

July 16, 2009

University of Colorado Monthly Compliance Meeting

PROTECT
YOUR  *TEAM*

Overview of Today's Session

- Announcements from Jo
- Rob's *Breakin From the Rules*
- Review of Playing & Practice Season
- Review of Team Travel (Transportation, Lodging, Meals & Entertainment)
- Compliance Quote of the Month



Jo's Announcements

- Annual Chancellor's **Address-Wednesday, August 26th**
10am in Varsity Room.
- Fall Compliance Meetings & Online Paperwork
- Outside Income Survey – must complete by 7/31
- Certification of Compliance – ALL must sign (student workers, volunteers, FT/PT, etc.) by 9/15
- Monitoring Program: 7/23 or 8/14 10-11am: review of forms & paperwork for 09-10
- Roster Changes: please report changes ASAP! Including Adds.

Breakin' (from) The Rules

- *Why isn't the Chevy Nova sold in South America? No va means "it doesn't go" in Spanish!*
- UK Schools Ban Parents From Attending Athletic Events Because A Parent Could Be A Pedophile
- 1969 Apollo 11, carrying 1st men to land on Moon, launched
- 1951 Novel "Catcher in Rye" by J. D. Salinger published
- 1945 1st atomic bomb detonated, Trinity Site, Alamogordo, New Mexico

Timely Reminders — Electronic Communication

- Only email, letters and faxes can be sent to PSAs.
 - No text messaging, no IM, no Direct Tweet, not Facebook wall posts, no chat rooms, etc.
 - The calendar day AFTER they sign an NLI, you may send ALL forms of electronic communication (see above list).
 - WOSA beginning May 1st of their senior year, permissible to text (& other forms) once their housing deposit has been confirmed.

Timely Reminders – Preseason Activities

- In FB, SOC, VB & CC, it is permissible to report for practice activities prior to the first day of classes in the fall (August 24th)
- CU may provide the cost of room (\$25) and board to SAs who report for preseason practice prior to the start of the academic year.
- Reasonable entertainment is permissible AFTER you have reported, but professional sports events are not permissible.
- Permissible activities include: water park, mini golf, laser tag, amusement park, bowling, etc.

Playing & Practice Season – Governing Principle

NCAA Constitution 2.14

The time required of SAs for participation in intercollegiate athletics shall be regulated to minimize interference with their opportunities for acquiring a quality education in a manner consistent with that afforded the general student body.

Countable Athletically Related Activities (CARA)

- Any required activity with an athletics purpose involving SAs, at the direction of, or supervised by, one or more of CU's coaches (including strength and conditioning coaches), shall be considered as CARA.
- Administrative activities (e.g., academic meetings, compliance meetings) shall not be considered as CARA.
- CARA Logs are required for every week of the academic year, excluding vacation periods.

Example of CARA

- Practice
- Competition
- Field, course, or on-court Activity
- Required weight training & conditioning
- Discussion or review of game film
- Individual skill instruction
- Athletic Meetings with coaching staff members

Examples of Non-CARA

- Compliance Meetings
- Study hall, tutoring, HAC academic meetings
- SAAC or CHAMPS/Life skills meetings
- Recruiting Activities (student host)
- Training Table, banquets
- Rehab/Training Room activities (taping, treatment)
- Travel to and from competition
- Voluntary weight training or sport-related activities

Length of Playing Season – Bylaw 17

Team Sports

- Sports (volleyball & soccer) other than FB and BB– 132-day season (two segments – Championship and Non-championship).
- Football – Start of preseason practice to the end of the regular playing season (except for spring practice). **Report Date Thursday, August 6, 2009**
- Basketball – Start of preseason practice (**October 16, 2009 @ 5:00 pm**) to the end of the regular playing season. First permissible competition is **November 13, 2009**.

Length of Playing Season –Bylaw 17

Individual Sports

- Sports (Golf, Tennis, Skiing) other than track and field – 144-day season (two segments).
- Track and field (indoor/outdoor):
 - Institutions that sponsor both indoor track and outdoor track – 156-day season (two segments).

Time Limits

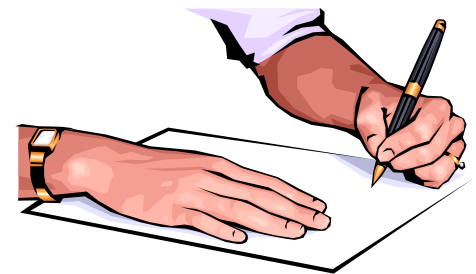
Hour Limitations 17.1.6 --Playing Season

- Maximum of **20** hours per week.
- Maximum of **four** hours per day.
 - Exception for **golf** practice rounds – May **exceed the four** hours per day, but must stay **within 20** hours per week.(17.1.6.1.1)
- For Multisport Student-Athletes: The total in all sports may **not exceed 20 hours per week.**

Time Limits

Computing and Recording Hour Limitations

- Competition day equals 3-hours regardless of actual duration of the competition.
- No practice after competition-not even on the bus or flight home—unless 12:00 am.
- “Week” is any seven consecutive days.
- “Day” is 12:00 a.m. to 11:59pm.
- These time limits **do not** apply to preseason.
- These time limits **do not** apply to vacation periods during the playing season.



