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UC Davis Principles of Community

The University of California, Davis, is first and foremost an institution of learning and teaching, committed to serving the needs of society. Our campus community reflects and is a part of a society comprising all races, creeds, and social circumstances. The successful conduct of the university’s affairs requires that every member of the university community acknowledge and practice the following basic principles:

We affirm the inherent dignity in all of us, and we strive to maintain a climate of justice marked by respect for each other. We acknowledge that our society carries within it historical and deep-rooted misunderstandings and biases, and therefore we will endeavor to foster mutual understanding among the many parts of our whole.

We affirm the right of freedom of expression within our community and also affirm our commitment to the highest standards of civility and decency toward all. We recognize the right of every individual to think and speak as dictated by personal belief, to express any idea, and to disagree with or counter another's point of view, limited only by university regulations governing time, place, and manner. We promote open expression of our individuality and our diversity within the bounds of courtesy, sensitivity, and respect.

We confront and reject all manifestations of discrimination, including those based on race, ethnicity, gender, age, disability, sexual orientation, religious or political beliefs, status within or outside the university, or any of the other differences among people which have been excuses for misunderstanding, dissension, or hatred. We recognize and cherish the richness contributed to our lives by our diversity. We take pride in our various achievements and we celebrate our differences.

We recognize that each of us has an obligation to the community of which we have chosen to be a part. We will strive to build a true community of spirit and purpose based on mutual respect and caring.
SECTION I: CONTACTS AND RESOURCES

Sport Supervisors

Updated: 10/14/16

Dr. Kevin Blue, Director of Athletics
264 Hickey Gym, (530) 752-4557, athleticsdirector@ucdavis.edu

Men’s Basketball
Women’s Basketball
Football

Josh Flusman, Associate Athletic Director
1211 Cowell Building, (530) 752-3525, jeflushman@ucdavis.edu

Baseball
Football (Day-to-Day)
Men’s Soccer
Women’s Soccer
Men’s Tennis
Women’s Tennis

Sandy Simpson, Assistant Athletic Director
2263 Cowell Building, (530) 574-0803, slsimpson@ucdavis.edu

Men’s Golf
Gymnastics
Softball
Swimming & Diving
Volleyball
Men’s Water Polo
Women’s Water Polo

Katherine Zedonis, Associate Athletic Director/SWA
2264 Cowell Building, (530) 752-7146, kzedonis@ucdavis.edu

Men’s Cross Country/Track & Field
Women’s Cross Country/Track & Field
Field Hockey
Women’s Golf
Lacrosse
Student-Athlete Academic Services

Updated: 10/14/16

On behalf of the Student-Athlete Academic Services staff, welcome to another academic year! Whether you’re a freshman, a transfer, or a returning student-athlete, we look forward to working together as you pursue your academic and athletic goals at UC Davis.

The front desk for Student-Athlete Academic Services is located in 264 Hickey Gym. The office is open 8:00 am-5:00 pm Monday through Friday including over the noon hour. The main phone number is (530) 752-1111 and fax is (530) 752-6681.

The Student-Athlete Academic Services unit is an important resource for student-athletes. Student-athletes at UC Davis typically have a minimum of three academic advisors: an athletic academic advisor assigned by sport, a college advisor, and a major advisor (if the student has a declared major). The athletic academic advisors work with the student-athletes on their assigned teams from the time that they arrive on campus until they graduate from UC Davis.

APPOINTMENTS
Meeting regularly in appointments with your athletic academic advisor is the best way to maximize your academic experience while also meeting all NCAA, conference, and UC Davis rules for athletic eligibility and academic progress.

To make an appointment with your athletic academic advisor, use the online appointment system at https://appointments.ucdavis.edu/

Appointments can be scheduled up to 3 weeks in advance with the calendar rolling out on a continual basis. During a 60-minute appointment, we might discuss choosing a major or minor, adjustment to college, scheduling classes, calculating the number of allowable electives for athletic eligibility, preparation for graduate programs, study abroad, taking summer classes at a community college near home, mentoring for national awards and scholarships, and other athletic eligibility rules specific to the individual student-athlete’s academic history.

New freshmen and transfers are required to do one appointment per quarter during their first year at UC Davis. New student-athletes may especially want to do an appointment in early October for assistance preparing the first Academic Plan Form (APF). Returning student-athletes are encouraged to do appointments as necessary with a minimum of one appointment per year.

WALK-IN HOURS
Each athletic academic advisor has walk-in hours daily for brief questions or concerns. Walk-in is limited to 10-15 minutes on a first-come first-served basis. Walk-in hours can be viewed in the online appointment calendar.

OTHER WAYS TO CONTACT YOUR ADVISOR
If you need assistance and are unable to reach your athletic academic advisor in person, remember that you may also leave a voice mail message, send an e-mail, or drop off a note for your athletic academic advisor in 264 Hickey.
Other Important Contacts

Updated: 9/9/16

Faculty Athletics Representative
The NCAA requires each member institution to appoint a Faculty Athletics Representative (FAR) who does not hold a position in Athletics. The FAR serves as a liaison between the faculty, campus administration, and Athletics to ensure that the institution establishes and maintains an appropriate balance between academics and intercollegiate athletics (http://farawebsite.org/). At UC Davis, the FAR reports directly to the Chancellor. Our FAR is:

Scott Carrell, Ph.D.
Faculty Athletics Representative
Associate Professor, Dept. of Economics
1148 Social Sciences
(530) 752-5480
secarrell@ucdavis.edu

Compliance Services
The Compliance Services staff are available to assist student-athletes with questions on the Initial Eligibility Center, athletic scholarships, playing and practice seasons, the book loan program for student-athletes on a full athletic scholarship, countable athletically related activities, participation on outside teams, and many other NCAA Division I regulations. The Compliance Services staff includes:

Katherine Zedonis
Associate Athletic Director for Compliance & Intercollegiate Services/SWA
2264 Cowell Building
(530) 752-7146
kzedonis@ucdavis.edu
Sport Liaison: Men’s Basketball, Women’s Basketball

Tracy Cumming
Senior Director of Compliance & Intercollegiate Services
2266 Cowell Building
(530) 752-6146
tcumming@ucdavis.edu

Ayaz Hafeez
Director of ICA Compliance Services
2268 Cowell Building
(530) 752-3763
ahafeez@ucdavis.edu
Sport Liaison: Football

Ryan Qualls
Assistant Director of ICA Compliance Services
2265 Cowell Building
(530) 752-1064
rdqualls@ucdavis.edu
Sport Liaison: Baseball, Field Hockey, Men’s Soccer, Women’s Soccer, Softball, Swimming & Diving, Women’s Tennis, Women’s Water Polo

Lydia Sandlin
Assistant Director of ICA Compliance Services
2265 Cowell Building
(530) 754-6004
lfsandlin@ucdavis.edu
Sport Liaison: Men’s Cross Country, Women’s Cross Country, Men’s Golf, Women’s Golf, Gymnastics, Lacrosse, Men’s Tennis, Men’s Track & Field, Women’s Track & Field, Volleyball, Men’s Water Polo

Important Phone Numbers / Web Sites

Updated: 10/14/16

These campus resources and phone numbers may be especially helpful during your college career:

**GENERAL**

Aggie Pride Parents (530) 752-0188
Athletic Department Website
Athletic Insurance Representative (530) 752-9200
Athletic Training Room (Pavilion) (530) 752-7515
Bookstore (530) 752-2950
Campus Recreation (530) 752-2222
Center for Advocacy Resources and Education (530) 752-3299
Center for Leadership Learning (530) 752-6908
Center for Student Involvement (530) 752-2027
College of Agricultural & Environmental Sciences (530) 752-0108
College of Biological Sciences (530) 752-0410
College of Engineering
College of Letters & Science (530) 752-0392
Cross Cultural Center (530) 752-4287
Equipment/Locker Room (530) 752-0259
Financial Aid (530) 752-2390
General Campus Information (530) 752-1011
Health Professions Advising (530) 752-7092
Intercollegiate Athletics (Main Office) (530) 752-1111
Internship & Career Center (530) 752-2855
LGBTQIA Resource Center (530) 752-2452
Mobility Shuttle (530) 752-1730
MyBill (530) 752-3646
NCAA (317) 917-6222
Pre-Graduate/Professional School Advising (530) 752-4475
Registrar’s Office (530) 752-3639
Residence Hall Advising & Drop-In Tutoring (530) 752-2033
Safe Rides (Campus Security Escort) (530) 754-COPS (2677)
Sport Nutrition (Dr. Liz Applegate) (530) 752-6682
Sport Psychology Group (within SHCS) (530) 752-2349
Student Academic Success Center (SASC) (530) 752-2013
Student Accounting (530) 752-3646
Student Code of Conduct (530) 752-1128
Student Disability Center (530) 752-3184
Student Health & Counseling Services (SHCS) (530) 752-2300
Student Housing Office (530) 752-2033
Study Abroad Office (530) 297-4633
Transportation & Parking Services (530) 752-8277
UC Davis Parent & Family Programs (530) 752-0286
Undergraduate Research Center (530) 752-3390
Undergraduate Scholarships (530) 752-2804
University Honors Program (530) 752-3225
Women’s Resources & Research Center (530) 752-3372

TECHNICAL ASSISTANCE
Gunrock (online eligibility system)
JumpForward (online ICA Compliance system)
MyUCDavis (student portal)
Registrar’s Office Class Search Tool
SAAS Appointment system
SmartSite
Student Technology Guide (Information & Educational Technology) (530) 754-HELP (4357)
UC Davis Mobile App
UC Davis Search

Campus Resources

Updated: 10/9/16

These campus resources are especially useful for intercollegiate student-athletes:

Student Health and Counseling Services (SHCS)
http://shcs.ucdavis.edu/
Student Health & Wellness Center (near Aggie Stadium) and 219 North Hall
(530) 752-2349

Offers free confidential individual and group counseling. Walk-in service available for crisis situations (Student Health & Wellness Center location only).

The Mind Spa
https://shcs.ucdavis.edu/services/mindspa
2nd Floor of Student Health & Wellness Center and 132 North Hall
Offers free massaging recliners, 10-minute chair massages, biofeedback programs, cooking classes, yoga classes, light therapy boxes, and more.

**Internship & Career Center**
http://icc.ucdavis.edu/
215 South Hall
(530) 752-2855

Offers career advising, paid and unpaid internships, free workshops on resume writing, job search strategies, interviewing skills, and more. Coordinates Aggie Job Link and transcript notation for internships. Sponsors quarterly internship and career fairs.

**Student Academic Success Center**
http://success.ucdavis.edu/
2205 Dutton Hall
(530) 752-2013

Offers free workshops on study skills, time management, active reading, note taking, test taking, developing your academic motivation, overcoming procrastination, and more. Provides free general and subject specific academic assistance to all registered UC Davis students with additional services specifically for international students.

### Additional Resources

*Updated: 10/9/16*

**Sport Psychology**
Consulting with a sport psychologist can assist student-athletes with improving athletic performance as well as coping with the stresses inherent in being a college student. Student-athletes may contact a sport psychologist to:

- Improve performance or enhance the experience of being a student-athlete
- Deal with the pressures of competition at the Division I level
- Discuss injury rehabilitation and return to play
- Address personal challenges or issues that affect academic performance, athletic performance, or holistic wellbeing
- Optimize transitions (into UC Davis, after completion of athletic eligibility, etc.)

To speak with a psychologist in the Applied Sport Psychology group, contact:

Dr. Jennifer Gildner
Student Health & Counseling Services
219 North Hall
(530) 752-0871 or (530) 752-2349
sportpsych@ucdavis.edu
Sport Nutrition
UC Davis intercollegiate student-athletes have the opportunity to work directly with nationally renowned sports nutritionist Dr. Liz Applegate. Dr. Applegate offers drop-in hours each quarter for student-athletes with questions or concerns about athletic performance and nutrition. She also presents sport-specific nutrition information at team meetings for each sport.

Dr. Applegate retired from teaching in June 2016 to focus exclusively on her role as Director of Sport Nutrition. As a senior faculty member in the Department of Nutrition, she won both the Excellence in Education Award and the Academic Federation Excellence in Teaching Award.

A nationally renowned expert on nutrition and fitness who writes a monthly column for Runners World magazine (http://www.runnersworld.com/person/liz-applegate-phd) and serves as a consultant to athletes in the NFL, the NBA, and the Olympic Games. She has been a guest on more than 200 international, national, and local radio and TV shows (including "Good Morning America") and written more than 300 articles and a variety of books. Her book Eat Smart Play Hard (Rodale Press, 2001) focuses on nutrition for athletes in different sports.

For more information, contact:

Dr. Liz Applegate
3215 Meyer Hall
(530) 752-6682
eaaplegate@ucdavis.edu

NCAA
The NCAA's web site is an excellent resource for student-athletes.

For information on rules and officiating, sports committees, statistics, and other sport-specific information, see: http://www.ncaa.org/championships

For information on concussions, drug testing, sports injuries, and wellbeing: http://www.ncaa.org/health-and-safety

To look at current employment opportunities in athletic departments across the U.S.: http://ncaamarket.ncaa.org/jobseekers/index.cfm

Student-Athlete Advisory Committee (SAAC)

Updated: 10/9/16

The Student-Athlete Advisory Committee (SAAC) is a leadership group made up of 2-3 SAAC representatives from each team. SAAC reps are typically chosen by the head coach.

SAAC reps have the responsibility to attend three SAAC meetings each quarter, maintain information flow between SAAC and their team, communicate suggestions to athletic administration on issues of importance to student-athletes, and serve as a liaison between SAAC and their teammates and coaches.
SAAC encourages student-athlete participation in community outreach activities and sponsors several charity events for all teams during the academic year.

SAAC officers (chosen through an application process) coordinate the agendas for SAAC meetings, lead SAAC-sponsored community service and social events, serve on campus-wide committees as representatives of Athletics, and participate on the Big West Conference SAAC. They may also be asked by the athletic director to represent UC Davis student-athletes in media interviews, at outreach events, or in other public relations venues.

