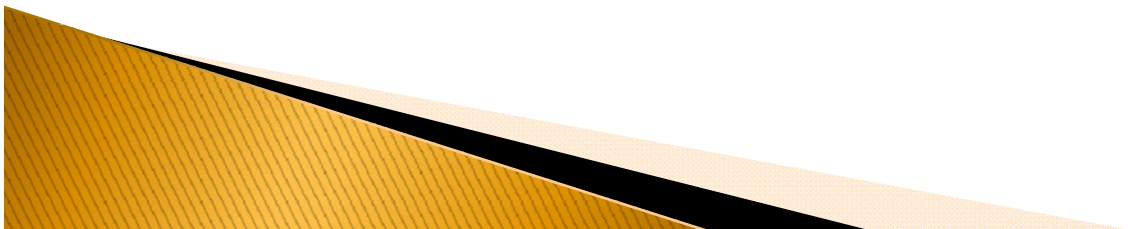


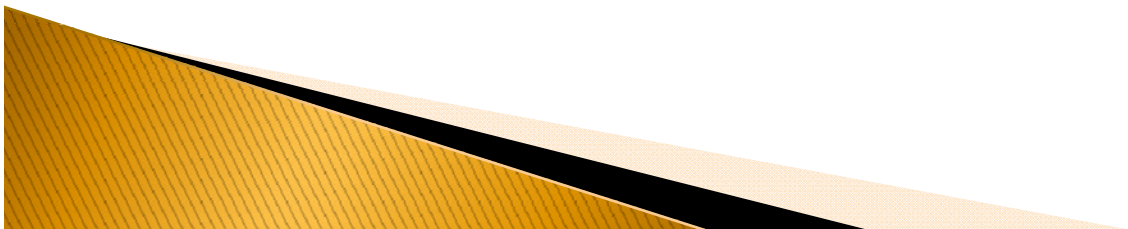
# University of Colorado Athletics Department

Monthly Compliance Meeting  
October 8, 2009



# Today's Agenda

- ▶ Jo's Announcements
- ▶ HAC Announcements
- ▶ Breakin' (from) The Rules
- ▶ Review of NCAA Banned Supplements with Jared Aurich
- ▶ Review of National Letter of Intent Policy and Procedure
- ▶ Compliance Quote of the Month



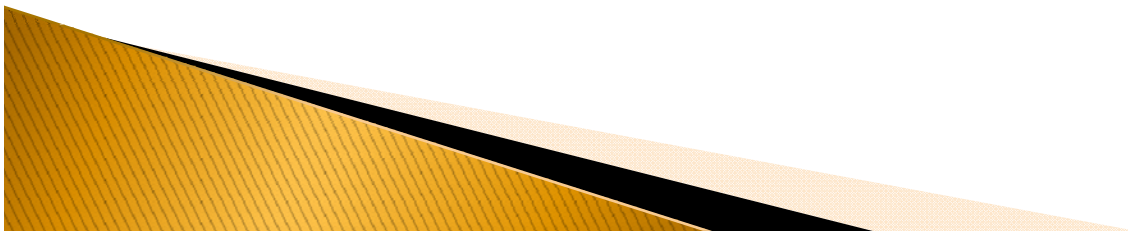
# Jo's Announcements

- ▶ NCAA Proposed Legislation – will be emailed out
- ▶ Awards Limitations Forms – sent out, track as you go. 2 Parts!
- ▶ CARA Logs– Make sure they are accurate– separate activities into categories, competitions are reflected, signatures.
- ▶ Recruiting Forms – Summary from recruiting travel: make sure you complete all of the info: check boxes, answer all questions
  - EX. Dates you traveled, If C/E, where and @ what?
  - Attached game program, notes, tournament file, etc.



