

NCAA COMPLIANCE

ACADEMIC REQUIREMENTS FOR ELIGIBILITY

- Certification of Eligibility for Practice
- Certification of Eligibility for Competition

For more information, please refer to:

http://www1.ncaa.org/membership/governance/division_I/board_of_directors/2003/August/08_Att_K_PRT_2.htm

To practice and compete, all student-athletes must also be in good academic standing and enroll in an average minimum 12 degree applicable credits for every term of enrollment at WSU.

DIVISION I ACADEMIC ELIGIBILITY REQUIREMENTS

Year of Initial Collegiate Enrollment	Initial Eligibility Standard	Entering 2 nd Year of Collegiate Enrollment	Entering 3 rd Year of Collegiate Enrollment	Entering 4 th Year of Collegiate Enrollment	Entering 5 th Year of Collegiate Enrollment
2003 & 2004	Current of new standard	<ul style="list-style-type: none"> • 24 semester credits • 18 credits earned during academic year • 6 credits/term • 90% of GPA for graduation • 6 credits/term • Mid-year GPA certification 	<ul style="list-style-type: none"> • 40% of degree requirements • 18 credits earned during academic year • 95% of GPA for graduation • 6 credits/term • Mid-year GPA certification • Declaration of degree program 	<ul style="list-style-type: none"> • 60% of degree requirements • 18 credits earned during academic year • 100% of GPA for graduation • 6 credits/term • Mid-year GPA certification 	<ul style="list-style-type: none"> • 80% of degree requirements • 18 credits earned during academic year • 100% of GPA for graduation • 6 credits/term • Mid-year GPA certification
2005, 2006, & 2007	14 core courses (partial qualifier status eliminated)	<ul style="list-style-type: none"> • A maximum of 6 semester hours remedial courses 			
2008	16 core classes				

PLAYING/PRACTICE LIMITATIONS

NCAA rules address the amount of time you, as a WSU student-athlete, can be involved in “countable athletically related activities.” The rule is NCAA Article 17, Playing and Practice Seasons, and it establishes time limits on playing and practice seasons for all sports.

DURING YOUR PLAYING SEASON

- You may be involved in “countable athletically related activities” for a total of **4** hours per day, **20** hours per week;
- You must have **one day per week off** with **no** athletically related activities (travel to or from a competition may be your day off);
- You must have **two days per week off** with **no** athletically related activities during your out-of-season conditioning period.
- You **may not miss class time for practice** except when traveling to a road contest;
- **Competition and all athletically related activity** on the day of competition **counts as 3 hours** for that day.
- Daily and weekly hour limitations do not apply during an institution's official vacation period or semester break.

COUNTABLE ACTIVITIES

Countable athletically related activities must be counted against the 4 hour per day, 20 hour per week time limitation during the playing season for all student-athletes and include the following:

- **Practice**—any meeting, activity, or instruction involving sports-related information and having an athletics purpose held for one or more student-athlete **at the direction of, or supervised by**, any member of the coaching staff (for example, team conditioning or physical fitness activities; field, floor, or court activity; setting up offensive or defensive alignments; chalk talk; review of game films; strategy lectures/discussions; activities utilizing equipment related to that sport).
- **Competition**—practice may not be conducted at any time (including vacation periods) following competition except between contests, rounds or events during a multi-day or multi-event competition. All competition and any associated athletically related activities on the day of competition shall count as 3 hours regardless of the duration of these activities. If you have competition that lasts three hours you **do not** have one hour left in that day to practice. **Practice is not allowed after competition.**
- **Required weight-training** and conditioning activities held at the direction of, or supervised by, an institutional staff member;
- Participation in a physical-fitness class conducted by a member of the Cougar athletics staff;
- **Film or videotape reviews** of athletic practices or contests **required**, supervised, or monitored by Cougar athletics staff members;
- Required participation in camps, clinics, or workshops;
- **Meetings** initiated by coaches or other WSU staff members on **athletically related matters**;
- Individual workouts required or supervised by a member of the Cougar coaching staff. See “safety exception.”
- On-court or on-field activities called by any member or members of a team and confined primarily to members of that team that are considered as requisite for participation in that sport (for example, captains calling a special practice).
- Visiting the site of competition in the sports of **cross-country and golf**.

All of the above activities count toward the limit of 4 hours per day, 20 hours per week during the playing season.

NONCOUNTABLE ACTIVITIES

The following activities are considered **noncountable activities** and are **not** counted in the weekly or daily time limitations:

- Training table or competition-related meals.
- Physical rehabilitation.
- Dressing, showering, or taping.
- Athletics department study hall or tutoring sessions.
- Meetings with coaches on **nonathletic matters**.
- Travel to and from practice and competition.
- Visiting the competition site in **sports other than** cross country and golf.
- Medical examinations or treatments.
- Fund raising activities.
- Academic and/or compliance meetings.
- Recruiting activities (e.g., serving as a student host during official visits).
- Public relations activities related to the student-athlete's sport (e.g., media day).
- Participation in **regular physical education classes**, with or without credit, that are listed in WSU's catalog and open to all students.
- **Voluntary general individual workouts provided these workouts are not required or supervised by coaching staff members.** Workouts may be monitored for safety purposes by WSU's physical development personnel. A coach may design a voluntary general individual workout program for a student-athlete (as opposed to a specific workout program for specific days).