The three SAAC meetings each quarter are usually scheduled from 12:00-1:00 on a Tuesday or Wednesday. SAAC meeting times are based on the class schedules of the SAAC officers who run the meetings.

The 2016-17 SAAC officers are: Alec Adamson (men's tennis), Aislinn Dresel (swimming & diving), Lani-Rae Green (women’s tennis), Agustina Singh (field hockey), and Danielle Steffen (women’s track & field).

If you are interested in becoming a SAAC team representative or a SAAC officer, please talk to your head coach, the current SAAC officers, or Dr. Michelle Roppeau, Director of Academic Services.

**Title IX Information**

*Updated: 10/9/16*

If you need information on Title IX compliance or have questions or complaints regarding Title IX issues, please contact:

**Intercollegiate Athletics**
Katherine Zedonis
Associate Athletic Director for Compliance & Intercollegiate Services/SWA
2264 Cowell Building
(530) 752-7146
kzedonis@ucdavis.edu

**UC Davis Campus Title IX Compliance**
Wendi Delmendo
Chief Compliance Officer
Office of the Chancellor & Provost
4th Floor Mrak Hall
(530) 752-9466
wjdelmendo@ucdavis.edu

Title IX program information is available in the main UC Davis Athletics office in 264 Hickey Gym. A copy of the UC Davis Equity in Athletics Disclosure Act may also be reviewed at [www.ucdavisaggies.com](http://www.ucdavisaggies.com) (under “Athletics” then “EADA Report”) or in person in 264 Hickey Gym.
SECTION II: GENERAL POLICIES AND PROCEDURES

Aggie Life Skills Presentations

Updated: 9/1/16

Aggie Life Skills provides brief workshops (60-90 minutes) exclusively for student-athletes that focus on academic skills and opportunities, career development, personal development, and community connections/community service. Student-athletes may choose workshops of interest from a menu of 6-9 choices per quarter. Aggie Life Skills programs are presented in conjunction with a variety of on- and off-campus partners with at least one career panel offered each quarter. The quarterly menu of Aggie Life Skills programs is e-mailed to student-athletes during the first week of each quarter.

Each student-athlete is required to attend at least three Aggie Life Skills programs per academic year. To comply with University of California Office of the President guidelines, one of those three programs must be selected from the Aggie Life Skills workshops that include training on violence intervention/prevention and healthy relationships. There are six violence intervention/prevention choices per year (two per quarter) and these programs are clearly identified on each Aggie Life Skills menu.

If you have questions about the Aggie Life Skills programs—or suggestions for future topics—please contact your athletic academic advisor or Dr. Michelle Roppeau, Director of Academic Services (maroppeau@ucdavis.edu, 530-752-0714).

Athletic Award Appeal Policy, Guidelines and Procedures

Updated 2/2015

POLICY
In accordance with National Collegiate Athletic Association (NCAA) regulations, a student whose Athletic Award is not renewed, is reduced, or is cancelled, is entitled to an appeal. If Intercollegiate Athletics (ICA) decides to change the Athletic Award, the student will be notified by the Financial Aid and Scholarships Office and provided with information on the appeals process. If the student appeals ICA’s decision, the Financial Aid and Scholarships Office will review the appeal as outlined below.

COMMITTEE
A Financial Aid Appeal Committee (FAAC) will be formed and shall consist of three members: two staff from the Financial Aid and Scholarships Office (including either the Director or Senior Associate Director who will serve as Chairperson for the Committee), and one member of the Athletics Advisory Committee.

APPEAL PROCEDURES
The student will have two weeks from the date of the notification from the Financial Aid and Scholarships Office to file an appeal using the Athletic Award Appeal Form, along with any required documentation. The form is available online at:
A student shall submit the appropriate appeal documentation to the Director of Financial Aid and Scholarships and must include:

- A completed Athletic Award Appeal Form including the selection of an Administrative Review or In-Person Hearing (a student cannot have both).
- A written statement explaining why the student believes the decision was in violation of one or more of the following: NCAA or Conference rules or regulations; University policies, guidelines, or practices; or was unjustified. The statement must include names of institutional staff members (e.g., coach, financial aid officer) with whom the student has discussed the award and a description of any extenuating circumstances (if applicable); and
- Copies of any relevant supporting documents (e.g., initial award letter, rules and/or regulations not followed).

Upon receipt of the appeal, the Financial Aid and Scholarships Office will submit the student’s documentation to ICA. The head coach will have seven days to submit a written statement and appropriate documentation to the Financial Aid and Scholarships Office. An Administrative Review or In-Person Hearing will be completed within 30 days of receipt of the appeal materials by the FAAC members.

**ADMINISTRATIVE REVIEW**

Only FAAC members are involved in the Administrative Review process. The student, ICA and head coach will be notified of the FAAC Administrative Review date in advance.

**IN-PERSON HEARING**

The only participants at the In-Person Hearing will be the student, the head coach and the FAAC members.

**APPEAL GUIDELINES**

The scope of the appeal shall be limited to the following issues:

- Was there a major violation of NCAA or Conference rules and regulations?
- Was there a violation of University policy, guidelines or practices?
- Was the decision unjustified, or was there a lack of good faith by either party?

The FAAC shall reach a decision and notify both parties in writing within seven days of the date of the Administrative Review or In-Person Hearing. One of two actions will be taken:

- The appeal is denied if the FAAC finds that the decision to not renew, reduce or cancel aid is not a violation of NCAA or Conference rules or regulations; follows University policies, guidelines, or practices; is justified and no extenuating circumstances are present.
- The appeal is approved if the FAAC finds that the decision to not renew, reduce or cancel aid is a violation of NCAA or Conference rules or regulations; against University policies guidelines, or practices; or is unjustified or there are any extenuating circumstances. The Athletic Award will be reinstated as soon as possible, and any conditions relating to the reinstatement will be clearly identified at that time.
Reinstatement of the Athletic Award will have no effect on the student athlete’s status as a member of the relevant athletic team.

The decision of the FAAC shall be binding to ICA. Any student who wishes to appeal the decision of the FAAC shall be entitled to do so in accordance with the University’s student grievance policies and procedures.

Complimentary Admissions Procedure

Updated 9/1/16

NCAA, conference, and institutional rules govern complimentary admissions to intercollegiate athletic events at UC Davis.

All active student-athletes for admission sports (baseball, men's basketball, women's basketball, football, gymnastics, men’s soccer, women’s soccer, softball, volleyball) can receive up to six complimentary admissions to events in their sport. All complimentary admissions are General Admission. Availability of complimentary admissions at away contests is limited based on the host institution’s policies. Complimentary admissions may not always be available to student-athletes or may be reduced in number.

To receive your complimentary admissions:

1. Log on to Jump Forward at http://college.jumpforward.com
2. Your user name is your UC Davis email. The first time you log on, you will need to click the “Forgot your password?” link to create a password.
3. Click on the “Comp Tickets” tab
4. Click on the “Add/View Guests” tab and enter the information for your guests.
5. Click the “Add Person” button.
6. Repeat for additional guests.
7. To view your list of guests, click the “Guests” tab.
8. To assign tickets to your guests, click the “Events” tab.
9. Find the event that you want to assign guests tickets to and click the “Assign Tickets” button.
10. Each event is governed by a time window that is set by the Ticket Office. If the window is Open, you can assign guests to that event. When the window is Closed for the event, you will no longer be able to assign guests to that event.
11. To assign your guests to an open event, select their name from the dropdown menu.
12. Once you have assigned your comp admissions, you have to certify that the information is correct by clicking “yes” and clicking “submit.” You will receive an email notification confirming the guests you have selected.
13. Deadlines will be strictly enforced. Please submit requests within the window time frame. Only those guests assigned to the comp pass list through this system will receive a comp admission on the day of the event. If a person is not on the comp pass list, he or she will need to purchase a ticket.
14. You may also choose to transfer some or all of your comp admissions to your teammates. Check the check box next to "transfer ticket." You will then be able to select from a list of your teammates. Select the teammate you want to transfer tickets to. Keep in mind that the only way to get this ticket back is to have your teammate transfer the ticket back to you.
First name, last name, relationship and mobile phone number of your guests are required. When your guests arrive, they MUST present a photo ID and sign for their tickets. Without a photo ID, they will not be given admittance. Once they check in, they will receive a hand stamp and/or a ticket stub.

Notes
• The system may not accept names after the deadline.
• For technical difficulties, questions and deadlines, please contact Charlotte Young at csyougn@ucdavis.edu

Year-Round Drug Testing

Updated 9/1/16

The NCAA has approved year-round drug testing in every sport. This includes summer. Before you leave campus in the spring, ICA Compliance Services will request your contact information for the summer. You may be selected for drug testing even if you are in another state (or another country) during the summer. The NCAA has made arrangements for testing sites around the world and will require you to report to a site in a city near you.

Drug testing happens very quickly. You will be contacted by phone by a UC Davis athletics department staff member and given instructions. Typically you will report for drug testing 24 hours later. Failure to report for drug testing is considered the same as testing positive. A student-athlete who tests positive (all drugs except street drugs) is deemed ineligible for one year; that year is also counted as one of your four seasons of eligibility. A student-athlete who tests positive for a street drug results in being withheld from competition for 50 percent of the season (at least first 50 percent of all contests or dates of competition in the season following the positive drug test).

The NCAA maintains a list of banned drug classes and provides examples of banned substances in each drug class. The 2016-17 NCAA Banned Drug List can be found at www.ncaa.org or can be found on the following page.

Please notify your athletic trainer if you are taking any medications or supplements. Any nutritional supplement use may present risks to your health and athletic eligibility. The nutritional supplement industry is not regulated. In some instances, not all ingredients are listed on the product. Additionally, cross contamination of banned substances can occur at the factories where supplements are made. For more information on nutrition supplements, please refer to the Nutritional Supplements/Ergogenic Aids/Creatine Statement in this handbook.

Any questions regarding NCAA banned drugs and the use of nutritional supplements should be referred to the institution’s designated athletics department resource individual:

Tina Tubbs
Director of Sports Medicine – ICA
Phone: (530) 752-7515
Email: ttubbs@ucdavis.edu

264 Hickey Gym
UC Davis
One Shields Ave
Davis, CA 95616
2016-17 NCAA Banned Drugs

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

The NCAA Bans the Following Classes of Drugs:

1. Stimulants;
2. Anabolic Agents;
3. Alcohol and Beta Blockers (banned for rifle only);
4. Diuretics and Other Masking Agents;
5. Street Drugs;
6. Peptide Hormones and Analogues;
7. Anti-estrogens; and

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.

Drugs and Procedures Subject to Restrictions:

1. Blood doping;
2. Gene doping;
3. Local anesthetics (under some conditions);
4. Manipulation of urine samples; and
5. Beta-2 Agonists permitted only by prescription and inhalation.

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff. There are no NCAA approved supplement products.

1. Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
2. Student-athletes have tested positive and lost their eligibility from using dietary supplements.
3. Many dietary supplements are contaminated with banned drugs not listed on the label.
4. Any product containing a dietary supplement ingredient is taken at your own risk.

Check with your athletics department staff prior to using a supplement.
Examples of NCAA Banned Substances in Each Drug Class

Note to Student-Athletes: There is NO complete list of banned substances. Do not rely on this list to rule out any label ingredient.

1. **Stimulants**: Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine (DMAA); methylphenidate (Ritalin); synephrine (bitter orange); methylhexaneamine, "bath salts" (mephedrone); octopamine; DMBA; phenethylamines (PEAs); etc. **Exceptions**: phenylephrine and pseudoephedrine are not banned.

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

3. **Alcohol and Beta Blockers** (banned for rifle only): Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

4. **Diuretics** (water pills) and **Other Masking Agents**: Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

5. **Street Drugs**: Heroine; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073).

6. **Peptide Hormones and Analogues**: Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1; etc.

7. **Anti-Estrogens**: Anastrozole; tamoxifen; formestane; ATD; clomiphene; SERMS (nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3, 5-dien-7, 17-dione), etc.

8. **Beta-2 Agonists**: Bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Additional examples of banned drugs can be found at [www.ncaa.org/drugtesting](http://www.ncaa.org/drugtesting).

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

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center (REC) at 877-202-0769 or [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec) password: ncaa1, ncaa2 or ncaa3.

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.
Automated Eligibility Process Instructions

Updated 9/1/16

UC Davis Athletics uses an online system to facilitate the athletic eligibility process. Part of the athletic eligibility process consists of a series of forms that are available and submitted online. The forms are available one month prior to a team's first practice or first permissible out-of-season activity whichever comes first. Those student-athletes who are already on a roster will receive an email when the forms become available. In addition, student-athletes are sent an email when a coach adds them to the team's roster via the online system. Below are instructions on how to access all online eligibility forms through Jump Forward, which is our student-athlete database system.

1. Go to: https://college.jumpforward.com
2. To set up your password or if you forget your password, click the “Forgot your password” link.
3. Once you are logged on, click the “forms” button.
4. Click the “Outstanding Forms” button. You will see all the forms ICA Compliance Services has assigned to you to complete.
5. To the right of the form, click the “open” button.
6. Complete the form in its entirety. If the form has multiple pages, click the next button on at the bottom left hand side of the screen.
7. Once you have completed the form click the submit button to submit form back to ICA Compliance Services.
8. Repeat steps 3-7 for all remaining forms.

Some fields are required in order for you to sign and submit. Some fields require a “Yes” in order for you to sign and submit. If you are under 18, the forms that require a parent or legal guardian signature will be sent to your parent or legal guardian by ICA Compliance Services after you submit the form.

The forms do not have to be completed in one trip to the web site. In order to practice and compete, however, the required forms must be completed at least two weeks prior to the your sport's first practice or other permissible workout or by September 6, 2016, whichever is earlier.

