Drug-Testing Program and Consent Form: An active member shall administer annually, a drug-testing consent form for each student-athlete (per Bylaw 12.02.6) pursuant to Bylaws 14.1.4 and shall ensure compliance with the following elements of the NCAA Drug-Testing Program as set forth in Bylaw 3.2.4.7:

a) Complete and forward the drug-testing availability calendars to The National Center for Drug Free Sport by the date specified by the organization;
b) Respond to the initial drug-testing notification from The National Center for Drug Free Sport by the date specified by the organization;
c) Complete and forward to The National Center for Drug Free Sport a current and accurate institutional squad list (see Bylaw 15.5.11) by the date specified by the organization;
d) Provide adequate and secure drug-testing facilities as specified by The National Center for Drug Free Sport;
e) Notify student-athletes who have been randomly selected for drug testing according to the timeline specified by The National Center for Drug Free Sport; and
f) Respond to additional requests for assistance in administering the NCAA drug-testing program as specified by The National Center for Drug Free Sport;
g) Designate an individual (or individuals) as the athletics department resource for questions related to NCAA banned drugs and the use of nutritional supplements; and
h) Educate athletics department staff members who have regular interaction with student-athletes that:
   i. The NCAA maintains a list of banned drug classes and provides examples of banned substances in each drug class on the NCAA website;
   ii. Any nutritional supplement use may present risks to a student-athlete’s health and eligibility; and
   iii. Questions regarding NCAA banned drugs and the use of nutritional supplements should be referred to the institution’s designated athletics department resource individual (or individuals).

Bylaw 10, in sum.....

Unethical Conduct

- **Defined**: Unethical conduct is defined as the refusal to furnish information relevant to an institutional or NCAA investigation upon request, knowing involvement in fraudulent activities or knowingly providing prospective or enrolled student-athletes with improper inducements or “extra benefits.” [Bylaw 10.1]
- **Example**: Of particular importance to the area of athletic training is Bylaw 10.1(f), which states that “knowing involvement in providing a banned substance or impermissible supplement to student-athletes, or knowingly providing medications to student-athletes contrary to medical licensure, commonly accepted standards of care in sports medicine practice, or state and federal law” is considered unethical conduct.

Sports Wagering (Gambling)

- **Defined**: Sports wagering is defined as placing, accepting or soliciting a wager of any type with any individual or organization on any intercollegiate, amateur or professional team or contest. [Bylaw 10.02.1]
- A wager is any agreement in which an individual or entity agrees to give up an item of value (e.g., cash, shirt, dinner) in exchange for the possibility or gaining another item of value. [Bylaw 10.02.2]
- **Examples of Sports Wagering**: Use of a bookmaker or parlay card; internet sports wagering; auctions in which bids are placed on teams, individuals or contests; and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize. [Bylaw 10.02.1]
• **Applies To:** Athletic department staff members, nonathletic department staff members who have responsibilities within the athletic department, student-athletes and staff members of a conference office are prohibited from gambling on any NCAA sponsored sport at the collegiate or professional level. [Bylaw 10.3]
• Gambling activities such as placing bets on horse racing or poker/slot machines are not prohibited because such activities are not sponsored by the NCAA.

*Bylaw 13, in sum.....*

**Medical Exams for Prospects**

- **During Visit:** A prospect on an official or unofficial visit to campus may receive a medical examination through a physician, provided no athletics department staff member other than the athletics trainer is present. [Bylaw 13.11.2.6.1]
- **After Signing/Acceptance:** A prospect who either has signed an NLI or has been accepted for enrollment at the institution may receive a medical examination during an official visit, during attendance at summer school, or any visit at the prospect's own expense. Such an exam may take place before or after, but not during, a prospect's visit to campus for a general orientation session. [Bylaw 13.11.2.6.2]

**Greyshirts**

- Prospects who are enrolled part-time during the academic year may NOT use the training room during the academic year. [4/28/03, Ed. Column]

**Workouts Prior to Initial FT Enrollment**

- See Tip Sheet for a rules summary

*Bylaw 14, in sum. . . .*

**Hardship Waivers**

- Per Bylaw 14.2.4, a student-athlete can be granted an additional year of competition for reasons of hardship; a hardship is an incapacity resulting from an injury or illness. The following conditions also must be met:
  
  a) The injury occurs during one of the four years of college competition or the first day of classes of the student-athlete's senior year in high school,
  
  b) The injury occurs prior to the first competition of the second half of the championship segment for the sport and results in incapacity to compete for the remainder of that playing season,
  
  c) In team sports, the injury must have occurred when the student-athlete has not participated in more than three contests/dates of competition or 30% of scheduled/completed contests, whichever is greater. Exempt competitions on the schedule are not to be counted, AND
  
  d) In individual sports, the injury must have occurred when the student-athlete has not participated in more than three dates of competition or 30% of maximum number of dates of competitions plus one date for the conference championship, regardless of whether the team participates in the conference championship. Exempt dates of competitions on the schedule are not to be counted.

