The foreign tour including all travel must take place during an official ASU vacation period and must end at least 30 days before a sport's first permissible practice date. This includes:
- Summer vacation periods
- Any other vacation period during the academic year (e.g., winter break)
- Each SDA sport is permitted to participate in a foreign tour every four years.

Foreign tours can take place anywhere outside the United States. This includes U.S. commonwealths (e.g., Puerto Rico) and territories (e.g., Virgin Islands) considered outside the United States.

Any eligible SDA student-athletes can participate in a foreign tour. Additionally, any eligible student-athletes who exhausted eligibility the semester immediately preceding the foreign tour can participate. Eligible incoming freshmen may participate in a summer foreign tour before the start of their first full academic terms at ASU. Transfer student-athletes who were eligible at their previous institution and are NOT required to serve a year in residence at ASU may practice and travel before the foreign tour, but may not compete on the foreign tour. Transfer student-athletes who were eligible at their previous institution and are required to serve a year in residence may practice before and travel (see waiver relief below), but may not compete on the foreign tour.

10 practice days are permitted before departing on a foreign tour. The practices:
- Need to occur within a reasonable time before the foreign tour.
- Do not have to occur during a vacation period.
- Do not have to occur on consecutive days.

The maximum number of competitions are limited to 3 in football or 10 in all other sports. The competitions may not be against other American teams except for U.S. military personnel on foreign bases. The competitions may be against professional teams or teams that include prospects.

Student-athletes may receive meals or per diem similar to away-from-home competitions. Student-athletes may receive $20 per day for incidental expenses (max of 21 days). SDA may purchase passports for current and incoming student-athletes.

Student-athletes who redshirted during the previous academic year may compete during a summer foreign tour (if eligible) and not use a season of competition. Non-coaching staff members cannot have in-person contact with NLI signees. Student-athletes who are not eligible for competition due to transfer rules may go on the trip, but may not compete through the NCAA waiver process. Please let the Compliance Office know in advance.