A physical examination by a physician is required for all new student-athletes. The physician must sign and date the UC Davis Physical Form, which can be downloaded from the Athletic Training website, and must be conducted within 60 days of the first day of practice or tryouts. Per NCAA rules, all incoming student-athletes must present their sickle cell solubility test results to the athletic training staff before being cleared to participate in any practice activities. All medical forms and instructions can be found on the Athletic Training website at http://www.ucdavisaggies.com/school-bio/ucda-ath-training-forms.html

Extracurricular Eligibility at UC Davis

By participating in extracurricular activities at UC Davis, you can benefit from numerous opportunities for educational, personal, cultural, and social enrichment. In general, registered and enrolled UC Davis students may participate in extracurricular activities sponsored by the campus. Some activities have additional eligibility criteria, so you are encouraged to inquire about the particular requirements of the
groups and programs that interest you.

- UC Davis Catalog 2014-2016

Social Networking Websites Policy

Updated 9/1/16

Student-athletes, as members of the UC Davis community, are permitted to have profiles on social networking websites such as Facebook, MySpace, Twitter, Instagram, Snapshot, etc. provided that:

- No offensive or inappropriate pictures are posted.
- No offensive or inappropriate comments are posted.
- Any information placed on the website(s) does not violate the ethics and intent behind both the UC Davis student code of conduct AND the student-athlete code of conduct.

Additionally, do not respond to any media requests received via social media. Please refer all media requests to Athletics Communications.

Student-athletes should remember that they are ambassadors of the University of California and always in the public eye. With this said, we ask that you conduct yourself in a positive, courteous and respective manner. Content posted by student-athletes at other institutions or even other students on campus may not be acceptable by the athletic department’s standards.

Questions regarding acceptable content per Intercollegiate Athletics policy should be directed to Katherine Zedonis, associate athletics director of ICA Compliance and intercollegiate Services (2264 Cowell, (530) 752-7146; kzedonis@ucdavis.edu) or to the head coach, sport supervisor, or director of athletics.

NOTE: The UC Davis Police Department, Student Judicial Affairs, and other local police and sheriff’s offices check these websites daily. In addition to the unfortunate reality of online predators, potential employers and internship supervisors also use these sites to screen candidates. Many graduate programs and scholarship committees search these sites to screen applicants. We advise UC Davis student-athletes to exercise extreme caution in their use of social networking websites.
Athletic Training & Rehabilitation Policies and Procedures

Updated: 9/1/16

The Intercollegiate Sports Medicine staff at UC Davis is comprised of 12 certified athletic trainers (ATC's), 1 full time head team physician and 6 volunteer team physicians. Please know that your health is of the utmost importance to us. Our goal is to keep you playing, but safely.

There are three athletic training rooms on campus: the Pavilion Athletic Training Room in the ARC/Pavilion, the Stadium Athletic Training room, and the Dick Lewis Athletic Training satellite facility located at Hickey Gym. These are co-ed facilities so please dress appropriately. The Pavilion Athletic Training Room and Aggie Stadium Athletic training room is where ALL rehabilitation takes place Monday through Friday.

TEAM PHYSICIANS
Intercollegiate Athletics has a full time head team physician as well as a group of volunteer team physicians with a variety of sports medicine specialties available for the care of our student-athletes. There is a daily physician clinic offered in the afternoons Monday - Friday at the Pavilion Athletic Training Room. ICA also utilizes the student health wellness and counseling center for x-ray, musculoskeletal ultrasound and other specialty services. We encourage you to communicate with your athletic trainer to schedule an appointment with our team physician.

GENERAL ATHLETIC TRAINING POLICIES (PAVILION/STADIUM)
1. Report ALL injuries, skin irregularities and illnesses to a staff certified athletic trainer IMMEDIATELY.
2. All athletes MUST shower before coming to the athletic training room unless urgent care is needed.
3. NO food in the athletic training rooms.
4. NO cleats in the athletic training rooms.
5. NO foul language.
6. NO shoes on tables.
7. NO BIKES in the buildings.
8. NO use of cell phones in athletic training room
9. It is YOUR responsibility to communicate with us if your needs are not being addressed.

GENERAL REHABILITATION POLICIES (PAVILION)
1. Athletic Training Room hours are from 8:00am-6:00pm. Monday through Friday
2. Sign in for all services on the provided computer each time you enter for rehabilitation.
3. If classes prevent you from getting to rehabilitation, contact your athletic trainer to arrange for another treatment time.

PRACTICE PREPARATION (HICKEY GYM / PAVILION/STADIUM)
If you need pre-practice assistance, the athletic training room servicing your team should be open at least 45-60 minutes before your practice begins. Budget your time accordingly.

TRAINING ROOM ASSISTANCE AFTER PRACTICE / GAMES
The athletic training rooms are open generally 30 minutes after the last practice of the day or end of the game for ice and any injury evaluation needs.
Please contact Tina Tubbs MS ATC, Director of Sports Medicine, if you have additional questions or concerns regarding athletic training hours, policies or procedures.

Student-Athlete Insurance Summary*

9/1/2016

Who Is Eligible for Coverage?
Medical insurance coverage is provided for students who are injured while participating in scheduled, supervised and sponsored intercollegiate athletic competitions or authorized practice sessions as a player or trainer. **COVERAGE IS NOT PROVIDED FOR AN ILLNESS OR DISEASE** unless it results directly from an ICA injury.

This Is an Excess Only Policy
The medical insurance provided by UCD ICA insurance is **EXCESS** coverage. This means it responds after your collectible health benefits have been utilized. All registered students are required by the University to have medical insurance coverage. You are advised to check with your primary medical insurance company about obtaining an up-to-date medical insurance card to keep in your possession. You are required to provide accurate and up-to-date primary medical insurance information to UC Davis Intercollegiate Athletics at all times. Students with HMO plans are advised to confirm with your health plan that you have access to and/or are assigned to a Primary Care Physician in the Davis/Northern California area.

Student-Athletes with Managed Care Networks
Many students carry private medical insurance coverage through a Health Maintenance Organization (HMO), Preferred Provider Organization (PPO), Exclusive Provider Organization (EPO), Point-of-Service, or other managed care plan which requires members to utilize specific network physicians and facilities in order to receive the maximum benefit coverage from their plan. **PLEASE NOTE: If for any reason an athlete chooses not to utilize his/her HMO, PPO, EPO coverage and/or network providers, the athlete shall be financially responsible for any medical expenses incurred as a result of the injury.**

Student-Athletes with Student Health Insurance Plan (SHIP)
SHIP does not provide coverage for injuries incurred while participating in an Intercollegiate Athletic competition or practice. Please refer to the “medical care that is not covered” section of the SHIP booklet.

**UCD Excess Athletic Insurance Coverage Details**
The UCD medical insurance includes the following:

- **Policy Limit:** ................. $90,000 (combined benefits)
- **Coverage Period:** ............. 2 years from the date of injury

When a student-athlete is injured while participating in UCD Intercollegiate Athletics, in actual play or authorized practice, the limit for medical expenses is $90,000. For coverage to apply, the injured student-athlete MUST:
• **NOTIFY THE ATHLETIC TRAINER OF THE INJURY WITHIN 30 DAYS FROM THE DATE IT OCCURRED.** Documentation of the injury by our certified athletic trainer is required in order to complete an Injury Report form. The information provided on the Injury Report form is necessary in order to obtain medical care for the injury.

• **SUBMIT THE CLAIM TO YOUR PRIVATE INSURANCE CARRIER(S).** The University is not responsible for processing a claim through an athlete’s private insurance. Once all available benefits have been exhausted and appropriate claims documentation has been received, the University’s coverage will take effect.

• **BE AWARE THAT ALL TREATMENT MUST BE REFERRED THROUGH THE ATHLETIC TRAINING ROOM BY A UC DAVIS TEAM PHYSICIAN. TREATMENT RECEIVED OUTSIDE THE UCD TEAM PHYSICIAN NETWORK WITHOUT PRIOR REFERRAL AND AUTHORIZATION WILL NOT BE COVERED BY THE UNIVERSITY’S ATHLETIC INSURANCE PLAN.**

• **BE AWARE THAT TREATMENT MUST BEGIN, AND MEDICAL EXPENSES MUST BE INCURRED WITHIN 180 DAYS OF THE INJURY.**

**Prescription Medication**
You are required to utilize your prescription drug benefit through your primary insurance plan for any medication prescribed for an athletic injury.

**Catastrophic Insurance Coverage (Over $90,000 in expenses)**
If medical bills for a covered injury exceed $90,000 within two years from date of injury, catastrophic insurance may apply if the student-athlete has no other medical coverage.

**Accidental Death and Dismemberment**
There is a $50,000 Accidental Death & Dismemberment benefit for all qualified student-athletes.

**Am I eligible for insurance coverage for athletic injuries?**
UC Davis ICA supplies medical insurance coverage for student-athletes injured while participating in scheduled, supervised and sponsored intercollegiate athletic competitions or authorized practice sessions and practice-related activities. ICA insurance coverage is provided at no cost to you. **The medical insurance provided through UC Davis ICA Insurance is excess, or secondary, coverage.** This means it responds after your health insurance benefits have been utilized. Please be reminded that ALL registered students are required by the University to have medical insurance coverage. **Additionally, UC Davis ICA Insurance coverage is provided ONLY for treatment that is provided and/or referred through the UC Davis ICA Team Physician Network (TPN).**

**What is the UCD ICA Team Physician Network (TPN)?**
As an integral part of the total Sports Medicine Program, the UC Davis Intercollegiate Athletics Team Physician Network (TPN) is dedicated to the health, welfare, and performance of all student-athletes. This is a multidisciplinary network with an expert medical staff of 8-12 physicians and includes primary care, sports medicine, orthopedic surgery, osteopathy, and physical medicine and rehabilitation. They are the primary care providers for all intercollegiate athletic-related injuries/illness and provide the highest quality of care in a very efficient, convenient and professional environment. The TPN is affiliated with UC Davis Student Health and Counseling Services, the UC Davis Medical Center Sports Medicine Clinic, the UC Davis Medical Center Department of Orthopedic Surgery, and other local medical groups.
Meet the TPN:

Melita Moore, M.D.
https://shcs.ucdavis.edu/about/staff/melita-moore-md

Kevin Burnham, M.D.
http://www.ucdmc.ucdavis.edu/publish/providerbio/search/21750

David Cosca, M.D.
http://www.ucdmc.ucdavis.edu/publish/facultybio/search/faculty/451

Julie Ingwerson, M.D.
http://www.ucdmc.ucdavis.edu/publish/providerbio/search/contactus/22031

Cassandra Lee, M.D.

Richard Marder, M.D.

Alberto Panero, M.D.
http://www.ucdmc.ucdavis.edu/publish/providerbio/search/21962/?searchtype=all

Daniel Parker, M.D.
http://www.ucdmc.ucdavis.edu/publish/providerbio/search/contactus/21765

Peter Rinaldi, M.D.

Amy Sekhon-Atwal, M.D.
http://healthcenter.ucdavis.edu/about/provider-bios/sekhon-atwal.html

Jeffrey Tanji, M.D.

James Van Den Bogaerde, M.D.

Brandee Waite, M.D.

What happens if I’m injured?
Report your injury to a UCD Athletic Trainer immediately. The ATC will assess your injury and determine if a consultation with a UCD ICA Team Physician is appropriate. The Team Physician will diagnose and treat most athletic injuries, coordinate health care, and issue referrals to medical providers when additional care or a specialist is needed. **Referrals are made at the sole and absolute discretion of the UCD ICA Team Physicians.** The UCD ICA Insurance Representative will then carry out the referral process, secure necessary appointments, and coordinate insurance coverage for you.
What are the benefits of utilizing the UCD ICA Team Physician Network?
Among the many benefits of utilizing the TPN are the “beginning-to-end” services provided from the certified athletic trainers to the insurance coordinator to the team physicians. All these services have been put in place to offer a seamless process to assist each student-athlete and family during a highly emotional and complicated time. We understand that many families have pre-existing relationships with other doctors and medical providers; you may see other doctors and providers through your own private insurance, but by utilizing the TPN you become part of a system that is designed to reinforce the principles listed below:

- Continuity of care: a team physician will follow you through the duration of your injury
- A Team Physician is available to treat student-athletes at least 5 days per week, plus at many games/events
- Team Physicians Clinics are conveniently located on-campus
- Access to the UCD Athletic Training Room for Rehabilitation Services
- A streamlined system of communication between Team Physicians, student-athletes, Athletic Trainers and coaches
- Complete coordination of medical treatment
- Complete coordination of insurance coverage, plus management and payment of your medical bills
- There is no cost to you!

Can I pursue treatment with my own doctor of choice outside the UCD ICA Team Physician Network?
If you receive medical care without prior referral from the UCD ICA Team Physician Network, AND authorization from UCD ICA Insurance, the expenses will NOT be covered by ICA Insurance, except for urgent or emergency care of a medical emergency.

This is a summary of ICA Sports Medicine Program policy & procedures. For more information on UC Davis ICA Insurance or the UC Davis ICA TPN, please contact the Athletic Insurance Representative at (530) 752-9200, or visit the athletic training website at http://www.ucdavisaggies.com/school-bio/ucda-ath-train.html

*This is intended as a summary or an explanation of benefits. It does not in any way serve to change or supersede the master policies.

9/2016-policy year 2016-17. If you have any questions, please contact the Athletic Insurance Coordinator at (530) 752-9200, or visit http://www.ucdavisaggies.com/school-bio/ucda-ath-train.html

Nutritional Supplement/Ergogenic Aids/Creatine Statement

Updated: 9/1/16

UC Davis student-athletes depend on the coaches and sports medicine staff to supply them with accurate and sound information on sports nutrition and help them discern media hype from fact in reference to supplements. The environment for today’s student-athlete is filled with easy access to products which are legal but which contain substances banned by the NCAA. Many student-athletes assume incorrectly that if these products can be purchased at a health food store they must be allowed under NCAA rules. Reliance on the advice of the clerk at the store or the distributor at the gym
or anyone who is not with the student-athlete's athletic program has resulted in erroneous information about whether the product contains an NCAA banned substance. Appeals based on this argument have not been successful in overturning a positive drug test penalty. Student-athletes are responsible for anything they ingest, and a positive drug test resulting from the use of a dietary supplement results in the loss of eligibility.

