STUDENT-ATHLETE SUMMER ACTIVITIES

**Voluntary athletics activities:** Always allowed during the summer vacation period, which begins May 6, 2019, as long as the activities meet the definition of “voluntary” listed below.

**Voluntary defined:** An activity can be voluntary (not countable) only if all of the following are true:
- Student-athletes request the activity;
- Coaches and noncoaching staff do not observe, supervise, or direct the activity;
- Information related to the activity is not reported to coaches;
- Attendance at the activity is not recorded; and
- No penalty for missing or no recognition/incentive for participating in the activity.

**Summer strength/conditioning exception:** Strength coaches (not countable coaches) may design and conduct workout programs for student-athletes, but only if those workouts are voluntary and no countable coaches or noncoaching staff members are present. See page 3.

**Safety exception:** Coaches may be present and provide safety instruction when student-athletes practice, but the coaches may not provide non-safety-related instruction. Safety-exception sports include wrestling, gymnastics, swimming and diving, water polo, and certain disciplines in track and field and triathlon.

**Individual sports exception:** If student-athletes request assistance, coaches may be present and provide skill instruction to student-athletes. SDA individual sports are cross country/track & field, gymnastics, golf, swimming & diving, tennis, triathlon, and wrestling.

**Mandatory athletics activities:** Only permissible in basketball and football. For an in-depth NCAA educational column Q&A, click the sport title below.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Permissible Summer Activities</th>
</tr>
</thead>
</table>
| **Basketball** (click title above) | • Required weight training and skill instruction for up to eight weeks.  
• Participation is limited to eight hours each week (only four of the eight hours may be skill instruction). |

**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 and attend summer classes, and (3) receive Compliance Office approval.
**GENERAL SDA STAFF MEMBERS**

The chart below illustrates permissible and impermissible activities for general SDA staff members (called “noncoaching staff members without sport-specific responsibilities.”) These rules apply to most SDA staff members like athletics directors, sport supervisors, academics advisors, athletics trainers, and all other employees who are not overseen by a sport head coach.

This list of activities is non-exhaustive, so please contact the Compliance Office if you have any questions regarding how NCAA rules apply to your position. For additional recruiting information, click here to review the Recruiting 101 tip sheet for SDA staff. Even though you may not be sport-specific, recruiting rules often are.

<table>
<thead>
<tr>
<th>PERMISSIBLE TO: RECRUITING</th>
<th>IMPERMISSIBLE TO:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Receive calls from prospects at anytime*</td>
<td>Call prospects**</td>
</tr>
<tr>
<td>Send correspondence in accordance with NCAA rules (as outlined in the Recruiting 101 tip sheet)</td>
<td>Have in-person, off-campus recruiting contacts with prospects</td>
</tr>
<tr>
<td>Contact prospects on campus; or within 30 miles of campus during prospects’ official visits</td>
<td>Attend on- or off-campus prospect sporting events if you report information back to the coaching staffs</td>
</tr>
<tr>
<td>Speak to groups including prospects provided the staff member does not have contact with prospects or their relatives and does not make a recruiting presentation</td>
<td><strong>This restriction no longer applies once a prospect signs an NLI.</strong></td>
</tr>
</tbody>
</table>

*New legislation, likely effective May 1, 2019, will place sport-specific restrictions on this rule. Click here for more information.

<table>
<thead>
<tr>
<th>NONRECRUITING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attend SDA practices</td>
</tr>
<tr>
<td>Sit on the bench during SDA competitions provided no coaching activities occur</td>
</tr>
<tr>
<td>Provide career or general life advice to student-athletes</td>
</tr>
<tr>
<td>Provide coaching or athletics instruction to student-athletes at any time</td>
</tr>
<tr>
<td>Make or assist in making on-court/on-field tactical or technical decisions</td>
</tr>
<tr>
<td>Direct student-athletes in workouts when coaches are not present</td>
</tr>
</tbody>
</table>

**SPOT THE VIOLATION**

During her recruitment, Holly Homer a softball prospect for the University of Argon found out from an Argon coach that a major softball booster was a prominent engineer and alumnus of the university. Holly was very interested in learning more about the engineering program at Argon so Holly called the booster to talk about the engineering program. The call started with engineering information, but soon switched to the softball program. The booster told Holly, “I have seen you play, and you have a great bat. It would be great for you to come play for our softball team.”

Holly did sign with Argon and joined the softball program the following year. Once a semester, the booster would invite Holly to lunch to discuss both her athletics and engineering classes. The booster always paid for the lunch at a local restaurant.
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 other coaches regarding the workouts.
• Student-athletes may track their own 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.

INTERNATIONAL INCOMER REMINDER

International Application Deadline is May 1

International prospects must apply for fall 2019 degree-seeking admission to ASU by May 1.

NLI REMINDERS

Basketball (Regular Period) Signing Day: April 17

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

1. Log on to ACS/Front Rush.
2. Click the forms tab and select “My Forms” then click “Submit a Form.”
3. Choose the NLI/Scholarship Request 2018-19 form from the drop-down menu.

Note: for all other sports, the signing period continues through August 1, 2019.

INTERNATIONAL INCOMER REMINDER

Save the Date: May 6

SDA coaches and staff will be required to use ARMS for recruiting, team management, and all other compliance-related tasks beginning May 6. Please complete all outstanding compliance tasks (e.g., CARA logs, recruiting activities, forms) by May 6.

The Compliance Office will provide additional information regarding the transition to ARMS at the next rules education meeting on April 16.

A N D T H E A N S W E R I S . .

The booster violated NCAA legislation when she discussed the softball team with Holly. A prospect may call a booster as long as the call is not for recruiting purposes. The booster should have referred Holly to the Argon softball coaches.

The booster also violated NCAA legislation by purchasing meals for the student-athlete. While a booster can share her career experiences with a current student-athlete, she is prohibited from providing any impermissible benefits (e.g., meal at a restaurant). A booster may provide a student-athlete with an occasional meal as long as the meal takes place at the booster’s home or at an Argon facility. At SDA, the Occasional Meal form must be completed and approved before the meal occurs.
# Recruiting Calendars

**April 2019**

## Calendar Key

<table>
<thead>
<tr>
<th>Window Type</th>
<th>Color</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evaluation Period</td>
<td>Red</td>
<td>Periods where teams are allowed to conduct formal evaluations of recruits.</td>
</tr>
<tr>
<td>Contact Period</td>
<td>Yellow</td>
<td>Periods where teams are allowed to communicate with recruits.</td>
</tr>
<tr>
<td>Quiet Period</td>
<td>Gray</td>
<td>No formal evaluations or communications allowed.</td>
</tr>
<tr>
<td>Dead Period</td>
<td>Black</td>
<td>No formal evaluations or communications allowed.</td>
</tr>
</tbody>
</table>

**MEN'S BASKETBALL**

- Recruiting period begins at noon on April 11.
- Certified nonscholastic evaluations only.

**WOMEN'S BASKETBALL**

- No contact with juniors on April 4.
- Scholastic evaluations only.
- Certified nonscholastic evaluations only.

**WOMEN'S GYMNASTICS**

- Dead period begins at noon on April 18 and ends at noon on April 21.

**SOFTBALL**

- All of April is restricted to scholastic evaluations only.

**MEN'S ICE HOCKEY**

- Dead period begins at noon on April 10 and ends at noon on April 14.

**ALL OTHER SPORTS**

Please note this table has dates that run until April 30. Many of the periods run past April 30.

Visit the [NCAA Recruiting Calendars website](https://ncaapowerbase.ncaa.org/recruit/calendar) for full recruiting calendars.