Time Limits

Required Day Off During Playing Season

- (CARA) is prohibited one calendar day per week during the playing season (postseason exception).
- Travel day may be considered day off, provided no CARA take place (even at the site once you arrive).
- Not required during pre-season practice prior to first day of classes (August 24, 2009) or first contest (whichever is earlier).

Time Limits

Required Day Off During Playing Season

- Vacation day may be considered day off.
- Not required during one Big 12 Conference championship.
- Not required during one postseason championship.
- Not required during NCAA championships, certified bowl games or NIT/WNIT.
- May use cancelled contest day, under certain conditions.
- In BB, if three contests occur in one week, exception to day off requirement if day off is taken the week prior to or after the three game week.

Time Limits

Hour Limitations – Outside Playing Season

- Limited to **eight** hours per week with not more than **two hours** of individual skill instruction.
- Required **Two days off** per week.
- Only required weight training, conditioning and individual skill instruction permitted.
- Skill instruction can be required – but not more than two hours/week.
- Conditioning drills:
 - May simulate game activities;
 - May not set-up offensive or defensive alignments;
 - May **not** use equipment related to sport
 - (17.1.6.2.4)

Time Limits

Hour Limitations – Outside Playing Season

- No CARA permitted during vacation periods.
- Department-wide strength and conditioning coaches who are not countable coaches may design/conduct VOLUNTARY workouts during vacation periods.



Time Limits

Hour Limitations – Outside Playing Season

All sports other than Football; All athletically related activities outside of the playing season are prohibited beginning one week prior to final exam week through the end of each SA's final exams.

Bylaw 17.1.6.2

Example for Fall Semester:

*Finals week begins on **December 12, 2009**, so from **December 5th (at midnight)** until the last day of each SA's finals, all CARA activities are not permitted if the sport is out of season.*

Individual Skill Instruction

Outside Playing Season

- Sports other than football
 - Two hours per week.
 - From September 15th – April 15th may have more than four student-athletes at any one time at any one facility.
 - Remainder of year, no more than 4 student-athletes from the same team may be involved in skill-related instruction at any one time in any one facility.
 - (Bylaw 17.1.6.2.2)
- Football:
 - Viewing of game film only (no skill instruction).
 - Two hours per week.
 - From January 1st – Start of summer conditioning, must have eight weeks of discretionary time.
 - Eight weeks must be on file with Athletic Director before Jan. 1

Individual Skill Instruction

Outside Playing Season

➤ Men's Basketball:

- No limitations on the number of student-athletes who may be involved in individual or team skill instruction only between September 15th-April 15th
- Not more than two hours per week

➤ Women's Basketball:

- More than four student-athletes from the team may be involved in skill-related instruction with their coaches from September 15-April 15th.
- Student-athletes may not participate in more than two hours of skill instruction per week outside of the playing season (went into effective Aug 1, 2006)

Missed Class Time

- It is not permissible for SAs to miss class time for practice, except in conjunction with an away-from-home contest
- Exception for CU hosting NCAA Championship.



Questions ????

2009-10 Team Travel

Transportation & Entertainment



- Travel must not begin more than **48 hours before the “start of the actual contest”** and may **MUST** be completed 36 hours or less after your final contest, with exceptions made for travel during the semester break vacation and spring break periods and travel to/from Alaska or Hawaii (16.8.1.2.1)
- There are a few additional exceptions outlined in NCAA Bylaw 16.8.1.2.1.1 (NCAA Championships, foreign trips, disasters-hurricanes, snowstorms, etc.) that would allow for earlier departure. See the Compliance Office for additional information.
 - Waivers

Practice Sessions

- Expenses may be paid for practice sessions only if they are associated with an away-from-home contests **OR conducted at a site located within the State of Colorado.** (Bylaw 16.8.1.1) {Ski has an exception to the mileage b/c of weather issues}.
- Any practice on an extended road trip (e.g. spring break) shall take place either at the competition site **or** on a direct route between two consecutive competition sites. (Bylaw 16.8.1.1.1)

Practice Sessions

- CU may transport SAs from a **central on-campus location** (e.g. locker room, in front of Dal Ward) to an on- or off-campus practice site. It is not permissible to pick-up SAs from their home/dorm and transport them to **practice**, it must be from a central location (bylaw 16.8.1.1.4), except in situations involving danger/inclement weather.
- However, this does not hold true for transportation to/from **competition**—it is permissible to pick-up SA from their home/dorm when traveling for competition.

