1. NCAA rules require an institution's HC to promote an atmosphere of compliance within his/her program.

• True

Pursuant to Bylaw 11.1.2.1, Head Coach (HC) is PRESUMED to be responsible for the actions of all Assistant Coaches (AC) and administrators who report, directly or indirectly, to him/her.

HC shall PROMOTE an atmosphere of compliance within his/her program and shall MONITOR the activities of all personnel involved with the program who report, directly or indirectly, to him/her.
2. Which of the following can a HC do to promote an atmosphere of compliance within his/her program?

• D. All of the above

NCAA Enforcement suggests the following actions be taken by HCs to demonstrate efforts to promote an atmosphere of compliance:

1. Communication
2. Monitoring
3. Documentation
HC should communicate with and understand the expectations of the University President, Director of Athletics and senior compliance administrators and communicate those expectations to the rest of the program's staff.
MONITORING

HC should regularly discuss potential red flags with his/her staff and seek assistance from the compliance staff when red flags are identified. The HC is expected to ask questions if/when suspicious activity is identified (e.g., third parties, boosters).
HC should document all communication on and resolution of compliance and monitoring efforts with his/her staff.
3. It is permissible for team managers to use chewing tobacco during practices.

- False
- Per Bylaw 11.1.4, the use of tobacco products is prohibited by all game personnel (e.g., coaches, trainers, managers and game officials) in all sports during practice and competition.
4. It is permissible for a gymnastic volunteer assistant coach to receive SJSU baseball season tickets.
   - False

- Pursuant to Bylaw 11.01.5, in sports other than FB and BK, a volunteer coach (VC) is any coach who does not receive compensation from the athletics department or any organization funded in whole or in part by the athletics department or that is involved primarily in the promotion of the institution's athletics program.
  (a) VC is prohibited from contacting and evaluating prospects off campus, from scouting opponents off campus and may not perform recruiting coordination functions.
Bylaw 11.01.5 Volunteer Coach cont’d…

(b) VC may receive a maximum of two complimentary tickets to home athletics contests in the coach's sport.

(c) VC may receive complimentary meals incidental to organized team activities (e.g., pre- or postgame meals, occasional meals, but not training table meals) or meals provided during a prospect's official visit, provided the individual dines with the prospect.
5. In sports that are permitted the use of a VC (all but FB & BK), what is the limit on the number of VCs per sport?

• C. One

• Pursuant to Bylaw 11.7.4.2.3, in sports other than FB & BK at SJSU, an institution may use the services of one volunteer coach (per Bylaw 11.01.5). Indoor track and field, outdoor track and field, and cross country are separate sports for purposes of this provision.
6. It is permissible for a manager to conduct drills while the coach takes a break to speak to reporters.

• False

• Per Bylaw 11.01.6, a manager is an individual who performs traditional managerial duties (e.g., equipment, laundry, hydration) and meets the following additional criteria:

  a) The individual shall be a full-time undergraduate or graduate student, except that during their final semester of a degree program, they may be enrolled in less than a full-time program of studies, provided he/she is carrying the courses necessary to complete the degree requirements;
b) The individual may participate in limited on-court or on-field activities during practice or competition involving student-athletes on a regular basis;
c) The individual shall not provide instruction to student-athletes;
d) The individual shall not participate in countable athletically related activities except as permitted in Bylaw 11.01.6(b); and
e) In baseball, the individual shall forfeit any remaining eligibility in the sport at the institution at which the individual serves as a manager.
7. An undergraduate student assistant coach may conduct practice activities.

- True

- Per Bylaw 11.01.4, an undergraduate student assistant coach is any coach who is a student-athlete who has exhausted his/her eligibility in the sport OR has become injured to the point that he/she is unable to practice or compete ever again, and who meets the following additional criteria:
  
  (a) Is enrolled at the institution at which he/she most recently participated in intercollegiate athletics;
  
  (b) Is enrolled as a full-time undergraduate student in his/her first baccalaureate degree program, except that during the final semester of the degree program, he/she may be enrolled in less than a full-time degree program of studies, provided he/she is carrying the courses necessary to complete the degree requirements;
Bylaw 11.01.4 Undergraduate Student Assistant Coach cont’d…

(c) Is receiving no compensation or remuneration for coaching duties from the institution other than the financial aid that could be received as a student-athlete and expenses incurred on road trips that are received by individual team members; and

(d) Is not involved in contacting and evaluating prospects off campus or scouting opponents off campus and does not perform recruiting coordination functions.
8. What is the limit on the number of undergraduate student assistant coaches per sport?

• B. The same as the limit on the number of countable coaches in the sport

• Pursuant to Bylaw 11.7.4.2.2, the limit on the number of undergraduate student assistant coaches in each sport shall be the same as the limit on the number of coaches in the sport per Bylaw 11.7.4.
9. It is permissible to hire a high school coach to be an assistant coach in the same sport at SJSU.

