

# **Oregon State University**



## **Student-Athlete Handbook**

**2011-12**

Fall 2011

## Dear OSU Student-Athlete;

On behalf of the Oregon State University Athletic Department, I am pleased you are part of our program and we look forward to being involved with your endeavors during your time here in Corvallis.

Oregon State University takes great pride in its ability to provide an atmosphere of both academic and athletic distinction. We appreciate the commitment it takes to be a successful student-athlete and want to provide you with the best possible support in order to achieve your goals. As an OSU student-athlete, you will be held to high and attainable expectations as you are now an **Everyday Champion**. As an Everyday Champion you will graduate from OSU educated, confident, connected and well prepared for the personal and professional challenges that you will face throughout your life.

We are providing you with this Student-Athlete Handbook to help detail the programs, policies, rules and resources that you will need to be familiar with to ensure a most successful collegiate experience. If you have any additional questions, please feel free to contact your coach or a member of the Athletic Department staff at any time.

Best of luck to you in the classroom and in competition; I look forward to following your success throughout the year.

It's a great day to be a Beaver!

A handwritten signature in black ink that reads "Bob De Carolis". The signature is written in a cursive, flowing style.

Bob De Carolis  
Director of Athletics

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**OREGON STATE UNIVERSITY**  
**STUDENT-ATHLETE HANDBOOK**  
***PRINT LEGIBLE—Legal Document***

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Print Name \_\_\_\_\_

Sport \_\_\_\_\_

ONID E-Mail Address: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

By signing this document, I am stating that I will read and understand the policies and procedures in the Oregon State University Student-Athlete Handbook. I also understand that my failure to comply with these policies may result in the termination of my eligibility (athletic participation) and athletic financial aid (athletic scholarship). In addition, by signing this document, I agree to abide by the policies and procedures in the Oregon State University Student-Athlete Handbook.

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Signature \_\_\_\_\_

Date \_\_\_\_\_

**This document must be signed and turned in to Linda Johnson (Gill 231C) by November 1, 2011.**

**Please indicate your leadership interests:**

\_\_\_ Student Athlete Advisory Committee (SAAC)

\_\_\_ Leadership Institute Classes

\_\_\_ Beavers without Borders

**Sign the other side  
of this page,  
tear off and turn in to  
Linda Johnson  
in Gill 231C by  
November 1, 2011.**

# **DEPARTMENT OF ATHLETICS**

## **PREAMBLE**

The Department of Intercollegiate Athletics at Oregon State University has a rich tradition of athletic competition dating back to 1915. The Department sponsors seven sports for men (baseball, basketball, crew, football, golf, soccer, and wrestling) and nine sports for women (basketball, crew, cross country and track, golf, gymnastics, soccer, softball, swimming, and volleyball). All of these sports participate actively at the National Collegiate Athletic Association Division I level of competition in the PAC-12 Athletic Conference.

## **VISION STATEMENT**

Through nationally competitive athletics programs, the Department of Athletics will provide a forum for celebrating the University's Advancement, enhance its image and reputation with prospective students, and help the institution build relationships with its students, faculty, alumni, and community.

## **MISSION STATEMENT**

The mission of the OSU Department of Athletics is to provide opportunity to young people and develop leaders through a tradition of academic and athletic achievement in a progressive, inclusive environment of mutual respect.

## **CORE VALUES**

### **S-Stewardship**

We are committed to maintaining the integrity of the institution through sound fiscal and resource management, commitment to academic excellence and compliance with Oregon University System Institutions, PAC-12 and NCAA rules and regulations.

### **T-Teamwork**

We value and understand the importance of teamwork to the overall success of the program and an environment of mutual trust. Making commitments generates hope, and keeping commitments generates trust, and with trust comes benefit of the doubt.

### **A-Achievement**

We value winning and achievement in athletics and academics, and we believe in the development of the total person.

### **R-Respect**

We value and respect diversity of people and are committed to providing an environment where all student-athletes and staff are treated with dignity and respect.

## **HUMAN DIGNITY**

The Oregon State University Department of Intercollegiate Athletics strives to create an environment through athletics competition that nurtures self-esteem, personal character, responsibility, sensitivity to others, and a desire for lifelong learning.

## **SPORTSMANSHIP AND ETHICAL CONDUCT**

Ethical and sportsmanlike conduct in athletics competition is the excellence of personal character as measured by the respect shown to opponents as well as teammates.

## **ADMINISTRATION PHONE NUMBERS**

Bob De Carolis, Athletic Director	541-737-7373
Todd Stansbury, Exec. Assoc. Athletic Director	541-737-7373
Marianne Vydra, Sr. Assoc. Athletic Director	541-737-7496
	541-230-0634
Robert Clifford, Sr. Assoc. Athletic Director	541-737-9580
	541-231-8232
Kate Halischak, Assoc. Athletic Director	541-737-9338
Linda Johnson, Assoc. Athletic Director	541-737-6804
	541-230-0617
Alex Parker, Assoc. Athletic Director	541-737-7495
Mark Spencer, Assoc. Athletic Director	541-207-7498
Athletic Trainers 15 Gill	541-737-4924
Athletic Trainers 124 VFC	541-737-8545
Business Office 201 Gill	541-737-2785
Compliance 130 Gill	541-737-7495
Equipment Room VFC	541-737-2481
Equipment Room Gill	541-737-8843
Media Relations 209 Gill	541-737-3720
Strength & Conditioning - SPC	541-737-8680
Ticket Office 107 Gill	541-737-4455

## **SPORT SUPERVISORS**

Bob Clifford	Football, Women's Soccer, Softball, Swimming and Wrestling
Alex Parker	Cross Country & Track
Mark Spencer	Men's & Women's Golf and Volleyball
Todd Stansbury	Men's Basketball
Marianne Vydra	Baseball, Women's Basketball, Men's & Women's Crew, Gymnastics, and Men's Soccer

# EVERYDAY CHAMPIONS PROGRAM

The mission of the OSU Everyday Champions Program is to develop student athletes into individuals ready to excel in today's competitive environment. Upon graduation our student-athletes will leave OSU educated, confident, connected and well prepared for the personal and professional challenges that will face them throughout their lives. Oregon State University has designed the **Everyday Champions Program** to facilitate the growth in the 5 areas designated by the former NCAA CHAMPS Life Skills Program: ***Athletic Excellence, Academic Excellence, Personal Development, Leadership & Service and Career Development.***

## EVERYDAY CHAMPIONS LEADERSHIP INSTITUTE

### PROGRAM OBJECTIVES:

The objectives of the Oregon State University Athletic Department's Leadership Institute are to provide comprehensive programming aimed at advancing the academic potential of student-athletes, broadening career horizons, and expanding and creating an awareness of the student-athletes' current and potential networks. The students learn about Leadership as a discipline in their daily lives and how that will translate to success as future leaders in the global industrial market and the communities in which they will reside.

### PROGRAMMING:

Programming is multi-faceted and begins in the freshman year and continues until after student-athletes graduate if they desire to reach back to the department for ever-evolving resources.

## Current Student-Athlete Programs

**LEADERSHIP COURSEWORK:** A succession of varied courses focusing on each student's individual potential to lead and be a change agent in any arena they choose. Current leaders in business, engineering, science, higher education, and the community are invited to share their career paths and their working definitions of "Leadership". Students work on their resumes, interview skill sets and participate in an Etiquette Dinner, hosted by former student-athletes (**Varsity O** Members). During the Spring term, Oregon State Head Coaches lead each classroom discussion.

**FUTURE'S FORUMS:** Targeted for specific audiences, these forums allow students to come together across disciplines and interact with current leaders in industry, science, the community, and from all corners of the world. Many of the presenters are members of the **Varsity O** Alumni group – former student-athletes who have become successful in their own careers. Topics have ranged from:

- Graduate application process for elite institutions/Law School/Medical School, etc.
- **Rhodes, Marshall, and Truman** and NCAA Post-Graduate Scholarship applications
- Personal Finance and investing in one's financial independence

**ENTREPRENEUR'S CLUB:** Student athletes from the COLLEGE of BUSINESS, ENGINEERING, SCIENCE and DESIGN Majors join together for high energy meetings to discuss inventions or innovative business ideas. The goal of this group will be to provide competitors for the Weatherford Business Competitions and a steady pool of candidates for a Business Plan Competition that Varsity O is providing leadership for in the near future.

**WOMEN'S LEADERSHIP CIRCLE:** Current female student-athletes meet once per term to discuss issues pertinent to their upcoming careers. Topics vary term to term and students choose the speaker for each meeting. These include women in business, engineering, and the sciences as well as community leaders.

**BEAVS OVERSEAS:** In conjunction with OSU's International Program, the department encourages and assists students in pursuing internships overseas. Nearly thirty student-athletes have taken advantage of various programs on campus, including the **IE3 Internship** program.

**BEAVERS WITHOUT BORDERS:** Inspired by two former football players: Yvenson Bernard's Haiti Earthquake relief efforts in 2009 and Taylor Kavanaugh's service projects around the world, **VARSIITY O** is teaming up with OSU's International Program to create international service learning projects for former and current student-athletes to work on together. The intent is to create several turnkey operations throughout the world to provide on-going humanitarian aid and to assist others around the world and the United States in the event of a crisis or natural disaster.

**STUDENT-ATHLETE ADVISORY COUNCIL:** As the governance arm for student-athletes, this group meets twice a month to take positions and/or propose Athletic Department Policy, NCAA Legislation, and Student-Athlete Community Service Initiatives. Members of the council also participate on the Varsity O Board, the Student-Athlete Welfare Committee, the ASOSU-SAAC Intermediary Committee, the ASOSU Senate, and the Athletic Advisory Committee to provide a voice for the student-athletes within these various groups. This group meets every other week (Monday at 7pm in Gill 15). The group also sponsors major community services events two or three times per year. Members are eligible to participate on SAAC at the PAC-12 Conference level and the National level as well. Team SAAC representatives are responsible to carry information discussed during SAAC back to their team mates.

**SAAC Executive Officers for 2011-22**

- President Kevin McShane, Basketball
- Vice President Leslie Mak, Gymnastics
- Secretary Erin Jones, Cross Country
- Treasurer Josh Smith, Soccer
- Student Welfare Travis Anderson, Soccer
- Public Relations Brittany Galindo, Soccer
- Team Relations Mary Claire Brenner, Softball
- ASOSU Rep. Stephanie McGregor, Gymnastics
- Community Involvement Lauren Morgenthaler, Rowing

**BREAKFAST OF CHAMPIONS:** Current student-athletes meet once per term over breakfast to discuss leadership initiatives on campus and within the department. This gathering also assists this group of students in expanding their networks. This group of student-athletes usually carries a cumulative GPA of 3.50 or better.

**CAPTAIN'S TABLE:** Once a term the Athletic Director addresses all the team Captains over dinner and updates them on current national and local issues pertinent to their experiences as a student-athlete. Students are afforded an intimate question and answer session following the presentation.

**ACADEMIC ACHIEVEMENT DINNER:** An annual celebration Spring term, this event honors all current student-athletes with an OSU CUM GPA of 3.20 or better. Members of the faculty and community are also invited to join in the recognition of nearly 250 student-athletes each year.

**SENIOR BRUNCH:** Co-Sponsored by **VARSITY O**, this annual event celebrates the graduating class' achievements over a departmental brunch. Student-athletes, parents, friends, and family get to experience some of the most memorable moments for members of the graduating class. **VARSITY O** members provide the Key Note Speaker. During the event, graduation rings, graduation cords, and senior awards are given to the student-athletes.

**POST-ELIBILITY LAUNCH:** For student-athletes that may be trying out for a professional sports team or are completing their professional sports careers and are close to graduating and for fifth year student-athletes in any sport, this programming combines some of the programming in the LEADERSHIP CLASS and makes it available to any student-athlete that has yet to graduate. Students work in various jobs in the athletic department; expand their networks by attending the Leadership Institute programming

**POST GRADUATE SCHOLARSHIPS:** The Leadership Institute prepares students to be competitive in their applications for post graduate scholarship opportunities. The department assists students in applying for the **NCAA WALTER BYERS SCHOLARSHIP, NCAA POST-GRADUATE SCHOLARSHIPS, the PAC 10 POST GRADUATE SCHOLARSHIPS** and other scholarships as well.

**POWER RESUME 101:** An intimate program led by staff members who are responsible for Human Resource Management within the Athletic Department. Students get to examine current search processes and gain an understanding of what employers look for from the view of the hiring committee. Students' resumes are evaluated on site and important strategies are presented to assist the students in their quests for jobs and internships.

**CAREER ATHLETES and SERVICES:** Career Athletes was initiated in 2009 to create an additional portal for current student-athletes to search for jobs and connect with alumni as well. Students may create an account at [www.careerathletes.com](http://www.careerathletes.com). This program is compliant with all NCAA rules and regulations. Each year there will be Life Skills seminars on such topics as resume writing, interview techniques, networking, dress for success, negotiating your worth, and dining etiquette. We also strongly encourage you to participate in the Career Fairs on October 26, 2011, February 22, 2012 and April 25, 2012. The Engineering Career Fairs are October 27, 2011 and February 23, 2012.