Some common nutritional supplements are creatine, testosterone, DHEA, androstenedione, 19-norandrostenedione, glucosamine, ma huang (ephedrine), amino acids and ginseng. Many fat burners and weight gain products contain nutritional supplements. Also, weight loss products or products sold to reduce water retention may contain stimulants and diuretics, banned by the NCAA. Nutritional supplements can come in pills, powders, liquids, and bars. Some are NCAA banned substances and some are not. They are all legal and may be obtained at grocery stores, pharmacies, health food stores, on the internet, and many other locations.

Nutritional supplements are marketed to athletes to improve performance. Many athletes use nutritional supplements despite proof that the supplements are ineffective. In addition, such substances are expensive and may be harmful to health or performance. Creatine, for example, has been found in some laboratory studies to enhance short-term high intensity exercise capability, delay fatigue on repeated bouts of exercise and increase strength. Several studies have contradicted these claims and, moreover, the safety of creatine supplements has not been verified. Many compounds obtained from nutrition stores and mail order companies may not be subject to strict regulations set by the United States Food and Drug Administration. Therefore, many of these supplements do not accurately list all their ingredients and may contain impurities or banned substances. In fact, many athletes have tested positive while taking these "supplements" and have lost at least a year of athletic eligibility, even after appeals.

It is not permissible for an institution to provide nutritional supplements to its student-athletes, unless the supplement is a non-muscle-building supplement and is included in one of the four classes identified in NCAA Bylaw 16.5.2 (i.e. carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals). Additionally, it is not permissible for an institution or an institutional staff member to sell or arrange the sale of muscle-building supplements to student-athletes.

Division I institutions are required to designate an individual to answer student-athlete inquiries about nutritional supplements and banned ingredients, and the NCAA provides members with an authoritative resource to assist with those inquiries – the Resource Exchange Center (or REC), which is staffed by the NCAA drug testing third party administrator. The REC is available online at www.drugfreesport.com/rec - using password ncaa1, ncaa2 or ncaa3 -- or by calling 877-202-0769.

Any questions regarding NCAA banned drugs and the use of nutritional supplements should be referred to the institution’s designated athletics department resource individual:

Tina Tubbs  
Director of Sports Medicine – ICA  
Phone: (530) 752-7515  
Email: ttubbs@ucdavis.edu

264 Hickey Gym  
UC Davis  
One Shields Ave  
Davis, CA 95616
Big West Conference and UC Davis Policy on Sportsmanship

Updated 8/1/16

All student-athletes at UC Davis and in the Big West Conference are expected to conduct themselves in the arena of athletic competition with fairness, honesty, and responsibility and treat their opponents with civility and respect. Unfavorable conduct will be handled in accordance with the policies set forth by the UC Davis Athletics, the Big West Conference (or its affiliate conferences) and UC Davis.

Unsportsmanlike conduct includes but is not limited to:
- "Trash talking";
- Finger pointing;
- Unprovoked acts of physical violence towards other student-athletes, coaches, officials, school representatives, and fans;
- Fighting as defined by the NCAA (i.e., "an attempt to strike an opponent with the arms, hands, legs, or feet, or a combative action by one or more players, a coach, or other team personnel");
- Being critical publically of any game official, Conference personnel, another university or its personnel or student-athletes.

The Standard of Conduct for Student-Athletes at UC Davis

Updated 9/21/16

Baseline Principles
Student-athletes at UC Davis are expected to conduct themselves in a manner that is commensurate with the University’s student behavioral standards, including adherence to the UC Davis Principles of Community, University of California Policy on Student Conduct and Discipline, and UC Davis Code of Academic Conduct.

In addition, since participation in Intercollegiate Athletics at UC Davis is an extracurricular privilege (i.e., participation in varsity athletics is not a right), there are additional standards of behavior and compliance that UC Davis student-athletes are obligated to meet, and there exists the possibility of additional penalties for misconduct.

Student-athletes are expected to conduct themselves in a manner that reflects positively upon themselves, along with their teammates, coaches and the University. Student-athletes must follow the rules and regulations set forth by their respective teams, ICA, UC Davis, and the Big West Conference (and affiliate conferences), and must also abide by federal, state, and municipal laws.

ICA works in cooperation with the Office of Student Support & Judicial Affairs (OSSJA) on administrative actions related to student-athlete misconduct. The Intercollegiate Athletics leadership team, under the supervision of the director of athletics, has the administrative authority to manage disciplinary matters for ICA and may impose penalties in addition to those imposed by the campus administrators.

In addition to this Standard of Conduct for Student-Athletes at UC Davis, all student-athletes are subject to University of California Policy on Student Conduct and Discipline. Upon notification of any alleged violation of the University of California Policy on Student Conduct and Discipline, the coach or ICA
administrator must report the allegations to the director of athletics and the director of the Office of Student Support and Judicial Affairs (OSSJA). Upon OSSJA’s resolution of the issue, ICA will conduct a hearing with the affected student-athlete, and other athletic administrators as needed to determine any additional issues that should be addressed and resolved by ICA.

All student-athletes are also subject to the University of California Policy on Sexual Violence and Sexual Harassment. Upon notification of an alleged incident of sexual violence or sexual harassment involving a student athlete, any University employee, including coaches and ICA staff, must report the allegations to the University's Title IX Officer. The Title IX Officer will determine whether an investigation will be conducted into the alleged conduct. All investigations into such conduct will be conducted by the Title IX Office (part of the Office of Compliance and Policy) consistent with the Policy on Sexual Violence and Sexual Harassment and Appendix F of the UC Davis Student Administration of Student Discipline. Upon resolution of the issue by the Title IX Officer and OSSJA, ICA will determine any additional issues that should be addressed and resolved by ICA.

Student-athletes are notified of the expectations set forth in this Code of Conduct on an annual basis by email. In addition, sport supervisors discuss this Code of Conduct with all teams at the beginning of each academic year.

In addition to the obligations set forth in this Code of Conduct, additional team rules, as approved by the Sport Supervisor and Head Coach, that are aligned with this Standard of Conduct may be established. A violation of these team rules is also considered an act of misconduct.

**Academic Integrity**

Student behavioral standards at UC Davis include the [Code of Academic Conduct](#), which requires students to be honest and fair in all academic work. ICA and its Student-Athlete Academic Services Office are aligned with the UC Davis commitment to fostering an environment of uncompromising academic integrity.

Student-athletes are members of the academic community with attendant rights and responsibilities. Accordingly, student-athletes are responsible to know what constitutes cheating and to comply with University and campus policies regarding academic honesty. This includes, but is not limited to understanding University policies regarding plagiarism, sharing of work, and appropriate collaboration on graded coursework.

Here are some ways to reduce the chances of being involved in a situation of compromised academic integrity:

- Study throughout the quarter and keep up with your work in classes.
- Do not sit next to friends or study partners during exams.
- During exams, focus on your own work and take the initiative to shield your work from others.
- Keep your computer passwords, user ID and passwords confidential for your own use.
- Understand what constitutes plagiarism.
- Carefully read and review your course syllabi and consult with instructors for any clarifications you may need. This is your responsibility, so when in doubt, ask!

Reports of suspected academic misconduct by students, including student athletes, are addressed through the disciplinary process administered by the Office of Student Support and Judicial Affairs.
However, Intercollegiate Athletics also reserves the right to suspend student-athletes who are accused of academic misconduct from participation in athletics activities while a referral is investigated.

Student-athletes who are found responsible for academic dishonesty are subject to dismissal from their team and subject to a reduction or removal of athletic aid.

Hazing
There is no tolerance for hazing at UC Davis.

UC Davis interprets hazing as any act, whether physical, mental, emotional or psychological, that subjects another person, voluntarily or involuntarily, to anything that may abuse, mistreat, degrade, humiliate, harass or intimidate the person, or which may in any fashion compromise the inherent dignity of the person. In addition, any action by a member of a group or team which compels another member of a group or team to participate in any activity in violation of university policy, or in violation of state or federal law, will be defined as hazing.

Prohibited activities related to hazing include, but are not limited to, the following:

- Any type of initiation or other activity where there is an expectation of individuals joining a particular team to participate in behavior designed to humiliate, degrade, or abuse them regardless of the person’s willingness to participate.
- Forcing, requiring or pressuring an individual to consume alcohol or any other substance.
- Forcing, requiring, or pressuring an individual to shave any part of the body, including hair on the head.
- Any requirement or pressure put on an individual to participate in any activity that is illegal, perverse, publicly indecent, contrary to genuine morals and/or beliefs, e.g., public profanity, indecent or lewd conduct or sexual gestures in public.
- Required eating of anything an individual would refuse to eat otherwise.
- Any activity or action that creates a risk to the health, safety or property of the University or any member of its community.
- Forcing or requiring calisthenics, such as push-ups, sit-ups and runs.
- Assigning or endorsing pranks such as stealing or harassment of another organization.
- Awakening or disturbing individuals during normal sleeping hours.
- Expecting or pressuring individuals to participate in an activity in which the full membership is not willing to participate.
- Physical abuse of any kind.
- Forcing, encouraging or pressuring someone to wear in public apparel that is conspicuous and not within the norm of what is considered to be in good taste.
- Engaging in public stunts and foolery.
- Nudity at any time or forced reading of pornographic material.
- Paddling, beating or otherwise permitting a member to hit other members.
- Having substances such as eggs, mud, paint and honey thrown at, poured on or otherwise applied to the body of a member.
- Morally degrading/humiliating games or other activity that makes a member the object of amusement, ridicule or intimidation.
- Subjecting a member to cruel and unusual psychological conditions.

Student-athletes who are involved in instances of hazing are subject to the regular processes of investigation and discipline, as administered by OSSJA. However, Intercollegiate Athletics also reserves
the right to suspend student-athletes who are accused of hazing from participation in athletics activities while an instance of hazing is being investigated.

Student-athletes who are found to be involved in hazing are subject to dismissal from their team and subject to a reduction or removal of athletic aid.

**Alcohol, Drug & Tobacco Use**

No alcohol or drugs are allowed at team functions that are sponsored or endorsed by UC Davis Athletics. An official team function is any event in which team members are requested to participate and/or the coach is present.

If there are any doubts about the applicability of this policy, the Athletics Director should be consulted. The only exception to this policy is when alcoholic beverages are served during UC Davis Athletics special events, when consumption of alcoholic beverages is governed by campus policy.

UC Davis is a member of the NCAA and will adhere to all drug policies as established and published in the NCAA manual and on the current NCAA website. A partial list of banned substances is available in the Student-Athlete Academic Services office and in this student-athlete handbook. The list is subject to change and the institution and student-athlete shall be held accountable for all banned drug classes on the current list.

The most current list of banned substances is located on the NCAA website at [http://www.ncaa.org](http://www.ncaa.org). All tobacco products are banned by the NCAA and the Big West Conference at all practices, contests, and team functions. Any student-athlete who violates the UC Davis campus drug and alcohol policy for all students will be treated like any other student. Violators of the NCAA and/or the UC Davis Athletics alcohol and drug policy will be required to meet with the Sports Supervisor and Head Coach where appropriate disciplinary action may be assessed. In addition, the student-athlete may be referred to OSJJA for review. Punitive actions will be determined on a case-by-case basis under the guidance of the NCAA and UC Davis policies.

In January 2014, UC Davis became a smoke and tobacco free campus. All forms of tobacco—including but not limited to cigarettes, cigars, pipes, water pipes, electronic cigarettes, and all forms of smokeless tobacco—are banned. This policy applies to all University property including campus buildings, parking structures and lots, University vehicles, open spaces, grounds, and off-campus University-owned or leased residential facilities. For more information, see [http://breathefree.ucdavis.edu/index.html](http://breathefree.ucdavis.edu/index.html).

**Violations of Criminal Law**

As is the case with all UC Davis students, student-athletes are expected to abide by all federal, state, and municipal laws.

Student-athletes who are arrested or charged with a crime are subject to the criminal justice system and the University discipline process; however, Intercollegiate Athletics also reserves the right to suspend student-athletes who are arrested or charged with a crime from participation in athletics activities while crime is being investigated or while a matter of criminal activity is reaching resolution through our legal system.
Student-athletes who are convicted of a misdemeanor or felony are subject to being dismissed from their team and the reduction or elimination of athletic aid. UC Davis is governed by California Education Code Section 67362.

**Sexual Harassment, Sexual Violence, and Title IX Violations**

Issues of sexual violence, dating violence, sexual harassment, and other Title IX related offenses have become increasingly prevalent on university campuses. UC Davis Athletics takes these matters very seriously and is committed to prevent them from occurring, to the extent possible.

Student-athletes who are accused of offences related sexual violence, dating violence, or sexual harassment are subject to the regular processes of investigation and discipline, as administered by our legal system and normal University discipline processes. However, Intercollegiate Athletics also reserves the right to suspend student-athletes from participation in athletics activities while these matters are being investigated or while the judicial affairs and legal processes are ongoing.

Student-athletes who are convicted of a misdemeanor or felony, or are found responsible for a behavioral offense related to Title IX following a University investigation, will be subject to being dismissed from their team and the elimination of athletic aid.

**Other Instances of Misconduct**

There are other instances not specified above that are classified as misconduct according to a reasonable standard. For example, using inappropriate language during media interviews or on social media is not appropriate, and is considered misconduct. Similarly, consistently not putting forth the commitment and effort that is reasonably expected of a Division I student-athlete – e.g., not attending practice, doing the bare minimum to stay on the roster – will be considered an act of misconduct.

In instances of possible misconduct that are not defined above, the Sport Supervisor and Head Coach will meet with the student-athlete to discuss the incident, consult with Student Judicial Affairs, and then use their reasonable judgment to determine appropriate disciplinary measures, if necessary.