- The medical documentation required to grant a hardship waiver must come from a physician who administered care at the time of the injury or illness. In hardship waiver cases involving psychological or mental illnesses, the required medical documentation may be provided by an individual who is qualified and licensed to diagnose and treat the particular illness. [11/15/00, Official & 2/25/04, Staff]
• Hardship Waivers are initiated in the Compliance Office and sent to the sports medicine staff member for completion of the medical information section. Once the medical section is completed and signed by the treating physician, sports medicine submits the Waiver and supporting medical documentation to the Compliance Office for submission to the Conference Office. The Conference Office requires records of rehab/doctors visits throughout the entire season, including any documentation of continuing rehab or the inability to do so. All documentation must be dated!

**Five-Year Clock Extension**

• A waiver of the five-year period of eligibility is designed to provide a student-athlete with the opportunity to participate in four seasons of intercollegiate competition within a five-year period. This waiver may be granted, based upon objective evidence, for reasons that are beyond the control of the student-athlete or the institution, which deprive the student-athlete of the opportunity to participate for more than one season in his/her sport within the five-year period. [Bylaw 14.2.1.5.1]

• Waivers of the five-year period of eligibility are initiated in the Compliance Office and supporting medical documentation is requested from the sports medicine staff. Five-year clock extensions are filed with and approved by the NCAA.

**Medical Absence Waivers**

• The credit hours required under the progress-toward-degree regulation of Bylaw 14.4.3.1(b), 14.4.3.1(c) and 14.4.3.5(c) may be prorated at nine hours per term of actual attendance during an academic year in which a student misses a term or is unable to complete a term as a full-time student as a result of an injury or illness. Such an exception may be granted only when circumstances clearly supported by appropriate medical documentation establish that a student-athlete is unable to attend a collegiate institution as a full-time student as a result of an incapacitating physical injury or illness involving the student-athlete or a member of the student-athlete’s immediate family.

• The medical documentation required to grant a medical absence waiver is the same as that which is required in hardship waivers in that it must come from a physician who administered care at the time of the injury or illness. In cases involving psychological or mental illnesses, the required medical documentation may be provided by an individual who is qualified and licensed to diagnose and treat the particular illness. [11/15/00, Official & 2/25/04, Staff]

• Medical Absence Waivers are initiated in the Compliance Office and supporting medical documentation is requested from the sports medicine staff as necessary. In addition, a statement from the attending physician indicating that the injury or illness resulted in the student-athlete missing a term or failing to complete a full-time term of attendance. Once all required documentation is gathered, the Compliance Office submits the Waiver to the Conference Office, who ultimately approves the Waiver.

*Bylaw 15, in sum ……*

**Medical Noncounter**

- **Defined:** A counter (receives athletics aid) who becomes injured or ill to the point where he/she apparently will never again be able to participate in intercollegiate athletics is considered a medical noncounter (student-athlete’s aid won’t count against team financial aid limits). [Bylaw 15.5.1.3]

- The incapacitating injury or illness must occur prior to the student-athlete’s participation in athletically related activities and result in the student-athlete's inability to compete ever again. If the incapacitating injury or illness occurs on or after the student-athlete's participation in countable athletically related activities in the sport, the student-athlete shall be counted in the institution's maximum financial aid limitations for the current academic year but need not be counted in later academic years. [Bylaw 15.5.1.3.1]

- If there is a change in circumstances and the student-athlete practices or competes at the institution the injury occurred, the student-athlete will again become a counter, and the institution shall be required to count the athletics financial aid during each academic year in which the financial aid was received and not counted. [Bylaw 15.5.1.3.2]
• Once a student-athlete becomes a medical non-counter it will apply to all sports and the student-athlete cannot get a waiver to participate in another sport. [10/16/79, Official]

• Medical noncounters are verified through the Compliance Office via the attached Medical Noncounter Form and supporting documentation.

Bylaw 16, in sum….

