Bylaw 10, in sum…..

Unethical Conduct

- **Defined**: Unethical conduct is defined as the refusal to furnish information relevant to an institutional or NCAA investigation upon request, knowing involvement in fraudulent activities or knowingly providing prospective or enrolled student-athletes with improper inducements or “extra benefits.” [Bylaw 10.1]
- **NCAA Certification of Compliance**: Annually, those SJSU athletics department staff members employed the previous academic year are required to sign the NCAA Certification of Compliance Form certifying that they reported any knowledge of violations of NCAA legislation during that year.

Sports Wagering (Gambling)

- **Sports Wagering Prohibition**: NCAA rules prohibit participation in sports wagering activities or providing information to individuals involved in or associated with any type of sports wagering activities concerning any NCAA sponsored sport at the collegiate, amateur or professional level. [Bylaw 10.3]
- **Applies To**: Staff members of an institution’s athletics department; Nonathletics department staff members who have responsibilities within or over the athletics department; Staff members of a conference office; and Student-athletes
- **Sports Wagering Defined**: Sports wagering is defined as placing, accepting or soliciting a wager of any type with any individual or organization on any intercollegiate, amateur or professional team or contest. [Bylaw 10.02.1]
- **Wager Defined**: Wager is defined as any agreement in which an individual agrees to give up an item of value (e.g., cash, shirt, dinner) in exchange for the possibility of gaining another item of value; an activity in which there is both a “risk” and a “reward.” For example, if an individual is required to pay a fee to enter (risk) with the possibility of receiving a prize (reward), the activity is precluded. [Bylaw 10.02.2]
- **Examples of Sports Wagering**: The use of a bookmaker or parlay card; internet sports wagering; auctions in which bids are placed on teams, individuals or contests; and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize. [Bylaw 10.02.1]
- **Permitted Activities**: Gambling activities such as placing bets on horse racing or poker/slot machines are not prohibited because such activities are not sponsored by the NCAA.

Bylaw 11, in sum…..

Weight or Strength Coach

- **Defined**: A weight (strength and conditioning) coach may conduct flexibility, warm-up and physical conditioning activities prior to any game and prior to or during any practice or other organized activities without being included in the limitations on number of coaches. [Bylaw 11.7.4.2.1]
- **Effective August 1, 2012**: Not more than five weight or strength coaches are permitted to work with a football program in any capacity, including all workouts (required and voluntary), practices and game-related activities. [Bylaw 11.7.2.1.1]
- **Partial qualifiers and nonqualifiers**: Partial and nonqualifiers who are serving an academic year in residence may participate in voluntary conditioning activities supervised by the institution’s strength coach, inasmuch as such activity is not considered a countable athletically related activity. An institution’s sport-specific strength and conditioning coach (who is not included in the institution’s coaching limitations in the applicable sport) may be involved in on- or off-field or on- or off-court weight training and conditioning activities with partial or nonqualifiers, provided the partial or nonqualifiers are participating in such activities on a voluntary basis and the sport-specific strength and conditioning
coach is present only to supervise such activities for safety purposes (i.e., the individual does not conduct the workout). Under such circumstances, the weight training and conditioning activities do not have to be confined solely to the institution's weight facilities. [12/25/95, Ed. Column]

Bylaw 13, in sum.....

Off-Campus Contacts with Prospects

- Only those coaches permitted to recruit off campus may contact prospects off campus. Institutional staff members (e.g., faculty members, athletics staff members) may contact prospects for recruiting purposes in all sports, on campus, or within 30 miles of campus during the prospect's official visit. [Bylaw 13.1.2.3(a)]
- Exception: A noncoaching staff member with sport-specific responsibilities (except a staff member who only performs clerical duties) shall not attend an on- or off-campus athletics event in the staff member's sport that involves prospects (e.g., high school contest, noninstitutional sports camp) unless the staff member is an immediate family member or legal guardian of a participant in the activity. A staff member who is an immediate family member or legal guardian of a participant may attend such an event, subject to the following conditions:
  i. Attendance shall not be for evaluation purposes (the staff member shall not provide information related to the performance of a prospective student-athlete back to the institution's coaching staff); and
  ii. The staff member shall not have direct contact with a prospective student-athlete or a prospective student-athlete's parent (or legal guardian) or coach (other than the immediate family member, if applicable) participating in the activity. [Bylaw 13.1.2.3(b)]

