



# **STUDENT-ATHLETE HANDBOOK**

## **2021-22**

*The policies, regulations, and procedures within this Student-Athlete Handbook are subject to change without prior notice, if necessary, to keep University policies in compliance with State and Federal laws and/or with rules and regulations of the AAC and NCAA.*

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## WELCOME LETTER

Dear Pirates,

We are so excited to welcome you to East Carolina University as a student-athlete. Over the past eight months, the athletics department has undergone significant changes including the hiring of a new athletics director, several new coaches and facilities being built or renovated for all student-athletes. We truly believe there is no better time to be a Pirate! It is our hope the opportunity presented to you at ECU will be a rewarding experience and that you will achieve academic, athletic and personal success.

This handbook was produced to assist you throughout the academic year by outlining resources and policies available to our student-athletes. Please seek assistance from your coaches or our staff if you have any questions. Our primary goal is to provide you with the opportunity to succeed and give you the best experience possible.

Our mission statement for athletics revolves around the well-being of our student-athletes and these principles guide our coaches and staff in their work with each of you.

*In alignment with the educational Mission of East Carolina University we guide and support our student-athletes in their pursuit of excellence – Academically, Athletically and Personally. We serve as ambassadors and advocates for the University, Department of Athletics and the community. Above all else, we protect the safety, health and well-being of our student-athletes.*

Our primary goal is for you to grow from an academic, athletic and personal standpoint. Each of you have a unique opportunity and your success in 2021-22 will be determined by your attitude and willingness to be the best version of yourself daily. I understand the demands placed on student-athletes and encourage to use the resources we have available to you.

It truly is a privilege and honor to be a student-athlete at ECU and it comes with expectations. You are representing your families, coaches, teammates and ECU in everything you do. Along with our coaches and staff, we will respect each other and treat others as we would like to be treated. We are a Family and we are Pirates!

I encourage each of you to set goals for the next year, academically and competitively, and work tirelessly to reach those goals. It won't come easy. It will require discipline, commitment, dedication, time management and a lot of hard work.

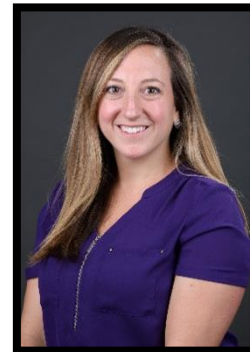
As I said from the day I was hired, it's a privilege to lead this department and everything we do is with the success of student-athletes in mind. I wish you the best in the upcoming academic year. We all look forward to celebrating your success and supporting you in any way possible.

Go Pirates

Jon Gilbert



LEADERSHIP TEAM



- Jon Gilbert- Director of Athletics
- Ryan Robinson- Executive Associative Athletics Director/ External Operations
- JJ McLamb- Executive Associative Athletics Director / Internal Operations
- Caroline Bevillard- Senior Associate Athletic Director/ Administration & SWA
- Stephanie Coleman-Assistant Vice Chancellor/Operations & Compliance Management
- Mike Hanley- Senior Associate Athletic Director / Student Services
- Alex Keddie- Senior Associate Athletic Director/ Compliance





## ECU VISION, STATEMENTS, and GOALS:

In alignment with the educational Mission of East Carolina University we guide and support our student-athletes in their pursuit of excellence – Academically, Athletically and Personally.

We serve as ambassadors and advocates for the University, Department of Athletics and the community.

Above all else, we protect the safety, health and well-being of our student-athletes.



## FREQUENTLY ASKED QUESTIONS FOR STUDENT-ATHLETES

- 1. If I am struggling in a course and would like to drop it, who should I contact?**
  - a. Please contact your Academic Coordinator in Student Development prior to dropping any course.
  
- 2. What is the best way to contact my professor?**
  - a. Review your course syllabus and follow the instructions by the professor.
  
- 3. What are these texts and emails from Teamworks?**
  - a. Teamworks is a communication and compliance program used by ECU Athletics. We can review your class schedule/Time Management Plan/practice activities as well as send email/text reminders to student-athletes through this program. Also, we have many of our student-athlete related forms in Teamworks.
  
- 4. Who do I speak with about my athletic scholarship?**
  - a. Please speak with your head coach if your question is regarding the amount of your scholarship. Please speak with the Athletics Compliance Office if you have general questions about scholarships or if your athletic scholarship is not showing on your bill/account.
  
- 5. If I have questions about financial aid, institutional aid, or outside scholarships, who should I contact?**
  - a. You may email [AthleticsCompliance@ecu.edu](mailto:AthleticsCompliance@ecu.edu) or feel free to stop by the Athletics Compliance Office located on the third floor of the Ward Sports Medicine Building.
  
- 6. If I would like to know more about career workshops, resume drafting, interview preparation, who should I meet with?**
  - a. Please set-up a meeting with our Life Skills Director, Danielle Morrin. Her office is located on the third floor of the Ward Sports Medicine Building.
  
- 7. How can I schedule an appointment with the Counseling Center?**
  - a. Reach out to your Athletic Trainer and they will get an appointment set-up for you or you can call the center at 252-328-6661.
  
- 8. How can I learn more about ECU's Mental Health resources?**
  - a. [ECU Counseling Center](#) can help provide tools through their resource tab as well as services they provide.
  - b. [Mental Health Resources](#) provides warning signs and ways to find help or to help other Pirates through ECU or local resources.