- **Voluntary specific individual workouts provided these workouts are not required by WSU's strength and conditioning coaches or the coaching staff.** Strength and conditioning coaches, during vacation periods (e.g., summer), may design and conduct a voluntary specific workout program for those student-athletes who request the program.
- **Individual consultation** with a Cougar coaching staff member **initiated** voluntarily **by you**, the student-athlete, provided you and the coach do not engage in athletically related activities.
- The provision of videotapes to a student-athlete by an institution's coach that include a personalized message and athletically related information (e.g., discussion of plays, general workout programs, lectures on strategy related to the sport), provided the viewing of the videotape by the student-athlete is voluntary.
- Use of an institution's athletics facilities (which may be reserved for student-athletes during the academic year and vacation periods to participate in permissible individual workouts in individual sports) by student-athletes, provided the activities are not supervised by or held at the direction of any member of an institution's coaching staff. In the event that use of an institution's facilities is requested by a team composed partly of enrolled student-athletes and partly of individuals not otherwise affiliated with the institution, use of the facilities shall be consistent with policies established for outside groups generally.
- Strength and conditioning personnel may monitor, supervise, or assist voluntary individual workouts for safety purposes at any time. If the strength and conditioning coach also is a countable coach, such assistance may be provided only if that strength and conditioning staff member performs such duties on a department-wide basis. In Division I, during vacation periods (e.g., summer), strength and conditioning coaches who are not countable coaches and who perform such duties on a department-wide basis may design and conduct specific workout programs for student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete.

SAFETY EXCEPTION

A coach may be present during **voluntary** individual workouts in WSU's regular practice facilities (without the workouts being considered as countable athletically related activities) in the following sports and situations:

- **Rowing**—when you are on the water.
- **Swimming**—when you are engaged in swimming.
- **Track and Field**—when you are engaged in field events only.

The coach may spot or provide safety or skill instruction but cannot conduct the individual's workouts.

OFF-SEASON

There are also time limits for countable athletically related activities during your “off season.” You are permitted to participate for a maximum of 8 HOURS PER WEEK in required activities.

- **All Sports**—Permissible activities during your “off season” are weight training and conditioning activities. Participation in a physical-fitness class conducted by a member of the athletics staff is not a countable athletically related activity as long as such a class is a regular physical education class listed in the institution's catalog and open to all students.
- **Football**—A maximum of 2 hours per week of the allowable 8 can be spent on the viewing of game film.
- **Sports Other Than Football**—A maximum of 2 hours per week of the allowable 8 can be used for individual skill instruction with a member of the coaching staff. Out-of-season skill instruction can only occur during the academic year. Between September 15 & April 15, it is permissible to have more than 4 student-athletes participate in the skill instruction. At all

other times during the academic year, a maximum of 4 student-athletes may participate in skill instruction. In addition, all athletically related activities outside the playing season are prohibited one week prior to the beginning of the final examination period through the conclusion of each student-athlete's final exams.

- A student-athlete must have 2 days off with no athletically related activities per week during the off-season.
- During the off-season period, it is not permissible for a student-athlete to participate in any type of countable athletically related activity during WSU's prescribed Dead or Finals week.

SUMMER WORKOUT SESSIONS

- **All Sports**—It is permissible for strength and conditioning coaches, during vacation periods (e.g., summer), to design and conduct specific workout programs for student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete. Such workouts shall not be considered a countable athletically related activity when conducted by strength and conditioning coaches who are not countable coaches and who perform such duties on a department-wide basis.

- **Exception—Per NCAA Bylaw 13.12.3.9, Voluntary Summer Conditioning—Football I-A/Men & Women's Basketball**

In **football**, a prospective student-athlete who has signed a National Letter of Intent or, for those institutions not using the National Letter of Intent, a prospect who has signed an institution's written offer of admission and/or financial aid (this includes 4-year college transfers), may engage in voluntary **summer** workouts conducted by an institution's strength and conditioning coach with department-wide duties.

- **In basketball**, a prospective student-athlete who has signed a National Letter of Intent and is receiving athletics financial aid to attend the institution's summer school may engage in voluntary summer workouts conducted by an institution's strength and conditioning coach with department wide duties.
- **Individual Sports**—In individual sports only, a coach may participate in individual workout sessions with student-athletes from their team during the summer, provided the request for such assistance is initiated by the student-athlete.
- **Team Sports**—No summer workout sessions permitted.
- **Physical Fitness/Conditioning Classes**—Participation in a physical fitness or conditioning class held at the direction of or supervised by one of WSU's athletics department staff members is a countable athletically related activity and, thus, shall not occur during the summer unless it is a physical education class listed in the WSU course catalog and open to all students.

VOLUNTARY ATHLETICALLY RELATED ACTIVITIES

For any athletically related activity to be considered "voluntary," all of the following conditions **must be met**:

- The student-athlete must **not be required to report back** to a coach or other athletics department staff member (e.g., strength coach, trainer, manager) **any information related to the activity**. In addition, no athletics department staff member who observes the activity (e.g., strength coach, trainer, manager) may report back to the student-athlete's coach any information related to the activity.
- The activity must be **initiated and requested solely by the student-athlete**. Neither the institution nor department staff member may require the student-athlete to participate in the activity at any time. However, it is permissible for an athletics department staff member to provide information to student-athletes related to available opportunities for participating in voluntary activities (e.g., times when the strength and conditioning coach will be on duty in the weight room or on the track). In addition, for student-athletes who have initiated a request to engage in voluntary activities, the institution may assign specific times for student-

athletes to use institutional facilities for such purposes and inform the student-athletes of the times in advance.

- The student-athlete's attendance and participation in the activity (or lack thereof) may not be recorded for the purpose of reporting such information to coaching staff members or other student-athletes.
- The student-athlete **may not be subject to penalty if he or she elects not to participate in the activity**. In addition, neither the institution nor any athletics department staff member may provide recognition or incentives (e.g., awards) to a student-athlete based on his or her attendance or performance in the activity.