**LIFESKILLS SEMINARS:** The Department offers regular programming on different topics as they relate to all students. These have included: Healthy Relationships, Diversity and Inclusion, Alcohol and Drug Use/Abuse, Face book Account Management, Fiscal Planning, and a host of other topics. Students may request topics as they become timely as well. Some seminars are designated **mandatory**, which means you are expected to attend. It will be your responsibility to notify Linda Johnson **prior to a mandatory event** if you believe you have an extenuating circumstance that should allow you to miss this event. Please contact her at [linda.johnson@oregonstate.edu](mailto:linda.johnson@oregonstate.edu) or 541-737-6804. All seminars are offered in the early evening. You will be provided with a **Life Skills Calendar** each term to assist you in planning your attendance at all Life Skills events.

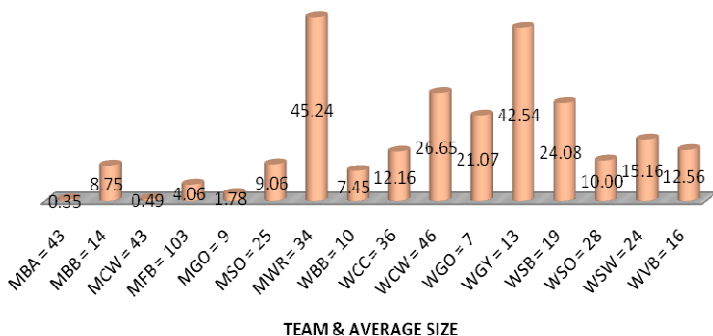
**BEAVER CUP:** The Beaver Cup was created by past Student Athlete Advisory Committee President Mitch Gillis as a reward system for all the amazing things our teams in the class room, in the community and in the department. A scoring system has been developed which takes into consideration team grade point average from the previous Spring term and this year's Fall & Winter term; team attendance at mandatory and non-mandatory Life Skills events, attendance at SAAC, the per student athlete team average community service hours and Orange Game attendance. Team winners of the Beaver Cup receive a gift certificate and may display the traveling Beaver Cup Trophy in their locker room. The 2011 winners were gymnastics, women's rowing and women's golf.

**COMMUNITY SERVICE:** Each OSU team is responsible for a contribution to the community service efforts of the Athletic Department. By participating you will help the community that supports OSU Athletic programs. There is no minimum hourly requirement for community service; however, it does become a highly competitive endeavor for each team and is part of the "BEAVER CUP" point system. During the 2010-11 academic year, the OSU student athletes contributed 5966.75 hours of community service; roughly 12.70 hours per student athlete. The wrestling team averaged 45.24 and the gymnastics team averaged 42.54 hours of community service per student athlete.

The Glenn Klein Community Service Award is presented at The Benny's to a male and a female who have made significant contributions to the community. During 2010-11 the outstanding community service awardees were Devery Karz of women's rowing and Lance Mitchell of football.

## COMMUNITY SERVICE HOURS for 2010-11

Hours per Athlete = 12.70



Golfers Jonnie Motomochi and David Fink elementary students.

**ORANGE GAMES:** Each team has selected a competition in which they want an abundance of student athletes in attendance to voice competitive support. All student athletes will receive an Orange Game t-shirt which will list all Orange Games on the back and should be worn to all Orange Games. To receive a point for attendance at an Orange Game you will need to check in with SAAC Team Relations Executive Mary Claire Brenner of softball.

## **EXIT SURVEY and INTERVIEW**

The OSU Athletic Department conducts exit interviews with all student-athletes. You will receive the Exit Survey document by e-mail and it is submitted confidentially. As required by the NCAA, an additional interview may be conducted by Athletic Advisory Board Members and University Faculty at the end of each term. Questions focus on your recruitment, your life as a student, as an athlete, and your participation in campus life/activities. Your feedback is essential to the continued improvement of the OSU Athletic Department.

## **ACADEMICS FOR STUDENT ATHLETES (ASA)**

Full-time ASA academic counselors are in charge of the academic supervision of assigned sports, providing direction and resources in a supportive, structured environment. Our counselors work with students on transition issues, stress management, time management, academic focus and problem resolution in a proactive manner. ASA academic counselors are particularly aware of issues of transition, adjustment and retention for all student athletes. All of these services are provided to athletes by the University without charge.

### **Academics for Student Athletes Staff**

Ardell Bailey, 541-230-4887 Ardell.Bailey@oregonstate.edu  
Academic Counselor

Lindy Brown, 541-207 2561 Lindy.Brown@oregonstate.edu  
Academic Counselor

Kate Halischak 541-737-9338 Kate.Halischak@oregonstate.edu  
Director

Megan O'Quin, 541-737-4026 Megan.OQuin@oregonsate.edu  
Academic Counselor

Laura Smithers 541-231-0330 Laura.Smithers@oregonstate.edu  
Learning Services Counselor

Paul Yager 541-207-2733 Paul.Yager@oregonstate.edu  
Academic Counselor

# CAMPUS RESOURCE CENTERS

## **The Learning Zone | Gill 219**

Hours: Sunday, 11 am -10 pm  
Monday-Thursday, 8 am - 10 pm  
Friday, 8 am - 5 pm

In addition to the staff and resources within ASA, we encourage you to use these other campus resources:

## **The Valley Library | 541-737-3331**

Hours: Sunday 10:00 am - 1:00 am  
Monday - Thursday 7:30 am - 1:00 am  
Friday 7:30 am - 10:00 pm  
Saturday 10:00 am - 10:00 pm  
Computer labs are in Valley Library, Milne Computer Center, and Bexell Hall.

## **The Valley Library Collaborative Learning Center (CLC)**

Information Commons. CLC provides a variety of services to help students. The Career Center, Chemistry, Library, Math, Physics and the Writing Centers provide assistance during scheduled hours. Visit <http://osulibrary.oregonstate.edu/clc/> for current hours and offerings.

## **Academic Success Center | 541-737-2722 | Waldo 101**

One-on-one academic mentoring.  
Visit <http://success.oregonstate.edu> for services.

## **The Center for Writing and Learning (CWL) | 541-737-5640 | Waldo 123**

CWL's On-Line Writing Lab is <http://cwl.oregonstate.edu/owl.php>.  
CWL's writing tips and reference information page is <http://cwl.oregonstate.edu/writing-tips-and-handouts>.  
CWL's link to other writing information, such as citation rules, grammar, scientific writing, etc., is <http://cwl.oregonstate.edu/other-web-resources>.

## **The EOP Learning Center | 541-737-3628 | Waldo 337**

Some athletes are Educational Opportunities Program (EOP) students. The Writing Center at EOP is a place to work on any step in the writing process. The Math Lab operates on a drop-in basis. Students also have access to computers. Visit <http://oregonstate.edu/dept/eop/> for more information.

## **Math Learning Center | 541-737-4946 | Kidder Hall 108**

Visit <http://www.math.oregonstate.edu/mlc> for more information.

**Counseling and Psychological Services (CAPS) | 541-737-2131 | Snell Hall** Offers a variety of services, including personal counseling and academic success. For more information, visit <http://oregonstate.edu/counsel/>.

## **ASA LEARNING SERVICES**

The following five programs are designed to work as a system in which:

- The programs work together to provide varying levels of structure and guidance with the flexibility to adapt to the needs and developmental changes of student athletes,
- The programs prioritize at-risk student athletes,
- The programs support first year student athletes in developing quality study practices and in identifying additional needs.

### **ONE-ON-ONE STUDY**

This program is designed to help student athletes who need intense and continuous guidance in designing a study plan, prioritizing assignments, and executing the assignments and tasks within their plan.

Logistics:

- The student athlete to study facilitator ratio is 1:1,
- There is a total of 10 spaces available in the One-on-One Study program across all sports,

### **SMALL GROUP STUDY**

This program designed to ensure quality study practices for student athletes who need some guidance and intervention in creating a study plan, completing assignments and navigating life at Oregon State and can accomplish work with general supervision and assistance.

Logistics:

- The student athlete to study facilitator ratio is between 2:1 and 5:1,
- There is a total of 50 spaces available

### **LARGE GROUP STUDY**

This program designed to help student athletes who need organized study hours and a structured and safe study/learning environment. Logistics:

- In Large Group Study the student athlete to study facilitator ratio is 15:1,
- There are a total of 60 spaces for student athletes available.

## **CONTENT TUTORING**

Content Tutoring is designed for the student athlete who has specific questions about course content.

Logistics:

- In Content Tutoring, the student athlete to student staff ratio is between 1:1 and up to 4:1,
- Coordination of content tutoring differs depending on the study program to which the student athlete is assigned.

## **SUPPLEMENTAL INSTRUCTION**

Supplemental Instruction is a service offered to student athletes taking specific, high-risk courses. The program offers group tutoring sessions in these targeted courses--usually Math 111 and 112; the Anatomy and Physiology series (Zoology 331, 332, and 333); and Physics 201.

Logistics:

- In Supplemental Instruction, the student athlete to SI leader ratio is 4:1 or higher.
- Coordination of supplemental instruction differs depending on the study program to which the student athlete is assigned.

## **STUDY HALL**

### **2 Nights per Week – New to OSU Students**

New to OSU student athletes are placed in 4 hours of evening study each week for the duration of the term. Student athletes are considered "new" if they have been at OSU for fewer than 3 full terms (this does not include Summer term).

### **4 Nights per Week – At-Risk Students**

Some student athletes, based on their academic records, are placed in 8 hours of evening study each week for the duration of the term. Student athletes are placed in Evening Study if he or she:

- has a cumulative GPA of 2.3 or below;
- passed fewer than 8 credits the previous term; or
- is on Academic Probation
- requests to be in Evening Study
- or at the discretion of his or her academic counselor.

Evening study will meet Monday through Thursday from 7-9 pm each and every week; alterations are made when night classes conflict.

## **CLASS ATTENDANCE and PERFORMANCE**

Under NCAA guidelines, it is impermissible to miss class for an on-campus practice. You should be aware that the faculty cooperates with the Athletic Department in reporting unexcused absences by the athletes.

## **CLASS ABSENCES DUE TO ATHLETIC COMPETITION AWAY FROM CAMPUS**

Departmental Travel Letters are issued each term notifying your instructors that you will miss class as part of a team representing Oregon State. It is your responsibility to give these letters to all instructors. When an unavoidable conflict exists, your ASA academic counselor can assist you in find a resolution.

## **GRADE PROGRESS REPORTS FROM FACULTY**

Grade checks will be sent to your professors. This occurs several times each term. This information will be use to counsel you regarding your academic progress and assist you with strategies for improving your grades.

## **ACADEMIC ADVISING FOR YOUR MAJOR**

An academic advising appointment with your college/major department advisor is necessary PRIOR to enrolling in classes. One way to remember when to schedule an appointment is to call your academic advisor's office on or around the following days:

Halloween (Oct. 31st)  
Valentine's Day (Feb. 14th)  
Cinco de Mayo (May 5th)

<u>College</u>	<u>Location</u>	<u>Phone</u>
Agriculture Sciences	Strand Ag. Hall 137	541-737-2211
Business	Bexell Hall 214	541-737-3716
Engineering	Batcheller 151	541-737-5236
Forestry	Peavy Hall 140	541-737-2004
Health & Human Sciences	Milam Hall 216	541-737-8900
Liberal Arts	Gilkey 213	541-737-0561
Pharmacy	Pharmacy 203	541-737-3424
Science	Kidder Hall 128	541-737-4811
UESP	Waldo Hall 102	541-737-8144

## **DECLARING/CHANGING YOUR MAJOR**

You must declare a major before your seventh term or third year. To do this, you must formally enroll in a SPECIFIC MAJOR leading to a degree. To change or declare a major, you must complete a "Change of Undergraduate Academic Program" form and have it signed by the college in to which you are transferring (offices listed above). The form is available at the Registrar's office. Once you have thoroughly completed the form turn it into the Registrar's office

## **PRIORITY REGISTRATION FOR CLASSES**

- Student athletes have priority registration privileges, allowing you to enroll in courses early during the seventh week of each term.
- You MUST enroll during your designated priority registration period. Note: you must be enrolled in courses for the upcoming term prior to collecting a scholarship check.
- You will need your OSU ID and GAP number.
- Priority registration happens in two phases.
  - Phase 1 -- you can register for a maximum of 16 credits.
  - Phase 2 -- you can add more classes up to a total of 19 credits AND can wait list up to three courses.

Visit <http://oregonstate.edu> -- Student On-line Services. This site will provide you with complete information.

## **REGISTRATION HOLDS**

The Registration Holds policy states that students will have a hold placed on their accounts and are unable to register if:

- They have charges on their account for more than two terms; and, or
- Their account balance is over \$2,200.

## **Registering for Winter Term 2012**

Check account information online at Student Online Services. If you have a Registration Hold you should:

- Make sure your account balance is under \$2,200. Pay off any charges from previous terms.
- If you have any questions or concerns about Registration Holds, please speak with your Academic Counselor.
- If you have questions about your account balance, visit the Athletics Business Office in Gill 201 (scholarship student athletes) or the Business Office in Kerr Administration (Window 13).