• False

• Pursuant to Bylaw 11.4.1, an institution may not employ a high school, prep school or two-year college coach who remains a coach in the same sport at the high school, prep school or two-year college. This does not preclude employment of a high school, prep school or two-year college coach in a different sport. Men's and women's teams in the same sport are considered different sports for purposes of this legislation.
10. A weight or strength coach (Athletic Performance) may do the following without being included on the limitations on number of coaches.

- C. Conduct pregame warm-ups
- Pursuant to Bylaw 11.7.4.2.1, a weight (strength and conditioning) coach may conduct flexibility, warm-up and physical conditioning activities prior to any game and prior to or during any practice or other organized activities without being included in the limitations on number of coaches.
11. When can a noncoaching staff member call a prospect?

- E. All of the above

Per Bylaw 11.7.1.2.2, noncoaching staff members and noncountable coaches may call prospects under the following circumstances:

(a) **After NLI Signing or Other Written Commitment** (offer of admission and/or financial aid).

(b) **After Receipt of Financial Deposit** in response to the institution's offer of admission.

(c) **Telephone Calls in Conjunction With Official Visit** to a prospect or those individuals accompanying the prospect during the official visit transportation and during the official visit.

(d) **Telephone Calls Regarding Institutional Camp/Clinic Logistical Issues** provided no recruiting conversation or solicitation of particular individuals to attend a camp/clinic occurs during such calls.
12. Which of the following is permissible?

- **E. Coach endorsing a recruiting database management service**

- **Recruiting Service Consultants**: Per Bylaw 11.3.2.5, athletics department staff members may not endorse, serve as consultants or participate on advisory panels for any recruiting or scouting service involving prospects.

- **Quotes/Pictures Used to Promote Camp**: Per Bylaw 11.3.2.6, coaching staff members may not promote a noninstitutional camp/clinic by permitting the use of his/her quotations and/or pictures in the camp/clinic brochure, unless that coaching staff member is employed by the camp.
#12 cont’d…

- Consultant for/Endorsement of Noninstitutional Athletics Event Involving Prospects: Per Bylaw 11.3.2.7, an athletics department staff member may not serve as a consultant for a noninstitutional athletics event that primarily involves prospects and may not endorse or promote such an event.

- Promotion/Endorsement of a Prospect’s Team, Coach or Athletics Facility: Per Bylaw 11.3.2.8, an athletics department staff member shall not promote or endorse a prospect's team or coach, or an athletics facility that is primarily used by prospects.
13. There is no limit on the number of countable coaches who can recruit off campus at any one time.

• True
• The adoption of RWG 11-4 eliminated the limitations on the number of coaches who may recruit off campus at any one time.
14. An outside consultant may observe practice sessions and provide analysis of student-athletes in such sessions to coaching staff members without being included in the coaching limitations in that sport.

- False

- Pursuant to Bylaw 11.7.1.1.4, an institution may use or arrange for a temporary consultant to provide in-service training for the coaching staff, but no interaction with student-athletes is permitted unless the individual is counted against the applicable coaching limits. An outside consultant may not be involved in any on- or off-field or on- or off-court coaching activities (e.g., attending practices and meetings involving coaching activities, formulating game plans, analyzing video involving the institution's or opponent's team) without counting the consultant in the coaching limitations in that sport.
Outside Consultant Exceptions

Sports in which competition is judged...

• Per a 12/18/09 NCAA staff interpretation, in diving & GYM at SJSU, an institution may allow a judge to observe practice sessions and display event scores without including the individual in the institution's coaching limitations in the sport, provided the individual does not interact with student-athletes and does not provide any analysis to coaching staff members.
Outside Consultant Exceptions, cont’d…

Sports Psychologists

• Per a 1/8/03 NCAA official interpretation, it is permissible for a sports psychologist to attend practice sessions without being included in the sport coaching limitations, provided the individual does not participate in any coaching activities. The sports psychologist may evaluate a student-athlete during a practice session only for the purposes of assisting the student-athlete in off-court or off-field noncoaching activities (e.g., mental imagery) directly related to the sport.
Outside Consultant Exceptions, cont’d…

Sports Psychologists, cont’d…

- Per a 7/2/03 NCAA staff interpretation, a sports psychologist may engage in "mental imaging" with a student-athlete without being considered a countable coach, provided no coaching activities occur; however, if a student-athlete is required to meet with the sports psychologist, such a meeting is considered a countable athletically related activity.
Countable Athletically Related Activities (CARA)

Pursuant to Bylaw 17.02.1, CARA includes any required activity with an athletics purpose involving student-athletes and at the direction of, or supervised by, one or more of an institution's coaching staff (including strength and conditioning coaches) and must be counted within NCAA weekly and daily limitations.
15. It is permissible to conduct required practice for three hours, followed by required weights for one hour and required film review for an additional two hours during one day.

- False

- Pursuant to Bylaw 17.1.6.1, during the declared playing season, a student-athlete's participation in CARA shall be limited to a maximum of four hours per day and 20 hours per week.
16. It is permissible to conduct three hours of required practice and require three hours of study hall on the same day.