**Additional Resources**

If you have a concern related to any of the above mentioned areas of the UC Davis ICA Standards of Conduct for student-athletes, please contact your sports supervisor and/or the director of athletics.

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**Student-Athlete Transfer Policy**

*Updated 8/15/16*

If a student-athlete decides at any point during his/her athletic career to transfer from UC Davis to participate in intercollegiate athletics at another 4-year school, the following policies and procedures must be followed:

Before a student-athlete can talk to anyone in the athletic department at another 4-year school, NCAA rules require UC Davis send a “permission to speak” letter to the athletic department at the other school. This permission to speak letter is required even if a student-athlete has been cut from or quit a UC Davis team. To request a permission to speak letter:
1. Student-athlete must submit in writing (email accepted) the request to ICA Compliance Services. Please refer to the ICA Staff Directory for your compliance sport liaison at: http://www.ucdavisaggies.com/staffdir/ucda-staffdir-dev.html

2. The student-athlete’s head coach will be notified that the request has been made.

3. If the student-athlete is denied permission to speak with another institution about transferring, he/she will be informed, in writing, that they have a right to a hearing per NCAA Bylaw 13.1.1.3.1. An institutional committee outside of the athletic department will conduct the hearing.

   NCAA Bylaw 13.1.1.3.2 states, “The institution shall conduct the hearing and provide written results of the hearing to the student-athlete within 15 business days of receipt the student-athlete’s written request for a hearing. The student-athlete shall be provided the opportunity to actively participate (e.g., in-person, via telephone) in the hearing. If the institution fails to conduct the hearing or provide the written results to the student-athlete within 15 business days, permission to contact the student-athlete shall be granted by default and the institution shall provide written permission to the student-athlete.”

4. If the request is approved, it will be processed and faxed or emailed to the other institution within one week of the request.

5. If a student-athlete requests permission to contact another institution but will be remaining on their team, all services provided to active student-athletes will continue to be provided.

6. If a student-athlete requests permission to contact another institution and has either voluntarily quit the team or has been cut/dismissed from their team, the following will either be available or not available:

   **Available services provided to the student-athlete**
   a. Sports medicine services solely for continuing treatment of an existing condition; and
   b. Academic advising services to assist with eligibility for transfer.

   **Unavailable services provided to the student-athlete**
   a. Priority registration;
   b. Issuance of apparel and equipment;
   c. Sports medicine services unrelated to a continuing treatment of an existing condition;
   d. Weight room/strength and conditioning services; and
   e. Use of ICA controlled facilities that are not open to all members of the student body.

Once a student-athlete has transferred to another 4-year school, NCAA rules require the athletic department at that school request, in writing, information from UC Davis regarding the student-athlete’s academic standing and whether the student-athlete would have been eligible had they remained at UC Davis. At UC Davis, requests for academic information on a student-athlete transferring away from UC Davis are received by and completed by ICA Compliance Services and the certifying eligibility officer in the Office of the Registrar.

**BIG WEST INTRACONFERENCE TRANSFER POLICY**
The Big West Conference also has additional regulations for student-athletes who transfer from one Big West institution to another. A student-athlete, who participates in a Big West sport and transfers to another Big West institution, must sit out one academic year. There is not an appeal process for this rule. If the student-athlete qualifies for a NCAA transfer exception other than the one-time transfer exception (i.e., two-year nonparticipation, nonrecruited nonparticipant) he/she is not subject to this rule. During the transfer student-athlete’s year of residence, he/she may practice and receive athletic aid.

If you have questions about transferring to another Big West school, see ICA Compliance Services or your athletic academic advisor and ask to review the current Big West Conference transfer eligibility rules.

Note that there are separate NCAA regulations for student-athletes who transfer from UCD to a two-year school. See ICA Compliance Services or your athletic academic advisor.

UC Davis regulations require that a student officially withdraw from UC Davis before transferring to another school or risk being responsible for additional fees at UC Davis. A student must process the appropriate paperwork with the Office of the University Registrar by the required deadlines to officially withdraw. To access the cancellation/withdrawal form and learn more about leaving UC Davis, please go to the following web address: http://registrar.ucdavis.edu/registration/leave/cancellation-withdrawal.cfm

NCAA Bylaw 14.5.5 details the regulations for 4-year college transfers, including the conditions under which the one-time transfer exception may be applied. To read Bylaw 14.5.5, please see the current NCAA Division I Manual. Manuals are available in your coach’s office and in the compliance offices on the second floor of Cowell. You can also access the NCAA manual online at http://www.ncaa.org.
SECTION III: COMPLIANCE RULES AND REGULATIONS

Ensuring Compliance with NCAA Rules

Updated 9/1/16

UC Davis is responsible for ensuring that its coaches, student-athletes, faculty, staff, alumni, donors, boosters and friends adhere to governing legislation of its member conferences and the NCAA. As an NCAA student-athlete, you have an obligation to report information concerning potential or known violations of NCAA rules. You should report any potential or known violations to Katherine Zedonis, Associate Athletics Director for ICA Compliance and Intercollegiate Services in 2264 Cowell Building. You may contact Katherine by phone at 530-752-7146 or by email at kzedonis@ucdavis.edu

Amateurism

Updated 9/1/16

To ensure an equitable playing field for all student-athletes, the NCAA says that professional athletes may not compete in collegiate competition. This means that you are ineligible to play once you lose "amateur status."

Agent Defined: An agent can be ANYONE who directly or indirectly represents or attempts to represent you for the purposes of marketing your athletics ability or reputation for financial gain OR seeks to obtain any type of financial gain or benefit from securing you to attend an educational institution or for potential earnings as a professional athlete. Some examples of agents include: a certified contract advisor, financial advisor, marketing representative, brand manager or anyone who is employed or associated with such persons.

Do’s

1. You may request information from a professional team or organization concerning your professional market value.
2. You are permitted to use your head coach to contact agents, professional sports teams or organizations on your behalf provided your coach does not receive any compensation for these services.
3. You, or your parents or legal guardians, may negotiate with a professional team.
4. You may secure advice from an attorney or third party concerning a proposed professional contract, provided the attorney or third party does not represent you in negotiations for that contract. An attorney may not be present during discussions of a contract offer with a professional team, nor may the attorney have direct contact (in person, by telephone, by regular mail or email) with the professional sports organization (this would be considered representation). You are required to pay such an individual at their normal rate.
5. You may compete professionally in one sport and be an amateur in another. Signing a professional contract, however, may terminate your eligibility for an athletics scholarship in any sport.
6. You may accept prize money based on your place finish or performance in an athletics event. Such prize money may not exceed actual and necessary expenses and may be provided only by
the sponsor of the event. The calculation of actual and necessary expenses shall not include the expenses or fees of anyone other than the individual (e.g., coach’s fees or expenses, parent’s expenses). Please see ICA Compliance Services for documentation and paperwork.

PROFESSIONAL DRAFTS

7. In sports other than football or basketball, you may enter a professional league draft once during your collegiate career without jeopardizing your eligibility, provided you are not drafted and you declare your intent to return to college in writing to the Director of Athletics within 72 hours following the draft.

8. In men’s basketball, an enrolled student-athlete may enter a professional league’s draft each year during his collegiate career without jeopardizing eligibility in that sport, provided:
   a) You request your name be removed from the draft list and declare your intent to resume intercollegiate participation not later than 10 days after the conclusion of the professional league’s draft combine. If the professional league does not conduct a draft combine, you must request that your name be removed from the draft list not later than the end of the day before the first day of the spring National Letter of Intent (NLI) signing period for the applicable year;
   b) Your declaration of intent is submitted in writing to the institution’s director of athletics; and
   c) You are not drafted.

9. In women’s basketball, you may enter a professional league’s draft one time during your collegiate career without jeopardizing eligibility in that sport, provided you are not drafted by any team in that league and you declare your intention to resume intercollegiate participation within 30 days after the draft. Your declaration of intent shall be in writing to the institution’s director of athletics.

10. In football, you may enter the National Football League draft one time during your collegiate career without jeopardizing eligibility in that sport, provided you are not drafted by any team in that league and you declare your intention to resume intercollegiate participation within 72 hours following the National Football League draft declaration date. Your declaration of intent shall be in writing to the institution’s director of athletics.

TRYOUTS

11. You may tryout with a professional athletics team at any time, provided you do NOT miss any class time. You may receive expenses provided the tryout lasts no more than 48-hours. Tryouts longer than 48 hours must be paid for by you, but you still cannot miss class time to engage in this tryout.

**Don’ts**

1. You may not agree (orally or in writing) to be represented by an agent for the purpose of marketing your athletics ability or reputation in your sport.
2. You may not sign a contract or commitment to play professional sports.
3. You or your relatives may not accept or receive any extra benefits from an agent or anyone who wishes to represent you.
4. You may not accept a promise of pay even if such pay is to be received following the completion of your intercollegiate athletics’ eligibility.
5. You may not take pay or compensation for competing in your sport.
6. You may not receive, directly or indirectly, a salary, reimbursement of expenses or any other form of financial assistance from a professional sports organization based on your athletics skill or participation, except as permitted by NCAA rules and regulations.

7. You may not compete on a professional sports team even if no pay or remuneration for expenses was received.

8. You may not enter into a professional draft.

9. You may not use your athletic reputation or skills (directly or indirectly) for pay, or promise of pay.

10. You may not accept any pay for promoting a commercial product or service.

11. You may not allow your name, picture or appearance to be used to promote a commercial product or service.

12. You or your family or friends may not receive an extra benefit that is not available to the general student population or general public.

**Extra Benefits and Boosters**

*Updated 9/1/16*

A student-athlete may not receive any extra benefits. Receipt of an award, benefit or expense allowance not authorized by NCAA legislation will render you ineligible for competition. The NCAA defines an "extra benefit" as any special arrangement by a UC Davis employee or a representative of UC Davis' athletics interest ("booster") to provide a student-athlete (or a student-athlete's relative or friend) a benefit that is not generally available to other UC Davis students or their relatives or friends or to a segment of the student-body determined on a basis unrelated to athletics ability.

**IF YOU WANT TO PROTECT YOUR ELIGIBILITY ASK:**

1. *Is it available to you because you are a student-athlete?*
   OR

2. *Is it available generally to ALL “UC Davis” students or the general public determined on a basis unrelated to athletic ability?*

A UC Davis employee or UC Davis booster MAY NOT provide you with extra benefits or services, including but not limited to:

- Cash or loan of money, including signing/cosigning for a loan;
- Birthday, graduation or holiday gifts;
- Special discounts, payment arrangements or credit on purchases or services (e.g., airline tickets, dry cleaning, laundry);
- Entertainment services such as movie tickets, dinners, use of car from commercial agencies (theaters, restaurants, car dealers) without charge or at reduced rates;
- Free or reduced-cost admission to professional athletics contests from professional sports organizations, unless such services are available to the student body in general;
- Arrangement for employment of relatives or friends of an enrolled student-athlete;
- Free or reduced rates for services (e.g., auto repair, tutoring, typing);
- Free or reduced rent or housing at any location;
- Use of a telephone without charge or at a discounted rate;
- Free or reduced-cost athletic equipment, supplies or clothing directly from a manufacturer or commercial enterprise;
- Preferential treatment, benefits or services based on your athletics reputation or skill or payback potential as a future professional.
- Use of copy machine only for student-athletes.
- Use of personal property (boats, summer homes, cars, computers, stereos).
- Promise of employment after college graduation.
- An automobile or the use of an automobile.
- Payment or arrangements for payment of transportation costs that you incur.
- Receiving more than the allotted number of complimentary admissions.
- Selling any equipment, apparel, award or anything of value that you received through your participation in athletics at UC Davis.

Outside Team Participation

Updated 9/1/16

In all sports except basketball, a student-athlete may not participate on any outside team during the academic year, except during the time that your sport is not in season and only if it occurs during a UC Davis official vacation period (e.g., summer, Thanksgiving break, winter break, spring break). Official vacation periods must be published in the UC Davis Catalog. Some sports have limits on the number of student-athletes from one university that may participate on an outside team during these permissible time periods. A student-athlete is permitted to practice on such a team at any time as long as he/she does not compete. There are limits on the number of student-athletes from on university that may practice on an outside team (same limits as competition). Please see ICA Compliance Services on the second floor of the Cowell Building for approval if you will be participating on an outside team during the academic year or during the summer.

Limits for Participating on an Outside Team

<table>
<thead>
<tr>
<th>Sport</th>
<th>During the Year (During an official vacation period &amp; outside playing season)</th>
<th>During the Summer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Cross Country</td>
<td>2</td>
<td>No Limit</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Football</td>
<td>5</td>
<td>May Not Participate</td>
</tr>
<tr>
<td>Golf</td>
<td>2</td>
<td>No Limit</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>2</td>
<td>No Limit</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Soccer</td>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>
### Playing and Practice Rules

*Updated 9/1/16*

There are a number of NCAA regulations regarding how many hours a student-athlete may participate in athletically related activities (e.g., practice, competition, weight training and conditioning, discussion or review of game films, required participation in camps/clinics, etc.). Examples of non-countable activities that do not have any hourly or weekly restrictions include eligibility meetings, drug and alcohol educational meetings, study hall, academic meetings, rehab, team travel, hosting recruits and attending banquets. If you feel that your coach or coaches are violating this rule, please notify the athletic director or the sport supervisor for your sport. In general, the limits are as follows:

#### During your sport's declared playing season (in season)
A maximum of **20 hours per week** with four hours per day is permissible. You must be given one day off per week. Competition and any associated athletically related activities on the day of competition always count as three hours regardless of how long it lasts. In the sport of basketball, if there are three games in a given week, your coach does not have to give you one day off for that week provided the prior week or the following week you are given two days off.

#### Outside of your sport's declared playing season (conditioning and weight training)
A maximum of **8 hours per week** of weight training and conditioning is permissible and you must be given two days off per week. In sports other than football, of those 8 hours per week, participation in a maximum of two hours of required or individual skill instruction is permissible. In football, of the 8 hours per week, you are permitted to review game film for no more than two hours per week. All athletically-related activities outside of your sport's playing season may not occur during official vacations periods, and in sports other than football, during final exam periods and one week prior to final exam periods.