## **CLASS STANDING**

A student who has earned at least **45** credits is classified as a sophomore. A student who has earned at least **90** credits is classified as a junior. A student who has earned at least **135** credits is classified as a senior.

## **ELIGIBILITY STATUS**

At the conclusion of each term, after grades have been posted, your eligibility status is reviewed by the University Registrar, Compliance, and Academics for Student Athletes. At this time, you will be informed if there are any problems concerning your eligibility status. Academic minimum standards for NCAA & OSU athletic eligibility are listed here:

By the start of your 2nd year . . .

- Must have passed 27 quarter credits during the previous academic year (cannot include summer school)
- In addition to the 27 credits, must have passed at least 9 more credits for a total of 36 quarter credits (may include summer school)
- Must have 1.80 or better cumulative GPA
- Must pass 6 degree counting credits per term (certified each term)
- A maximum of 6 quarter hours of remedial courses may be used in the first year

By the start of your 3rd year . . .

- Must have a MAJOR declared
- Must have completed 40% of degree requirements
- Must passed 27 quarter credits during the previous academic year (cannot include summer school)
- Must have 1.90 or better cumulative GPA (certified each term)
- Must pass 6 degree counting credits per term (certified each term)

By the start of your 4th year . . .

- Must have completed 60% of degree requirements
- Must passed 27 quarter credits during the previous academic year (cannot include summer school)
- Must have 2.00 or better cumulative GPA (certified each term)
- Must pass 6 degree counting credits per term (certified each term)

By the start of your 5th year . . .

- Must have completed 80% of degree requirements
- Must passed 27 quarter credits during the previous academic year (cannot include summer school)
- Must have 2.00 or better cumulative GPA (certified each term)
- Must pass 6 degree counting credits per term (certified each term)

## **GRADE POINTS**

The grade point average (GPA) is the quotient of total points divided by total credits; total credits are the number of term credits in which grades A, B, C, D, and F are received. Marks of I, W, P, N, R, S, U, AUD, and WAU are disregarded in the computation of points. Please refer to the Academic Warning/Probation/Suspension section for a more detailed explanation of issues that will arise with a GPA of less than 2.00.

## **REPEATING COURSE WORK**

Courses may be repeated once for grade replacement. **Repeated classes may be counted only once for eligibility.** Both grades will appear on the academic record, but only **the second grade will be counted** in the cumulative grade point average and toward graduation requirements.

## **GRADING OPTION CHANGES: A/F to S/U**

All courses are graded either A/F or P/N as designated by the department offering the course. Students may change the A/F grading basis to an S/U grading basis with the approval of their college Head Advisor.. There is a limit on the number of S/U credits counted towards graduation. **You MUST seek advice from your ASA academic counselor before you change a class to S/U as it may affect your eligibility.**

## **CLASS WITHDRAWALS**

You should **NOT** drop a class without the approval of your ASA academic counselor as changes in your class schedule may result in an NCAA violation and forfeiture of team competition(s). If you choose to withdraw from a course and you drop below 12 credits for the current term, you are ineligible to practice and compete and you will not receive your scholarship check. You must be enrolled in 12 credits per term in order to remain eligible. The deadline to withdraw from a course is the end of the 7th week of classes.

## **TEXTBOOK LOAN**

**Textbooks purchased as part of an athletic scholarship are the property of the Athletic Department and must be returned at the end of each term.**

To obtain your textbooks:

- Print out the book list for your classes at <http://infosu.oregonstate.edu/login>.
- Bring the book list to Academics for Student Athletes, 2<sup>nd</sup> Floor Gill Coliseum for stamped approval.
- Then take the stamped book list to the University Bookstore. Be sure to have your student ID card with you. Gather all your required books. If you drop a course, keep those books and return them at the end of the quarter with all your other books.

Student athletes who receive book scholarships should note that NCAA rules allow only textbooks required by the course to be purchased by the Athletic Department.

**You must return your books by the conclusion of your final exams (no later than 5 pm on Friday of Finals Week).** Bring your books to the Memorial Union Ballroom; look for the line identified for student athletes. If you fail to return your books, you will have to pay for the books.

## **ACADEMIC WARNING/PROBATION/SUSPENSION**

Oregon State University expects students to maintain satisfactory academic progress toward degree completion. Academic standing is determined for students seeking a baccalaureate degree according to the criteria outlined below. Students whose standings evidence a lack of satisfactory progress will be warned of this condition.

- **Academic Warning:** Students with a term GPA below 2.0 will be placed on Academic Warning.
- **Academic Probation:** Students who have completed two or more terms at OSU and have an OSU cumulative GPA below 2.0 will be placed on Academic Probation. Students who attain a cumulative GPA of 2.0 or better are removed from Academic Probation.
- **Academic Suspension:** Students who are on Academic Probation and have a subsequent term GPA below 2.0 will be placed on Academic Suspension. Academic Suspension is recorded on the student's academic record. Students who are academically suspended are denied all the privileges of the institution and of all organizations in any way connected to it, including any university-recognized living group.

- **Reinstatement to The University:** Suspended students will be considered for reinstatement to the university after two years or completion of a minimum of 24 quarter credits of transferable college-level work at an accredited college or university, with a GPA of 2.5 or above.

## **ACADEMIC DISHONESTY**

Academic dishonesty is defined as an intentional act of deception in which a student seeks to claim credit for the work or effort of another person or uses unauthorized materials or fabricated information in any academic work. Academic dishonesty includes:

- **Cheating** - use or attempted use of unauthorized materials, information, or study aids OR an act of deceit by which a student attempts to misrepresent mastery of academic effort or information.
- **Fabrication** - falsification or invention of any information (including falsifying research, inventing or exaggerating data and listing incorrect or fictitious references).
- **Assisting** - helping another commit an act of academic dishonesty.
- **Tampering** - altering or interfering with evaluation instruments and documents.
- **Plagiarism** - representing the words or ideas of another person as one's own OR presenting someone else's words, ideas, artistry, or data as one's own.

## **LEARNING DISABILITIES**

Student athletes that have a documented learning disability or suspect that you may need testing for a learning disability, you should contact your ASA academic counselor or Tracey Bentley-Townlin, director of Disability Access Services) at 737-3669 as early as possible. Disability Access Services (DAS) located in A200 Kerr Administration Building has the responsibility of maintaining and improving the overall quality of student life by providing a broad range of programs and services which help students achieve their academic goals. Assistance and specific accommodations are available for students with impairments in hearing, vision and/or mobility, a specific learning disability, or other disabilities. The types of services provided are dependent on the nature of the student's disability.

# SPORTS MEDICINE/MEDICAL CARE

The Sports Medicine staff at Oregon State University has developed policies and guidelines for day to day operations in an effort to more effectively serve all of our student-athletes. These policies are designed to allow the staff to give each athlete our undivided attention for injury evaluations and rehabilitation sessions. It is our goal to provide outstanding medical care to all the student-athletes at Oregon State University in the most efficient manner possible.

Recognizing that the objective of the Sports Medicine Department is to provide a safe environment for practice and competition according to current standards, it is essential that communication between athletic trainers, team physicians, student athletes, and coaches be open and constant.

All student athletes (walk-ons, new and returning) **must** have primary insurance before they will be allowed to practice.

Any medical needs **will not be** provided to the student athlete until they have turned in their **insurance questionnaire** authorizing the staff to complete any medical treatment creating a bill. Athletes should take note that delaying in turning this information in can **jeopardize their credit rating** when their medical bills go unpaid. Athletes also **will not** be able to **participate** in any athletic activities until this questionnaire has been completed.

Actual medical expenses will be provided by the Athletic Department only for student-athletes who have experienced **athletically-related injury** or an illness which occur **only** during in-season practice or competitive periods in intercollegiate athletics, or during prescribed conditioning activities. This would include any approved off-season team activities. The Student Health Center is available for all out-of-season illnesses or injuries, and all student-athletes are encouraged to utilize the medical services of the Center. The athletic department covers these athletically related injuries as a secondary coverage to the students own personal insurance. All bills will be first sent through the student-athletes' personal insurance and then the balance will be paid by the Athletic Department.

## **INJURY MANAGEMENT & TREATMENT of ILLNESS**

It is the responsibility of each student-athlete to report all injuries and illnesses during their athletic season to a staff athletic trainer at the earliest possible time. Athletic trainers will refer student-athletes to a physician (Team Physician or Student Health Center) as deemed necessary. The physician will make necessary evaluations, treatment, referrals and consultations. **The athlete will receive**

**complete medical coverage only if these procedures are followed.**

Should an athlete seek medical attention **without a referral** from an athletic trainer or team physician, the athlete must inform a staff trainer that outside medical care has been sought, **AND THE ATHLETE WILL BE RESPONSIBLE FOR ANY EXPENSES.** Student-athletes who wish a second medical opinion regarding treatment or clearance may do so AT THEIR OWN EXPENSE. However, in any case, clearance for practice and participation can be issued by only the team physician.

Coaches will not make medical referrals without consulting the team physician. Coaches will also refrain from performing any first aid treatment unless an emergency exists and an athletic trainer is not available.

We also want to emphasize that any medical bills received by the parent or athlete need to be brought/sent in to the athletic department so they can be paid. If you are receiving the bill at home, then we have no knowledge of it and it will remain unpaid. If there are ever any questions or concerns about medical bills or coverage feel free to contact our Insurance Coordinator:

Jacque Bruns, 201 Gill jacque.brunns@oregonstate.edu  
Phone: 541-737-0851 Fax: 541-737-3570

## **PREGNANCY POLICY**

The Athletic Department has developed a Pregnancy Policy that outlines protocols for student-athletes. To obtain a copy of the full policy, please contact your athletic trainer. In general the policy clarifies the following: Confidentiality is respected. Pregnancy and all issues surrounding it are private. The student-athlete is not required to share any information with coaching staffs or other administrators, but is **encouraged** to inform her athletic trainer and the attending physician so the appropriate care may be taken. A pregnant student-athlete's scholarship award is protected during the term of the award; it may not be reduced or ended due to pregnancy. The NCAA and OSU scholarship awards are awarded on an annual-year to year basis. (The NCAA prohibits awards beyond a one-year time period). Renewal of athletic related scholarship at OSU is typically based on good academic progress, the following of OSU, PAC-12, NCAA rules and regulations; abiding by local and federal laws as well as adhering to other common processes and procedures. The OSU Athletic Department considers pregnancy to be similar to the condition of a non-athletic related injury. As with all non-athletic related injuries, the department does not pay for any medical costs associated with pregnancy.

Extreme exceptions may exist and will require approval of the Athletic Director in all cases.

### **ADDITIONAL CARE**

Some issues are less visible than a broken arm, but are still very related to the health and safety of you as a student-athlete. Individual concerns may vary from drug and alcohol use, nutrition, psychological and performance issues. Whatever the case, we desire to see you meet your potential as a student-athlete and will work to assist you in the most appropriate way. All issues of concern will be treated with confidentiality and sensitivity to your privacy. General protocols for finding help are outlined below. For any issue that may affect your health and safety you must:

- Notify an athletic trainer and coach
- Based on your wishes, others may be notified of the concern
- An evaluation by the appropriate professional will be done
- Student-athletes will be supported for treatment or referred to an outside source for continued treatment.

A few outside sources that are available to ALL students on the OSU campus are:

- Health Coaching through Student Health Services
  - Contact Malinda Shell at 541-737-2776
- Counseling & Psychological Services in 500 Snell Hall
  - Contact Marcus Sharpe at 541-737-2131

### **EMERGENCY ACTION PLAN**

Emergency situations may arise at athletic events. Expedient action must be taken in order to provide the best possible care to the athlete when an emergency and/or life threatening condition arise. It is the duty of athletic department to develop an emergency action plan that may be implemented when necessary. The sports medicine team/athletic trainers are prepared to carry out an emergency action plan at all times. Current preparation involves proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in the area of emergency medicine and planning. Through careful pre-participation physical screenings, adequate medical coverage, safe practice and training techniques and other safety avenues, some potential emergencies may be avoided.

The components of the Emergency Plan are available in the OSU Athletic Department Policy & Procedures Manual.

# CONCUSSION MANAGEMENT

Below is the recently supplied NCAA fact sheets addressing concussion awareness, prevention, and management. It is imperative that you trust your training staff to properly evaluate your self-reported symptoms and provide you with the most appropriate care.

## CONCUSSION

A FACT SHEET FOR STUDENT-ATHLETES

### WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a blow to the head or body.
  - From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- Can happen even if you do not lose consciousness.

### HOW CAN I PREVENT A CONCUSSION?

Basic steps you can take to protect yourself from concussion:

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletic department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

### WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

Concussion symptoms include:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

### WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

Don't hide it. Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

Report it. Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

Get checked out. Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

Take time to recover. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.



**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.  
WHEN IN DOUBT, GET CHECKED OUT.**

For more information and resources, visit [www.NCAA.org/health-safety](http://www.NCAA.org/health-safety) and [www.CDC.gov/Concussion](http://www.CDC.gov/Concussion).