Extra Benefits

• Defined: An extra benefit is any special arrangement that provides a student-athlete or student-athlete’s family member or friend a benefit not expressly authorized by NCAA legislation or not generally available to the rest of the student body. [Bylaw 16.02.3]

• Receipt of a benefit by student-athletes or their family members or friends is NOT a violation of NCAA legislation if it is demonstrated that the same benefit is generally available to the institution's students or their family members or friends. [Bylaw 16.02.3]

• Receipt of any extra benefit jeopardizes a student-athlete’s athletic eligibility and must be reported to the Athletic Director or Compliance Office.

Medical Expenses

• Applies to current student-athletes and prospects enrolled in summer school and receiving athletics aid prior to initial full-time enrollment at SJSU.

• Permissible: Per Bylaw 16.4.1, an institution may pay for the following medical expenses incidental to participation in intercollegiate athletics:
  a) Medical insurance;
  b) Death and dismemberment insurance for travel connected with intercollegiate athletics competition and practice;
  c) Drug-rehabilitation expenses;
  d) Counseling expenses related to the treatment of eating disorders;
  e) Special individual expenses resulting from a permanent disability that precludes further athletics participation. The illness or injury producing the disability must involve a former student-athlete or have occurred while the student-athlete was enrolled at the institution, or while the prospective student-athlete was on an official paid visit to the institution’s campus. An institution or outside agency, or both, may raise money through donations, benefits or like activities to assist the student-athlete or a prospective student-athlete. All funds secured shall be controlled by the institution, and the money shall be used exclusively to meet these expenses;
  f) Glasses, contact lenses or protective eye wear (e.g., goggles) for student-athletes who require visual correction in order to participate in intercollegiate athletics;
  g) Medical examinations at any time;
  h) Expenses for medical treatment (including transportation and other related costs). Such expenses may include the cost of traveling to the location of medical treatment or the provision of actual and necessary living expenses for the student-athlete to be treated at a site on or off the campus during the summer months while the student-athlete is not actually attending classes. Medical documentation shall be available to support the necessity of the treatment at the location in question; and
  i) Medical expenses (including surgical expenses, medication, rehabilitation and physical therapy expenses and dental expenses).

• Summer Rehab Agreement: The Summer Rehab Agreement Form must be completed by any student-athlete receiving actual and necessary expenses related to rehabilitation during the summer in accordance with NCAA Bylaw 16.4.1(h). Medical documentation to support the necessity of treatment must be submitted with the Form and a treatment log must be maintained throughout the summer.
Nutritional Supplements

An institution may provide only nonmuscle-building nutritional supplements to a student-athlete at any time for the purpose of providing additional calories and electrolytes, provided the supplements do not contain any NCAA banned substances. Permissible nonmuscle-building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals. It is not permissible for an institution to provide any nutritional supplement/ingredients to its student-athletes, unless the supplement/ingredient is a nonmuscle-building supplement and is included in one of the aforementioned four classes.

The following table is a list of examples of permissible and nonpermissible nutritional supplements/ingredients as developed by the NCAA Competitive Safeguards and Medical Aspects of Sports Committee (CSMAS). The list below is not exhaustive but should assist institutions in determining the types of nutritional supplements/ingredients that may be provided to student-athletes.

<table>
<thead>
<tr>
<th>Permissible</th>
<th>Nonpermissible</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamins and minerals</td>
<td>Amino Acids (including amino acid chelates)</td>
</tr>
<tr>
<td>Energy bars</td>
<td>Chondroitin*</td>
</tr>
<tr>
<td>Calorie replacement drinks (e.g., Ensure, Boost)</td>
<td>Chrysin</td>
</tr>
<tr>
<td>Electrolyte replacement drinks (e.g., Gatorade, Powerade)</td>
<td>CLA (Conjugated Linoleic Acid)</td>
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<td></td>
<td>Creatine/creatine-containing compounds</td>
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<td></td>
<td>Garcinia Cambogia (Hydroxycitric Acid)</td>
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<td></td>
<td>Ginkgo Biloba</td>
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<tr>
<td></td>
<td>Ginseng</td>
</tr>
<tr>
<td></td>
<td>Glucosamine*</td>
</tr>
<tr>
<td></td>
<td>Glycerol **</td>
</tr>
<tr>
<td></td>
<td>Green Tea</td>
</tr>
<tr>
<td></td>
<td>HMB</td>
</tr>
<tr>
<td></td>
<td>Carnitine</td>
</tr>
<tr>
<td></td>
<td>Melatonin</td>
</tr>
<tr>
<td></td>
<td>MSM (Methylsulfonyl Methane)</td>
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<tr>
<td></td>
<td>Protein powders</td>
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<tr>
<td></td>
<td>Tribulus</td>
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<td></td>
<td>Yohimbe</td>
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</tbody>
</table>

