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

- NLI
- Academic Honor Awards
- Seasons of Competition
- Competing Unattached
- Outside Consultants
- Sports Psychologists
- Nutritional Supplements
- MIPs

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**SIGNING PERIOD REMINDERS**

- November 13, 2019 through August 1, 2020
- Prospect must be registered with the NCAA Eligibility Center
- Academic evaluation should be completed before sending the NLI
- NLI/Scholarship Request Form is in ARMS

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**SENDING THE NLI**

- Please submit requests ASAP and no later than November 7
- Compliance Office will send via DocuSign (or Fedex if requested) on November 8 or 11 (Veterans Day)
- Carol McCracken is the main contact person

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**TIMELINES**

The NLI must be returned:

- To the Compliance Office within 7 days of issuance
- To the Pac-12 and NCAA within 14 days of signing

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DEAD PERIODS

- November 11-14
- All sports except football
  - Track/Cross country – Nov. 11-14 and Nov. 23
- #MythBuster: Dead period rules do not apply to phone calls and electronic correspondence

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IMPERMISSIBLE ACTIVITIES

- Speaking about a prospect before the signing
- Attending an off-campus signing
- Personally delivering the NLI off campus

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PERMISSIBLE ACTIVITIES

- NLI signees may:
  - Have contact with a booster (in-person, telephone)
  - Take a visit during a dead period
- SDA may post on NLI signees' Facebook walls or Twitter/Instagram handles after the signing

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### RECRUITING MATERIALS

Coaches and staff may provide NLI signees with pre-enrollment information such as:

- Orientation information
- Strength and conditioning programs
- Practice activities in video format, for example:
  - Video playbook
  - Game clips

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### RECRUITING BAN

- Once a prospect signs an NLI with an institution, a recruiting ban goes into effect.
- NLI recruiting ban update: Once a prospect asks for an NLI release, the recruiting ban is lifted.

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### **/// ACADEMIC HONOR AWARDS**

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**FOR PROSPECTS**

Academic honor awards will not count toward team equivalency limits if the recipient:

- Was ranked in the top 10% of his or her high school graduating class;
- Achieved a cumulative unweighted GPA of 3.5 in high school; or
- Scored a 105 or above on the ACT or 1270 or above on the SAT.

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**FOR STUDENT-ATHLETES**

Academic honor awards will not count toward team equivalency limits if the student-athlete achieves a cumulative GPA of 3.0 before the start of the academic year.

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**ASU RENEWAL GUIDELINES**

Please review the [ASU scholarship renewal guide](#) for important information relating to NAMU scholarships.

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### /// SEASONS OF COMPETITION

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### 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 registers and attends classes for a term; or practices.

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### 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).

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**PRESEASON EXCEPTION**

- Sports: Soccer, court volleyball, and basketball
- A student-athlete may compete in preseason exhibitions/scrimmages without using a season of competition during any year at ASU.

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**NONCHAMPIONSHIP SEGMENT**

- Sports: Baseball, beach and court volleyball, lacrosse, soccer, softball, and water polo.
- A student-athlete may compete in competition during the nonchampionship segment (e.g., fall in baseball) without using a season of competition as long as the student-athlete is academically eligible.
- Reminder: No missed class time.

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**ALUMNI OR FUNDRAISING**

- Sports: Most sports (see Compliance Office)
- A student-athlete may compete one alumni, fundraising, or celebrity game/activity without using a season of competition.

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### PARTICIPATION LOGS

Participation is logged in ARMS based on the information provided on the weekly CARA logs.

The screenshot shows a software interface with a table of participation logs. The table has columns for athlete names and dates, with green and red indicators for participation status. A blue double-headed arrow points to a row in the table.

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### /// COMPETING UNATTACHED

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### GENERAL RULES

Individual sport student-athletes redshirting, serving a year in residence, or eligible and wanting to compete in outside competition (e.g., Phoenix Open in golf) may compete unattached, provided:

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**GENERAL RULES**

- No expenses (e.g., travel, meals, lodging) are received.
- No coaching (e.g., technique, comments related to performance, suggestions) is provided.
- No current uniforms are worn (SDA equipment is ok).
- No SDA affiliation is apparent (i.e., must be clearly identified as being independent of SDA).

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**REQUEST FORM**

Please make sure your student-athletes complete the ARMS Outside Competition form.

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**/// OUTSIDE CONSULTANTS**

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**COMPLIANCE RESPONSIBILITIES**

SDA currently has 49 outside consultants registered for the 2019-20 academic year.

- The compliance responsibility does not change for these individuals compared to regular staff members.
- So there are monitoring and education responsibilities.

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**EDUCATION**

For that reason, outside consultants in the following categories must receive in-person education:

- Coaching consultants
- Strength coaches
- Yoga instructors
- Mental coaches/sports psychologists

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**GENERAL RECRUITING RULE**

- Generally, only Arizona State University staff members may have in-person, on-campus recruiting contacts with prospects and their family members.
- Former SDA student-athletes and family members of current student-athletes are the only exceptions to the general rule.

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NO RECRUITING

Outside consultants are not ASU staff members, and therefore, cannot have recruiting contacts with prospects including contacts while prospects are on official or unofficial visits.

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/// SPORTS PSYCHOLOGIST

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HEALTH AND WELL-BEING

A psychologist session that clearly relates to the health and well-being of a student-athlete (e.g., depression, substance abuse) does not count towards time limits and may occur on an off day.

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**RARA**

- A psychologist session that relates to bona fide leadership, life skills, and/or teambuilding activities and involves only one sport does not count towards time limits, but may not occur on an off day.
- Leadership training/teambuilding NCAA educational column – March 7, 2014

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**CARA**

A sports psychologist session that is directly related to a sport (e.g., mental imagery) must count towards daily/weekly hours, except if the session:

- Is initiated by a student-athlete;
- Involves only a student-athlete and Dr. Shelton; and
- No information is reported back to the sport staff.

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**/// NUTRITIONAL SUPPLEMENTS**

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SDA POLICY

- SDA coaches and staff must have dietary or nutritional supplements reviewed by Sports Nutrition before purchasing for or providing to student-athletes.
- Sports Nutrition will provided recommendations on how and where to order products for each sport.

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SDA POLICY

- SDA coaches and staff are not permitted to purchase supplements for student-athletes while on the road.
- In case of an emergency or shortage of supplements while on the road, the athletic trainer must review and purchase the items.

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/// MIPs

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**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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**MEAL PROGRAMS**

- Please make sure the Compliance Office knows about any meal program a sport has set up with a local business.
- Coaches and staff need to develop a plan that includes
  - A way to accurately track who ordered what meal on what date and time
  - How often will this be monitored by the sport
  - How often this information will be provided to the Compliance Office

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**/// ASK FIRST**

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