Reference to any commercial entity or product or service on this page should not be construed as an endorsement by the Government of the company or its products or services.

# NCAA BANNED DRUGS

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact the NCAA education services or [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety) for the current list. The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure.

**No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.**

The following is the list of banned-drug classes:

- Stimulants
- Anabolic agents
- Diuretics
- Street Drugs
- Peptide hormones and analogues
- Anti-estrogens
- Beta-2 Agonists
- Sport specific banned drugs

Note: Any substance chemically related to these classes is also banned. The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Here are some examples of NCAA banned substances in each drug class.

**Stimulants:** amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, etc.

*exceptions:* phenylephrine and pseudoephedrine are not banned.

**Anabolic Agents:** (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione) boldenone; clenbuterol; DHEA (7-Keto); nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

**Alcohol and Beta Blockers (banned for rifle only):**

alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

**Diuretics (water pills) and Other Masking Agents:**

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

**Street Drugs:** heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (eg. spice, K2, JWH-018, JWH-073)

**Peptide Hormones and Analogues:** growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

**Anti-Estrogens:** anastrozole; tamoxifen; formestane; 3,17-dioxo-etiocol-1,4,6-triene(ATD), etc.

**Beta-2 Agonists:** bambuterol; formoterol; salbutamol; salmeterol; etc.

**Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!**

- Drugs and Procedures Subject to Restrictions:
- Blood Doping.
- Local Anesthetics (under some conditions).
- Manipulation of Urine Samples.
- Beta-2 Agonists permitted only by prescription and inhalation.
- Caffeine if concentrations in urine exceed 15 micrograms/ml.

### **Advisory on Nutritional Supplements and Positive Drug Tests**

The Oregon State University Athletic Department recognizes that student athletes may choose to take dietary sport supplements to enhance their health, physical development and/or performance. Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional or dietary supplements cannot be guaranteed.

Impure supplements may lead to a positive NCAA drug test.

**The use of supplements is at the student-athlete's own risk.** Student-athletes should contact their head athletic trainer or visit the Resource Exchange Center ([www.drugfreesport.com/rec](http://www.drugfreesport.com/rec)) for further information.

The FDA banned the sale of ephedra containing supplements in 2004 due to accumulating evidence of adverse-related effects, including death. In 2006, the U.S. Court of Appeals for the Tenth Circuit upheld the FDA's ban, making ephedra illegal in the United States to this day. Some other common NCAA banned substances found in dietary sport supplements are DHEA, androstenedione, 19-norandrostenedione, caffeine (also labeled as guarana) and synephrine (also labeled as bitter orange). Dietary sport supplements can be legally obtained almost anywhere, but their purity and safety cannot be guaranteed.

**The purpose of this statement is to inform you if you choose to take a dietary sport supplement, it is your responsibility to know what the ingredients are and if those ingredients are legal for continued participation**

**in the NCAA. You have several options to determine this information:**

- **Call the Resource Exchange Center (REC) at (877) 202-0769**
- **Check the internet at [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec), Password = ncaa1**
- **Talk to a member of the athletic training staff prior to using any supplement.**

## **SUBSTANCE USE & TESTING POLICY**

### **DIVISION 23 - ATHLETIC DEPARTMENT SUBSTANCE USE & DRUG TESTING**

#### **Introduction**

(1) In the interest of the personal health and safety of student-athletes competing for and against Oregon State University in its intercollegiate athletic program and in the interest of fair and sporting competition, the Department of Intercollegiate Athletics (Athletic Department) does not condone alcohol abuse, drug and substance abuse or illegal use of such substances by a student-athlete at any time. Nor does the Department endorse or permit the use of performance-affecting substances.

(2) The Athletic Department has instituted a program of drug testing by urinalysis for student-athletes engaged in intercollegiate athletics. The testing process shall be initiated only on the basis of individualized reasonable suspicion or on the basis of failing a test previously conducted pursuant to these rules. The circumstances, conditions, or events giving rise to such reasonable suspicion and the source thereof shall be recorded in writing by the team physician who shall be the only person to authorize and initiate the drug testing process.

(3) "Reasonable suspicion" shall not mean a mere "hunch" or "intuition." It shall instead be based upon a specific event or occurrence which has led to the belief that a student-athlete has used any drugs which are specified in OAR 576-023-0010(5) and which could have or could have had an effect during a period of organized practice, conditioning, or competition or during a period of counseling for substance abuse or, in the case of steroids, during any period of conditioning or weight training:

(a) Such belief may be engendered by, among other things, direct observation by coaches, trainers, or the team physician of physical or mental deficiency or of medically indicated

symptomology of tested-for drug use, or of aberrant or otherwise patently suspicious conduct or of unexplained absenteeism;

(b) Such belief may also be engendered by, among other things, information supplied by reliable third parties, including but not limited to law enforcement officials, if said information is corroborated by objective facts, including but not limited to, equivocal, contradictory, or unlikely and unsubstantiated explanation by the individual about whom the report is made. Should information that leads to reasonable suspicion be provided by law enforcement, prosecutorial or probation department officials, the University will only utilize and act upon such information if it succeeds in getting a written agreement from the law enforcement source that results of a potential test will not be used by law enforcement to prosecute or revoke parole;

(c) Such belief may also be engendered by common-sense conclusions about observed or reliably described human behavior upon which practical people ordinarily rely;

(d) Such belief may also be engendered by a previous positive test under these procedures within the preceding twelve months.

(4) The Athletic Department shall not perform any drug testing solely at the request of a student-athlete.

(5) Alcohol abuse during any period of OSU supervised conditioning, weight training, practice, or competition can have severe detrimental effects on personal health, performance, behavior, and academic progress. Team regulations dealing with alcohol abuse therefore provide for possible counseling and/or disciplinary action for student-athletes who are abusing alcohol. The Department considers that a conviction for driving while under the influence of alcohol is evidence of a serious problem of alcohol abuse. A conviction for driving under the influence of intoxicants (DUII) which arises from an incident during any period of OSU supervised conditioning, weight training, practice, or competition will be treated the same as a positive test for drugs, as set out in OAR 576-023-0035 of this policy.

Stat. Auth.: ORS 351.070

Stats. Implemented: ORS 351.070

Hist.: OSU 5-1989, f. 12-13-89, cert. ef. 1-1-90; OSU 10-1991, f. & cert. ef. 11-13-91

## **576-023-0010      Testing Method**

(1) The standard method adopted by the Athletic Department for testing for drug use shall be through laboratory analysis of urine samples provided by student-athletes. Urine specimens shall be collected in the proximity of a trained monitor of the same sex who is assigned for that purpose by the Athletic Department

administration in compliance with the protocol described in OAR 576-023-0020, Specimen Collection and Role of Monitor.

(2) Results of the test shall be available only to the student-athlete, to the head coach in the athlete's sport, to the head trainer, to the Athletic Director, and to the Team Physician. Should any challenge to the test results, consequences of the test or the test procedures be raised in relation to a particular student-athlete, other appropriate University officials may have access to the information in order to carry out their responsibilities in handling the challenge.

(3) The Team Physician shall determine, after consultation with the head coach, whether it is appropriate to inform and involve a drug and substance abuse counselor, in addition to those individuals listed in section (2).

(4) A copy of the rules describing the Athletic Department Substance Use and Drug Testing Policy shall be included in the Student Athlete Handbook which shall be given to each student athlete before the start of the playing season or when the name of the student-athlete is first entered upon the team roster, whichever is later.

(5) The substances for which the student-athlete will be tested include amphetamines, cocaine, anabolic steroids, marijuana, barbiturates, and phencyclidine or their derivative compounds and other similar performance enhancing or performance depressing drugs.

(6) A student-athlete who refuses to provide a urine sample during the test process or within four hours of the designated time shall be deemed to have tested positive for the drugs in question.

Stat. Auth.: ORS 351.070

Stats. Implemented: ORS 351.070

Hist.: OSU 5-1989, f. 12-13-89, cert. ef. 1-1-90; OSU 4-2001, f. & cert. ef. 4-25-01

### **576-023-0012 Notification of Test**

An athletic trainer will contact a student athlete either in person or by phone to inform the student that a drug test will be done. In the event initial contact is made by phone, the student athlete will have 45 minutes to appear at the test site specified by the athletic trainer. If contact is in person, the student athlete will not be allowed to leave the area prior to submitting a specimen for testing.

Stat. Auth.: ORS 351.070  
Stats. Implemented: ORS 351.070  
Hist.: OSU 4-2001, f. & cert. ef. 4-25-01

### **576-023-0015      Testing Protocol**

- (1) The Athletic Department protocol for testing student athletes shall minimize the chances of accidental error or cheating. The protocol shall not provide for visual observation of voiding.
- (2) Coaches shall not be involved in the urine sample collection process.
- (3) Testing of urine samples shall be performed by a laboratory which meets the standards of the International Olympic Committee and/or the National Collegiate Athletic Association.
- (4) If the initial test is positive and was not performed by a test at least as accurate as gas chromatography -- mass spectrometry, a second test shall be performed by use of the split samples at an independent laboratory, using procedures at least as accurate as gas chromatography -- mass spectrometry.

Stat. Auth.: ORS 351.070  
Stats. Implemented: ORS 351.070  
Hist.: OSU 5-1989, f. 12-13-89, cert. ef. 1-1-90; OSU 4-2001, f. & cert. ef. 4-25-01

### **576-023-0020      Specimen Collection and Role of Monitor**

- (1) The Athletic Department protocol described in the Sections below shall be followed in the collection of specimens.
- (2) Student-athlete is escorted by University athletic trainers to the designated area.
- (3) Monitor asks student-athlete to select a sealed specimen container.
- (4) Student-athlete will sign identification form and container labels at entry point. The student-athlete will then follow the monitor to the collection area.
- (5) Toilet bowls and tanks shall be filled with water containing colored dye.
- (6) Student-athlete shall empty all pockets and shall leave contents of pockets plus purses, back packs, and similar containers (all inside a sealed sack) with the monitor.

(7) Student-athlete shall enter collection stall and shall close the privacy curtain. Monitor shall remain immediately outside the stall. Quiet shall be maintained. After voiding into the specimen container, student-athlete shall emerge and hand the container to the monitor. The monitor shall inspect the collection stall before and after the specimen is collected. Only the monitor shall flush the toilet.

(8) The student-athlete shall then, in the presence of the monitor, pour off approximately half the contents of the container into two new containers and shall then cap, seal, and tape them.

(9) Monitor and student-athlete shall proceed together to the specimen receiving area. The specimen is to remain in view of the monitor until the monitor signs off as described in section (11) of this rule.

(10) Monitor inquires if student is taking any medication and enters this information on the certification form.

(11) Monitor signs control sheet affirming monitored specimen collection on the certification form.

(12) If unable to produce a specimen at all, the student-athlete shall be asked to return to the designated area to wait. The student-athlete begins the entire procedure anew when student-athlete deems readiness.

(13) If the student-athlete is unable to supply the necessary quantity, but wishes to keep the partial sample, then she or he must:

(a) Keep the container in her or his possession and be out of arm's reach of any other person. He or she may request liquid but must stay in possession of partial sample and remain under continuous observation of monitor;

(b) When the student-athlete indicates to the monitor readiness to complete the collection, he or she is then accompanied by the monitor to resume the process in section (7) of this rule.

(14) In the event an empty container is left standing, or a partially or fully filled container is not in close proximity and possession of the student-athlete associated with it, the monitor or an employee of the laboratory shall dispose of the container.

Stat. Auth.: ORS 351.070

Stats. Implemented: ORS 351.070

Hist.: OSU 5-1989, f. 12-13-89, cert. ef. 1-1-90; OSU 4-2001, f. & cert. ef. 4-25-01

## **576-023-0025 Specimen Handling and Preliminary Testing**

(1) After specimens have been received by the designated laboratory, the following policies are in effect:

(a) Specimens are held in the designated laboratory according to the following schedule:

(A) One week for a negative test result;

(B) 90 days for a positive test result;

(b) The laboratory staff communicates with only the team physician or head athletic trainer when the testing indicates a positive result. Such communication shall be made orally to the team physician personally, followed by a written report of the test results to the team physician. Split samples are used and final confirmation of positive comes only from GC-MS method (gas chromatography -- mass spectrometry) in accordance with OAR 576-023-0015(4);

(c) Anabolic steroid tests will be conducted by a laboratory qualified to perform such tests.

(2) Test results and the fact of testing shall be treated confidentially at all times. Test results and related information shall be stored securely separately from other educational or medical records. University and laboratory employees shall not disclose or discuss the fact or the outcome of testing or the identity of the person tested except insofar as necessary to carry out their official and professional responsibilities. The phrase "official responsibilities" shall not extend to financial aid (other than termination appeals under OAR 576-023-0035(2) below), student conduct, housing or campus security activities.

(3) Laboratories testing specimens shall employ secure storage and chain-of-custody/signature/name/date-time-location-purpose documentation continuously while in possession of specimens.

