



MONTHLY COMPLIANCE MEETING

October 9, 2013

Today's Agenda

- Announcements
- Supplements
- Social Media
- National Letter of Intent
- Updates

Jo's Announcements

- Official Visit Paperwork – Review
- NLI's – will discuss today, but we are starting to accept requests for processing. Note differences on request form
- Compliance Corner Website – updated forms
- Shared Google Doc- continued updates

Kris' Announcements

- **Week 7**

- **Faculty Feedback**

- Requested Week 5
- 23% response
- 9% have been labeled “at risk to fail”

- **Class Checks**

- Sport programs conduct
- Do not disrupt faculty or students
- Do not enter classroom or look through door

Kris' Announcements

• Faculty/Tutors

- Build strong relationships with faculty
- Do not discuss academic progress of individual students with faculty or tutors
- Herbst Academic Center staff will communicate with faculty and tutors

• Leadership Academy

- Emerging Leaders - October 15th, 6:30-7:45pm - Varsity Room (box dinner will be provided)
- Veteran Leaders - October 15th, 8:00-9:15pm -- Varsity Room (healthy snack will be provided)
- Jeff Janssen with Coaches - October 16th , 11:15am-12:30pm – Club Level

• Plagiarism Awareness Week

- October 21-25



SUPPLEMENTS

Supplements

- The most important thing when it comes to supplements is to make sure that the Strength Coach and Athletic Trainer know what each athlete is taking.
- The main problem with supplements is that they are not regulated by the FDA, which basically means that the FDA can't pull a supplement off the shelf unless they find that it has an ingredient(s) that can be harmful- AFTER it's on the shelf. This also means that where they are made and who makes them is not regulated.

Supplements

- As a university we are limited to what we can give SAs. Muscle Milk, Gatorade, and the nutrition bars we give out are compliant.
- No more than 30% of total calories in a supplement can be from protein. (Our Muscle Milk is fine)
- **Caffeine**- NCAA says no more than 15mcg/mL concentration in urine. The problem is that everyone's body processes caffeine differently, so its hard to say how much caffeine you can "legally" consume and not pass a drug test.

Supplements

- -Creatine is legal for SAs to take. We CANNOT provide it for them. Cross contamination can occur with any supplement so it is important to take only Creatine Monohydrate.
- Supplement companies will always stay ahead of the banning bodies, so they release stuff that isn't even "technically" banned yet. Always have a supplement double checked if you know SAs are taking it.
- NCAA banned supplements can be checked through drugfreesport.com. Click on "Resource Center" and then "Rec login". Click "NCAA Division 1" and the password is "ncaa1". Here you can email the REC about any type of supplement and they will let you know if the NCAA has banned it or not.



SOCIAL MEDIA

Social Media

CU cannot use social media (the public form) in recruiting. We must be diligent in our efforts to ensure social media rules are not broken. Don't forget—repeat violations could be elevated and coaches could have to sit competitions.

Think before you hit 'send' or 'post'!

Remind your student-athletes they cannot communicate publicly with a PSA, unless they are former teammates. No recruiting through social media by student-athletes.

Social Media

A prospect's visit to campus cannot be publicized by CU.

If a PSA chooses to post a photo, that is permissible, but CU cannot post a photo of the PSA.

If using social media during a visit, do not mention the PSA's name, include them in the post or use any identifying features.

Social Media

When out on the road recruiting what can you do with social media?

Be very generic and do not mention any specific PSAs.

You can mention the city, state or HS in which you are recruiting.

Social Media

Cannot indicate that a specific PSA has committed.

#CUin14 = permissible

@PSAJackson is a Buff! #CUin14 = impermissible

**NATIONAL
LETTER
OF
INTENT**



NLI GUIDELINES

- Any NLI sent to a PSA must be accompanied by a financial aid agreement.
- The parents of the PSA must sign the NLI, if the PSA is under the age of 21.
- Walk-ons cannot sign a NLI, fake NLI or anything else created by CU for them to sign. Walk-ons can 'sign' their letter of admissions or anything else that they've created on their own. CU can only announce them if they've submitted their enrollment deposit.