• True

• Pursuant to Bylaw 17.02.1, CARA includes any required activity with an **athletics purpose** involving student-athletes and **at the direction of, or supervised by**, one or more of an institution's coaching staff (including strength and conditioning coaches) and must be counted within NCAA weekly and daily limitations. Administrative activities (e.g., academic meetings, compliance meetings) are not considered CARA.
17. Conditioning may not be conducted after a single competition.

- True
- Pursuant to Bylaw 17.1.6.3.2.1, CARA may not be conducted at any time (including vacation periods) following competition, except between contests, rounds or events during a multiday or multievent competition (e.g., double-headers in softball or baseball, rounds of golf in a multiday tournament).
18. Prior to September 15 or after April 15, a team conducting out-of-season, four student-athlete skill instruction may split up a facility into two separate areas and conduct the activity at the same time.

- False

- Per Bylaws 17.1.6.2.2 & 17.6.2.3, in sports other than football, outside the sport’s declared playing season, prior to September 15 and after April 15, not more than four student-athletes from the same team may be involved in skill-related instruction with their coaches at any one time in any facility. Such skill-related instruction shall not be publicized and shall not be conducted in view of a general public audience.
19. During the academic year, when a student-athlete requests the presence of a coach and the coach is present during athletics activity, the activity must be counted against weekly hour limitations (CARA).

• True
20. Voluntary activity is generally governed by three principles: (1) initiated by the student-athlete; (2) no attendance taken; and (3) participation will not affect standing on the team.

• True
21. It is permissible to give a student-athlete an award for his/her voluntary participation over the summer in the weight room.

• False
Bylaw 17.02.13 Voluntary Athletically Related Activities

In order for any athletically related activity to be considered "voluntary," all of the following conditions must be met:

(a) The student-athlete must not be required to report back to a coach or other staff member (e.g., strength coach, trainer, manager) any information related to the activity. In addition, any staff member who observes the activity (e.g., strength coach, trainer, manager) may NOT report back to the student-athlete's coach any information related to the activity;
(b) The activity must be initiated and requested solely by the student-athlete. Neither the institution nor any athletics department staff member may require the student-athlete to participate in the activity at any time.

A staff member may provide information to student-athletes related to available opportunities for participating in voluntary activities (e.g., times when the strength and conditioning coach will be on duty).

A staff member may provide specific times for student-athletes to use institutional facilities for voluntary activities upon the student-athlete’s request;
Bylaw 17.02.13 Voluntary Athletically Related Activities, cont’d…

(c) The student-athlete's attendance and participation in the activity (or lack thereof) may not be recorded for the purposes of reporting such information to coaching staff members; and

(d) The student-athlete may not be subject to penalty if he/she elects not to participate in the activity. In addition, a student-athlete may not be provided recognition or incentives (e.g., awards) based on his/her attendance or performance in the activity.
Sports with Safety Exception...

- In GYM, SWM & WP at SJSU, the safety exception applies, so in these sports, a coach may be present during voluntary, individual workouts in the regular practice facility without the workouts being considered CARA when the student-athlete uses equipment in that sport. The coach may provide safety or skill instruction but may not conduct the individual’s workouts. [Bylaws 17.11.7, 17.21.7 & 17.25.8]
During the Summer...

- In GF, WTE, CC/TK, GYM & SWM at SJSU, it is permissible for coaches to participate in individual workouts with student-athletes during the summer, provided the request for such assistance is initiated by the student-athlete.
22. How many hours does a competition count against the weekly hour limitations?

• B. Three

• Pursuant to Bylaw 17.1.6.3.2, all competition and any associated athletically related activities on the day of competition counts as three hours regardless of the actual duration of these activities.
23. A team begins to warm-up for a competition but right before the competition, there is an event that causes the competition to be cancelled. The team may use this day as an off day provided there is no more CARA.

• True

• Pursuant to Bylaw 17.1.6.4.2, when a competition is canceled prior to the start of the competition or canceled prior to the competition being considered a completed event in accordance with the playing rules of that sport, an institution may use that day as its required day off, provided the institution does not engage in any further CARA during that day.
24. It is permissible for a student-athlete to miss classes for practice.

- False
- Pursuant to Bylaw 17.1.6.6.2, no class time shall be missed at any time (e.g., regular academic term, mini term, summer term) for practice activities except when a team is traveling to an away-from-home contest and the practice is in conjunction with the contest.
- **Class Time Missed for Home Contest:**
  No class time shall be missed for practice activities on the day of a home contest unless the student-athlete has reported for the home contest, including associated pregame activities necessary for that day's home contest. **BE REASONABLE in your requests!!!...**

[5/22/91, Staff]
25. When a team is out-of-season, it is not permissible to conduct required practice during Finals Week.

- True
- Pursuant to Bylaw 17.1.6.2(a), in sports other than FB, all CARA outside the playing season are prohibited one week prior to the beginning of the final examination period for the applicable academic term through the conclusion of each student-athlete's final exams.
- FB is subject to student-athlete declared discretionary time period outside the playing season on file with the Athletics Director.