Stat. Auth.: ORS 351.070

Stats. Implemented: ORS 351.070

Hist.: OSU 5-1989, f. 12-13-89, cert. ef. 1-1-90; OSU 4-2001, f. & cert. ef. 4-25-01

## **576-023-0030 Drug Education & Counseling Services**

Working with the Dean of Students, the Student Health Center, the Team Physician, and other campus resources, the Athletic Department administration shall provide a program of drug information and counseling referral for student-athletes.

Stat. Auth.: ORS 351.070

Stats. Implemented: ORS 351.070

Hist.: OSU 5-1989, f. 12-13-89, cert. ef. 1-1-90

### **576-023-0035 Positive Test Results Sanctions**

(1) The team physician, the head athletic trainer, the Athletic Director, and the head coach shall review a positive test result and shall, bearing in mind the type of tested-for drug(s) used, the recency of use, the medical, safety and performance-enhancing effects of its use, formulate a treatment/behavior modification program for the student-athlete. Such program shall include abstinence of further use and periodic retesting and a reduction of playing time equivalent to 10% of the competitive season for the student athlete's sport. The program may include counseling, physical therapy, and withholding from contact drills, and scrimmages as well.

(2) If a second positive test or admission reveals continuing use of tested-for drugs beyond the initial positive test, the student-athlete shall at a minimum have his or her playing time reduced by 50% of the competitive season. The student athlete may be expelled from the team and may lose all athletic grant-in-aid support beginning with the next academic term. If the student-athlete declines twice to provide a sample, or if the student-athlete is involved in any combination of positive tests or declinations totaling two, he or she shall receive a 50% playing time reduction and may similarly be expelled from the team and lose all athletic grant-in-aid support. Prior to loss of financial aid the student-athlete shall first be offered a contested-case hearing under OAR 576-002-0000 and following.

(3) A third positive test result shall automatically cause the student-athlete to be expelled from the team. All athletically-related financial aid shall be terminated beginning with the next academic term. The student athlete shall be offered a contested-case hearing under OAR 576-002-0000 prior to the termination of the financial aid.

(4) Failure by the student athlete to cooperate in the treatment plan shall constitute immediate probable cause for subsequent testing.

(5) If a student-athlete refuses to provide a urine sample during the test process or within four hours of the designated time, the student-athlete shall be deemed to have a positive test and shall be withheld from contact-drills, scrimmages and game competition for the next three weeks of the competition season(s) starting immediately. Include a reduction of playing time equivalent to 10% of the competitive season for the student athlete's sport. The student-athlete shall not be tested following such refusal and withholding on the basis of the original incident, or particular facts

which led to individualized reasonable suspicion, except in instances of a prior positive test within twelve months.

(6) In the event a student athlete tests positive, and the positive results are confirmed; or if the student has refused to provide a urine sample in accordance with section (4) of this rule, a second test cannot be required until sufficient time has elapsed for complete elimination of the drug found in the first test. Such elapsed time shall be no less than the following:

- (a) Amphetamines, barbiturates, and similar stimulants, Elapsed Time 10 days;
- (b) Cocaine, Elapsed Time 7 days;
- (c) Marijuana, Elapsed Time 6 weeks;
- (d) Anabolic steroids:
  - (A) Fat-soluble injectable types, Elapsed Time 8 months;
  - (B) Oral or water-soluble types, Elapsed Time 8 weeks.

(7) Conviction of a student-athlete for driving while under the influence of alcohol as set out in OAR 576-023-0005(5) shall result in the same pattern of sanctions as for a positive drug test. The first conviction will involve sanctions as listed in section (1) of this rule. A second conviction will result in actions listed in section (2) of this rule; a third conviction will result in actions listed in section (3) of this rule.

Stat. Auth.: ORS 351.070

Stats. Implemented: ORS 351.070

Hist.: OSU 5-1989, f. 12-13-89, cert. ef. 1-1-90; OSU 10-1991, f. & cert. ef. 11-13-91; OSU 5-1995, f. & cert. ef. 12-13-95; OSU 4-2001, f. & cert. ef. 4-25-01

## **576-023-0040      Records Security**

(1) The University has no purpose of invoking or facilitating criminal justice procedures or Student Conduct Code disciplinary proceedings arising out of the use or ingestion of the tested-for substances.

(2) The University in conducting the testing program is not acting in aid of, or as an agent for, state or federal law enforcement officials. Nor are those administering the tests acting as, for, or on behalf of the Office of Student Conduct. The off-campus use of substances tested for under this rule is not a violation of the Student Conduct Code.

(3) Test results shall be deemed by the University as part of a student's educational/ medical records protected from disclosure under state and federal law. However, these laws do not immunize

student educational records from disclosure pursuant to a subpoena or court order. In such an instance, the University will take reasonable steps to notify the record-subject in advance of compliance with any such subpoena or order. The University or the record-subject may move the court or agency to quash any portion of the subpoena which pertains to drug testing records or to withdraw or narrow any such court order.

Stat. Auth.: ORS 351.070

Stats. Implemented: ORS 351.070

Hist.: OSU 5-1989, f. 12-13-89, cert. ef. 1-1-90

## **STRENGTH & CONDITIONING**

The Oregon State University strength and conditioning department operates The Sports Performance Center, located between Gill Coliseum and the Valley Football Center. The Sports Performance Center contains a complete line of free weight equipment, racks, platforms, benches and dumbbells. All current and eligible student-athletes have an opportunity to train in the Sports Performance Center. Each sport will have a certified strength and conditioning coach. Each student-athlete will work closely with this coach during all phases of their training and conditioning.

The Sports Performance Center hours will be posted and may vary as sport training schedules change throughout competitive and noncompetitive phases. Hours are based on the need and demands of Oregon State University student-athletes and their sports.

The following are the policies and procedures of the OSU Strength and Conditioning Staff:

### **STUDENT ATHLETE ACCOUNTABILITY:**

- All athletes must be on their teams official sport roster. All NCAA clearinghouse and OSU standards must be met before any training will be allowed.
- All athletes must be cleared physically by the OSU sports medicine staff before any training will be allowed.
- An Oregon State University coach or administrator must accompany and supervise individuals using the weight room.
- You are expected to train with a sense of purpose. Access to strength and conditioning services and programs is a privilege and the same effort, focus, enthusiasm, perseverance and discipline expected of you in your athletic forum are expected during your workouts.

- **You are expected to notify the strength & conditioning staff immediately if you sustain an injury.** If you have an injury and are limited by the sports medicine staff the workouts will be modified. Do not skip exercises or workouts.
- Any training program is only as good as your ability to recover from it. **Proper nutrition and quality sleep are your two most important means of recovery – no amount of training can offset a poor lifestyle.**
- It is understood that academics come first and scheduling conflicts may occur. **It is your responsibility to notify the strength and conditioning staff in advance to schedule a makeup workout or be excused in the event of illness.**

## COMPLIANCE

### NCAA Rules & Regulations

In order to participate in intercollegiate athletics, you must maintain your athletic and academic eligibility. Your coach, the Compliance Office, OSU's NCAA Faculty Athletic Representative, and the Director of Athletics work together to ensure adherence to all NCAA and PAC-12 Conference rules and regulations regarding eligibility. Though NCAA and Conference rules may seem complicated, they ensure that all teams play according to the same rules, with no team having an unfair competitive edge. NCAA and University rules require that you must be a full-time degree seeking student in order to represent Oregon State in athletics. This means you must be enrolled in a minimum of **12 credit hours** of course work at OSU. You are ineligible to practice or compete if your enrollment falls below **12 credit hours**. OSU staff members are familiar with these rules and understand that any deviation from them, whether knowingly or through ignorance, is not condoned by the department or the University. Be aware of regulations concerning outside competition or the acceptance of any prizes, cash, or merchandise. If you have any doubts at all, contact your coach or the Compliance Office before becoming involved.

The following sections on eligibility requirements are intended to reinforce the rules and requirements that have been discussed during your NCAA Student-Athlete Meeting. Your eligibility to participate in athletics is based upon your academic performance as well as on your adherence to a variety of non-academic eligibility regulations.

## **NCAA ORIENTATION MEETING**

Before the first day of practice each year, an NCAA orientation meeting will be held for your team. At this time, rules and procedures are explained and any questions you may have concerning eligibility are answered. You will also be asked to complete and sign NCAA and OSU forms. You may not participate in intercollegiate athletics unless you have participated in your team's NCAA orientation meeting or met individually with the Associate AD – Compliance. This must be done prior to your first competition in each sport in which you participate. After the annual fall certification, your continued eligibility will be monitored, and an updated academic review will be conducted prior to the beginning of each term.

## **FIVE-YEAR RULE**

You have five calendar years in which to complete four athletic seasons in a sport. The five-year clock begins when you first become a full-time student at any collegiate institution. These years are continuous. You do not regain the time during which you are not enrolled in school. You may be granted an extra year of eligibility if you meet medical hardship criteria, but this will not extend the five-year clock. There are few exceptions to this rule – your clock would stop with time spent in the armed services, an official church mission, or pregnancy.

## **TWELVE CREDIT HOUR RULE**

NCAA and University rules require that you must be a full-time degree seeking student in order to represent Oregon State in athletics or to receive athletics aid. This means you must be enrolled in a minimum of 12 hours of course work at OSU. You are NOT eligible to practice, compete, or receive athletics aid, if at any time:

- You withdraw from Oregon State University;
- Your registration or admission is canceled; or
- Your registration falls below 12 credits.

Note: A student-athlete in his/her final term of enrollment and attempting the number of hours required for graduation is exempt from the 12-hour rule.

## **SATISFACTORY PROGRESS RULE**

In order to remain eligible to compete after your first academic year (or after one season of eligibility), you must continue to make satisfactory progress toward your degree. Eligibility for competition shall be determined based on satisfactory completion specific criteria as listed under the Student Athlete Academic Eligibility Status Section.

## **75/25% RULE**

Student-Athletes must earn 75 percentage of the credits needed for satisfactory progress during the regular academic year. No more than 25 percent of the required credits for satisfactory progress may be earned in the summer.

## **NON-ATHLETICS FINANCIAL AID**

Athletically related grant-in-aid, as well as other forms of financial assistance, may be provided to help you with your University expenses. To apply for need-based financial aid at OSU, you must complete the Free Application for Federal Student Aid (FAFSA) each year. The application form is available in January on-line at [www.fafsa.gov](http://www.fafsa.gov). FAFSA forms received by the central federal processor between January 1 – February 1 have the best chance of receiving the school's limited campus-based priority funding. Since some scholarships require FAFSA information, all entering students are encouraged to complete the FAFSA by February 1.

Below are examples of non-athletics aid that you may possibly be able to receive, even if you are receiving an athletics scholarship:

- Institutional Scholarships / Grants
- Non-Institutional Scholarships / Grants
- State / Federal Grants
- Federal / Parent Loans

Every scholarship and grant that a student-athlete receives will be evaluated to make sure the award conforms to NCAA regulations. Contact the Compliance Office should you have any questions.

## **ADDITIONAL NOTES – NON-ATHLETICS AID**

- Any student attending Oregon State may become ineligible to receive federal aid (e.g., Pell Grant) if his/her OSU Overall GPA is below 2.00;
- A student-athlete will become ineligible to receive a University academic-based scholarship if his/her OSU Overall GPA falls below 3.00; and
- All sources of outside financial aid that a student-athlete receives (with the exception of funding directly provided to the student-athlete from his//her immediate family) must go through Oregon State University's Office of Scholarships and Financial Aid.

## **NCAA SPECIAL ASSISTANCE & OPPORTUNITY FUNDS**

Two on-going funds established by the NCAA to assist eligible student-athletes with financing special needs are available for student-athletes to utilize as authorized by the OSU Compliance Office. Various uses of the fund include:

- Annual clothing allowance for Pell eligible students;
- Expendable course supplies (e.g., notebooks);
- Rental of non-expendable course supplies required for a given course (e.g., calculator);
- Cost associated with one graduate school exam (e.g., GRE);
- Medical and dental costs not covered by another insurance program; and
- Costs associated with a family emergency in the student's immediate family

### **ATHLETIC GRANT-IN-AID SCHOLARSHIPS**

Athletic grant-in-aid scholarships are awarded for a term of designated length, not to exceed one academic year. In addition, NCAA regulations allow student-athletes to receive an athletics scholarship for a maximum of 5 academic years (15 quarters) within 6 years of initial collegiate enrollment.

OSU's athletics programs are provided with a specific number of scholarships in accordance with NCAA and OSU budgetary restrictions. These grants are officially awarded by the University's Office of Scholarships and Financial Aid upon the recommendation of the head coach and the approval of the Director of Athletics. Athletic grants-in-aid are not reimbursement for services performed, but rather are provided to help student-athletes with their educational expenses. An athletics scholarship is restricted to education expenses consisting of tuition and fees, room, board, and the use of required course-related books.

The Colleges of Engineering and Business have moved to a tiered credit system. Partial tuition scholarships may not cover all tuition charges based on these calculations. Additional credit hours may be the student athletes' responsibility.

