on integrity is athletics compliance—following the rules of the NCAA and Pac-12 Conference.

- NLI Signees
- Seasons of Competition
- Competing Unattached
- Playing and Practice

NLI Signees
• All signees are emailed a welcome packet via ACS.
• The following information is included:
  – Applying for admission to ASU
  – Submitting immunization proof
  – Completing NCAA Eligibility Center process
  – Explaining FAFSA and financial aid (FAQs)
  – Verifying citizenship status
  – Living on campus
• Head coaches and Ops receive a copy of the packet.

Coaches and staff may provide an NLI signee with pre-enrollment information:
• Orientation information
• Strength and conditioning programs
• Practice activities in video format, for example:
  – Video playbook
  – Game clips

Questionnaires
Before the first permissible date to receive recruiting materials, questionnaires may **not** include:

- Any recruiting language such as general information about the institution’s athletics programs.
- A detachable portion (e.g., poster, postcard).

But these questionnaires may:

- Include images of institutional or athletic facilities without any accompanying descriptions.
- Be of any size.

**Seasons of Competition**
SEASONS OF COMPETITION
GENERAL RULES

• A student-athlete has five years from the date of initial, full-time collegiate enrollment to complete four seasons of competition.

• Starts when a student-athlete attends classes for a term or practices.

SEASONS OF COMPETITION
CRITERIA FOR COMPETITION

• A student-athlete participates in any competition, regardless of the length of time, during a season.
  – Pinch runs
  – Swims in one relay
  – False starts in a track meet

• Redshirting is not necessarily a coach’s decision (reviewed after the season based on participation).

SEASONS OF COMPETITION
PRESEASON EXCEPTION

• Sports: Soccer and basketball

• A student-athlete in his or her initial year at ASU may compete in preseason exhibitions without using a season of competition.
SEASONS OF COMPETITION
NONCHAMPIONSHIP SEGMENT EXCEPTION

• Sports: Soccer and court volleyball

• A student-athlete may compete in competition during the nonchampionship segment (i.e., spring) without using a season of competition as long as the student-athlete is academically eligible.

• Proposed legislation to include baseball, beach volleyball, lacrosse, softball, and water polo.

SEASONS OF COMPETITION
ALUMNI OR FUNDRAISING EXCEPTION

• Sports: Most sports (see Compliance Office)

• A student-athlete may compete in one alumni, fundraising, or celebrity game/activity without using a season of competition.

SEASONS OF COMPETITION
PARTICIPATION LOGS

Please submit your season participation log to the Compliance Office (ACS) within one week after the season ends.
Competing Unattached

COMPETING UNATTACHED

GENERAL RULES

Individual sport student-athletes who are:

- Redshirting,
- Serving a year in residence, or
- Competing in noncountable outside competition

May compete unattached, provided:

- No expenses (e.g., travel, meals, lodging) are received.
- No current SDA uniforms (SDA equipment is ok) are used.
- No coaching (e.g., technique, comments related to performance, suggestions) is provided.
- No SDA affiliation is apparent (i.e., must be clearly identified as being independent of SDA).
Please make sure your student-athletes complete the ACS Outside Competition form.

Playing and Practice

An activity is countable for daily/weekly limits if it:

• Has an athletics purpose.
• Involves student-athletes.
• Is required, directed, or viewed by a coach/staff member.
PLAYING AND PRACTICE
EXAMPLES

When the activities are countable and why:
• Any practice, skill instruction, or competition,
• Strength and conditioning training (including yoga) when directed by a staff member,
• Warm ups when required, directed, or supervised by a staff member,
• Work with outside consultant (including sports psychologist) when required,

PLAYING AND PRACTICE
EXAMPLES

When the activities are countable and why:
• Work at camps/clinics when required,
• Work at community service events with athletics nexus when required,
• Heart monitor results reviewed by coaching staff,
• Film review when directed or observed by staff member, or
• Punishments such as morning runs.

PLAYING AND PRACTICE
VOLUNTARY ACTIVITIES

An activity is voluntary (not countable) if ALL are true:
• No reporting back to coach,
• Initiated and requested by student-athlete,
  • Can provide information regarding available opportunities.
  • Can assign times for requesters.
• Attendance is not recorded, and
• No penalty for missing and no recognition/incentives for attending.
PLAYING AND PRACTICE
WHAT MAKES VOLUNTARY COUNTABLE?

• Attendance sheets
• Penalties for poor performance
• Coaching presence (walk through)
• Captains reporting to coaches regarding attendance
• Strength coach directing lifting (academic year)

PLAYING AND PRACTICE
BEST PRACTICES

• Tell the student-athletes
  – In person
  – On practice schedules
  – In team rules

• Work closely with your strength coach

PLAYING AND PRACTICE
REMINDERS

• No missed class time for CARAs.

• No CARAs allowed:
  – After games.
  – Between midnight and 5 a.m.

• Conditioning is skill instruction if:
  – Offensive or defensive alignments set up, or
  – Equipment related to sport used.

• No public skill instruction:
  – Cannot publicize.
  – Cannot conduct in view of general public.
Ask First!