NLI GUIDELINES

- **PSA must be registered with the NCAA Eligibility Center in order to receive a NLI.**
- **PSA must receive AAA committee approval to be issued a NLI (have core eval completed).**
- **Rick George signs each NLI and the financial aid office signs each financial aid agreement PRIOR to the PSA signing.**

NLI GUIDELINES

- The initial signing date for the November period is November 13-20, 2013.
- A PSA has seven days to sign their NLI.
 - If a NLI is sent on the 13th, they must sign by the 19th.
 - If a NLI is sent on the 18th, they must sign by the 20th.
- CU then has 14 days from the date of signing to submit the originals to the conference office.

NLI GUIDELINES

- Once a PSA signs a NLI, the recruiting ban is in effect. CU cannot contact a PSA who has signed with another institution.
- Once a PSA enrolls at another institution, the recruiting ban is lifted, but you must have permission to contact.

NLI GUIDELINES

How to satisfy the provisions of the NLI:

- Attend the signing institution for one year.
- Attend and graduate from a 2-year institution.

NLI GUIDELINES

What happens if the PSA does not satisfy the provisions of the NLI:

- Must serve one year in residence at the second NLI institution (can still practice and receive aid), AND**
- Will lose one season of competition in ALL sports.**

NLI GUIDELINES

Can a PSA appeal the penalty?

- **Yes—PSA can request a NLI release from the institution. This is an online form that the PSA must complete.**
- **The institution can then lift the recruiting ban and give a ‘complete’ or ‘no release’. The institution has 30 days to respond to the request.**

NLI GUIDELINES

- If the institution does not grant the release, the student-athlete can appeal to the NLI committee. This must be done within 30 days.
- There must be extenuating circumstances to request the release. A coaching change is not an extenuating circumstance.
- The institution can still lift the recruiting ban if they are not granting the complete release.

NLI GUIDELINES

- **When a PSA is signing, CU cannot offer any type of ‘release agreement’ such as promising a complete release if there is a coaching change.**
- **No additions to or deletions from the NLI, but you can put reasonable non-athletically related conditions on the financial aid agreement (i.e., must meet academic standards).**

NLI GUIDELINES

Example 1:

- PSA signs NLI with CSU. PSA attends CSU for the fall, but decides to transfer to CU and wants to be immediately eligible.
- What has to happen for this to be possible?

NLI GUIDELINES

Example 1:

- CU should have permission to contact prior to talking to the PSA.
- PSA must request a release from their NLI and it must be granted.
- PSA must meet all other NCAA, Pac-12 and CU transfer regulations (one-time transfer, PTD, etc.)

NLI GUIDELINES

Example 2:

- PSA signs financial aid agreement with Nebraska November 2013. PSA then signs NLI and financial aid agreement with CU in April 2014.
- Which signing is valid?

NLI GUIDELINES

Example 2:

- The NLI and FAA with CU is valid.
- A financial aid agreement is not binding to the student, but is binding for the institution.

NLI GUIDELINES

Example 3:

- PSA signs NLI with Texas A&M, attends summer school and receives financial aid. PSA wants to transfer to CU for the fall semester.
- Is the NLI still valid?

NLI GUIDELINES

Example 3:

- **The NLI is still valid and the PSA must request a release from Texas A&M.**
- **Again, CU must have permission to contact and/or the recruiting ban must be lifted.**



UPDATES

SCOUTING

- A coach can attend an event in which a future opponent is participating only if you have an immediate family member also participating in the event (as an athlete or coach).
- Scouting is not a permissible form of entertainment for your team.
- If in a tournament, may scout future

Bread is Bread

- Fruits/Nuts/Bagels



- Fruits/Nuts/Breads/Spreads



PSA Location During Contest

- Reversal from NCAA
- PSAs can be in soccer/lax/golf/tennis office during FB contest. Does not provide a better view of the game.
- Varsity room is still impermissible due to the view of the game.

Entertainment

- Please don't forget you MUST be in your 20-hour weeks before providing entertainment to your student-athletes.
- If in conjunction with OV, please indicate that the team is also participating on the itinerary. Host Money!
- If during UOV, PSA must pay for all costs, and entertainment can only happen on campus.



Questions??

GO BUFFS!