* It is permissible for an institution to provide Glucosamine and/or Chondroitin to a student-athlete for medical purposes, provided such substances are provided by a licensed medical doctor to treat a specific, diagnosed medical condition (as opposed to prescribing them for preventive reasons).
** Glycerine or glycerol as a binding ingredient in a supplement product is permissible.

A supplement that contains protein may be classified as a nonmuscle-building supplement provided it is included in one of the four permissible categories, does not contain more than 30 percent of its calories from protein (based solely on the package label) and does not contain additional ingredients that are designed to assist in the muscle-building process (see examples of nonpermissible supplements/ingredients). Nutritional supplements containing more than 30 percent of its calories from protein are classified as muscle-building supplements and may not be provided to student-athletes.

One gram of protein equals four calories. Therefore, the percentage of calories from protein contained in a nutritional supplement may be calculated by multiplying the number of grams of protein per serving by four and dividing the product by the total number of calories per serving. For example, a nutritional supplement that contains 120 total calories per serving and nine grams of protein per serving would contain 36 calories from protein (i.e., 9 grams x 4). Therefore, the percentage of calories from protein would be 0.3 or 30 percent (i.e., 36 calories from protein/120 total calories).
Institutions should note that if a supplement product includes any impermissible ingredient, it is not permissible to provide such a supplement to student-athletes. Further, when considering the product’s protein content, institutions should consider the listing of the word “protein” and the number of grams included. If any other parts of a protein are listed separately, as in any amino acid or chain, it would not be permissible for an institution to provide such a supplement to its student-athletes. If the product lists a "proprietary protein" or "protein blend," then this is not protein from a whole food source, but rather a concoction created by the manufacturer, and in most instances includes impermissible supplement ingredients.

In considering whether a supplement product is permissible under the legislation, a member institution should:

- Review the label and ingredients to determine if the product meets one of the permissible classes of supplements (e.g., carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals);
- Review the ingredients for any banned substances (see attached 2011-2012 banned drug list);
- Determine whether or not the product contains any of the examples of "impermissible" ingredients referenced earlier; and
- Determine if the product contains more than 30 percent calories from protein.

If still unsure whether or not a particular supplement is permissible, contact NCAA membership services for interpretive assistance and provide full written product ingredient information. Membership services will act in concert with sports medicine consultants to provide a review of the product and response back to the member institution. Products deemed permissible should be reviewed annually to determine if any reformulation of the product has introduced elements that make it no longer permissible to provide to student-athletes. If an institution has an interest in providing a supplement product being offered by a manufacturer or distributor of the product, it is the institution’s responsibility to follow the outlined steps. An institution should not refer the manufacturer or distributor to the NCAA for a product review. [5/23/05, Ed. Column]

Bylaw 17, in sum…..

Strength and Conditioning Coach First Aid/CPR Certification and Authority of Sports Medicine Staff (Sports Other than Football)

- A strength and conditioning coach who conducts voluntary weight-training or conditioning activities is required to maintain certification in first aid and cardiopulmonary resuscitation. If a member of the institution's sports medicine staff (e.g., athletic trainer, physician) is present during voluntary conditioning activities conducted by a strength and conditioning coach, the sports medicine staff member must be empowered with the unchallengeable authority to cancel or modify the workout for health and safety reasons, as he or she deems appropriate. [Bylaw 17.1.6.2.1.1.3]

Football Strength and Conditioning Coach First Aid/CPR Certification and Sports Medicine Staff REQUIRED Presence at Voluntary Workouts

- All strength and conditioning coaches conducting voluntary weight training or conditioning activities shall be required to have cardiopulmonary resuscitation and first aid certification. In addition, a member of the institution's sports medicine staff (e.g., athletic trainer, physician) MUST be present during all voluntary conditioning activities (running, not lifting) conducted by the institution's strength coach. This sports medicine staff member must be empowered to have the unchallengeable authority to cancel or modify the workout for health and safety reasons, as he or she deems appropriate. [Bylaw 17.9.6.3]
Summer Athletic Activities -- Basketball

- In basketball, a student-athlete who is enrolled in summer school may engage in required weight-training, conditioning and skill-related instruction for up to eight weeks (not required to be consecutive weeks). Participation in such activities shall be limited to a maximum of eight hours per week with not more than two hours per week spent on skill-related instruction. An individual who is not eligible to use the exception to summer school enrollment (Bylaw 17.1.6.2.1.1.4.1) may participate only during the period of the institution’s summer term or terms (opening day of classes through last day of final exams) in which he is enrolled. [Bylaw 17.1.6.2.1.1.4]
- Basketball student-athletes and prospects are permitted to participate in summer athletics activities only as they appear on a certified Roster distributed by the Compliance Office.

