STUDENT-ATHLETE SUMMER ACTIVITIES

Common rules relating to summer workout activities for all SDA sports

Voluntary athletics activities: Always allowed during the summer vacation period, which begins May 10, 2015. Strength and conditioning coaches (not countable coaches) may design and conduct workout programs for student-athletes but only if those workouts are voluntary as defined below.

Voluntary defined: An activity is voluntary (not countable) if all of the following are true:
• Coaches do not observe, supervise, or direct the activity;
• Information related to the activity is not reported to coaches;
• Student-athletes initiate the requests;
• Attendance is not recorded; and
• There is no penalty for missing and no recognition/incentive for attending.

Safety exception: Coaches may be present and provide safety instruction when student-athletes engage in the sport, but the coaches may not provide nonsafety-related instruction.

Individual sports: Coaches may be present and provide skill instruction to student-athletes as long as the requests for assistance are initiated by the student-athletes.

Mandatory athletics activities: Only permissible in the following sports.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Permissible Summer Activities</th>
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<tbody>
<tr>
<td>Basketball*</td>
<td>• Required weight training and skill instruction for up to eight weeks.</td>
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<td>• Participation is limited to eight hours each week (only two of the eight hours may be skill instruction).</td>
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<tr>
<td>Football*</td>
<td>• Required weight training and film review for up to eight weeks.</td>
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<td></td>
<td>• Participation is limited to eight hours each week (only two of the eight hours may be film review).</td>
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<td>• Any other time during the summer conditioning period is designated as discretionary time.</td>
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<td>Individual Sports</td>
<td>• A coach may participate in individual workout sessions with a student-athlete during the summer, provided the student-athlete initiates the request for assistance.</td>
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<td>• Individual sports include cross country/track and field, gymnastics, golf, swimming and diving, tennis, and wrestling.</td>
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Incoming student-athletes: Before participating in any permissible summer activities, incoming student-athletes must (1) undergo a medical evaluation (including sickle cell test), (2) be enrolled in summer classes, and (3) receive Compliance Office approval.

*Click on the sport name for more information regarding basketball and football summer activities.
The NCAA Committee on Infractions released its decision regarding numerous violations committed by Syracuse University over the previous decade, primarily within its men’s basketball program. The violations included academic fraud, extra benefits, failure to follow the institution’s written drug policy, impermissible booster activities, promotional activities, outside competition, head coach’s failure to promote an atmosphere of compliance, and a lack of institutional control. The penalties included five years of probation, fines, postseason bans, loss of scholarships, vacation of wins, recruiting restrictions, and a head coach suspension.

Key Takeaways:

1. Proper monitoring mechanisms, not just education efforts, are necessary for head coaches to rebut the presumption that they do not promote an atmosphere of compliance.

2. Only personnel authorized by OSAD may be involved with student-athletes’ coursework and they must follow OSAD rules. Student-athletes who do not submit their own work (e.g., having others complete online tests, copying someone’s work) may face ineligibility, expulsion, or loss of financial aid.

3. Even if an academic issue does not constitute academic dishonesty under ASU policy, they could be considered extra benefits. Those who accept impermissible benefits are considered ineligible the moment they receive the benefit, jeopardizing their eligibility and subjecting their teams and schools to institutional penalties.

Syracuse University Public Infractions Decision

SPOT THE VIOLATION

Before summer vacation, a University of Argon soccer strength and conditioning coach provided the soccer student-athletes with summer workout programs. Because most of the student-athletes returned home, the strength and conditioning coach created electronic workout programs designed to keep the student-athletes up-to-date on their progress.

The online workout programs were extremely popular with the student-athletes as a way to maintain proper fitness for the upcoming academic year. Halfway through the summer, the head coach asked the strength and conditioning coach for access to the online program to track the student-athletes’ progress. The strength and conditioning coach provided the access. The head coach used the information to determine who was excelling in their summer workouts, and therefore, would be in line for starting positions at the start of the fall season.

IN THE NEWS

COMPLIANCE OFFICE TRIVIA

1. Other than ASU, which sports team do you want to win a championship next year?
2. Name the TV show that is your go-to show to binge watch.
3. Who is your celebrity doppelgänger?

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<tbody>
<tr>
<td><img src="image1" alt="Pony" /></td>
<td><img src="image2" alt="Breaking Bad" /></td>
<td><img src="image3" alt="Game of Thrones" /></td>
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<tr>
<td><img src="image4" alt="Killing Development" /></td>
<td><img src="image5" alt="Arrested Development" /></td>
<td><img src="image6" alt="Seinfeld" /></td>
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<tr>
<td><img src="image7" alt="Ahwatukee Shetland League All-Stars" /></td>
<td><img src="image8" alt="Ahwatukee Shetland League All-Stars" /></td>
<td><img src="image9" alt="Ahwatukee Shetland League All-Stars" /></td>
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</table>

* Ahwatukee Shetland League All-Stars
STRENGTH AND CONDITIONING COACHES — SUMMER WORKOUTS

For all sports, except basketball and football*, SDA strength and conditioning coaches may design and conduct workout programs for student-athletes during the summer, provided such workouts are voluntary (as defined on page 1).

The following are reminders for strength and conditioning coaches:

- Countable coaches and noncoaching staff members with sport-specific responsibilities (e.g., directors of operations) cannot be present.
- Strength coaches may not report any information to coaches regarding the workouts.
- Student-athletes may track their workout progress, but progress logs must be kept for the student-athletes’ use only and may not be submitted to coaches.
- Conditioning drills may simulate game activities provided no offensive or defensive alignments or equipment related to the sport are used.
- SDA sports medicine staff who are present during voluntary workouts must have the unchallengeable authority to stop or modify workouts for safety purposes.

* Basketball and football have specific rules regarding mandatory summer workouts. Please see the Compliance Office for more information.

REQUESTING FINAL AMATEURISM CERTIFICATION

Prospects enrolling at ASU for fall 2015 will be able to request final amateurism certification from the NCAA Eligibility Center beginning April 1. Prospects must complete this process online through the My Planner portal at www.eligibilitycenter.org.

All incoming freshmen and 2-4 college transfers must confirm the following before requesting final amateurism certification:

- The email addresses on their NCAA accounts are the ones they check most;
- Their Enrollment Periods are correctly reported as fall 2015. Junior college transfers must indicate their junior college attendance so they are not unnecessarily flagged for delayed enrollment; and
- Any and all athletics participation from age 14 through the dates they request final certification is updated on the Sports Participation link.

Transfers who previously attended an NCAA DI or DII institution full-time do not need to update their athletics participation history.

NLI REMINDERS

Signing Day: April 15

The NLI request form is available through ACS. Please submit all requests in a timely manner and allow 3-5 days for processing. To access the form:

1. Log on to ACS.
2. Click the forms tab and select “My Forms.”
3. Choose the NLI/Scholarship Request 2014-15 form from the drop down menu on the right side of the web-page.

The dead period for all sports except football and soccer is April 13-16.
Please note that this table has dates that run until April 30. Many of the periods run past April 30. Visit the NCAA Recruiting Calendars website for full recruiting calendars including little nuances that will clear up any discrepancies in the dates.