### **RENEWAL / NON-RENEWAL OF ATHLETIC SCHOLARSHIPS**

To comply with NCAA regulations, the renewal (or non-renewal) of an athletics scholarship must be made on or before July 1<sup>st</sup> prior to the academic year in which the award is to be effective. In the case of a non-renewal (or reduction) of an athletics grant-in-aid, student-athletes will be given the opportunity to appeal per NCAA and University guidelines. Accordingly, student-athletes will have the right to request a hearing before University personnel charged with conducting such a proceeding. Instructions regarding how an appeal can be initiated will be included within the body of the non-renewal (or reduction) letter.

### Non-Renewal – During the term of the award

An athletics grant-in-aid scholarship can be reduced (or canceled) during the period if a student-athlete:

- Renders himself/herself ineligible for intercollegiate practice and/or competition;
- Fraudulently misrepresents any information on an application, letter of intent, financial aid agreement, or any other document;
- Engages in serious misconduct warranting substantial disciplinary penalty; or
- Voluntarily withdraws from a sport for personal reasons.
- Failure to comply with non-athletically relations conditions set forth in an addendum letter to the scholarship.

### Non-Renewal – Subsequent to the term of the award

An athletics grant-in-aid scholarship can be reduced (or canceled) subsequent to the period of award at the University's discretion. Reasons for a cancellation or reduction, include, but are not limited to the following:

- The student-athlete (SA) voluntarily withdraws from a sport for personal reasons;
- The SA renders himself/herself ineligible for intercollegiate practice and/or competition;
- The SA fraudulently misrepresents any information on an application, letter of intent, financial aid agreement, or any other document;
- The SA demonstrates an inability to reach reasonable athletic performance goals as stipulated by the head coach;
- The SA engages in serious misconduct warranting substantial disciplinary penalty;
- The SA fails to attend class, required academic support sessions, practices, or required training room rehabilitation treatments for unexcused reasons;
- The SA is dismissed from academic support services because of frequent absences, misconduct, or disruption;
- The SA maintains attitudes and behaviors that clearly indicate that SA's lack of interest in the sport to such an extent that this lack of interest is a detriment to the goals of the team and to other student-athletes;
- The SA sustains an injury that occurs while the student-athlete is not involved in required athletic practices, competitions, or conditioning activities that prevents the student-athlete from participating in intercollegiate athletics.

## **TRANSFER APPEALS**

An OSU student athlete who has been denied a transfer release (including permission to contact) or the one-time transfer exception, when permitted under NCAA rules, has a right to appeal to the appropriate institutional authority. To initiate this appeals process, the student-athlete will need to contact the Faculty Athletics Representative (FAR) in writing, within ten business days of receiving the transfer denial, of his/her desire to appeal the Department of Athletics' decision. The FAR shall then inform the student-athlete of the appeals process and coordinate the transfer hearing proceedings with the Appeals Committee.

## **SUMMER SCHOOL**

The OSU Department of Athletics may award summer athletic grant-in-aid scholarships to deserving student-athletes during the institution's summer term. The department's goal is to provide summer athletics aid to those student-athletes who have proven that they are committed to their academic progress. All student-athletes desiring scholarship assistance for summer school will need to complete the *Summer School Athletics Scholarship Request Form* in order to be considered for scholarship assistance. Student-athletes cannot be guaranteed summer school scholarship funding even if they have received athletic scholarship assistance during the previous academic year. The Department of Athletics will base the awarding of summer scholarships upon the following:

- The student-athlete's ability to submit a completed Summer School Athletics Scholarship Request Form to the OSU Compliance Office (Gill 131) in a timely manner;
- The number of hours remaining to complete an OSU undergraduate degree
- Recommendations by the Head Coach and the Associate AD – Academic Services
- The student-athlete's level of academic performance and/or improvement

Student-athletes should note that NCAA regulations prohibit the awarding of an individual summer school scholarship that is greater in proportion to the amount of aid received during the previous academic year. Finally, OSU's Department of Athletics has the following restrictions in addition to the NCAA regulations pertaining to summer school financial aid:

- The department funding will only be provided for approved courses only;
- Summer funding for PAC classes is not available;
- Student-athletes must be enrolled in a minimum of 6 hours in order to be considered for room/board;

- Approval for e-campus or internship courses must be pre-approved by the Athletic Academic Counselor; and
- The Department of Athletics reserves the right to charge student-athletes for tuition costs associated with non-passing grades (including F, I, N, U, and W).

## **5<sup>th</sup> YEAR AID**

Oregon State University's Department of Athletics is committed to seeing that each individual student-athlete meets his/her educational goals while finishing the requirements for an undergraduate degree. To assist with this process the OSU Department of Athletics has in place an application process in which a student-athlete entering his/her 5<sup>th</sup> year of school can apply for continued financial assistance. The requirements and expectations of this program include, but are not limited to, the following:

- 5<sup>th</sup> Year aid is not guaranteed;
- An official academic plan signed by the Head Advisor in the student-athlete's college/major is required to be submitted with the student-athlete's request for 5<sup>th</sup> year aid;
- The purpose of 5<sup>th</sup> year aid to assist with the student-athlete's ability to graduate in the most expedient manner possible; thus a student-athlete receiving 5<sup>th</sup> year aid should expect to enroll in a minimum of 15 hours per term;
- 5<sup>th</sup> Year scholarships will be awarded on a term-by-term basis; thus the student-athlete will need to demonstrate satisfactory progress in order to be renewed for a subsequent term;
- Each student-athlete will be evaluated based upon his/her Head Coach's recommendation, whether the student-athlete has met NCAA continuing eligibility standards, and approval by the Associate AD – Academic Services, and Associate AD – Compliance; and
- Finally, the expectation of the Department of Athletics is that every student-athlete should be on target to complete his/her undergraduate requirements by the conclusion of the student-athlete's 13<sup>th</sup> term of undergraduate enrollment.

## **POST-ELIGIBILITY FINANCIAL AID**

A former student athlete who has not graduated should contact Alex Parker, Associate AD for NCAA Compliance regarding the NCAA Post-Graduate Scholarship program. The NCAA provides financial assistance to former student-athletes within 45 credits of graduation. Further, due to new NCAA Legislation, the department has been able to create an application process for financial aid

through the NCAA Student-Athlete Opportunity Fund. Contact Alex Parker ([Alex.Parker@oregonstate.edu](mailto:Alex.Parker@oregonstate.edu)) for more information.

### **STIPEND CHECKS**

If you are receiving a stipend check in lieu of campus room/board, checks will be available the first business day of each month during the academic year. You may pick up your check in the Business Office (Gill Coliseum, Room 201) by presenting a valid student ID. **Direct Deposit is no longer an option - all stipend checks must be picked up in person.** Lastly, please note that you will not be able to receive a stipend check unless you are continuously registered in 12+ credit hours during the academic year.

### **ATHLETICS SCHOLARSHIP - BOOKS**

Please review SAS textbook loan section for NCAA and OSU policies.

### **INTERNET / ON-LINE COURSES / ADDITIONAL TUITION**

In addition to the cost of standard tuition, internet course tuition is a different amount and is added to the student-athlete's total tuition charges for every internet course a student-athlete registers in during his/her academic career. In order to have this additional tuition covered by your athletics scholarship you will need to have your enrollment in the course pre-approved by your Athletic Academic Advisor via his/her signature on the department's *Internet Course Approval Form*. (Your scholarship must cover 100% of tuition charges.) This document can be picked up in the Compliance Office (Gill 131) and should be returned prior to the start of the term in which you will be attempting the on-line course. In addition to completing this form, the following provisions will also apply:

- The course must be applicable towards your degree program;
- In order to be eligible to receive a room/board stipend you must reside in the Corvallis area;
- If the course is not successfully completed (i.e., student-athlete earns a non-passing grade) the total amount of the tuition/fees associated may be charged to your student account.

### **BILLING STATEMENTS – OSU CHARGES THAT CANNOT BE COVERED**

There are always questions about what expenses are covered when a student-athlete is on an athletics scholarship. At a maximum, only required tuition and fees, the use of required

books and room/board can be provided. Some examples of charges that the Department of Athletics cannot cover include:

- OSU Matriculation Fee
- Unreturned Books
- Loss of OSU issued athletics gear / equipment
- Dorm contract liquidation fee
- Vehicle Registration fee
- Library / Bookroom fine
- Parking fines
- Fines related to damage to University property – including dorm room
- OSU ID or room key replacement fees or deposits
- Treatment related to non-athletics injuries
- Phone charges made from dorm room (or elsewhere)
- Fees associated with a non-passing grade (see next section)
- PAC course fees
- Mus 108 course fees (Native American flute or drum fees)
- The Colleges of Engineering and Business have moved to a tiered credit system. Partial tuition scholarships may not cover all tuition charges based on these calculations. Additional credit hours may be the student athlete responsibility.

### **NON-PASSING GRADE COURSE FEES**

Beginning with the 2009-10 academic year, student-athletes who receive a non-passing grade (including grades of F, I, N, U, or W) in an individual course will be subject to being fined by the Department of Athletics for the tuition costs associated with the course.

### **STUDENT-ATHLETE EMPLOYMENT**

General NCAA regulations regarding student-athlete employment include the following:

- A student-athlete (SA) may only be compensated for work actually performed;
- A SA may only be compensated at a rate commensurate with the “going rate of pay” in the locality for similar services;
- A SA’s compensation does not include any remuneration for value or utility that the student-athlete may have for the employer because of the publicity, reputation, fame, or personal following that he/she has obtained because of his/her athletics ability.

Additionally,

- The SA must notify the Compliance Office of his/her employment prior to starting;

- Transportation to and from work may not be provided by the employer unless transportation is provided to all employees. The use of an automobile by a SA from an employer is strictly prohibited. Staff members of the Department of Athletics may not provide transportation to a SA to and/or from work under any circumstance;
- Meals, special discounts, or services may not be provided unless these benefits are provided to all employees; and
- The employer is not permitted to sign or cosign a loan on behalf of any SA (or prospective student-athlete).

### **EMPLOYMENT – SPORTS CAMPS & CLINICS**

In order for a student-athlete (SA) to work at an OSU camp or clinic, he/she must meet the following guidelines:

- The SA must obtain prior approval from his/her head coach
- The SA must perform duties that are of a general supervisory nature;
- Compensation provided to the SA shall be commensurate with the going rate of pay for camp counselors of like teaching ability and experience;
- A SA who only lectures or demonstrates at a camp or clinic may not receive compensation for his/her appearance;
- A SA may not own or operate his/her camp or clinic; and
- A Football SA may not be employed at an OSU camp or clinic.

### **EMPLOYMENT – PRIVATE LESSONS (Fee-for-Lesson)**

A student-athlete (SA), in sports other than Football, M Basketball, or W Basketball, may receive compensation for teaching or coaching sports skills or techniques in his/her sport on a fee-for-lesson basis provided he/she adheres to the following stipulations:

- The SA must obtain prior approval from his/her head coach and the Associate AD – Compliance;
- The SA must submit the proper documentation to the Associate AD – Compliance for each individual private lesson provided;
- The SA does not utilize OSU Department of Athletics facilities when conducting a private lesson;
- The SA does not provide a private lesson to a prospective student-athlete (i.e., a student in Grades 9-12); and
- The SA does not advertise in any local media outlet (e.g., local newspaper).

### **USE OF STUDENT-ATHLETE’S NAME OR PICTURE BY A COMMERCIAL ENTITY**

A student-athlete may NOT accept payment for, or permit the use of, his/her name or picture to directly or indirectly advertise, recommend, or promote the sale or use of a commercial product

or service. This includes modeling, posters, and other forms of advertisement, even if payment for such services is not received by the student-athlete from the employer (or from any other entity).

## **COUNTABLE ATHLETICALLY-RELATED ACTIVITIES**

### **Time Spent on Athletically Related Activities (Countable Hours)**

During the academic year coaches are limited in the number of hours they can require a student-athlete to participate in mandatory countable activities. The limits for the academic year are:

#### **In-Season (maximum of 20 hours/week; maximum of 4 hours/day):**

During the playing/practice season, a student-athlete's participation in countable athletically-related activities shall be limited to a maximum of 20 hours per week and four hours per day. Coaches are also mandated to give every student-athlete on the team one day a week which is free from any countable athletically related activities; this one off day, however, could be a travel day where a team is traveling to or from competition.

*Note: Daily and weekly hour limitations do not apply to countable athletically-related activities occurring during pre-season practice prior to the start of the academic year; nor do they apply during the Christmas, and Spring Vacation periods. The daily and weekly hour limitations also do not apply when a team is preparing to compete in the NCAA Tournament after the completion of the last regular season contest (e.g., PAC-12 Tournament).*

#### **Required countable athletically-related activities include the following:**

- Practice
- Competition
- Required conditioning and/or weight training (includes any "penalty runs")
- Skill related instructional activities
- Required individual workouts
- Athletically related meetings initiated by a member of the coaching staff
- Required film sessions
- "Captain's practices"
- Visiting the competition site (cross country and golf only)

#### **Non-countable athletically-related activities include the following:**

- Voluntary individual workouts (not required or supervised by a coaching staff member)

- Training table or competition related meals
- Physical rehabilitation
- Medical exams or treatments
- Dressing, showering, taping
- Study hall or required tutoring sessions
- Meetings with coaches on non-athletics matters
- Travel to and from practice/competition
- Fund raising activities
- Recruiting activities (e.g., serving as an official host)
- Public relations activities (e.g., media interviews)
- Visiting the site of a competition (all sports except cross country and golf)

**Out of Season (maximum of 8 hours/week):**

Outside the playing season and during the academic year, a student-athlete's participation in countable athletically-related activities shall not exceed eight hours per week. In addition, coaches are mandated to also give every student-athlete on the team **TWO** days off during this period.