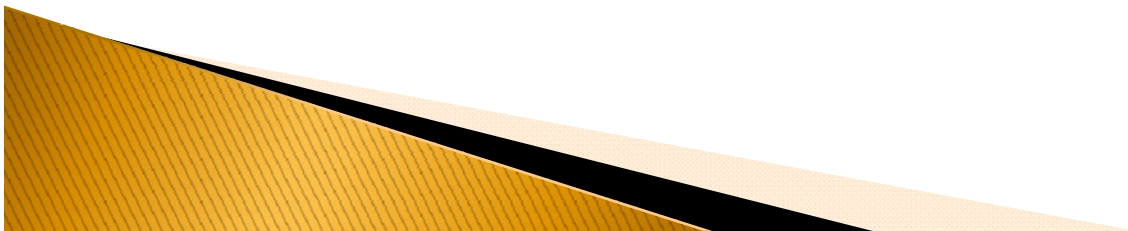
# HAC Announcements

- ▶ **Priority Registration**



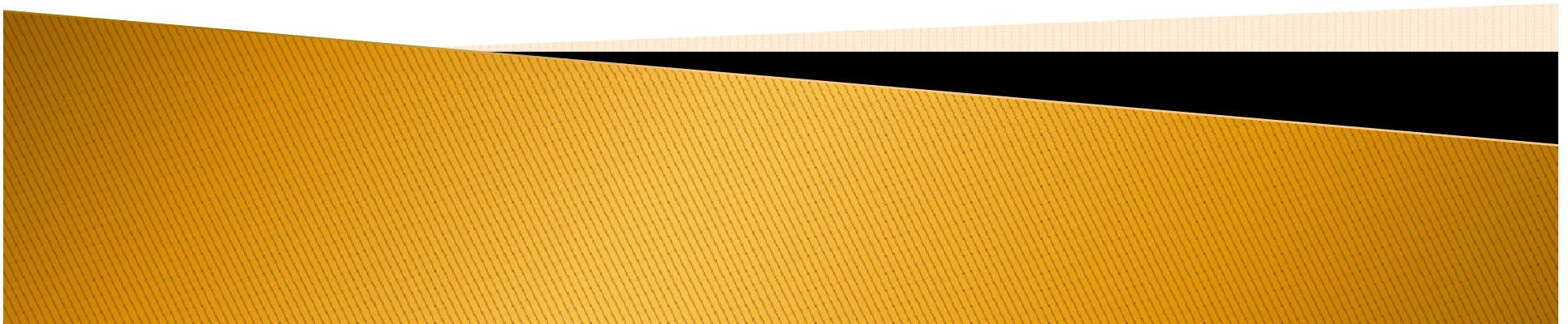
# Breakin' (from) The Rules

- ▶ MySpace Moron
- ▶ Facebook Fool



# Nutritional Supplements and CU Athletes

Presented by Jared Aurich



# NCAA Banned Substances

- ▶ NCAA Banned–Drug Classes 2009–10

The NCAA list of banned–drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety) for the current list.

The term “related compounds” comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

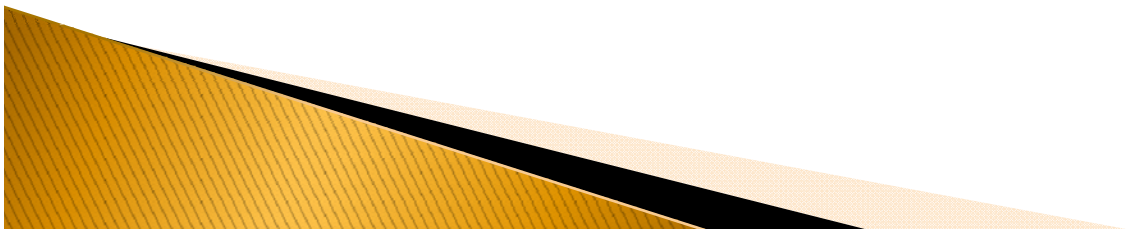


# NCAA Banned Substances

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed.

Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete's own risk.

Student-athletes should contact their institution's team physician or athletic trainer for further information.



# NCAA Banned Substances

## ▶ Stimulants:

- ▶ Methylenedioxymethamphetamine (ecstasy)
- ▶ amiphenazole
- ▶ amphetamine (Adderall)
- ▶ methylphenidate (Ritalin)
- ▶ bemigrade
- ▶ nikethamide
- ▶ benzphetamine
- ▶ octopamine
- ▶ bromantan
- ▶ pemoline
- ▶ caffeine (guarana)
- ▶ pentetrazol
- ▶ chlorphentermine
- ▶ phendimetrazine
- ▶ cocaine
- ▶ phenmetrazine
- ▶ cropropamide
- ▶ phentermine
- ▶ crothetamide
- ▶ phenylpropanolamine (ppa)
- ▶ diethylpropion
- ▶ picrotoxine
- ▶ dimethylamphetamine
- ▶ pipradol
- ▶ doxapram
- ▶ prolintane
- ▶ ephedrine (ephedra, strychnine, ma huang)
- ▶ synephrine (citrus aurantium, ethamivan zhi shi, bitter orange)
- ▶ ethylamphetamine.
- ▶ fencamfamine
- ▶ meclofenoxate banned:
- ▶ methamphetamine
- ▶ The following stimulants are not banned:
- ▶ phenylephrine
- ▶ pseudoephedrine

# NCAA Banned Substances

## ▶ **Anabolic Agents:**

- ▶ androstenediol
- ▶ methyltestosterone
- ▶ androstenedione
- ▶ nandrolone
- ▶ boldenone
- ▶ norandrostenediol
- ▶ clostebol
- ▶ Norandrostenedione
- ▶ dehydrochlormethyl-testosterone
- ▶ norethandrolone
- ▶ oxandrolone
- ▶ dehydroepiandrosterone (DHEA)
- ▶ oxymesterone
- ▶ oxymetholone
- ▶ dihydrotestosterone (DHT)
- ▶ stanozolol
- ▶ testosterone
- ▶ dromostanolone
- ▶ tetrahydrogestrinone (THG)
- ▶ epitrenbolone
- ▶ trenbolone
- ▶ fluoxymesterone
- ▶ gestrinone
- ▶ mesterolone
- ▶ methandienone
- ▶ clenbuterol

# NCAA Banned Substances

- ▶ Diuretics and other Urine Manipulators:
  - ▶ acetazolamide
  - ▶ hydrochlorothiazide
  - ▶ bendroflumethiazide
  - ▶ hydroflumethiazide
  - ▶ benzhiazide
  - ▶ methyclothiazide
  - ▶ bumetanide
  - ▶ metolazone
  - ▶ chlorothiazide
  - ▶ polythiazide
  - ▶ chlorthalidone
  - ▶ probenecid
  - ▶ ethacrynic acid
  - ▶ spironolactone (canrenone)
  - ▶ finasteride
  - ▶ probenecid
  - ▶ flumethiazide
  - ▶ triamterene
  - ▶ furosemide
  - ▶ trichlormethiazide

