

NCAA RULES FOR STUDENT-ATHLETE PARTICIPATION

DURING THE SUMMER

Student-athletes may not be required to participate in weight-training and conditioning activities held under the supervision of coaches or other departmental staff members during the summer. Student-athletes may voluntarily participate in strength and conditioning activities conducted only by the department's strength and conditioning coach. Summer practices cannot be organized or supervised by staff members.

In individual sports only (tennis, cross country, golf, swimming and diving), a coach may participate in individual workout sessions with student-athletes from the coach's team if the request is initiated by the student-athletes.

PARTICIPATION IN OUTSIDE COMPETITION

A student-athlete in any sport who participates as a member of any outside team in any non-collegiate, amateur competition **during the academic year** becomes ineligible for intercollegiate competition in that sport for the remainder of the year and for the next academic year.

Student-athletes may compete on an outside team during any **official vacation period** provided such competition is during a period **outside of Siena's declared playing season** in that sport. The number of currently enrolled student-athletes from any one school participating on the same outside team is limited by sport as follows:

Swimming (5)*
Baseball (4)
Lacrosse (5)
Cross Country (2)*
Soccer (5)
Field Hockey (5)
Softball (4)
Tennis (2)*
Golf (2)*
Volleyball (2)
Basketball (2 in summer only)#

* In **individual sports**, there are no limits on the number of student-athletes from the same school who may participate on the same outside team during the summer

Basketball players may compete only in NCAA sanctioned leagues or events (Permission to participate in leagues or events must be granted in writing by the Director of Athletics or designee.)

Student-athletes should always check with the Compliance Office BEFORE participating on any outside team.