**Required activities in this part of the academic year are limited to the following:**

- Conditioning and/or weight training
- Skill related instruction
- All sports other than Football:
  - Sept. 15, 2011 - April 15, 2012
    - Maximum of 2 hours per week
    - Entire team can participate at the same time
  - April 16, 2012 – June 1, 2012
    - Maximum of 2 hours per week
    - Limit of 4 SAs working with the coaching staff at any one time
- Football – Not permitted
- Film Review
  - Football – Maximum of 2 hours per week
  - All other sports – not permitted

**NOTE:** Required **Out of Season** countable athletically-related activities must cease a minimum of 1 week prior to the start of the University's official Fall, Winter, & Spring term examination periods.

**Discretionary Time Period—Football ONLY**

For football student-athletes only, required conditioning, weight training activities, and review of game films is permissible up to 8 hours per week – outside of a designated Discretionary Time Period. During a designated *Discretionary Time Period*, however, a

Football student-athlete cannot be required to participate in activities directly involving his sport.

**Voluntary Athletically-Related Activities:**

Any athletically related activity that a Student-Athlete (SA) participates in that occurs outside of the In-Season practice period, or the Out-of-Season practice segment can only be done in a voluntary capacity.

Per NCAA regulations, in order for any athletically related activity to be considered “voluntary”, all of the following conditions must be met:

- The SA cannot be required to report information back to any coach or staff member (e.g., athletic trainer) pertaining to any workout or activity that is done in a voluntary capacity; and
- The activity must be initiated and requested solely by the SA. A coach or any other staff member may not require a SA to participate in a given workout or activity; and
- The SA’s attendance and participation in the activity (or lack thereof) may not be reported back to the coaching staff or recorded for any attendance purposes; and
- A coaching staff member (with the exception of a strength & conditioning coach with department-wide duties) may not observe a SA’s voluntary workout or participation in other voluntary activities; and
- Strength and conditioning staff can be present during a SA’s voluntary workout, but the strength coach can only be present to monitor the facility for health and safety concerns. A strength and conditioning coach could, however, provide a SA with a suggested or recommend workout, but the strength coach cannot conduct or instruct the workout; and
- The SA cannot be subject to a penalty if he/she elects to not participate (or elects to only partially participate) in a given workout or activity that is considered voluntary by NCAA legislation; and
- For Football SAs only during the Summer Conditioning Period (approx. June 10<sup>th</sup> - Aug. 5<sup>th</sup>), a strength and conditioning coach can conduct and/or instruct strength and conditioning workouts up to 8 hours per week, provided that the SA’s attendance at these workouts is voluntary. See part e) above for workouts above and beyond this allowable 8 hours per week.

*Note: All workouts or activities that a SA participates in during the summer vacation period must be considered voluntary and meet the above conditions.*

## **OUTSIDE COMPETITION**

You are not allowed to compete as a member of any outside team in your sport during the academic year. This includes participating in local city leagues. However, there are exceptions that allow you to participate on such teams if you are not in-season, when OSU is on an official vacation period (e.g., Spring Break), and the competition is approved by the Associate AD – Compliance. Please contact the Compliance Office before you engage in any sort of outside competition. Violations of this rule could result in the loss of your eligibility. Ask before you act!

## **COMPLIMENTARY ADMISSIONS**

Complimentary admissions to team competitions are distributed in accordance with NCAA rules and regulations, which allow each student-athlete a maximum of four complimentary admissions per event in his/her sport. NCAA regulations do not allow the distribution of “hard tickets”. Admission is through a gate list. Photo ID is required by the guest at the gate to obtain admission – no exceptions.

## **ALLOCATION OF COMPLIMENTARY ADMISSIONS**

OSU Department of Athletics charges admission for the following sports: Baseball, Men’s Basketball, Women’s Basketball, Football, Gymnastics, Softball, and Wrestling. Eligible OSU student-athletes are able to receive up to four complimentary admissions per home event in their sport. Complimentary admissions may be transferred to a fellow team member. In order to “borrow” or “loan” complimentary admissions, both teammates must go together to the Athletic Ticket Office and complete the necessary forms.

## **PROCEDURES FOR OBTAINING COMPLIMENTARY ADMISSIONS**

Each student-athlete must sign up for his/her complimentary admissions. All sports will complete their sign-ups at the Ticket Office or through the on-line process one to three days prior to the event or no later than 24 hours prior to departure for a road trip. The Athletic Ticket Office, located inside Gill Coliseum, is open Monday through Friday, hours 8:30 am – 4:30 pm. On the Complimentary Admissions pass list you must indicate the individuals who are to receive complimentary admissions. Please print both the first and last names legibly and correctly. Do not use nicknames since the name and spelling on the pass list must match the name on the recipient’s photo ID.

## **INFORMATION FOR YOUR GUESTS**

Please inform your guests that they must present a valid photo ID in order to obtain admission. The designated gate will open one hour prior to the game and will remain open until the end of the first half (or halftime). Once your guests are admitted, they will sign for a seat location pass; hard copies of tickets are not distributed. The football complimentary admission area is located at Reser Stadium Gate #17. The complimentary admission area for all sports held in Gill Coliseum is Gate #5, except for Men's Basketball which is Gate #9. Please remind your guests that they are the guests of Oregon State University and should conduct themselves in an appropriate manner.

## **BOOSTER GROUPS**

As a student-athlete at Oregon State University you will also come into contact with many of our support groups and/or individuals that have made financial contributions to our department or the Beaver Athletic Student Fund (BASF). These people better known as "boosters" or "representatives of athletics interests" may want to associate with you and may even want to do something for you. NCAA rules prohibit the receipt of anything of value to a student athlete from a booster.

## **EXTRA BENEFITS**

The OSU Department of Athletics is responsible for the control and conduct of the intercollegiate athletics program, and this responsibility includes accountability for the acts of "athletic representatives". Once an individual has been identified as an athletic representative, he/she retains that identity forever and is governed by the same NCAA, PAC-12, and Oregon State University rules and regulations as our athletic staff members.

If at any time you have a question concerning benefits, gifts, or services that have been offered to you, please check with your head coach or with the Associate AD – Compliance immediately. Athletic representatives (i.e., "boosters") or institutional staff members are not permitted to provide you with an extra benefit. The term "extra benefit" refers to any special arrangement by an institutional employee or booster to provide the student-athlete (or to a relative/friend of the student-athlete) with a benefit not expressly authorized by NCAA legislation.

Examples of "Extra Benefits" NOT PERMITTED by the NCAA:

- Receiving any special discount, payment, arrangement, or credit on a purchase (e.g., airline ticket) or a service (e.g., car maintenance) that is not available to general public;
- A professional service without charge or at a reduced cost;

- The use of an automobile, cell phone, or credit card without charge or at a reduced rate;
- Services from commercial establishments (e.g., restaurant) without charge or at a reduced rate;
- Free or reduced-cost admission to professional athletic contests from professional sports organizations;
- Free or reduced-cost rental or housing agreements;
- A loan of money or guarantee of a bond that is not available to the general public;
- Preferential treatment, benefits, or services based upon your athletics reputation, skill, or potential to later re-pay for the benefit;
- The selling / bartering of your designated complimentary admissions in exchange for products or services; and
- The selling / bartering of any issued OSU athletic apparel or equipment in exchange for products or services.

Remember, when in doubt about a gift, benefit, or service, check it out first! Any violation could result in the loss of your eligibility.

## **GAMBLING**

The NCAA and the OSU Department of Athletics opposes all forms of legal and illegal sports wagering. Sports wagering has the potential to undermine the integrity of sports contests, and jeopardizes the welfare of student-athletes and the intercollegiate athletics community. Sports wagering demeans the competition and competitors alike by a message that is contrary to the purpose and meaning of "sport". Sports competition should be appreciated for the inherent benefits related to participation of student-athletes, coaches, and institutions in fair contests, not the amount of money wagered on the outcome of the competition. For these reasons, the NCAA membership adopted NCAA Bylaw 10.3 prohibiting athletics department staff members and student-athletes from engaging in gambling activities as they relate to intercollegiate or professional sporting events. NCAA Bylaw 10.3 stipulates that staff members of the athletics department of a member institution and student-athletes shall not knowingly:

- Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
- Solicit a bet on any intercollegiate team;
- Accept a bet on any team representing the institution, or participate in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parlay card, or any other method employed by organized gambling.

- Speaking about injuries (your own or a team mates) on social media sites may place you in danger of violating these rules.

## **SANCTIONS - NCAA GAMBLING**

A student-athlete who solicits or accepts a bet or participates in any gambling activity that involves intercollegiate, amateur, or professional athletics of any sort shall be ineligible for all competition for a **MINIMUM of ONE YEAR** and will be charged with the loss of a minimum of one season of competition in all sports.

A student-athlete who engages in activities designed to influence the outcome of an intercollegiate contest or affects win-loss margins (i.e., "point shaving"), or wagers on any sponsored sport at the student-athlete's institution **SHALL PERMANENTLY LOSE ALL REMAINING ELIGIBILITY** in all sports

## **AGENTS**

Although in the future you may need to hire an agent to represent you with professional sport organizations while you are competing for Oregon State it is essential that you follow the NCAA rules relating to professional sports. NCAA rules concerning agents and professional sports are explained during the compliance and eligibility meetings at the beginning of the season. If you have any questions, contact your head coach and/or the Associate AD – Compliance. The NCAA has prepared a general guide for answering many questions relating to agents. Copies of this handbook can be picked up in the Compliance Office (Gill 131).

## **HOSTING AN "OFFICIAL VISIT"**

When a prospective student-athlete visits Oregon State you may be asked to serve as his/her host. From your own recruitment experience, you know that the NCAA has strict rules and regulations that must be followed, including:

- As a student host, OSU may provide you a max. of \$30 per day for you and the recruit;
- For each additional recruit hosted, OSU may provide you with an additional \$15 per day;
- Host money is to be used for "actual and necessary expenses" (e.g., cost of a movie ticket);
- Host money is to be used for entertainment purposes and snacks;
- Do NOT use the money for souvenirs for you or the recruit
- Prior to receiving any money, you'll be required to sign the Student Host form

- If complimentary admissions are part of the recruit's visit, your coach will coordinate this activity.

## **CODE of CONDUCT**

The University has established policies and procedures to protect students against incidents or behavior that may jeopardize the physical, mental and emotional health and/or safety of either the group or the individual.

### **DISCRIMINATORY HARRASSMENT**

Oregon State University policy prohibits behavior based on another person's status that has the purpose or effect of creating an intimidated, hostile or offensive working or educational environment. "Status" refers to race, color, national origin, religion, sex, sexual orientation, age, disability or veteran status. This policy is not intended to and will not be applied in a way that would violate rights to academic freedom and freedom of expression. Behaviors that may constitute discriminatory harassment include:

- Racial, ethnic, or other slurs;
- Malicious name calling;
- Anonymous notes or phone calls;
- Derogatory graffiti or electronic mail messages
- Stereotyping the experiences, background, and skills of individual groups;
- Threatening members of diverse groups
- Mankind inconsiderate or mean-spirited jokes;
- Imitating stereotypes in speech or mannerisms;
- Preventing access to any University resources or activity;
- Attributing objections to any of the above to "hypersensitivity" of the targeted individual or group.

### **SEXUAL MISCONDUCT POLICY**

Oregon State University is committed to providing an environment in which students can live, work, and study free from sexual harassment, sexual intimidation, and sexual exploitation. All students should be aware that the University will take action to prevent and to eliminate inappropriate behaviors of this nature. Individuals who engage in this behavior will be subject to disciplinary action in accordance with University policies.

#### ***University Conduct Regulations***

Rape, sexual assault, or unwanted sexual contact of any kind, or threat of such contact, are prohibited as well as any physical abuse (see OAR 576-15-015 (4)). Sexual contact shall be considered "unwanted" or without consent if no clear consent is freely given; if

inflicted through force, threat of force, or coercion; or if inflicted upon a person who is unconscious or otherwise without the physical or mental capacity to consent.

### ***Definition of Sexual Misconduct***

Unacceptable sexual conduct is not limited to the extreme of sexual violence. Rather, there is a range of sexual misconduct that is unacceptable. This range includes sexual harassment, sexual intimidation, sexual coercion, sexual assault, acquaintance rape, and stranger rape. The University acknowledges the difficulties in attempting to define every situation that may be unacceptable.

### ***Sexual Harassment***

Sexual harassment is defined as unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature which has the effect of interfering with an individual's living/working environment and creating an intimidating, hostile or offensive living or academic environment.