# NCAA Banned Substances

## ▶ Street Drugs:

- ▶ heroin
- ▶ tetrahydrocannabinol (THC)
- ▶ marijuana

## ▶ Anti-Estrogens

- ▶ anastrozole
- ▶ clomiphene
- ▶ tamoxifen

## ▶ Peptide Hormones and Analogues :

- ▶ corticotrophin (ACTH)
- ▶ growth hormone (hGH, somatotrophin)
- ▶ human chorionic gonadotrophin (hCG)
- ▶ insulin like growth factor (IGF-1)
- ▶ luteinizing hormone (LH)
- ▶ erythropoietin (EPO)
- ▶ sermorelin
- ▶ darbepoetin

# NCAA Medical Exceptions

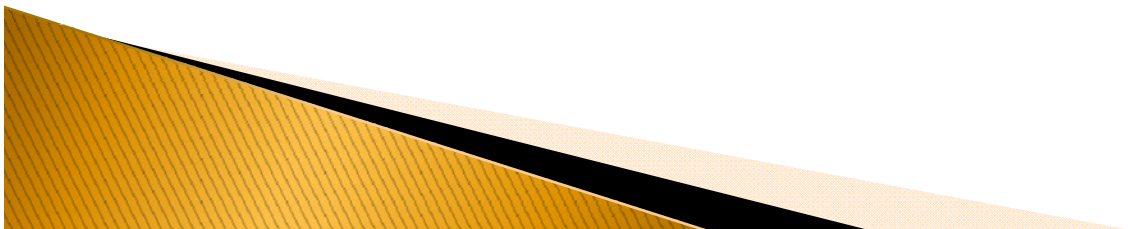
- ▶ NCAA allows exceptions to be made for those SAs with a documented medical history demonstrating the need for regular use of banned substance.
- ▶ SAs, in conjunction with physician, must document non-banned alternatives have been considered prior to requesting a medical exception.
- ▶ To be granted a medical exception the SA must:
  - have declared the use of the substance to athletic administrator that keeps medical records.
  - present documentation of the diagnosis of the condition
  - provide documentation from the prescribing physician explaining the course of treatment and the current prescription
- ▶ Anabolic agents and peptide hormones must be approved by the NCAA before the SA is allowed to participate.
- ▶ **ADHD Medications**



# NCAA Legislation

## NCAA Bylaw 16.5.2-(g)

- ▶ Developed by the NCAA Competitive Safeguards and Medical Aspects of Sports Committee (CSMAS).
- ▶ **Nutritional Supplements.** An institution may provide only nonmuscle-building nutritional supplements to a SA 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.



# Non-Permissible Supplements

- ▶ Amino acids
- ▶ Chrysin
- ▶ Chondroitin
- ▶ Creatine
- ▶ Creatine-containing compounds
- ▶ Ginseng
- ▶ Glucosamine
- ▶ Glycerol
- ▶ HMB
- ▶ L-carnitine
- ▶ Melatonin
- ▶ Pos-2
- ▶ Protein powders
- ▶ Tribulus

# Permissible Supplements

- ▶ Non-Muscle Building Products
- ▶ Vitamins and Minerals
- ▶ Energy Bars
- ▶ Calorie Replacement Drinks
- ▶ Electrolyte
- ▶ 30% Rule– products that contain protein may be classified as non-muscle building supplements if they do not contain more than 30% of the calories from protein and the source is from a “whole food”.



# Supplements Provided to CU Student-Athletes

## ▶ Gatorade

- G, Shine, No Excuses
- G2
- Carbohydrate Energy
- Endurance
- Recovery Shake
- Nutrition Shake
- Bars

## ▶ Muscle Milk

- Collegiate RTD's
- Collegiate Powder
- Energy Gel
- Collegiate Bars

## ▶ Kirkland Multi-Vitamin

## ▶ Power Bar

- No Longer Sponsors of CU Athletics

## ▶ Additional Products

- Gluten-free products for individuals with Celiac Disease
- Any product that is compliant and research has proven beneficial to student-athletes

# University of Colorado Speed–Strength & Conditioning Nutritional Supplement Policy


We do not advocate the use of any nutritional supplements in the place of a well balanced diet. Our goal is to educate our SAs to make healthy food choices which energize, nourish, and prepare their bodies for optimal performance.

Any supplement we provide will be in accordance with NCAA rules, have scientific evidence proving its safety and effectiveness, and be produced by a company with the strictest manufacturing and ingredient standards.