Communications with Prospects

- Effective August 1, 2011: Telephone Calls: A noncoaching institutional staff member or a coach who does not count toward the numerical limitations on head and assistant coaches in Bylaw 11.7.4 may make telephone calls to or receive telephone calls from the prospect (or the prospect's relatives or legal guardians) beginning the calendar day after one of the following events occurs: (a) the prospect signs a National Letter of Intent (NLI) or the institution's written offer of admission and/or financial aid; or (b) the institution receives a financial deposit in response to the institution's offer of admission. [Bylaw 13.1.3.4.1.2]
- Effective August 1, 2011: Pre-Enrollment Materials: An institution may provide any necessary pre-enrollment information (that is not otherwise considered to be general information related to an institution or its athletics programs) regarding orientation, conditioning, academics and practice activities in a video format (e.g., video playbook, games clips) to a prospect, provided he or she has signed a National Letter of Intent or institutional financial aid agreement, or has been officially accepted for enrollment. Permissible video or audio material may only be provided to a prospective student-athlete via an electronic mail attachment or hyperlink. [Bylaw 13.4.1.5 & 13.4.1.5.4]

Tryout Activities

- Prohibited: A member institution, on its campus or elsewhere, shall not conduct (or have conducted on its behalf) any physical activity (e.g., practice session or test/tryout) at which one or more prospects (as defined in Bylaw 13.11.1.1) reveal, demonstrate or display their athletic abilities in any sport except as provided in Bylaws 13.11.2 and 13.11.3. [Bylaw 13.11.1]

Workouts Summer Prior to Initial FT Enrollment
• **Conducted** by Strength Coach
  - FB Voluntary Summer Conditioning: FB prospects who have signed an NLI/financial aid agreement/written offer of admissions OR who are enrolled in summer school may participate in summer conditioning workouts conducted by a strength coach provided they have had a physical. [Bylaws 13.11.3.8.1 & 13.11.3.8.3]
  - BK Voluntary Summer Conditioning: BK prospects who have signed an NLI OR who are enrolled in summer school may participate in summer conditioning workouts conducted by a strength coach provided they have had a physical. [Bylaws 13.11.3.9 & 13.11.3.9.1]
  - All Sports Other Than FB & BK Voluntary Summer Conditioning: In sports other than FB and BK, a prospect who is enrolled in summer school AND in session may participate in summer conditioning workouts conducted by a strength coach provided he/she has had a physical. [Bylaws 13.11.3.10 & 13.11.3.10.1]

• **Supervised** by Strength Coach
  - All Sports Other Than FB & BK: In sports other than FB & BK, a prospect may participate in summer conditioning workouts supervised by a strength coach outside a summer session, provided he/she was enrolled in another summer session, OR if the prospect has signed an NLI/financial aid agreement/written offer of admissions provided he/she has had a physical. [8/27/2010, Official]

Bylaw 16, in sum….

**Extra Benefits**

- **Defined**: An extra benefit is any special arrangement that provides a student-athlete or student-athlete’s relative or friend a benefit not expressly authorized by NCAA legislation or not generally available to the rest of the student body. [Bylaw 16.02.3]
- Receipt of a benefit by student-athletes or their relatives or friends is not a violation of NCAA legislation if it is demonstrated that the same benefit is generally available to the institution’s students or their relatives or friends. [Bylaw 16.02.3]
- Receipt of any extra benefit jeopardizes a student-athlete’s athletic eligibility and must be reported to the Athletic Director or Compliance Office.

**Fruit, Nuts and Bagels**

- An institution may provide fruit, nuts and bagels to a student-athlete at any time. [Bylaw 16.5.2(h)]

**Nutritional Supplements**

- An institution may provide only nonmuscle-building nutritional supplements to a student-athlete at any time for the purpose of providing additional calories and electrolytes, provided the supplements do not contain any NCAA banned substances. Permissible nonmuscle-building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals. It is not permissible for an institution to provide any nutritional supplement/ingredients to its student-athletes, unless the supplement/ingredient is a nonmuscle-building supplement and is included in one of the aforementioned four classes. The following information is a list of examples of permissible and nonpermissible nutritional supplements/ingredients as developed by the NCAA Competitive Safeguards and Medical Aspects of Sports Committee (CSMAS). The list below is not exhaustive but should assist institutions in determining the types of nutritional supplements/ingredients that may be provided to student-athletes.
<table>
<thead>
<tr>
<th>Permissible</th>
<th>Nonpermissible</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamins and minerals</td>
<td>Amino Acids (including amino acid chelates) Chondroitin*</td>
</tr>
<tr>
<td>Energy bars</td>
<td>Chrysin</td>
</tr>
<tr>
<td>Calorie replacement drinks</td>
<td>CLA (Conjugated Linoleic Acid)</td>
</tr>
<tr>
<td>(e.g., Ensure, Boost)</td>
<td>Creatine/creatine-containing compounds</td>
</tr>
<tr>
<td>Electrolyte replacement drinks</td>
<td>Garcinia Cambogia (Hydroxycitric Acid)</td>
</tr>
<tr>
<td>(e.g., Gatorade, Powerade)</td>
<td>Ginkgo Biloba</td>
</tr>
<tr>
<td></td>
<td>Ginseng</td>
</tr>
<tr>
<td></td>
<td>Glycerine or glycerol as a binding ingredient in a supplement product is permissible.</td>
</tr>
<tr>
<td></td>
<td>Glucosamine*</td>
</tr>
<tr>
<td></td>
<td>Glycerol **</td>
</tr>
<tr>
<td></td>
<td>Green Tea</td>
</tr>
<tr>
<td></td>
<td>HMB</td>
</tr>
<tr>
<td></td>
<td>Carnitine</td>
</tr>
<tr>
<td></td>
<td>Melatonin</td>
</tr>
<tr>
<td></td>
<td>MSM (Methylsulfonyl Methane)</td>
</tr>
<tr>
<td></td>
<td>Protein powders</td>
</tr>
<tr>
<td></td>
<td>Tribulus</td>
</tr>
<tr>
<td></td>
<td>Yohimbe</td>
</tr>
</tbody>
</table>

