NCAA REGULATIONS
To remain athletically eligible, the most important thing to remember is not to endanger your status as an amateur athlete. It is essential that you check with your head coach before making decisions regarding outside athletics participation.

The following are general NCAA guidelines to help protect your amateur status:

**YOU CANNOT:**

1. Accept payment or a promise of payments (e.g., cash, prizes, gifts, or travel) for participation in your sport.
2. Enter into an agreement of any kind to compete in professional athletics. You cannot negotiate either a verbal or written professional contract.
3. Request that your name be put on a draft list for professional sports or try out with a professional sports organization.
4. Play on any professional athletics team.
5. Participate on teams other than those fielded by the University of North Carolina without receiving permission from your head coach and the compliance office.
6. Agree to have your picture or name used to promote a commercial product.
7. Accept such things as gifts, meals, loans of cars, or money from athletic interest groups or people within the athletics program at the University.
8. Be represented by an agent or organization to market your athletic skills or reputation.
9. Receive any benefit that is not available to other students at the University.
ILLEGAL BENEFITS

Illegal benefits are a topic that should concern every student-athlete, as it constitutes a serious violation of NCAA rules. If you accept illegal benefits, you may lose your eligibility, your scholarship, and your right to compete in intercollegiate athletics.

Most student-athletes think of illegal benefits in terms of accepting gifts or money. While certainly that is one form of an illegal extra benefit, you also cannot:

- Receive more than the allotted number of complimentary admissions;
- Sell complimentary admissions at any price; or
- Receive material benefits that are not available to the general student body.

This means that you should not accept special discounts on purchases or services, or even accept special payment arrangements on any purchases. Be very careful of “free” or “special” benefits that someone wishes to give you. If you are in doubt about such benefits, check with your coach.

GAMBLING AND BRIBERY

The Department of Athletics has developed a policy statement regarding gambling that can be found on page 15 of the Code of Conduct section of the handbook.

It is hoped that you, as a student-athlete, will never be approached in an attempt to involve you in a gambling or bribery situation. However, on some campuses in the past, student-athletes have become involved in organized gambling operations. The results of this involvement have been both severe and tragic not only for the individual, but also for the entire University athletics program.

Be aware that the gambling industry is constantly seeking sources for information. Gambling is one of the major sources of revenue for organized crime. Organizers of gambling activities need inside information to set the inside betting lines or odds. An attempt to procure this information through bribery of a sports participant is a felony. It is possible that you may be approached and questioned about the condition and attitude of other team players. You may be asked to alter a game in some manner and be offered favors for doing so. If this occurs, you MUST report the incident to your coach or any other athletics department official immediately.

You should keep in mind that your participation in gambling interests, even in the most minor fashion, may jeopardize your athletic career.
Because of the extreme importance of this problem, you are asked to observe these guidelines:

1. Report to your coach any attempt to secure information concerning situations which might alter the normal performance of your team.

2. Don't accept any “free ride” from strangers such as meals, presents, etc. You are required by both the Department and NCAA to report any individual who offers gifts, money, or favors in exchange for supplying information or for attempting to alter the outcome of any contest.

3. Be aware of the legalities of gambling at the institutional and state level. Understand that the consequences at the University level may be expulsion and that the University will also assist with the enforcement of federal, state, and local anti-bribery laws.

4. Don't accept any money from a “fan” for a game “well-played”.

5. Don't sell your complimentary tickets to anyone.

6. Don't discuss the condition or attitude of your team with anyone other than your teammates or coaches.

**NCAA RULES ON GAMBLING**
Gambling is considered a serious issue, thus, NCAA rules prohibit sports gambling of any kind by student-athletes, coaches, trainers, or anyone else involved in college athletics. **If you gamble, you will lose your eligibility for intercollegiate competition.**

- You may not place or solicit a bet of any sort on any college or professional sporting event, including but not limited to, sports pools, internet gambling, fantasy leagues, and gambling via "800" numbers.

- You may not give information to anyone who does place bets on college or professional sports (no information on injuries, new plays, team morale, discipline patterns, or anything else).

**CONSEQUENCES:**
If you are discovered to have made a sports bet of any kind, you will be declared immediately ineligible to compete in college athletics. **YOU MAY BE DISMISSED FROM THE TEAM!**
TRANSFER POLICY

UNC-Chapel Hill complies with all NCAA and ACC regulations regarding student-athletes transferring to and from the University. The Department of Athletics' philosophy regarding a student-athlete transferring from UNC to another institution is that the student-athlete will be required to fulfill a one-year residence requirement prior to being eligible to participate in outside competition.

In accordance with NCAA regulations, the Department of Athletics has established a committee on transfers to hear appeals from student-athletes who have been denied by the Department of Athletics either a request to be contacted by another institution, or a one-time transfer exception. The committee will be chaired by the Faculty Athletics Representative and will include the faculty members on the Athletic Council, as well as a student-athlete selected by the Faculty Athletics Representative. If possible, the student-athlete representative will be a member of the Student-Athlete Advisory Council.

The Department of Athletics will follow the procedures listed below:

1. When the Department of Athletics denies a transfer request (permission to contact or one-time transfer exception) from a student-athlete, that student-athlete will be informed of the decision by his/her coach.