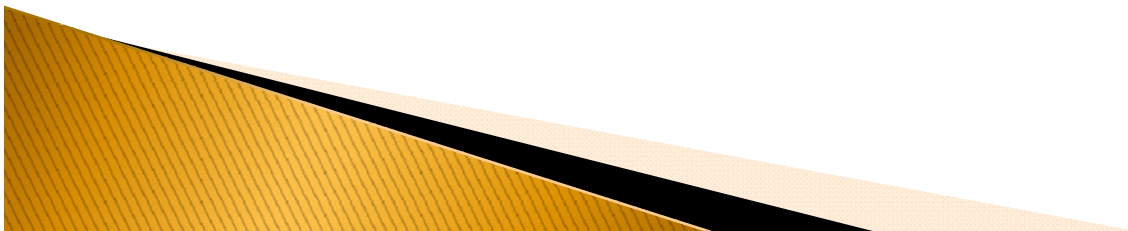
We encourage our SAs to bring us any supplement they are considering taking so we can do the following:

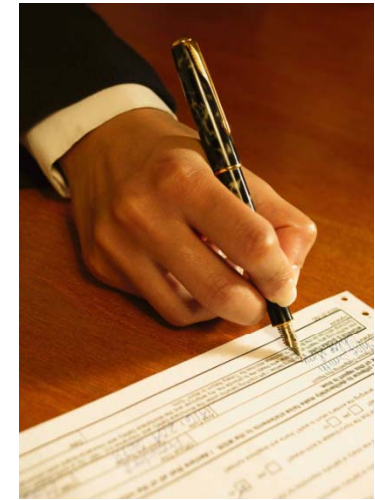
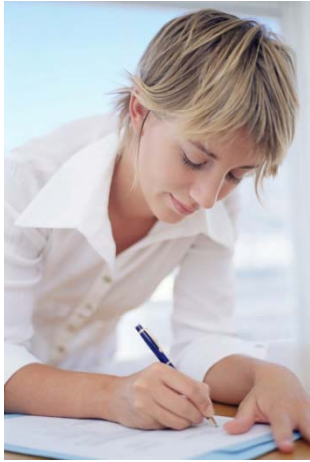
- Make sure the supplement does not contain a banned substance by the NCAA.
- Research the scientific evidence documenting the supplements safety, effectiveness, and proper dosages.
- Research the company producing the supplement to ensure proper manufacturing practices and the purity of their products.

If the supplement has met all of the above criteria, we will then provide the SA with an information sheet containing proper dosage information, any possible negative side effects or risks, and the scientific evidence supporting the use of the supplement.



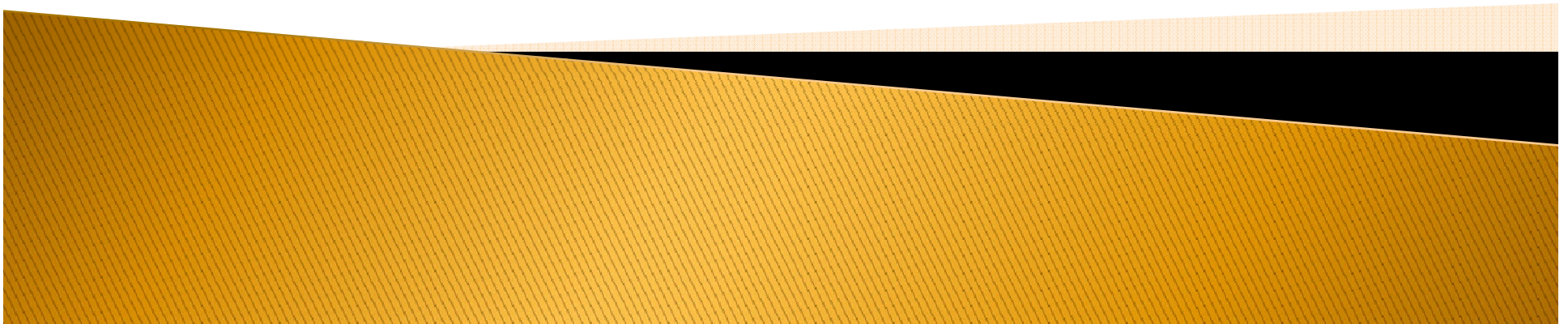
# Questions on Supplements?