Types of sexual harassment:

- Gender harassment: Persistent, unwelcome remarks based on gender and /or sexual stereotyping.
- Serious or persistent unwanted sexual attention: Physical contact, sexually suggestive comments.
- Physical posturing: Threatening a person's free movement in any way.
- Display of sexually explicit visual material: Posters or pictures displayed in public use areas in the residence halls or cooperatives (e.g. outer door, windows facing out, hallways etc.).

## **HAZING**

"Hazing" includes any method of initiation or pre-initiation into an athletic team or any pastime or amusement engaged in with respect to an athletic team which causes, or is likely to cause, bodily danger, physical harm or personal degradation or disgrace resulting in physical or mental harm to any student or other person associated with OSU. No student, or other person in attendance at OSU, shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person attending the institution. The Student Life Policies and Regulations of Oregon State University prohibit hazing, harassing, threatening, or intimidating actions, or any practice by a student or group of students which abuses, endangers, jeopardizes personal safety, or interferes with official duties, class attendance, or educational pursuits of any person. Violation of this rule may result in disciplinary action ranging from warning and loss of privileges to suspension and expulsion. The "Student Life Policies and Regulations" describe the grievance and appeals procedures for

students. To report a hazing incident on the OSU campus, contact <http://oregonstate.edu/admin/stucon/>.

## **SOCIAL NETWORKING**

Student-athletes, as member of the OSU community, are discouraged from posting their profile on social networking websites such as "Face book". If a student-athlete chooses to participate in social networking, they are advised to use the "privacy setting" and to stay informed as to how/when the privacy settings may become adjusted. Before participating in any online community, understand that anything posted online is available to anyone, anywhere. Any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site and becomes the ownership of the online site. For your safety, do not post home addresses, local address, and phone number(s), birth date or other personal information. Do remember that you are an ambassador of Oregon State University and always in the public eye. Contents posted by student-athletes at other institutions or even other students on OSU campus may not be acceptable on your profile. Offensive or inappropriate pictures or comments can be met with disciplinary actions that could include lose of scholarship or removal from the team. NOTE: Most potential employers and internship supervisors use these sites to screen candidates as do graduate programs and scholarship committees. We advise OSU student-athletes to exercise extreme caution in their use of social networking websites.

**Be aware unfortunate realities to the social networking websites include on-line predators!**

## **DISCIPLINE POLICY**

Described below are the recommended consequences for arrest or citation to student-athletes at Oregon State University for the charges listed. While the minimum action is listed, it should be noted that aggravating and mitigating circumstances could result in alterations to the consequences below. These actions will be considered and enforced independently of any civil or criminal actions by the court system or Oregon State University's Student Conduct process.

Student-athletes, who put themselves in these situations after clear education from the University and Athletic Department, have made a choice. The responsibilities for completing educational requirements are shared by both the University and Athletic Department.

The Head Coach of each sport is responsible for enforcing these sanctions and may consult with the Vice Provost for Student Affairs, the Faculty Representative of Athletics, and the Director of Athletics.

While not every charge is listed, the overriding principle is that in the event of a felony charge a student-athlete will be immediately suspended from all athletic activity until the legal process runs its course. If there is a plea of no contest or guilty to a felony, or a felony conviction, the student-athlete will be permanently dismissed.

While this list is not totally inclusive, the Athletic Department has the right to take appropriate actions in relation to other types of misconduct.

Student athletes who engage in misconduct or unlawful activity are subject to sanctions imposed by the OSU Student Conduct process (Appendix A) and any sanctions imposed by the court system.

The University may from time to time amend this Athletic Department Discipline Policy. Current student athletes will be notified of any changes that occur during the course of the current academic year.

### **Driving Under the Influence of Intoxicants (DUII)**

- **First Offense:** Alcohol awareness class and counseling. Suspension from a minimum of 20% of competition\*.
- **Second Offense:** Immediate suspension from all athletic activity. Permanent dismissal from team upon conviction.

### **Minor in Possession (MIP)**

- **First Offense:** Alcohol awareness class and counseling. Suspension from one competition, minimum.
- **Second Offense:** Suspension from a minimum of 30% of competition\*.
- **Third Offense:** Immediate suspension from all athletic activity. Permanent dismissal from team upon conviction, plea of guilty or no contest.

### **Possession of a Controlled Substance**

- **First Offense:** Immediate inclusion in the random drug testing pool and counseling. Suspension from a minimum of 20% of competition\*. If there is a plea of no contest, guilty or conviction on a felony then permanent dismissal will be imposed.
- **Second Offense:** Immediate suspension from all athletic activity. Permanent dismissal from team upon conviction, plea of guilty or no contest

## **Physical Assault**

- **First Offense:** If a misdemeanor\*\*, suspension from a minimum of 10 % of competition\* and counseling. If there is a plea of no contest, guilty or conviction on a felony then permanent dismissal will be imposed.
- **Second Offense:** \*\*Immediate suspension from all athletic activity. Permanent dismissal from team upon conviction, plea of guilty or no contest.

## **Sexual Assault**

- **First Offense:** If a misdemeanor\*\*, suspension from a minimum of 30% of competition\* and counseling. If there is a plea of no contest, guilty or conviction on a felony then permanent dismissal will be imposed.
- **Second Offense:** \*\*Immediate suspension from all athletic activity. Permanent dismissal from team upon conviction, plea of guilty or no contest.

\* Percentages are based on the total number of a season's contests.

\*\*In the event of a felony charge, the student athlete will be suspended from all athletic activity.

## **Appeal Process**

Please confer with your Head Coach, your Sport Administrator or Bob Clifford to review the appeal process to the sanctions listed above

# **MEDIA**

Beaver athletes benefit from tremendous national and local media exposure. OSU has an outstanding reputation of positive media rapport over the years. Therefore, it is important to understand the media, the value of positive media relations and how best to deal with the media.

As an OSU athlete, one of your responsibilities is to cooperate with the media. Media attention means that your conduct both on and off the field will be under intense scrutiny because of your position as a Beaver athlete. The last thing you want is to receive publicity for an unfortunate off-the-field incident.

## **INTERVIEWS**

- Interviews should be seen as a part of the educational experience offered at OSU, helping you develop communication skills that can assist you not only in the classroom but in future professional and business careers.

- We ask the media to direct all interview requests through the sports information office. You will be asked to come to the sports information office at an agreed-upon time to be interviewed in person or to conduct a phone interview. In addition, following the conclusion of games, coaches and athletes are expected to make themselves available for interviews within a reasonable period of time (generally after a 10-minute “cooling off” period).
- Appearance can say more than words, so always look neat and clean for interviews, especially TV interviews. Wear an OSU cap or t-shirt; do not wear any clothing that could be misconstrued as support for any competitor team. Much of the impression you make in TV interviews results from your body language. This includes your dress, facial expressions (smile; it makes people feel good) and your posture (stand or sit up straight).
- When doing TV and radio interviews, keep your answers short and simple (into 20-second sound bites). Speak louder than normal because the microphones may also pick up background noises. In TV interviews, look at the interviewer not the camera.

#### **10 Interview Do’s:**

1. Be prepared
2. Be positive
3. Praise your teammates
4. Talk in sound bites
5. Smile
6. Be enthusiastic
7. Be personable
8. Be available and cooperative
9. Be polite in difficult situations
10. Bridge your message

#### **10 Interview Don’ts**

1. Don’t say “no comment”
2. Don’t be negative
3. Don’t hide
4. Don’t lose your cool
5. Don’t use fillers (um, you know, like)
6. Don’t forget that you are always on
7. Don’t be sarcastic
8. Don’t cop an attitude
9. Don’t use slang
10. Don’t be late for interview

- Do NOT give your cell or home phone or your parents phone number to the media.
- Do NOT post your cell, home number, or local address via any social media network.

A Sports Information person is assigned to each team.  
They are:

- Steve Fenk                      Director of Operations  
Football
- Jason Amberg                  Gymnastics and Football
- John Cantalupi                Men’s Soccer, Softball, and Men’s &  
Women’s Rowing
- Hank Hager                      Baseball and Wrestling

- Jordan Lindley Women's Soccer, Swimming and Cross Country & Track
- Shawn Schoeffler Men's Basketball, Men's & Women's Golf
- Melody Stockwell Volleyball and Women's Basketball

## STUDENT-ATHLETE TICKETS

**Student athletes must follow these procedures to gain access into the event in which you wish to attend. At all venues you must show your valid OSU Student ID to receive a ticket. It is highly recommended that you arrive as early as possible to avoid the rush.**

### FOOTBALL

Student athletes gain access to Reser Stadium for football games *via Gate 7*; which opens 2 hours prior to kick off and close at the end of halftime. Gate 7 is the only ticket distribution point for student athletes to get a ticket for football games. It is RECOMMENDED that student athletes arrive at least ½ hour prior to kick-off to avoid missing the start of the game. Student athletes **MUST** present their valid OSU Student ID to obtain their ticket.

### MEN'S BASKETBALL

Student athletes gain access to Gill Coliseum for men's basketball games via the *north lobby door* 1 hour prior to tip-off until the end of halftime. This is the only distribution point for student athletes to get a ticket for men's basketball games. Student athletes **MUST** present their valid OSU Student ID to obtain their ticket.

### BASEBALL

Student athletes will pick up their baseball tickets in the same manner as the general OSU student population. 2 ½ hours prior to the start time *Goss Stadium* Ticket office will open. Tickets are distributed for the date of the game only. Student athletes **MUST** present their valid OSU Student ID to obtain their ticket.

### ALL OTHER SPORTS

Student athletes **MUST** present their valid OSU Student ID to obtain their ticket and access to all other sporting events at OSU.

For more information on OSU tickets, call the Athletic Ticket Office at **1-800-GO-BEAVS**.

# PARKING SERVICES

The Transit & Parking Services (TAPS) department provides information on parking and assists with transportation options. TAPS manages the parking facilities to promote safety, convenience and to support the OSU community.

- **Administration**-In addition to selling a variety of permits they also promote use of the OSU Shuttle, will contact customers who have left headlights on or car doors open.
- **Campus Patrol**-In addition to responding to parking complaints, Campus Patrol assists with jump starts, traffic control during power outages or vehicle congestion and tags disabled vehicles. The unit also includes a bike patrol.
- Please contact TAPS if you have any questions concerning parking or parking related issues.

Phone 541-737-2583

Email [TransitandParkingServices@oregonstate.edu](mailto:TransitandParkingServices@oregonstate.edu)

## Best Practices & General Parking Information

Here are some “best parking practices” to use while at OSU:

- Student parking permits may be purchased from TAPS. The permits allow parking in the Student (green-signed) parking lots Monday-Friday from 7:00 a.m. to 5:00 p.m. During breaks between school terms and for the first week of a new school term, there is “open” (free) parking in [these Student lots](#); check the TAPS website for a current listing of those dates.
- If you have a valid ADA parking placard **and** a current OSU parking permit, you may park in an ADA space.
- All vehicles parked on OSU property are required to observe posted parking and traffic signs.
- Lack of or over abundance of parking spaces is not a valid reason for violating parking regulations.
- Abandoned vehicles on campus for more than 72 hours may be towed at the owner’s expense.
- Vehicles with excessive citations (5 or more) may have an immobilizing wheel boot placed on the vehicle.
- Parking Tickets can be charged to your student account.
- OSU assumes no liability for personal injury, or for the care and/or protection of any vehicle or its contents, while the vehicle is operated or parked on campus.
- All motor vehicles parked on campus must display a parking permit from 7:00 a.m. to 5:00 p.m. and in some posted lots until 10:00 p.m., Monday through Friday.

# GAME DAY EXPECTATIONS and EXCEPTIONS

## Football

- Anything around the stadium is permit parking only and the lots are clearly marked.
- Non-permit vehicles must be removed from **all** of the permit lots by 7:00 a.m. on football game day. Any car remaining in any of the permit parking lots will be towed at owner's expense.
- If you have practice or a game on a home football day, you will not be allowed to park in permit lots. You must use lots off campus or be dropped off. **VIOLATORS WILL BE TOWED AT OWNERS EXPENSE.**
- **When traveling for team competition during a home football game weekend your car must have an Athletic Department parking pass showing on the driver's side dashboard. Your coach must obtain the pass in advance from Jason O'Quin. If no pass is showing your car may be towed and it will be at your expense.**
- All other floors of the parking structure are permit only on game day and follow the same rules as other athletic permit lots.

## Men's Basketball

- The permit lots for Men's Basketball are Valley Football Center, Gill Coliseum, & 30<sup>th</sup> St.
- Non-permit vehicles must be removed from all permit lots two hours before tipoff.
- Any car remaining in any of the permit parking lots will be **towed at owner's expense.**

# CAMPUS PUBLIC SAFETY

Public safety is provided by OSU Campus Public Safety and Oregon State Police University Patrol 24 hours per day. The Oregon State Police / University Patrol Office is responsible for the enforcement of Oregon State Statutes at the university including traffic and criminal statutes. The troopers patrol the University and its border areas by vehicle, bicycle and foot. Dispatchers have direct communication with Corvallis 911 Dispatch in order to request response to emergency fire and medical calls. Please call the University Patrol Office at 541-737-3010 if you have any questions. If you have an emergency, call 541-737-7000.