2. The student-athlete will receive a copy of this policy at the time he/she is notified of the denial. The student-athlete's receipt of this policy will constitute written notice of the student-athlete's right to appeal.

3. The student-athlete has the right to meet with the Director of Athletics or his/her representative regarding this matter. The Director or his/her representative will inform the student-athlete of the decision following this meeting.

4. If the Director of Athletics' decision is not favorable to the student-athlete, the student-athlete may request that the committee hear an appeal. In that case, the Faculty Athletics Representative will be notified and the committee will hear the appeal and render a decision as soon as possible. The decision by the committee will be the Department's final decision.
SPORTS AGENTS

To compete as a student-athlete, it is essential that you know NCAA rules related to professional sports. Any violation of these rules could have severe negative consequences for you and the University. For this reason, NCAA rules concerning agents/financial planners and professional sports are explained during the compliance and eligibility meeting at the beginning of each sport’s season.

In addition, the Department of Athletics publishes an informational brochure to answer many questions you may have concerning agents. This brochure provides a brief summary of NCAA rules regarding agents, as well as a question-and-answer section that covers commonly asked questions. This brochure can be obtained from your head coach.

Finally, the Department of Athletics can provide consultation services regarding issues with agents/financial planners. The department can assist you by providing information about prospective agents/financial planners and legal and counseling services regarding proposed professional contracts. If you wish to utilize these services, an appointment may be made through your head coach or by calling the Senior Associate Athletic Director, Larry Gallo, Jr., at 962-6000.

SPORTS AGENTS GUIDELINES

You May

- Request information from a professional team or organization concerning your professional market value.
- Secure advice from an attorney or other third party concerning a proposed professional contract, provided the attorney or other third party you contact does not represent you in negotiations for the contract.

You May Not:

- Agree orally or in writing to be represented by an agent now or in the future after your eligibility is exhausted.
- Accept any benefits from an agent which include, but are not limited to, transportation, money, and gifts, regardless of their value.
- Be awarded institutional financial aid when you are under contract to or currently receiving compensation from an agent or professional sports organization.
- Try out with a professional athletics team in a sport while enrolled as a regular full-time student.
Serving as a student host is an important service to UNC and the Department of Athletics. Appropriate Conduct is required by UNC, ACC, and NCAA standards:

1. Only enrolled Student-Athletes may serve as a student host for prospects.
2. A maximum of $30 for each day of the visit ($15 for each additional prospect) to cover all actual costs of entertaining the prospect (and the prospect’s parents, legal guardians or spouse), excluding the cost of meals and admissions to campus athletics events. These funds MAY NOT be given to the prospect as cash, nor may you use the entertainment funds to purchase or provide the prospect with gifts of value (souvenirs such as t-shirts or other institutional mementos).
3. A host may not transport the prospect nor anyone accompanying him/her more than 30 miles from campus.
4. No UNC staff member or booster may provide or arrange for an automobile to be used to transport the prospect or anyone accompanying him/her.
5. A prospect should not be allowed to have a recruiting conversation, either on or off campus, with a booster. If an unplanned meeting occurs, only an exchange of greetings is permissible.
6. Prospects are allowed to participate in a workout or recreational activity during his/her visit, provided the activity is not organized or observed by members of the coaching staff and is not designed to test the athletics ability of the prospect.
7. Prospects are not allowed to use drugs or alcohol during their visit.
TIME LIMITS

NCAA regulations permit you to participate in countable athletically related activities for no more than 4 hours each day and 20 hours each week during the declared playing season (in-season). Outside of the playing season during the academic year (off-season), you may participate in required weight-training, conditioning and individual skill instruction. Your participation in such activities shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on individual skill workouts. No more than 4 student-athletes can participate in these activities at any one time.

In the sport of football, student-athletes are permitted to view no more than 2 hours of film each week during the off-season. Coaching staff members may be present for these film sessions.

The following are considered countable athletically related activities and must be counted in the weekly and daily time limitations:

Any required activity with an athletics purpose involving student-athletes and at the direction of, or supervised by one or more of an institution’s coaching staff (including strength and conditioning coaches) and must be counted within the weekly and daily limitation. Administrative activities (e.g., academic meetings, compliance meetings) shall not be considered as countable athletically related activities.

Competition days are considered 3 hours for the purpose of this regulation, regardless of the actual amount of time spent on countable activities throughout the day.

Skill Instruction. Participation by student-athletes in individual skill-related instruction in sports other than football is permitted outside the institution’s declared playing season, provided no more than four student-athletes from the same team are involved in skill-related instruction with their coach(es) at any one time in any facility and the student-athletes request the instruction.

During UNC’s vacation periods and summer, student-athletes may not participate in any countable athletically related activities outside the playing season. Strength and conditioning coaches who are not countable coaches and who perform such duties on a department-wide basis may design and conduct specific workout programs for student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete.
Coaching staffs are required to document time spent on these activities so as to maintain compliance with these regulations.

If you, at any time, have a question or concern regarding the amount of time you and/or your teammates are spending on these countable activities, please consult either your coach, the compliance staff, or an athletics administrator. It is our duty to confirm that all regulations governing your time are being followed, and we appreciate your input and assistance.