
The Ram Rules

UNC Department of Athletics

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A newsletter designed to educate University of North Carolina student-athletes about NCAA rules. *As a UNC student-athlete, it is YOUR responsibility to review the contained information to preserve your eligibility to participate in intercollegiate athletics.*

Outside Competition During Winter Break

While many student-athletes use winter break as a time to get away from school and sports in general, others may wish to take the opportunity to participate in some form of outside competition. **Outside competition is any non-UNC Athletics competition (e.g., campus contests, 3-on-3 tournaments, community events, club team events) in which you compete as an individual or as a member of an outside team.** In general, during the academic year, it is not permissible for you to participate in outside competition. However, in sports other than basketball, there is an exception for competition held during vacation periods, including winter break, for those student-athletes whose sports are not in-season (i.e., outside of their 20-hour-per-week playing season).

If you desire to participate in these types of events, there are numerous NCAA restrictions of which you need to be aware. For example, you cannot compete wearing a UNC uniform or any other apparel that you have received from UNC. However, you may use equipment that UNC has issued to you.

If you are planning to take part in any sort of outside competition during the winter break, please let your coaches know immediately. They will check with our compliance staff to make sure that your participation will not jeopardize your ability to compete at UNC. **Do not participate in any sort of outside competition without getting prior approval from your coach!**

The Ram Rules Bottom Line:

It is your responsibility to understand NCAA and UNC rules. You can find all UNC Department of Athletics' policies and other NCAA resources at <http://tarheelblue.cstv.com/compliance/unc-compliance.html>. Please contact the Compliance Office (919-962-6000 or compliance@uncaa.unc.edu) if you have any questions about outside competition during winter break or other vacation periods.

Sincerely,

Amy Herman
Associate Director of Athletics for Compliance