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

One gram of protein equals four calories. Therefore, the percentage of calories from protein contained in a nutritional supplement may be calculated by multiplying the number of grams of protein per serving by four and dividing the product by the total number of calories per serving. For example, a nutritional supplement that contains 120 total calories per serving and nine grams of protein per serving would contain 36 calories from protein (i.e., 9 grams x 4). Therefore, the percentage of calories from protein would be 0.3 or 30 percent (i.e., 36 calories from protein/120 total calories).

Institutions should note that if a supplement product includes any impermissible ingredient, it is not permissible to provide such a supplement to student-athletes. Further, when considering the product’s protein content, institutions should consider the listing of the word “protein” and the number of grams included. If any other parts of a protein are listed separately, as in any amino acid or chain, it would not be permissible for an institution to provide such a supplement to its student-athletes. If the product lists a "proprietary protein" or "protein blend," then this is not protein from a whole food source, but rather a concoction created by the manufacturer, and in most instances includes impermissible supplement ingredients.

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

Updated 6/29/11
Review the label and ingredients to determine if the product meets one of the permissible classes of supplements (e.g., carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals);

- Review the ingredients for any banned substances (see attached 2011-2012 banned drug list)
- Determine whether or not the product contains any of the examples of "impermissible" ingredients referenced earlier; and
- Determine if the product contains more than 30 percent calories from protein.

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

Bylaw 17, in sum.....

Voluntary Summer Workouts for Continuing Student-Athletes
- **Permissible**: A student-athlete may not participate in any countable athletically related activities outside the playing season during any institutional vacation period and/or summer. 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. [Bylaw 17.1.6.2.1.1]

Football CPR/Presence at Voluntary Workouts
- **Strength and Conditioning Coaches Conducting Voluntary Practice Session**: All strength and conditioning coaches conducting voluntary weight training or conditioning activities shall be required to have cardiopulmonary resuscitation and first aid certification. In addition, a member of the institution's sports medicine staff (e.g., athletic trainer, physician) MUST be present during all voluntary conditioning activities (running, not lifting) conducted by the institution's strength coach. This sports medicine staff member must be empowered to have the unchallengeable authority to cancel or modify the workout for health and safety reasons, as he or she deems appropriate. [Bylaw 17.9.6.3]

AMENDED LEGISLATION
- **Strength and Conditioning Coach First Aid/CPR Certification and Authority of Sports Medicine Staff**. A **strength and conditioning coach** who conducts voluntary weight-training or conditioning activities is required to maintain certification in first aid and cardiopulmonary resuscitation. If a **member of the institution's sports medicine staff** (e.g., athletic trainer, physician) is present during voluntary conditioning activities conducted by a strength and conditioning coach, the sports medicine staff member must be empowered with the unchallengeable authority to cancel or modify the workout for health and safety reasons, as he or she deems appropriate. [Bylaws 17.16.2.1.1.3, 13.11.3.9.2 & 13.11.3.10.2]

Updated 6/29/11
• **Rationale:** Since the summer conditioning legislation was adopted for football, other sports have added voluntary workout opportunities but have not added similar certification requirements for strength and conditioning coaches. The same requirements should be applicable to all sports. Requiring strength and conditioning coaches to be certified in cardiopulmonary resuscitation and first aid results in better preparation for an emergency response. Further, although the current legislation does not require the attendance of sports medicine staff (e.g., athletic trainer, physician) at the voluntary workouts in sports other than football, if sports medicine staff members are present during such workouts, they should have the same authority as they do during football workouts, namely, the unchallengeable authority to cancel or modify the workout for health and safety reasons.