### Siblings on Official Visits

NCAA official visit legislation now allows SDA to provide transportation, meals, lodging, and entertainment to prospects plus up to four family members accompanying them. The following chart summarizes the expenses SDA may provide prospects and their families, including siblings of prospects. Changes to the legislation are noted in italics. No recruitment of prospect-age siblings may occur during the official visit.

<table>
<thead>
<tr>
<th><strong>Any siblings may receive:</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>(Including prospect-aged siblings recruited by ASU)</td>
<td></td>
</tr>
<tr>
<td>Transportation between campus and Phoenix Sky Harbor</td>
<td>Only if there are no costs associated with the extra passengers.</td>
</tr>
<tr>
<td>Transportation around campus</td>
<td>Only if in a vehicle driven by an SDA staff member.</td>
</tr>
<tr>
<td>Meals, Lodging, and Entertainment</td>
<td>Only if they are counted as one of the four family members accompanying the prospect.</td>
</tr>
</tbody>
</table>

### Spot the Violation

Peyton throws discus for the University of Argon and planned to redshirt his freshman year. To stay sharp that year, he competed unattached twice.

First competition (October 2016) - Peyton traveled to his hometown of New Orleans to compete unattached in the New Orleans Open. In the previous summer, Peyton competed for the New Orleans Track and Field club team. Peyton planned to compete unattached in the Open, but his club coach begged him to compete with the team so the team had the best chance to win. Peyton gave in and entered the meet as a member of the club. Peyton competed in the event and scored 1st place points, which helped the club win the meet.

Second competition (November 2016) - Peyton traveled to Denver to compete in the Bronco Open. Peyton paid for the travel expenses and entry fee for the meet. Peyton used his own uniform and throwing shoes. Peyton’s Argon throwing coach just happened to be on a recruiting trip to Denver for the Bronco Open. Knowing Peyton was competing, the coach stopped by to watch. The coach noticed Peyton used bad technique on his throws. During a break in action, the coach approached Peyton and told him about the mistake in his technique.
In January, the Power 5 conferences adopted several autonomy proposals. Below are key proposal adoptions:

New rule: Protein is added as a permissible class of nutritional supplements that may be provided to student-athletes.
What this means: No longer do coaches and staff need to make sure a supplement or nutrition bar contains less than 30% of its calories from protein (e.g., SDA may provide student-athletes regular Muscle Milk and not just the collegiate version).
Effective date: Immediate

New rule: The term “required athletically related activities” was created and added to playing and practice season legislation.
What this means: Student-athletes will be prohibited from engaging in the new, broader category of athletically related activities on their off days and as described below.
Effective Date: August 1, 2017

New rule: RARAs are prohibited during an eight-hour period between 9 pm and 6 am.
What this means: Student-athletes must have at least eight straight hours off every night from RARAs. Also, coaches may not schedule RARAs during an eight-hour period after a home contest that concludes after 9 pm and upon return to campus from away-from-home competition after 9 pm.
Effective Date: August 1, 2017

New rule: Student-athletes must receive 21 additional days off from RARAs during the academic year.
What this means: RARAs are prohibited for a seven-day period beginning the day after a student-athlete or team’s last contest of the championship segment. And an additional 14 days off must be provided during the academic year when classes are in session.
Effective Date: August 1, 2017

New rule: Institutions must develop student-athlete time management plans.
What this means: Time management plans set forth, among other things, a schedule detailing virtually all athletically related activities. They are created in a collaborative setting with coaches, sports administrators, and student-athletes. They are reviewed at the end of each year by an institution’s director of athletics, FAR, head coach, and at least one student-athlete.
Effective Date: August 1, 2017
Subject to the conditions below, a student-athlete may participate in outside competition as an individual at any time in his or her sport as either a member of an SDA team or as an unattached individual.

**Competing in Unattached Individual Competition**
Competing unattached from SDA allows student-athletes to maintain redshirt status or not use a date of competition if the student-athletes:

- Represent themselves and not a club, team, or other organization;
- Pay all their own expenses, including all travel and competition expenses (i.e., they only receive expenses from their parents, legal guardians, or event sponsors);
- Do not receive any coaching or instruction from SDA staff members; and
- Do not wear SDA-issued uniforms or apparel still used by SDA in competition.

Note: Student-athletes may use SDA equipment (e.g., golf bag, bicycles).

**Prizes and Awards While Competing Unattached**
Student-athletes may accept prize money if it does not exceed the student-athletes’ “actual and necessary expenses” (this term is limited in scope and defined in the NCAA manual) and is provided by the event sponsor.

**Competing for SDA in Outside Individual Competition**
Competing for SDA in an outside individual competition must be counted toward individual NCAA competition limits, but allows SDA to provide travel expenses and coaching. Student-athletes may also use SDA-issued uniforms.

**Prizes and Awards While Competing for SDA**
Student-athletes may not receive anything for their finish when competing for SDA in an outside individual competition. For example, student-athletes cannot accept any prize money, even if it does not exceed actual and necessary expenses.

**Compliance Office Approval for Outside Individual Competition**
Because mistakes in connection with individual competition carry serious consequences (e.g., using a season of competition or violating amateurism rules), student-athletes must fill out the Outside Competition Approval form in ACS before participating in outside competition.
Please note this table has dates that run until February 28. Many of the periods run past February 28. Visit the [NCAA Recruiting Calendars website](https://www.ncaaconnect.org/content/en_us/index.php/achieve-recruiting) for full recruiting calendars.