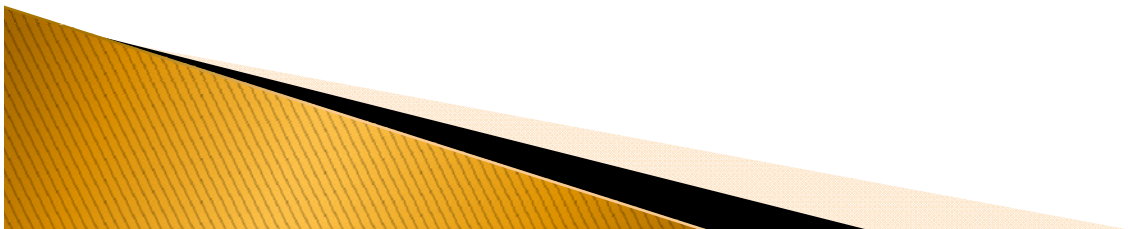
# National Letter of Intent

2010-11



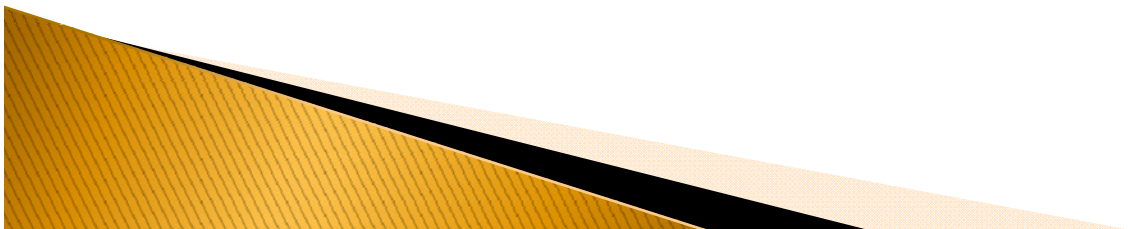
# NLI–Binding Contract

- ▶ The National Letter of Intent (NLI) is a binding agreement between a PSA and CU in which CU agrees to provide the PSA who is admitted to CU & is eligible for financial aid under NCAA rules athletics aid for one academic year in exchange for the PSA's agreement to attend CU for one academic year.



# NLI–Binding Contract

- ▶ If the PSA does not enroll at CU for a full academic year, he/she may be subject to specific penalties;
  - including loss of a season of eligibility &
  - mandatory residence requirement.



# HERE ARE YOUR SIGNING DATES

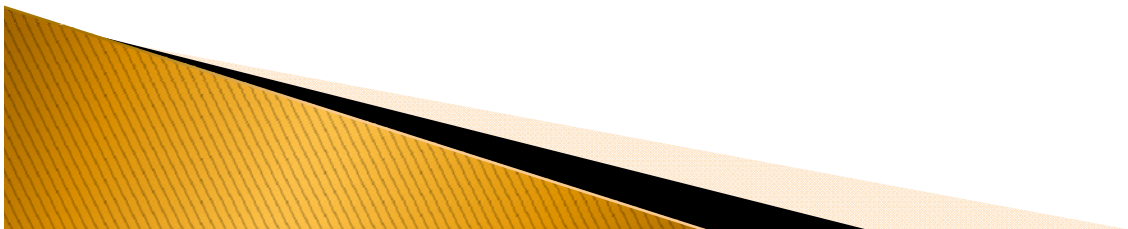
- ▶ Basketball and All Other Sports Not Listed (Early Period)
- ▶ Football (Midyear JC Transfer)
- ▶ Football (Regular Period)
- ▶ Soccer, Track and Field, Cross Country,
- ▶ Basketball (Regular Period)
- ▶ All Other Sports Not Listed (Regular Period)
- ▶ November 11, 2009 – November 18, 2009
- ▶ December 16, 2009 – January 15, 2010
- ▶ February 3, 2010 – April 1, 2010
- ▶ February 3, 2010 – August 1, 2010
- ▶ April 14, 2010 – May 19, 2010
- ▶ April 14, 2010 – August 1, 2010

# Coach's NLI Obligation

- Coaches must submit a 'Request for Financial Aid Contract/NLI Form' to the Compliance office.

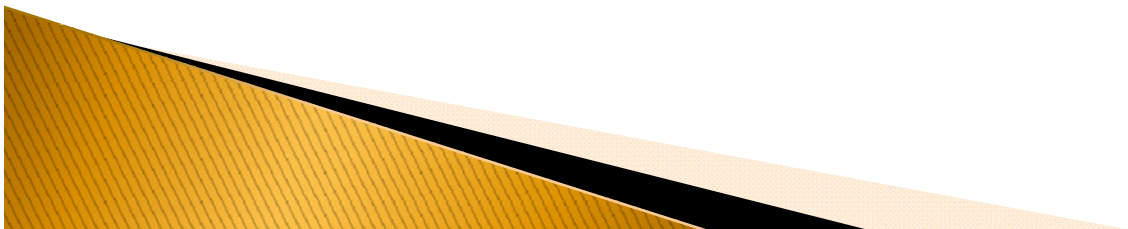
Please submit your requests five days prior to the day of initial signing.

- Double/Triple check that all information on the request form is correct, this is going on the NLI and financial aid contract. (Name, EC ID etc.)



# Compliance NLI Obligation

- ▶ We send a copy of each request form to the Office of Financial Aid.
- ▶ Create NLI and print instruction sheet.
- ▶ Obtain AD's Signature on NLIs. Pick up finished contracts at OFA.
- ▶ Assemble NLI Packet & notify Coach/Dir. of Ops they are available for pick-up. We will not provide the Fed Ex envelope -you will have to do this yourself.
- ▶ Team effort!



# After the NLI is signed...

**NLI IS NOT VALID UNTIL IT IS RECEIVED  
BY THE COMPLIANCE OFFICE**

- ▶ The PSA must fax & mail the NLI and Financial Aid Agreement to the Compliance Office. (Originals).
- ▶ If the signee sends the contract to your sport office, you must forward the contract to the Compliance Office immediately.



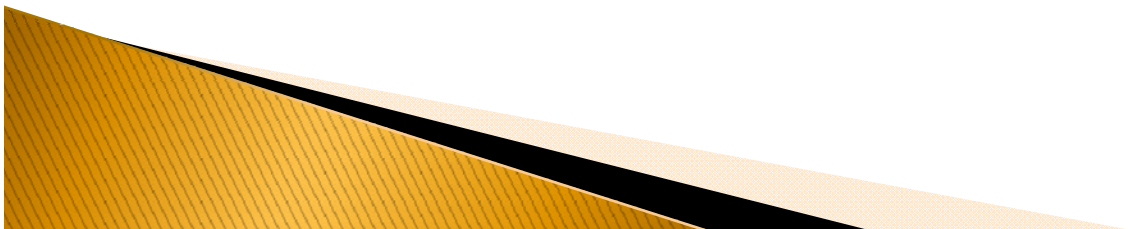
# After the NLI is signed...