#### Definition of a Week
For most sports, a week is defined as Sunday through Saturday. It is up to the coach to define when a week starts and ends prior to the 20-hour segment.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Hours in Season</th>
<th>Hours Outdoors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Softball</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Swimming &amp; Diving</td>
<td>No Limit</td>
<td>No Limit</td>
</tr>
<tr>
<td>Tennis</td>
<td>2</td>
<td>No Limit</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>7</td>
<td>No Limit</td>
</tr>
<tr>
<td>Volleyball</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Water Polo</td>
<td>No Limit</td>
<td>No Limit</td>
</tr>
</tbody>
</table>

In basketball, a student-athlete may not practice or compete on any outside team at any time after he/she has become a member of the UC Davis team. There are limited exceptions to this during the summer. Please see ICA Compliance Services on the second floor of the Cowell Building for prior approval.
Multi-Sport Student-Athletes

Student-athletes who compete in two or more intercollegiate sports are limited to 20 total hours of practice and competition per week and a maximum of four hours per day in all sports combined. (You may not practice 20 hours in one sport and 20 hours in the second sport each week.) Additionally, multi-sport student-athletes must have one day off per week. If both sports are outside the playing season (8-hour segment), a multi-sport student-athlete is limited to a total of eight hours of weight training and conditioning with no more than two hours total of skill instruction per week with two days off per week required.

Pre-Season and Official UC Davis Vacation Periods (e.g., Thanksgiving break, winter holiday, etc.)

Weekly and hourly limitations do not apply during these periods. For fall sports, after your first competition, weekly and hourly limitations apply even if classes have not started.

<table>
<thead>
<tr>
<th>Countable Athletically Related Activities (CARA)</th>
<th>Noncountable Athletically Related Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practice (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 3 hours). No CARA may occur after.</td>
<td>Drug/alcohol educational meetings or CHAMPS/Life Skills meetings.</td>
</tr>
<tr>
<td>Field, floor or on-court activity.</td>
<td>Study hall, tutoring, academic meetings.</td>
</tr>
<tr>
<td>Setting up offensive and defensive alignment.</td>
<td>Student-athlete advisory committee (SAAC) 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 team.</td>
<td>Voluntary weight training not conducted by a coach or staff member.</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, including film review).</td>
</tr>
<tr>
<td>Visiting the competition site in the sports of cross country &amp; golf.</td>
<td>Safety exception (must be initiated by student-athlete)</td>
</tr>
<tr>
<td>Participation outside the regular season in individual skill-related instructional activities with a member of the coaching staff.</td>
<td>Training room activities (e.g., treatment, taping), rehabilitation activities and medical examinations.</td>
</tr>
<tr>
<td></td>
<td>Recruiting activities (e.g., student host).</td>
</tr>
</tbody>
</table>
Recruitment of Prospective Student-Athletes

Updated 9/1/16

Permissible Recruitment Activities by Student-Athletes

- Off-campus, in-person contacts that are unavoidable incidental contacts between enrolled student-athletes (or other enrolled students) and a prospective student-athlete (PSA) is permissible if such contacts do not occur at the direction of a coaching staff member. If unavoidable incidental contact occurs between a student-athlete and a PSA (even at the PSA’s high school), such contact is permissible, provided the institution had no prior knowledge of the occurrence of the contact.

- An enrolled student-athlete is permitted to engage in written correspondence, provided it is not done at the direction or expense of the member institution.

- An enrolled student-athlete may not make or participate in telephone calls to PSAs at the direction of a coaching staff member or financed by the institution or representative of its athletics program.

- An enrolled student-athlete may receive telephone calls made at the expense of a PSA prior to the date on which an institution may begin placing telephone calls to a PSA.

- The University may not provide an enrolled student-athlete with transportation or expenses to recruit a PSA except for those expenses specified in Bylaw 13.6.7.5 when the student-athlete serves as a student host.

Publicity

If you are friends with an individual who is a PSA, you may continue your relationship on social platforms. Any public communication is permissible provided the posts are not in reference to the PSA’s recruitment to UC Davis and your coaches do not direct you to do so.

The University, including student-athletes, may not publicize a PSA’s visit to campus prior to the visit. This means you cannot post visits of PSAs on any electronic medium such as personal websites, Facebook, MySpace, YouTube, Friendster, Twitter, Instagram, Internet blogs, chat rooms, etc.

Seasons of Competition

Created 9/1/16

Five-Year Clock

In NCAA Division I athletics, students have five years to compete four years of competition. The student’s clock begins the semester or quarter in which the student is first registered for a minimum full-time program of studies in any collegiate institution. The NCAA defines full-time enrollment as any
regular term in which the student was enrolled full-time on the first day of classes and attended a class, even if the student later dropped classes.

**Season of Competition Used**
A student-athlete utilizes a season of competition if, at any time during an academic year, he/she represents the institution in competition against individuals not on the institution’s team. Any competition, regardless of time, counts as a season of competition in that sport. This could be one play, one inning, one second, etc.

**Examples of What Counts as Intercollegiate Competition**
- Alumni contests
- scrimmages
- Exhibitions – scheduled or not scheduled (i.e., tennis exhibitions)
- Practice or competition against an outside team
- Competing on a UC Davis club team in the same sport
- Competing or practicing against a UC Davis club team

**Exceptions to Using a Season of Competition**
There are some exceptions that allow student-athletes to participate in outside competition without utilizing a season of competition:

- **Scrimmage Exception for Field Hockey, Soccer, Volleyball and Men’s Water Polo:** A student-athlete may engage in outside competition during the segment of the playing season that does not conclude with the NCAA championship (winter/spring) without using a season of competition, provided the student-athlete was academically eligible during the segment that concludes with the NCAA Championship (fall).
- **For Those Sports That Are Permitted Practice scrimmages and Exhibitions (basketball, field hockey and soccer only):** During a student-athlete's initial year of enrollment at the certifying institution, he or she may compete in preseason exhibition contests and preseason practice scrimmages (as permitted in the particular sport per Bylaw 17) without counting such competition as a season of competition.
- **Alumni Game, Fundraising Activity or Celebrity Sports Activity:** A student-athlete may engage in outside competition in either one alumni game, one fundraising activity or one celebrity sports activity during a season without counting such competition as a season of competition, provided the event is exempted from the institution’s maximum number of contests or dates of competition as permitted in the particular sport.

**Redshirt**
A student-athlete “redshirts” when he/she does not use a season of competition (practice only). A coach may decide at any time during the season if he or she wants to redshirt a student-athlete. At UC Davis, it is the discretion of the coach to determine whether or not he/she will redshirt a student-athlete.

**Medical Hardship Waiver**
A student-athlete may be granted an additional year of competition if he or she suffers a season ending injury or illness. Medical hardship waivers are submitted to the Big West Conference (Big Sky for football) by ICA Compliance Services if all of the following conditions are met:
- The student-athlete gets injured during one of the four seasons of competition. The student-athlete must have competed. No competition means no season lost;
- The injury/illness must occur in the first half of season;
- The injury/illness must be a documented season-ending injury (post season is included if team participates);
- The student-athlete must not have participated in more than 3 contests or 30% of the total scheduled or completed contests;
- Contemporaneous medical documentation must be provided to the conference; and
- Waiver must be submitted to the Big West Conference within six months following the sport’s last NCAA championship game.

If you think you meet the above criteria for a medical hardship waiver we strongly encourage you to see ICA Compliance Services (2nd floor Cowell) to discuss this prior to the end of the season.

Clock Extension (6th Year)
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 that extends one year beyond the 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 or her sport within the five-year period.

An example of a student-athlete receiving a clock extension is when he or she has two years of being injured for either the entire year or receives a medical hardship waiver. A redshirt year is not considered a circumstance beyond the control of the student-athlete. If a student-athlete redshirts during one of his or her first four years of enrollment and also gets injured during a different year, he or she would not be eligible for a clock extension.

Medical Absence Waiver
If a student-athlete becomes injured or suffers an illness that prevents him or her from finishing a quarter or enrolling in a full quarter (e.g., PELP), a medical absence waiver may be pursued. An approved medical absence waiver prorates 9 units per term to assist in the student-athlete’s academic eligibility. Please see your athletic academic advisor or ICA Compliance Services if you think you may need to apply for this waiver.

Sports Wagering Policy

updated 8/25/15

As a student-athlete at UC Davis, you must follow NCAA rules. NCAA Bylaw 10.3 specifically prohibits sports gambling. In simple terms, you may not place a bet of any sort on any college, professional, or amateur sports event. Additionally, you may not give information to anyone who does place bets on college or professional sports.

That means...
- NO wagers for any tangible item (e.g., cash, shirt, dinner) on ANY professional, college, or amateur sports event, even those that don't involve UC Davis.
- NO sports "pools" even those run by your friends in the dorm. Includes fantasy leagues, sports pools and March Madness brackets (if an entry fee is required and a prize is awarded)
- NO internet gambling on sports events.
- NO fantasy leagues that award a prize and require a fee to participate.
• NO sports wagering using "800" numbers.
• NO exchange of information about your team with ANYONE who gambles. In other words, no information about injuries, new plays, team morale, discipline problems, or anything else. Some examples of exchange of information that you can’t do include: talking to reporters, tweeting or posting on your Facebook wall (or other social networking sites and blogs), and talking to your roommate, friend or anyone.

Once it is discovered that you have made a bet of any kind on any college or professional sport or have given information to someone who does gamble, you will be declared ineligible to compete in college sports. You will be suspended from your UC Davis team. If you accept or place a bet on any college, amateur or professional team other than UC Davis, you will automatically be suspended for a minimum of one year and be charged with a season of competition. If you accept or place a bet on any team at UC Davis, you will be permanently ineligible. You also risk losing your athletic scholarship, being expelled from UC Davis and/or being banned from other college and professional sports. Additionally, you run the risk of being arrested and charged with a crime. Sports wagering is illegal in every state except Nevada. Sports bribery is illegal in every state. Even in Nevada, it is against NCAA rules for a student-athlete to make any wager on a sport event.

NOTE: Did you know that all internet gambling is ILLEGAL and linked to organized crime? FBI agents accept and investigate tips on college student-athletes who are gambling. High profile student-athletes may especially be targeted. The penalty, if convicted, is two years in federal prison.

Resources
NCAA Don’t Bet On It website: www.dontbetonit.org
NCAA Website on Sports Gambling: http://www.ncaa.org/about/resources/media-center/gambling-college-sports
24-hour confidential National Gambling Helpline: (800) 522-4700
National Council on Problem Gambling

Student Host Official Visit Guidelines

Updated 9/1/16

Current student-athletes may be asked to serve as hosts for prospective student-athletes. Intercollegiate athletics strongly encourages your participation as a host. As a host you will be considered a representative of UC Davis and carry a great responsibility in hosting prospects. Failure to abide by UC Davis, NCAA, and the State of California rules could result in disciplinary action to the host, and/or subsequent loss of eligibility for the prospect. The drinking age in the state of California is 21. Therefore, no alcohol should be served to an underage recruit at any time. Each host should have emergency information (coach’s home and office phone numbers as well as parental information). Friends or roommates who entertain the prospect should also have this information. Under some circumstances a host may be given money to entertain the prospect. This money is for entertaining the prospect only and must not be given to the prospect. Hosts are entitled to one complimentary ticket per athletic event when accompanying the prospect; this ticket must not be sold or given to anyone else.
Acting as a student host is an important service to the institution and the department of athletics. Appropriate conduct is required of you by institutional, conference and NCAA standards:

1. You must be a student-athlete enrolled full-time (seniors in their final quarter who are certified eligible are also permitted to serve) at this institution. If you are a freshman student you MUST be a NCAA Qualifier.
2. Only you shall be provided money with which to entertain only yourself, the prospect, the prospect's parents (legal guardians) or spouse. Other students may assist with hosting the prospect but shall pay for their own entertainment. Meal cards are to be used by you and the prospect only during the official visit. Any unused cards must be returned to your coach immediately.
3. A maximum of $40 for each day (24-hour period) of the visit (maximum of $80 for two 24-hour periods) may be provided to cover the entertainment expenses of both yourself and the prospect. You may be provided with an additional $20 per day for each additional prospect entertained by you.
4. **No cash may be given to the visiting prospect or anyone else. Receipts must be kept and submitted for all expenses.**
5. You may not use entertainment funds to purchase, or otherwise provide the prospect with, gifts of value (e.g., souvenirs of clothing).
6. You may not use vehicles provided or arranged for by the institution staff member or booster of the athletics interest.
7. You may not transport the prospect or anyone accompanying the prospect more than 30 miles from the campus.
8. You should not allow recruiting conversations to occur, on or off campus between the prospect and a booster of the athletics program. (If an unplanned meeting occurs, only an exchange of greetings is permissible).
9. You may receive a complimentary admission (no hard tickets) when accompanying a prospect to a campus athletics event.
10. **In regards to alcohol and other drugs, you may not: 1) purchase, provide or supply in any fashion to a prospect; 2) personally consume while acting in the role of student host.**

If you have any questions, please contact ICA Compliance Services on the second floor of the Cowell Building.

**Student-Athlete Employment**

*Updated 9/1/16*

**Employment**

Student-athletes may work during the academic year provided:

1. Compensation paid is only for work actually performed and
2. Compensation is at a rate commensurate with the going rate in that locality for similar services.
3. Compensation may not be earned based of the publicity, reputation, fame, or personal following that you have obtained because of your athletics ability.
Compensation for work performed may 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’s/he has obtained because of athletics ability.

All jobs you hold either during the academic year or during the summer must be documented in the online eligibility system, Jump Forward.

Self-Employment
You may establish your own business, provided your name, photograph, appearance or athletics reputation is not used to promote the business. Please see ICA Compliance Services on the second floor of the Cowell Building for questions.