Countable Athletically Related Activities (CARA)

A countable athletically related activity (CARA) includes any required activity with an athletics purpose, involving student-athletes and at the direction of, or supervised by, any member or members of an institution’s coaching staff (including strength and conditioning coaches) and must be counted within the weekly and daily limitations. NCAA regulations limit the amount of time coaches can require a student-athlete to be involved in CARA each day and week.

What are the daily and weekly time limitations on CARA?
Student-athletes may not participate in CARA for more than:

<table>
<thead>
<tr>
<th>In-Season</th>
<th>Out-of-Season (during the academic year)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Four hours per day</td>
<td>Eight hours per week</td>
</tr>
<tr>
<td>20 hours per week</td>
<td></td>
</tr>
</tbody>
</table>

The daily and weekly hour limitations DO NOT apply to the following time periods:

- During preseason practice prior to the first day of classes or the first scheduled contest, whichever is earlier.
- During an institution’s term-time official vacation period (e.g., Thanksgiving, spring break), as listed in the institution’s official calendar, and during the academic year between terms when classes are not in session.

Are student-athletes required to have a day off from CARA?
During the academic year, student-athletes shall not engage in any CARA on one day per week during the playing season and two days per week outside the playing season. The required day(s) off may occur on any day of the week and may change from week to week.

Is an institution permitted to provide athletics training support and other medical services prior to and after the match for student-athletes who are competing unattached?

- No. As a general rule, such expenses may not be provided by the institution when the student-athlete is competing unattached. The provision of such services constitutes the receipt of expenses related to the competition. If the trainer (or other service provider) has been designated by the competition host to provide services to all participants; however, such services may be provided to the unattached student-athletes. [11/17/05, Ed. Column]
Below are partial lists of common activities that count and do not count against daily and weekly time limits:

<table>
<thead>
<tr>
<th>Countable Athletically Related Activities</th>
<th>Noncountable Athletically Related Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practices (not more than four hours per day).</td>
<td>Compliance meetings.</td>
</tr>
<tr>
<td>Athletics meetings with a coach initiated or required by a coach (e.g., end of season individual meetings).</td>
<td>Meetings with a coach initiated by the student-athlete (as long as no countable activities occur).</td>
</tr>
<tr>
<td>Competition (and associated activities, regardless of their length, count as three hours). Note: No countable</td>
<td>Drug/alcohol educational meetings or CHAMPS/Life Skills meetings.</td>
</tr>
<tr>
<td>countable athletically related activities may occur after the competition.</td>
<td></td>
</tr>
<tr>
<td>Field, floor or on-court activity.</td>
<td>Study hall, tutoring or academic meetings.</td>
</tr>
<tr>
<td>Setting up offensive and defensive alignment.</td>
<td>Student-athlete advisory committee/captain’s council meetings.</td>
</tr>
<tr>
<td>On-court or on-field activities called by any member of the team and confined primarily to members of that</td>
<td>Voluntary weight training not conducted by a coach or staff member.</td>
</tr>
<tr>
<td>team.</td>
<td></td>
</tr>
<tr>
<td>Required weight-training and conditioning activities.</td>
<td>Voluntary sport-related activities (e.g., initiated by student-athlete, no attendance taken, no coach present).</td>
</tr>
<tr>
<td>Required participation in camps/clinics.</td>
<td>Traveling to and from the site of competition (as long as no countable activities occur).</td>
</tr>
<tr>
<td>Visiting the competition site in the sports of cross country, golf and skiing.</td>
<td>Training room activities (e.g., treatment, taping), rehabilitation activities and medical examinations.</td>
</tr>
<tr>
<td>Participation outside the regular season in individual skill-related instructional activities with a</td>
<td>Recruiting activities (e.g., student host).</td>
</tr>
<tr>
<td>member of the coaching staff.</td>
<td></td>
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</table>