- ▶ The Compliance Office will inform (via email) the respective sport and Sports Information employee when the contracts have been validated.
- ▶ No media release can be made until the Compliance Office determines the contract to be valid.
- ▶ The Compliance Office will send the validated NLIs to the Big 12 Conference Office. They must be sent within 21 days of signing the NLI.
- ▶ If the NLI becomes void at any time, the coach must alert the Compliance Office immediately.



# Changes to the 2010-11 NLI

- ▶ Changes include:
  - Eligibility Center Database, populate to NLI – will ensure PSA is registered & on CU's IRL.
  - Cleaner, quicker process for all!!
  - If a violation has occurred, the PSA now has an option to null & void their NLI (instead of automatic).
  - No additional conditions may be place on an NLI, by the coach or the institution. Each PSA signs the same NLI! You cannot make editions, deletions or changes to the form--



# General Reminders

- ▶ If a PSA elects to sign on-campus, we strongly encourage it take place at Gate #1 to protect yourself and the PSA.
- ▶ No additional information/documents may be in the NLI packet sent to the PSA, including application, housing info, etc. Once signed, all info can be express mailed back to CU using our Fed Ex account.
- ▶ The NEXT calendar day after signing, it is permissible to begin sending texts to a PSA. Please ensure that the NLI has been validated.



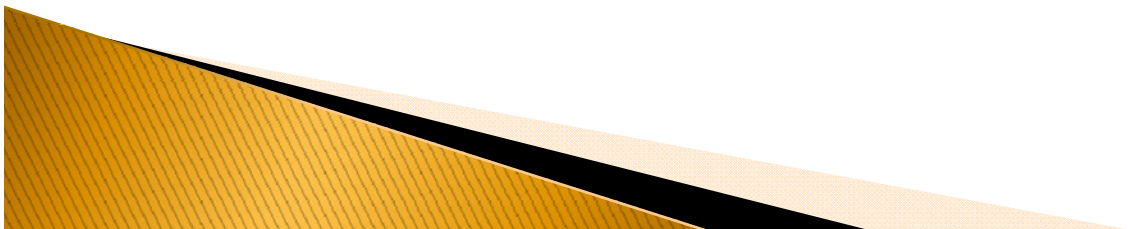
# General Reminders

- ▶ In accordance with NCAA Bylaws 13.1.6.7 and 13.1.6.7.1, a coach or institutional representative may not hand deliver the NLI off campus or be present off-campus at the time the prospect signs.
- ▶ The NLI may be delivered by express mail, courier service, regular mail, e-mail or fax machine.
- ▶ An NLI transmitted to CU by fax machine or electronically shall be considered valid.



# General Reminders, cont.

- ▶ The PSAs have 14 days from the date of issuance to sign the NLI.
  - \*Except in the early signing period (November 11–18, 2009), they will only have the 8 days.
- ▶ The NLI must be accompanied by an offer of financial aid; walk-ons may not sign an NLI.
- ▶ Null and Void – September 1<sup>st</sup>, December 31<sup>st</sup>, nonqualifier, denied admission. 5 days to notify.



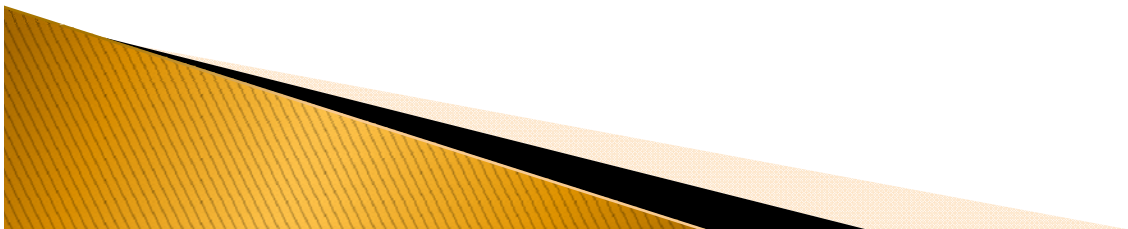
# How is the NLI Declared Null & Void?

- ▶ Denied admission.
- ▶ Does not meet NCAA, CU or Big 12 Conference eligibility requirements.
- ▶ One-Year Absence.
- ▶ Signee does not enroll at an NLI institution for at least one academic year and the scholarship (in its same amount) is no longer available.
- ▶ Service in the U.S. Armed Forces, Church Mission.
- ▶ Signee serves in the military or on a church mission for one year.
- ▶ Discontinued Sport.
- ▶ Sport is discontinued, including for SA who are already enrolled.
- ▶ Recruiting Rules Violations.
- ▶ The NLI shall only be deemed void if the violation is substantiated and prompts the need for reinstatement by the NCAA staff.