Athletics Equipment Sales
You may not be employed to sell equipment related to your sport if your name, picture or athletics reputation is used to advertise or promote the product, the job or the employer. If your name, picture or athletics reputation is not used for advertising or promotion, you may be employed in a legitimate sales position, provided you are reimbursed at an hourly rate or set salary in the same manner as any nonathlete salesperson.

Modeling
As a student-athlete, you may not receive income or allow the use of your name or picture to advertise or promote the sale or use of a commercial product or service. There is an exception to this if you modeled prior to enrollment. Please see ICA Compliance Services for this exception.

Camps and Clinics
You are permitted to work at camps/clinics, regardless of whether they are institutional or operated by an outside organization, provided the following requirements are met:

1. You perform duties that are of general supervisory character, in addition to coaching or officiating assignments;
2. Your pay is commensurate with the going rate for camp/clinic counselors of like teaching ability and camp or clinic experience and may not be paid on the basis of the value that you may have for the employer because of the athletics reputation or fame you have achieved or on your level of athletics skill; and
3. If you only lecture or demonstrate at a camp/clinic, you may not receive compensation for your appearance at the camp/clinic.
4. You may receive actual travel expenses (including lodging and meals in transit and prepaid plane tickets or cash advances) only if such travel expenses are paid and procedures for reimbursement of expenses are used for all employees of the camp/clinic. You may not receive credit cards to pay such expenses.

A student-athlete with remaining eligibility is not permitted to conduct his or her own camp.

Employment at a Sports Club
Your employment in a local sports club or organization owned or operated by a coaching staff member in your sport does not, in and of itself, constitute a countable athletically related activity. Therefore, it is permissible for an institution's coaching staff member who owns or operates a local sports club or organization to employ a student-athlete, who is a member of his or her team, in the club or
organization outside the institution's playing season, provided no countable athletically related activities occur as a result of the employment.

**Employment as a Coach**
You may serve as a coach at a two-year college, high school, preparatory school, grade school or sports club, provided you do not recruit prospective student-athletes while serving in that capacity.

**Fee-for-Lesson Instruction**
You may receive compensation for teaching or coaching sport skills or techniques in your sport on a fee-for-lesson basis provided ALL of the following conditions are met:

1. Institutional facilities are not used.
2. Playing lessons are NOT permitted - you may not be paid to simply play with the lesson recipient. Specific sport skills and/or techniques must be taught.
3. The institution obtains and keeps on file documentation of the recipient of the lesson(s) and the fee for the lesson(s) provided during any time of the year.
4. The compensation is paid by the lesson recipient (or the recipient's family) and not another individual or entity.
5. Instruction to each individual is comparable to the instruction that would be provided during a private lesson when the instruction involves more than one individual at a time.
6. You do not use your name, picture or appearance to promote or advertise the availability of fee-for-lesson sessions.

If you would like to provide a fee-for-lesson instruction please see your coach or contact ICA Compliance on the second floor of the Cowell Building. You must complete a Fee-for-Lesson Form and obtain all required signatures PRIOR to the lesson.

**Summer Workouts**

*Updated 9/1/16*

**General Rule**
- Student-athletes may not participate in any countable athletically related activities outside the playing season during any institutional vacation period and/or summer.
- Generally, coaches and noncoaching staff members may not organize, observe or participate in sport-specific activities with student-athletes outside the playing and practice season. Required meetings and workouts for student-athletes would be considered a violation of NCAA rules. This also includes requiring student-athletes to submit summer workout logs and progress reports. Exceptions are listed below for the safety exception, individual sport requests during the summer and required summer access in the sports of football and basketball.
- Student-athletes may meet individually with a coach, provided it is at the student's request and no practice activities occur.

**Involvement of Strength Coach**
- Strength and conditioning coaches may design and conduct specific workout programs for student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete. Conditioning drills may simulate game activities, provided no offensive or defensive alignments are set up and no equipment related to the sport is used.
• Swimming & Diving - A student-athlete may be involved in in-pool conditioning activities and use swimming specific equipment (e.g., starting blocks, kickboards, pull buoys).
• Indoor/Outdoor Track & Field and Cross Country - Conditioning activities (other than weight training) are limited to normal running activities and may not include any equipment related to the sport (e.g., starting blocks, batons, hurdles).

EXCEPTIONS

Safety Exception
The safety exception may be used for the following sports: Gymnastics, Swimming & Diving, Water Polo and Track and Field (field events and steeple chase only). A coach may be present during voluntary individual workouts in the institution's regular practice facility (without the workouts being considered as CARA) when the student-athlete uses equipment related to the sport. For example, in the sport of water polo, the coach may only be present when the student-athletes are participating in water polo. The coach could not be present if they were swimming laps. The coach may provide safety or skill instruction but may not conduct the individual's workout.

Individual Sports
A coach may practice in individual workout sessions with student-athletes from the coach's team during the summer, provided the student-athlete initiates the request for such assistance. The following are individual sports: Cross Country, Golf, Gymnastics, Swimming and Diving, Tennis, Track and Field.

Summer Access
In the sports of basketball and football, student-athletes and prospective student-athletes who are enrolled in summer classes at UC Davis may participate in eight hours per week of strength and conditioning with their coaches present. Of the eight hours per week, two hours may be skill instruction (basketball only) or film review (football only). Summer access may last a maximum of eight weeks during the summer.
SECTION IV: ACADEMIC ELIGIBILITY

Summary of NCAA, Conference, & UC Davis Academic Eligibility Rules

Updated 10/9/16

The list below is a summary of NCAA, Big West Conference, and UC Davis academic eligibility rules. A complete list of rules and regulations can be found on the web at http://www.ncaa.org or in Student-Athlete Academic Services, 264 Hickey Gym. If you have a question about NCAA rules or your eligibility ask your coach, the faculty athletics representative, or your athletic academic advisor. Please pay attention to updates from your coaches and your athletic academic advisor. Updates may be sent to your UC Davis e-mail account so please check your campus e-mail frequently.

All UC Davis student-athletes are required to:

- Know their eligibility status and the NCAA rules.
- Be enrolled in 12 units in order to practice or compete. Waitlist units do not count toward full-time enrollment.
- Have a cumulative UC Davis GPA of 2.00 or higher.
- Declare a major before the 7th term of attendance. (If you're thinking about changing your major, please meet with your athletic academic advisor to determine how this will affect your eligibility.)
- Pass a minimum of 6 degree units during each academic quarter.
- Pass a total of 39+ units each academic year (fall/winter/spring).
- Complete an academic plan form (APF) each year.
- Have a physical exam or medical history form approved each year by the athletic training staff.

In addition to the general eligibility rules above, NCAA Division I student-athletes must:

- Pass a minimum of 27 degree units during fall/winter/spring combined.
- Complete 40% of degree requirements before the start of the 3rd year in school.
- Complete 60% of degree requirements before the start of the 4th year in school.
- Complete 80% of degree requirements before the start of the 5th year in school.

In general, all student-athletes should understand that the following can result in loss of eligibility:

- Participation on an outside team during the season.
- Gambling on sports of any kind.
- Use of drugs on the banned substance list.
- Modeling without prior approval of Compliance Services.
- Commercial advertisement with use of the student-athlete's name, picture, appearance, or sport.
- Association with any professional sports organization or agent.
- Practice or competition while enrolled in less than 12 units.
- Practice or competition after the 10th day of instruction without fees paid.
Academic Plan Form (APF)

Updated 10/9/16

To certify athletic eligibility under NCAA Division I rules, all student-athletes at UCD are required to complete an academic plan form (APF) signed by a college or major advisor each year. The APF is used by the Office of the University Registrar to verify the reason(s) a student-athlete is taking each course and calculate progress toward their major and degree. Freshman and transfer student-athletes complete a first APF early in their initial quarter at UCD. Returning student-athletes must complete an APF each spring.

The APF is an educational tool that helps student-athletes plan a balanced program during quarter(s) of competition, consider major and career options, and prepare for registration. Student-athletes can develop the APF on their own, in a scheduled appointment with an athletic academic advisor, or directly with a college or major advisor. The APF must be signed by a college or major advisor.

Blank copies of the APF are available in the Student-Athlete Academic Services office in 264 Hickey Gym.

In fall 2016, new student-athletes must turn in a completed APF signed by a college or major advisor before noon on Fri. Oct. 28th.

Student-athletes who choose not to turn in an APF by the deadline will be declared ineligible for practice and competition on the afternoon of Fri. Oct. 28th.

Since the APF must be signed by a college or major advisor, student-athletes are encouraged to complete the APF as early as possible. Appointment calendars for athletic academic advisors, major advisors, and college advisors fill very quickly due to the volume of student-athletes and students at UCD.

Missed Class Policy and Procedures

Updated 10/9/16

STUDENT-ATHLETE RESPONSIBILITIES
Student-athletes are required to meet with each instructor DURING THE FIRST WEEK OF CLASS to discuss all potential missed classes for the quarter due to travel and competition for their sport. While the student-athlete and professor may discuss possible accommodations, Academic Senate policy at UCD states that professors are not required to accommodate absences.

The professor and student-athlete both sign the UC Davis Athletics Missed Class Form that details whether any accommodations will be made for quizzes, exams, or labs that are missed due to scheduled competition. The form is in triplicate so the professor, student-athlete, and head coach all receive a copy of the form.
Blank copies of the UC Davis Athletics Missed Class Form are distributed to head coaches at least one week prior to the start of each quarter. Student-athletes will get the missed class form from their head coach. Additional copies of the form are available in the Student-Athlete Academic Services office in 264 Hickey Gym.

Student-athletes are strongly advised to not miss class other than for competition or extreme extenuating circumstances (e.g., severe illness, death in the family, etc.). Illness of a severity that affects class attendance must be reported to the athletic trainers.

Student-athletes are required to attend all classes that end 2 hours or more before travel departure from campus for an away competition.

**UC Davis Athletics Scheduling of Competitions and Practice**

1. Competitions will be scheduled to minimize missed classes (i.e., minimize competitions during the middle of the week).
2. No competitions will be scheduled during finals week each quarter (except conference or NCAA championships outside institutional control).
3. Coaches will track all competitions that occur during the final week of the quarter (week 10) and the midterm weeks of the quarter (weeks 4, 5, and 6), and work to minimize away competitions during these weeks.
4. Coaches will work to accommodate student-athletes who must take required courses that conflict with scheduled practice times.

**UC Davis E-Mail Account**

*Updated 10/9/16*

Your UC Davis e-mail account is considered the official means of communication from UC Davis to all students. All students are responsible for activating and managing their UC Davis account and accessing all information sent to that account.

Your professors, campus advisors, college dean's office, the Registrar's Office, coach, athletic academic advisor, and other staff will send messages to your UC Davis e-mail account.

Due to federal privacy regulations, campus staff may not be able to respond to messages that you send from other e-mail accounts. At the end of each quarter, students are notified of probation or dismissal ONLY by their UC Davis e-mail account and the secure messaging system in the online OASIS Student Advising page (https://students.ucdavis.edu/). Student-athletes will also receive information about athletic eligibility from the Registrar's Office via your UC Davis e-mail.

Student-athletes should read and respond to their UC Davis e-mail account daily.
Declaring or Changing a Major

Updated 10/9/16

New freshmen and transfers are not allowed to change their major until they have completed at least one full quarter at UCD and have a 2.00 or higher cumulative GPA. Some majors have GPA admission requirements as well as preparatory classes that must be completed prior to entering the major.


For a complete list of majors and minors offered at UCD, see [https://www.ucdavis.edu/majors/](https://www.ucdavis.edu/majors/)

To explore how your interests fit with different majors at UCD, the major card sort tool might be helpful: [http://academicadvising.ucdavis.edu/majorcardsort/](http://academicadvising.ucdavis.edu/majorcardsort/)

To change or declare your major in the online OASIS Student Advising system:
1. Log on to your MyUCDavis page ([http://my.ucdavis.edu](http://my.ucdavis.edu)).
2. Under the “Academics” tab at the top left, highlight “OASIS Student Advising” in the drop down menu.
3. Click the “Forms & Petitions” tab.
4. Click “Submit a New Form”.
5. Click on the “Change of Major” link. Detailed instructions are available to the right of the link.

If you have any questions about choosing, declaring, or changing your major, please meet with your athletic academic advisor.

Grade Changes

Updated 10/14/16

Grades may not be changed once they have been submitted to the Office of the University Registrar unless a clerical error has been made (e.g., a homework score is missing) or a procedural error has affected the student’s grade (e.g., misapplication of grading procedures, arbitrary treatment or prohibited discrimination).

If you believe you received an incorrect grade due to a clerical or procedural error, ask your instructor to file a grade change form with the Office of the University Registrar.

If your instructor does not agree, you may petition for a change of grade by filing a grade change petition with the Office of the University Registrar in 3100 Dutton Hall. Grade change petition requests must be filed by the fifth week of the following quarter and will be reviewed by the Grade Change Committee, a campus-wide group of faculty and staff. The Grade Change Committee meets once per month during the academic year (October-May).

The Academic Senate Committee on Grade Changes reviews requests for grade changes. The Academic Senate Committee has no authority to reevaluate student work but can change the grade if there is a finding of documented clerical or procedural error.
If the alleged procedural error involves arbitrary treatment or discrimination, the Grade Change Committee may refer the case to the Student-Faculty Relationships Committee or the student may file a formal grievance. For more information, see the Office of Student Support & Judicial Affairs (OSSJA) web site (http://sja.ucdavis.edu/). Click on “Student Rights & Grievances” then “Grade Grievances”.

Students may also make an appointment to meet with a staff member in OSSJA (3200 Dutton Hall) to discuss a grievance with a faculty member by calling (530) 752-1128 or e-mailing sja@ucdavis.edu.

If you have questions about a grade change, please speak with your athletic academic advisor.

**Part-Time Status**

*Updated 10/14/16*

Seniors in their final quarter may take less than 12 units and be certified eligible to practice, compete, and/or receive an athletic scholarship only if they have filed for graduation with the Registrar's Office and have units remaining that are **REQUIRED** to complete their degree.