Team Travel Apparel

- CU may **not** provide team travel outfits, sport coat/tie, sweaters or other items of clothing that are not sports-related practice or competition apparel for our SAs to travel in. Exception is the one permissible polo shirt (ss/l's polo, oxford style) issued to all SAs to use at promotional activities/community service activities, which could be used for team travel, if so desired.

(bylaw 16.8.2.1). Of course, many of our teams travel in their warm-up sweats-which is fine.

Miscellaneous Benefits

- CU may provide or arrange for the following benefits for a student-athlete:
 - a.) The use of a return airline ticket at any time after the conclusion of a foreign tour;
 - b.) Receipt of frequent flyer points and/or miles earned while traveling to and from practice and/or competition.
 - c.) Occasional meals to current team members provided by the parent(s) of a current student-athlete at any location.
- (Bylaw 16.11.1.12)

Miscellaneous Benefits

- Participation in receptions and festivities associated with Big 12 championships, Big 12 conference tournaments, NCAA Championships or all-star events hosted by and conducted on the CU campus
- Reasonable tokens of support and transportation in the event of serious injury, serious illness, or death of a family member and transportation to attend the funeral of any family member. (bylaw 16.11.1.12)
- We will have to require some sort of documentation (obituary, note from the physician, etc.)

Examples of what CU can & cannot pay for our Student-Athletes.....

- Cannot pay for long distance calls (be sure to check the hotel bill prior to making payment & checking out), unless the calls are emergency in nature.
- Cannot pay for mini-bar snacks or beverages (e.g. bottled water in the hotel rooms)
- Can pay for parking costs (permissible for away-from-home contests and during practice sessions)
- Can pay for a snack for the SA's the evening before the contest, in addition to the 3 meals;
- When we have home contests, we can only provide the movie, the night before the contest. When we are on the road, we can provide entertainment every day, as long as we are within the 100 mile restriction.

Entertainment:



- Any entertainment must be within 100 miles of the competition site on away- from-home contests. You may provide the actual cost of the entertainment, but no cash may be given to SA's

CU, or a booster through CU, may provide tickets to a professional sports contest while the team is on an away-from-home contest only.

Remember, it is never permissible to provide tickets to professional sporting event to SA's unless they are at an away-from-home contest. Be sure to notify the Compliance Office prior to this arrangement. (bylaw 16.7.1.1)

16.7.1 Away-from-Home Contests and Vacation Periods

- CU may pay the actual costs (but may not provide cash) for **reasonable entertainment** that takes place within a 100-mile radius of where a team plays or practices **in connection with an away-from-home contest or en route to or from such a contest.**
- In addition, CU may pay the actual costs (but may not provide cash) for reasonable entertainment that takes place within a 30-mile radius of CU-Boulder's campus or **practice** site during vacation periods when the team is required to reside on campus (or at a **practice** site normally used by CU) and classes are not in session

Transportation:

- No transportation or lodging may be provided to parents, relatives or friends of SA's (e.g. it is not permissible for the parent to ride on the bus or in the van to the site of the competition).....
- A SA "sitting a year in residency" requirement (e.g., transfer) may Not travel with the team or receive expenses for such travel from CU or a booster.



Awards and Benefits/Annual

Participation Awards:

Bylaw 16.1.4.1

- Permissible Timing for Providing Annual Participation Awards-
 - It is not permissible for CU to provide an annual participation award (i.e., winter coats, Nike warm-up suites, back packs, travel blazers, etc.) to a SA in a particular sport, **prior to the conclusion of CU's regular playing season in that sport.**
 - In other words, do not provide the back pack or winter coat at the front end of the season, and call it a "participation award."

Benefits/Use of the Internet:

- Internet Access and Long-Distance Charges During Official Team Travel-
 - It is permissible for CU to pay a SA's Internet access charges and long-distance charges incurred during official team travel that is necessary to enable the SA to complete academic course work, **provided the academic course work is required to be completed while the SA is away from campus on official team travel or within a reasonable period of time thereafter.**

Benefits/Use of the Internet

Cont'd

- When CU elects to provide such expenses, CU remains responsible for ensuring that the student-athlete's use of the Internet is not for personal reasons



Outside Consultants

New Policy and Procedure for 2009-10

Compliance Quote of the Month

"Leaders must be tough enough to fight, tender enough to cry, human enough to make mistakes, humble enough to admit them, strong enough to absorb the pain, and resilient enough to bounce back and keep on moving."

Jesse Jackson