# Mid-Year PSAs

- ▶ 4-2-4 or 2-4 transfers may sign an NLI, however, only Football PSAs can sign mid-year NLIs.
- ▶ HS PSAs who graduate at mid-year cannot sign an NLI for the spring. They can sign for the next year 2010-11, but may not receive aid in the spring semester. If no NLI is signed, they can sign a financial aid agreement form.

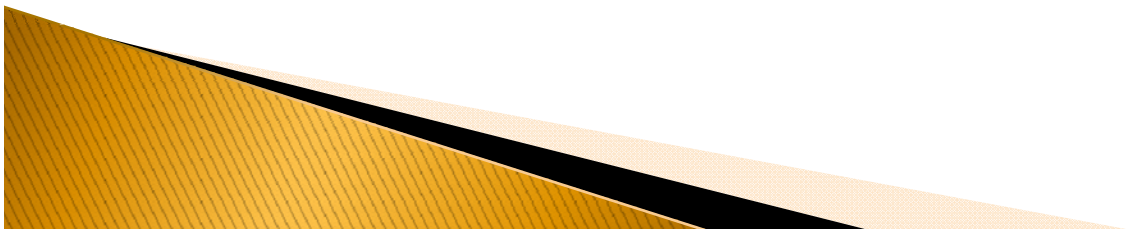


# NLI Q & A

- ▶ Does CU have to include the NCAA Eligibility Center ID for a junior college PSA?

Yes, since initial eligibility does not only include academic certification, a JUCO PSA has to have his/her amateur status certified for NCAA DI and II athletics participation.

Therefore, a JUCO PSA must register with the Eligibility Center and pay the full registration fee for amateurism certification.

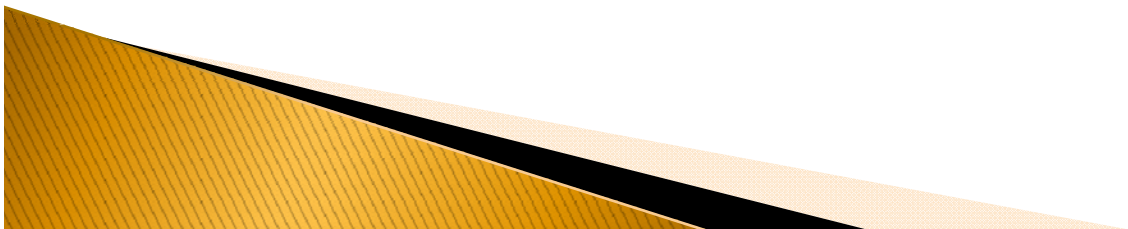


# NLI Q & A

- ▶ NCAA Bylaw 13.9.1 only requires HS & Prep school PSAs to be registered with the Eligibility Center and on the IRL.
- ▶ Why is the Eligibility Center ID required for JUCO PSA?

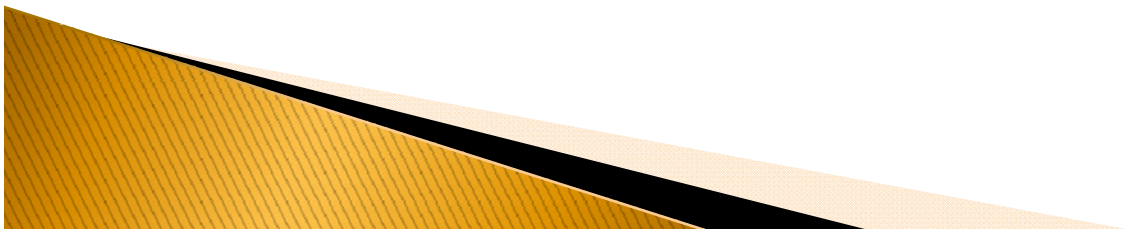
The Eligibility Center ID is the PSA's unique identifier. This ID will be used to track the signee through his/her signing year for NLI and Eligibility Center purposes and throughout enrollment at a member institution.

With this ID, the NLI Office and conference office will have an accurate record on your NLI signees.



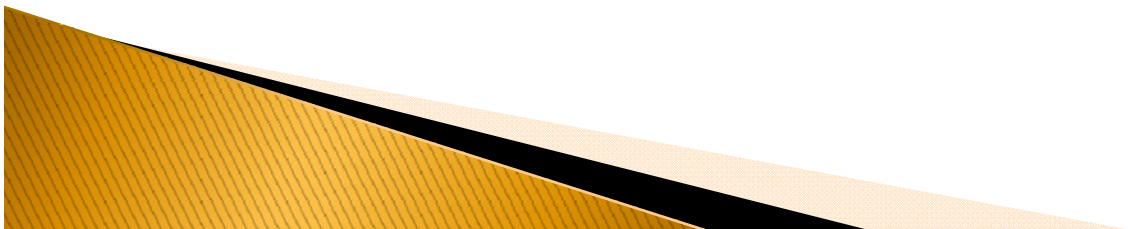
# NLI Q & A

- ▶ If a PSA completes the playing season at the institution with which he/she signed, have they fulfilled the NLI?
- ▶ No. Completing a playing season alone does not fulfill the NLI obligation. PSA must complete the entire academic year at the school with which he/she signed.