If you have completed all the requirements for your major and your degree, NCAA rules will not allow you to stay at UC Davis and go part-time just to complete your eligibility. (You would, therefore, be required to enroll full-time.)

Seniors who take 10 units or less must also file for part-time status at the Registrar’s Office (see http://registrar.ucdavis.edu/registration/part-time.cfm) to pay reduced fees for the part-time quarter. Student-athletes must file for part-time status well before the quarter begins due to the amount of time it takes to certify eligibility for competition and/or athletic aid. Part-time enrollment in the final quarter will not change the room and board award for full athletic aid recipients. (If you receive a full athletic scholarship, you will receive your full room and board award in your final quarter regardless of whether you go full-time or part-time.)

**If you plan to take less than 12 units in your final quarter and have athletic eligibility remaining OR are receiving an athletic scholarship, you must discuss your plan at least two quarters in advance with your athletic academic advisor.**

Your advisor will help you review the part-time checklist for student-athletes to ensure that you meet the NCAA rules in addition to the UCD deadline to file to graduate (http://registrar.ucdavis.edu/registration/leave/graduate/index.cfm).

If you choose to walk in the optional commencement ceremony, you must register by the deadline to participate and have your name listed in the program. There are commencement ceremonies in December and June each year. See http://commencement.ucdavis.edu/.

**For seniors planning to go part-time in the final quarter, here are the recommended deadlines by which you need to meet in an appointment with your athletic academic advisor:**
During fall quarter if you plan to graduate in the spring
During winter quarter if you plan to graduate the following fall
During spring quarter if you plan to graduate the following winter

If you receive an athletic scholarship, it is recommended that you talk with the Compliance Services staff member who works with your sport at least 1-2 months before your final quarter, to verify how (or if) part-time status will affect your aid.

If you receive other forms of state or federal financial aid (loans, grants, etc.), please talk with Financial Aid, 1st floor Dutton Hall, before you file for part-time status.

Taking Non-UC Davis Courses or Study Abroad

Updated 10/14/16

Student-athletes who choose to take classes or study abroad programs during the summer through another institution must fill out the Summer Courses at Another Institution form available from your athletic advisor.

If you hope to take a course at another school during the academic year, you will need to petition your dean’s office BEFORE YOU REGISTER for approval for concurrent enrollment. Per NCAA rules, you will need to take at least 12 units at UCD while being enrolled in any course at another school. You do not need to request approval for concurrent enrollment for summer courses.

Depending on where you take the course, you may need to get a syllabus and catalog description from the other school BEFORE YOU REGISTER to have the course evaluated for transfer to UC Davis. You might also need to meet with a major advisor, a college dean’s office advisor, or a faculty member depending on how you hope to use the course in your degree. Your athletic academic advisor can help you determine where you will need to get approval based on your individual reason(s) for taking the summer work.

California community colleges have an online transfer guide called ASSIST (http://www.assist.org). To use ASSIST:

1. Select the name of the community college from the drop down menu.
2. Highlight UC Davis.
3. Look at courses by department.

TRANSCRIPTS FOR SUMMER COURSES

Campus policy requires that you submit official transcripts for summer classes at other schools to UC Davis before September 1st. You may need to send the transcript much earlier in the summer if you need the summer units for athletic eligibility. UC Davis does not currently accept electronic transcripts (PDF attachment, web link to download). You must request an official paper transcript.

We recommend that student-athletes send the official transcript directly to your athletic academic advisor so it can be processed quickly. You can also have it sent directly to you—but you must bring it to your athletic academic advisor in the original sealed envelope. The address for your athletic academic advisor is:
Study Abroad

Updated 10/14/16

UC Davis has an extensive study abroad program with advisors devoted to helping students complete an international experience. Many UC Davis student-athletes complete one or more study abroad experiences during their athletic career. You can study abroad on a 3-4 week summer program, for an entire quarter, or even longer. UC Davis also sponsors a number of international internships that can be completed in another country.

Due to NCAA academic eligibility rules, student-athletes who plan to study abroad should meet with their athletic academic advisor in an appointment 3-6 months or more before the start of the study abroad program.

Visit the UC Davis study abroad web site at https://studyabroad.ucdavis.edu/

For short-term summer study abroad programs, see https://studyabroad.ucdavis.edu/programs/summerabroad/index.html

Quarter abroad programs are described at https://studyabroad.ucdavis.edu/programs/quarterabroad/index.html

Information on financing a study abroad experience—including the scholarships and awards available exclusively for study abroad—can be found at https://studyabroad.ucdavis.edu/students/finances.html

UC Davis Study Abroad will offer two 4-week domestic programs for the first time ever during summer 2017. The summer 2017 programs will focus on two different cultural areas within the U.S.: New Orleans, Louisiana, and the pueblos of New Mexico. For more information about these new programs, see https://studyabroad.ucdavis.edu/programs/summerabroad/index.html#usa

Foreign Language Placement Exam & Graduation Requirement

Updated 10/14/16

The foreign language placement exam is recommended for all students who have taken foreign language courses in high school. Students who have successfully completed the two or more years of a language in 10th grade or higher in high school are allowed to take the first level of that language (e.g. Spanish 1, French, 1 etc.), but only on a P/NP grading basis.

The placement exam is administered by the UC Davis Language Learning Center (LLC) in 53 Olson Hall (http://llc.ucdavis.edu/foreign-language-placement-exams). During the academic year the LLC is usually open from 8:00 a.m. - 7:00 p.m. Monday through Thursday and 8:00 a.m. - 3:00 p.m. on Friday.
The exams are given on the computer. You may take the foreign language placement exam only once. It is recommended that students call (530) 752-1508 at least 24 hours in advance to make a reservation. Walk-in testing is permitted only if computers are available.

Exams are available in Chinese, French, German, Italian, Japanese, Russian, and Spanish. Testing in other languages is also available. Contact Jill Bonner at (530) 752-0487 or email jbonner@ucdavis.edu if you would like to test in a language not listed here.

Although the foreign language placement exam is not mandatory, many student-athletes take this exam during summer orientation or early in their first year on campus. Most bachelor of arts degrees at UC Davis require proficiency equal to the third quarter of a college language. If you take the foreign language placement exam and test out of the third quarter of any language, you will be DONE with the foreign language graduation requirement for most bachelor of arts degrees.

For a complete list of the ways in which students may satisfy the foreign language graduation requirement, see the 2016-18 UC Davis Catalog at http://catalog.ucdavis.edu/ugraded/lsreqt.html. Scroll down to Foreign Language Requirement, A.B. and B.A.S. Degrees.

**Free Tutoring Resources**

*Updated 10/14/16*

**Student Academic Success Center**

Tutoring in select subjects (including math, chemistry, physics, statistics, and writing) is available to all registered students at UC Davis at the Student Academic Success Center (SASC) in 2205 Dutton Hall. Full-time subject specialists can also meet individually with students. For more information, see [http://success.ucdavis.edu/academic/index.html](http://success.ucdavis.edu/academic/index.html)

SASC also does free quarterly workshops on time management, procrastination, effective reading, note taking, multiple choice exams, study skills, essay exams, test anxiety, writing skills, and other student success topics. Students are also allowed to schedule 30-minute appointments with study skills counselors to discuss academic skill development and performance. For more information, see [http://success.ucdavis.edu/study-skills/index.html](http://success.ucdavis.edu/study-skills/index.html)

**Individual Tutor—Student-Athletes**

Intercollegiate Athletics (ICA) funds a limited tutoring for student-athletes in conjunction with the Student Academic Success Center. To request a tutor through this program, you must be a current intercollegiate student-athlete. See the quarterly e-mail to student-athletes for the online tutor request form. If you have any questions about the ICA tutoring program, please see your athletic academic advisor.

**Evening Drop-In Tutors—Student-Athletes**

ICA funds an evening drop-in tutoring program in a select number of courses commonly taken by new freshman and transfer student-athletes. The evening program also includes a study skills/organization mentor available to discuss academic success strategies for NCAA Division I student-athletes during their seasons of travel and competition. Returning student-athletes are welcome to use this program if
applicable. For information on the hours, location, and tutors in this program, see the quarterly e-mail to student-athletes or speak with your athletic academic advisor.

Residence Hall Tutors (Segundo, Tercero, Cuarto)
Free tutors for math, chemistry, and writing are available in the residence halls generally from 5:00-9:00 pm Monday through Thursday. Quarterly schedules are posted at https://rhat.ucdavis.edu/ Writing tutors can help with papers or written assignments for any class (sociology, Native American studies, geology, history, English, etc.). If you live in a residence hall, you can use the tutoring services at ANY of the residence halls. Tutoring usually begins the second week of each quarter.

STEM Café Tutors
Informal math tutoring is available on Tuesdays from 4:00-6:00 pm in the Women’s Resources and Research Center (WRRC), 125 North Hall. Tutoring is open to all students, regardless of gender. The WRRC provides refreshments while math graduate students, professors, and upper-division students volunteer as tutors.

Calculus Room for Math 16ABC, 17ABC, & 21ABCD
The Calculus Room has two different locations: 1316 Earth & Planetary Science Building for Math 16/17 series and 1118 Mathematical Science Building for Math 21 series. The Calculus Room is staffed by teaching assistants and provides tutoring for students in all levels of the calculus series. For current hours, see https://www.math.ucdavis.edu/resources/calc_room/

Paid Math and Statistics Tutors
The math department maintains a list of math tutors for hire at https://www.math.ucdavis.edu/resources/learning/tutors/

Academic Success

Updated 10/14/16

Student-athletes who have graduated from UC Davis share the following tips for academic success:

1. Attend class. Be on time. Don't come in late or leave early. Participate (ask questions, etc.) even if the class is large.
2. Sit near the front of the class to avoid distractions. Pay attention. Turn off your cell phone and put it in your backpack.
3. Plan 18-22+ hours of study time into each week. Treat this time as seriously as you treat practice for your sport. Studying this much on a weekly basis will help you avoid cramming for tests or having a lot to make up if you get sick or travel during the quarter.
4. Use the time that you have between classes to study in a building on campus. If you study 1-2 hours during the day, it will reduce the amount of time you need to study at night. Shorter study periods are often more effective, too.
5. Assume that you may not get a lot done academically during team travel. Read head and try to get your work done before you leave campus. Bring materials for only one class and focus on getting caught up or ahead in that class. Study in the airport, on the plane, in the bus, etc.
6. Meet with your professors during office hours. Ask questions or ask for help. You'll get valuable information (and possibly tips for future tests) while your professor will get to know you and see
the effort you’re putting into the class. (Most professors will let you schedule appointments if their office hours are during your practice or other classes.)

7. Meet with your teaching assistants (TA's). The TA's are paid to help you understand the material.
8. Form a study group with other students in the class.
9. Use all of your free tutoring resources (through the Student Academic Success Center, Athletics, STEM Café, the Calculus Room, in the residence halls, etc.).
10. Check SmartSite or Canvas for grades on quizzes, midterms, assignments and paper. Keep track of how you’re doing in each class and ask for help immediately if you’re struggling.

**Tips for Talking with Professors**

*Updated 10/14/16*

Faculty members and teaching assistants at UC Davis are reasonable people who enjoy teaching undergraduate students. They are also extremely busy—and often face numerous requests for changes, exceptions, extensions, individual help, etc. from the students in their classes.

If you're talking with a professor about accommodations due to your participation in Intercollegiate Athletics at UC Davis, here are some suggestions.

**DO:**

- Be respectful, cordial, and courteous. Ask for factual information and use "I" statements (e.g., "I wanted to check my grade on the midterm") rather than becoming emotional and using "you" statements (e.g., "Why did you fail me on that test? You made me ineligible!")
- Go to office hours or schedule an appointment to discuss missing class, turning assignments in late, taking exams at an alternate time, etc. due to team travel. At the beginning of a class, the instructor may be trying to review a lecture or set up equipment for the class. At the end of class, the instructors may need to vacate the room for the next professor or rush off to teach another class in a different building.
- Go to office hours prepared. If you're asking for an accommodation, bring a copy of the missed class time form (available from your coach or in 264 Hickey) and your athletic competition schedule (available at ucdavisaggies.com).
- Talk to a professor during the first week of the quarter if you anticipate missing class due to team travel at any point during that quarter. The missed class form should be completed during the first five days of the quarter.
- Don’t expect a response (or an immediate response) via e-mail. Faculty and TA's are responsible for teaching hundreds of students each quarter. They sometimes cannot respond to e-mail messages or may prefer to see students in their office.
- Be proactive. Ask for help if you're struggling or have questions in a class. Faculty and TA's want to help students understand and succeed.
- Share personal information as appropriate. Instructors want to know if you have a learning (or other) disability that requires accommodation, a family or medical emergency that requires you to miss class, etc.
- Express your enthusiasm and interest for a lecture, reading, assignment, etc. that you enjoy. Instructors put many hours into preparing for each class; a sincere compliment from a student is a gift.
• Invite your instructors to attend a competition in your sport and share a copy of your team schedule.

**DO NOT:**
• Approach a professor or TA to discuss a teammate’s grade or advocate for a teammate who is struggling in class. Instructors can only discuss grades with the student who earns them.
• Ask a professor or TA to change your grade so you can be eligible.
• Approach a professor in the 9th or 10th week of the quarter to ask if they could design an extra credit assignment for you because you’re failing.
• Tell a professor that they need to accommodate your travel schedule because you’re a student-athlete.
• Ask an instructor if you missed anything on the day(s) you weren't in class. (Assume you missed a lot!)
• Ask for an incomplete just because you’re failing. UC Davis strictly regulates incompletes. See the UC Davis Catalog or [https://registrar.ucdavis.edu/records/grades/incomplete.cfm](https://registrar.ucdavis.edu/records/grades/incomplete.cfm) for more information on incompletes.
• Intimidate, threaten, or verbally harass an instructor because you got a lower grade than you expected.