Common rules relating to summer workout activities

**Voluntary athletics activities:** Always allowed during the summer vacation period, which begins May 6, 2018, as long as the activities meet the definition of voluntary listed below.

**Voluntary defined:** An activity can be voluntary (not countable) only if all of the following are true:
- Student-athletes request the activity;
- Coaches and noncoaching staff do not observe, supervise, or direct the activity;
- Information related to the activity is not reported to coaches;
- Attendance at the activity is not recorded; and
- No penalty for missing or no recognition/incentive for participating in the activity.

**Summer strength/conditioning exception:** Strength coaches (not countable coaches) may design and conduct workout programs for student-athletes, but only if those workouts are voluntary and no countable coaches or noncoaching staff members are present.

**Safety exception:** Coaches may be present and provide safety instruction when student-athletes practice, but the coaches may not provide non-safety-related instruction. Safety-exception sports include wrestling, gymnastics, swimming and diving, water polo, and certain disciplines in track and field and triathlon.

**Individual sports exception:** If student-athletes request assistance, coaches may be present and provide skill instruction to student-athletes. SDA individual sports are cross country/track & field, gymnastics, golf, swimming & diving, tennis, triathlon, and wrestling.

**Mandatory athletics activities:** Only permissible in basketball and football. For an in-depth NCAA educational column Q&A, click the sport title below.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Permissible Summer Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Basketball</strong></td>
<td>• Required weight training and skill instruction for up to eight weeks.</td>
</tr>
<tr>
<td>(click title above)</td>
<td>• Participation is limited to eight hours each week (only two of the eight hours may be skill instruction).</td>
</tr>
<tr>
<td><strong>Football</strong></td>
<td>• Required weight training and film review for up to eight weeks.</td>
</tr>
<tr>
<td>(click title above)</td>
<td>• Participation is limited to eight hours each week (only two of the eight hours may be film review).</td>
</tr>
<tr>
<td></td>
<td>• Any other time during the summer conditioning period is designated as discretionary time.</td>
</tr>
</tbody>
</table>

**Incoming student-athletes:** Before participating in any permissible summer activities, incoming student-athletes must (1) undergo a medical evaluation (including sickle cell test), (2) be enrolled in summer classes, and (3) receive Compliance Office approval.
During her recruitment, Holly Homer, a softball prospect for the University of Argon, found out from an Argon coach that a major softball booster was a prominent engineer and alumnus of the university. Holly was very interested in learning more about the engineering program at Argon so Holly called the booster to talk about the engineering program. The call started with engineering information, but soon switched to the softball program. The booster told Holly, "I have seen you play, and you have a great bat. It would be great for you to come play for our softball team."

Holly did sign with Argon and joined the softball program the following year. Once a semester, the booster would invite Holly to lunch to discuss both her athletics and engineering classes. The booster always paid for the lunch at a local restaurant.

### General SDA Staff Members

The chart below illustrates permissible and impermissible activities for general SDA staff members (called “non-coaching staff members without sport-specific responsibilities.”) These rules apply to most SDA staff members like athletics directors, sport supervisors, academics advisors, athletics trainers, and all other employees who are not overseen by a sport head coach.

This list of activities is non-exhaustive, so please contact the Compliance Office if you have any questions regarding how NCAA rules would apply to your position. For additional recruiting information, click [here](#) to review the Recruiting 101 tip sheet for SDA staff because although you may not be sport-specific, recruiting rules often are.

#### PERMISSIBLE TO:

- Receive calls from prospects at anytime
- Send correspondence in accordance with NCAA rules (as outlined in the [Recruiting 101 tip sheet](#))
- Contact prospects on campus; or within 30 miles of campus during prospects’ official visits
- Speak to groups including prospects provided the staff member does not have contact with prospects or their relatives and does not make a recruiting presentation
- Attend SDA practices
- Sit on the bench during SDA competitions provided no coaching activities occur
- Provide career or general life advice to student-athletes

#### IMPERMISSIBLE TO:

- Call prospects*
- Have in-person, off-campus recruiting contacts with prospects
- Attend on- or off-campus prospect sporting events if you report information back to the coaching staffs
- Provide coaching or athletics instruction to student-athletes at any time
- Make or assist in making on-court/on-field tactical or technical decisions
- Direct student-athletes in workouts when coaches are not present

*This restriction no longer applies once a prospect signs an NLI.

Website: [sundevilcompliance.com](#)

Twitter: [@SunDevilsAsk](#)
The booster violated NCAA legislation when she discussed the softball team with Holly. A prospect may call a booster as long as the call is not for recruiting purposes (i.e., the softball program should not be discussed). The booster should have referred Holly to the Argon coaches to discuss the softball program.

The booster also violated NCAA legislation by purchasing meals for the student-athlete. While a booster can share her career experiences with a current student-athlete, she is prohibited from providing any impermissible benefits (e.g., meal at a restaurant). A booster may provide a student-athlete with an occasional meal as long as the meal takes place at the booster's home or at an Argon facility and the Occasional Meal form is completed and approved before the meal.

**STRENGTH AND CONDITIONING COACHES — SUMMER WORKOUTS**

For all sports except basketball and football,* SDA strength and conditioning coaches may design and conduct workout programs for student-athletes during the summer, provided such workouts are voluntary (as defined on page 1).

The following are reminders for strength and conditioning coaches:

- Countable coaches and noncoaching staff members with sport-specific responsibilities (e.g., directors of operations) cannot be present.
- Strength coaches may not report any information to coaches regarding the workouts.
- Student-athletes may track their own workout progress, but progress logs must be kept for the student-athletes’ use only and may not be submitted to coaches.
- Conditioning drills may simulate game activities provided no offensive or defensive alignments or equipment related to the sport are used.
- SDA sports medicine staff who are present during voluntary workouts must have the unchallengeable authority to stop or modify workouts for safety purposes.

*Basketball and football have specific rules regarding mandatory summer workouts. Please see page 1 and the Compliance Office for more information.

**NLI REMINDERS**

**Signing Day: April 11**

The NLI request form is available through ACS. Please submit all requests in a timely manner and allow 3-5 days for processing. To access the form:

1. Log on to ACS.
2. Click the forms tab and select “My Forms” then click “Submit a Form.”
3. Choose the NLI/Scholarship Request 2018-19 form from the drop-down menu.

**INTERNATIONAL INCOMER REMINDER**

**International Application Deadline is May 1**

International prospects must apply for fall 2018 degree-seeking admission to ASU by May 1.
Please note this table has dates that run until April 30. Many of the periods run past April 30. Visit the NCAA Recruiting Calendars website for full recruiting calendars.