# PENALTY PROVISIONS & APPEALS PROCESS NLI

- ▶ Once a PSA signs a NLI may he/she be recruited by other institutions?
- ▶ No. Once a PSA signs a NLI, all other participating conferences and institutions are obligated to cease recruiting.
- ▶ Accordingly, the PSA has an obligation to notify any recruiter from a NLI institution of the fact that they have signed a NLI.
- ▶ EC is now tracking all PSAs and the IRL will reflect with PSAs sign NLIs, so we can assist in ceasing the recruiting process.



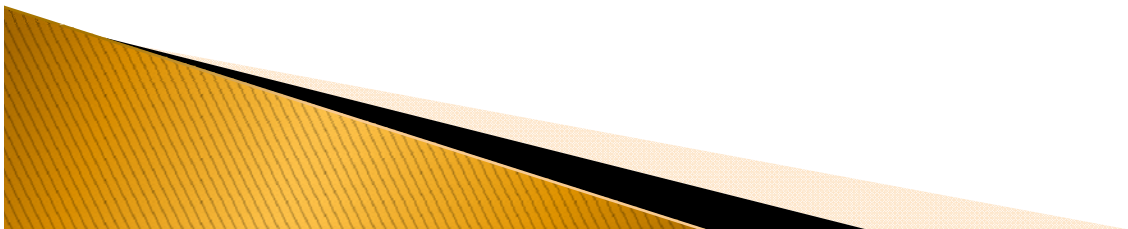
# PENALTY PROVISIONS & APPEALS PROCESS NLI

- ▶ A student who does not attend the signing institution for at least one academic year (two semesters or three quarters) must serve one academic year in residence and will lose one season of competition in all sports upon enrollment at any other NLI member institution.
- ▶ A student may be completely released from his/her NLI obligation, including the one-year Basic Penalty, with approval from the original signing institution.
- ▶ The institution must indicate its decision of “Complete Release” on the NLI Release Request Form. The NLI Policy and Review Committee will consider appeals for relief from the NLI Basic Penalty when the signing institution denies a student’s request for a “Complete Release.”



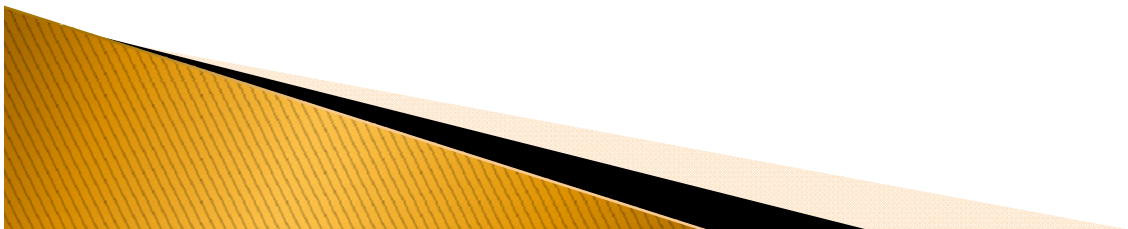
# What is "Grayshirting?"

- ▶ “Grayshirting” is a term used in the recruiting process to describe situations in which a SA delays initial enrollment in a collegiate institution to the winter or spring term after the traditional academic year begins.
- ▶ Students who “grayshirt” often use the fall to take classes part time or choose not to enroll in college at all.
- ▶ “Grayshirting” is not a formal designation by the NCAA or the NLI program.
- ▶ If a prospect intends on “grayshirting” and signing a NLI, it is important to review the applicable NLI provisions and to be aware of the informal nature of this commitment.



# Grayshirting con't

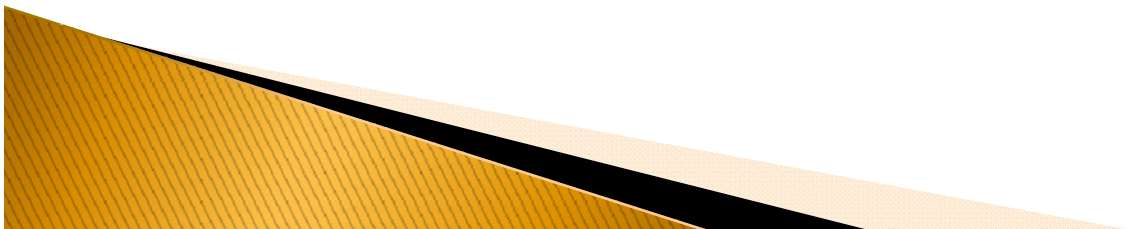
- ▶ Coaches may NOT require a PSA to grayshirt.
- ▶ **It must be the student's decision:**
  - Injured, want to heal before starting clock
  - Family/personal challenges
- Remember, if they come to Boulder in the fall and are grayshirting, we have the burden of monitoring them—
  - Who they got here?
  - Where they are living and paying rent?
  - Where are they working?
  - They cannot use Athletics facilities, because our facilities are not open to the general public,
  - Etc.



# Additional Questions about NLI Process

## ▶ Resources:

- Jo Marchi
- Please note that the NLI program is administered through the NCAA Eligibility Center office.
- Additional information can be obtained through the NLI program Web page at [www.national-letter.org](http://www.national-letter.org).



# Compliance Quote of the Month

*“The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.”*

–Martin Luther King, Jr.