## STUDENT-ATHLETE CODE OF CONDUCT

Student-Athletes enrolled at East Carolina University (ECU) are expected to uphold, at all times, high standards of integrity and behavior that will reflect credit upon themselves, their families, coaches, teammates and ECU. Students representing ECU's intercollegiate athletics program shall accept responsibility to conform to the policies and procedures contained in the ECU Student-Athlete Handbook and ECU Student Code of Conduct, as well as rules pertaining to his/her athletics participation as established by the National Collegiate Athletic Association (NCAA), American Athletic Conference (AAC), ECU Department of Athletics and the respective sport coaches. In addition, student-athletes are expected to abide by local, state and federal laws. Failure to abide by all aforementioned policies and laws may result in suspension from the athletics team and/or university. Scholarship student-athletes risk having all or part of their athletics grant-in-aid cancelled/reduced for any infraction of this code of conduct.

As representatives of ECU and its intercollegiate athletics program, student-athletes must be responsible for their actions at all times. Acceptance of this responsibility requires student-athletes to:

- Adhere to all institutional, NCAA, AAC, and athletic department policies.
- Uphold the ECU Academic Honor Code and ECU Student Code of Conduct.
- Act with integrity always.
- Embrace diversity and respect the views and opinions of others.
- Display honesty in all academic efforts by not engaging in any forms of cheating, plagiarism or fabrication in the process of completing academic work.
- Exhibit high moral standards to include no underage drinking and partaking of alcoholic beverages while representing the University both on- and off-campus and no partaking of drugs which would enhance performance or modify mood or behavior at any time unless prescribed by a physician for medical purposes.
- Use social media wisely.
- Exhibit dignity in manner and dress when representing the University both on and off the playing field.
- Exert maximum effort in all games, practices, workouts, and team activities (if cleared to participate).
- Abide by the rules and regulations of the American Athletic Conference Sportsmanship Policy.
- Treat all players, officials, staff and coaches with respect and courtesy.
- Refrain from acts of sexual misconduct. Sexual misconduct includes sexual assault, harassment, discrimination, and any conduct of a sexual nature that is without mutual consent or has the effect of threatening or intimidating the person against whom such conduct is directed. It is the responsibility of members of the University community to strive to create an environment free of sexual misconduct. Acts of sexual misconduct will not be tolerated. The University will take appropriate action against any individual found responsible for such acts.



- Refrain from hazing activities, which is defined as acting in a manner that would subject another student to physical injury or mental or emotional harm as part of an initiation, or as a criterion of membership, into any organized University group.
- Be responsible for meeting all academic eligibility standards, including University and NCAA progress-toward-degree requirements (e.g., GPA, percentage-towards-degree).
- Adhere to the University's Attendance Policy and the Athletics Department Class Attendance Policy and report a violation of the class attendance policy on the day of the occurrence.
- Adhere to the NCAA and Athletics Department drug testing policies.
- Abide by rules of respective sport team.
- Abide by rules of all support units: Student Development, Athletic Training, Nutrition, Equipment, and Strength & Conditioning.

While student-athletes are held accountable by the same policies and procedures as other University students as outlined in the ECU Student Handbook, they are held to additional standards. Student-athletes are subject to all Department of Athletics rules and policies, as stated in written sport team rules, the Student-Athlete Handbook and in other department publications including, but not limited to, those regarding Compliance, Athletic Training, Strength and Conditioning, Equipment, Nutrition, and Student Development. Violations of these standards may result in disciplinary action, suspension/dismissal, and/or cancellation/reduction of athletic aid (if applicable).

Alleged violations of the ECU Student Code of Conduct may result in referral to the University Office of Student Rights and Responsibilities. Student-athletes found responsible for violations of the Student Code of Conduct are subject to the same disciplinary action(s) as any other East Carolina University student. Accordingly, student-athletes found responsible by the Office of Student Rights and Responsibilities for violations of the University Student Code of Conduct are subject to additional disciplinary action as deemed appropriate by Athletics Department staff, including dismissal from the program and loss of athletics financial aid.

All student-athletes are required to notify their head coach or sport administrator as soon as possible if he/she is:

- Arrested and/or charged with a criminal offense by any law enforcement agency in any location in the United States or internationally;
- Cited for a violation of academic integrity;
- Cited for a violation or infraction of ECU Student Code of Conduct and/or Campus Living (Residence Hall) policies; and/or
- In the presence of a crime, but not arrested or charged for the crime.

If charged and/or arrested for a misdemeanor or felony crime, the student-athlete may be immediately suspended from the team pending outcome of the charge.

If convicted of a misdemeanor crime (other than minor traffic violations), the Athletic Director and Head Coach may administer subsequent discipline. Discipline may include, but not limited to, suspension from practice and/or competition for a pre-determined period, dismissal from the team, and/or reduction/cancellation of athletic aid.

A student-athlete who is convicted of, pleads guilty or no contest to, or enters an Alford plea to any felony charge or a crime involving sports gambling or game fixing under North Carolina law, federal law or any other jurisdiction may be dismissed from the team and have his/her athletic aid reduced/cancelled.

If at any time a student-athlete's athletic scholarship is reduced, cancelled, or nonrenewed, the institution's regular financial aid authority shall notify the student-athlete in writing of the opportunity for a hearing. The written notification of the opportunity for a hearing shall include a copy of the institution's established policies and procedures for conducting the required hearing, including the deadline by which a student-athlete must request such a hearing.

If a student-athlete has a question/concern about an institutional, conference, athletic department, team, or NCAA rule/policy, he/she should not hesitate to contact his/her Head Coach, Sport Administrator, Athletic Director, Athletics Compliance Office, Faculty Athletics Representative (FAR), and/or any other University Official (e.g., Office for Equity and Diversity, Office of the Dean of Students, etc.).

All student-athletes are required to sign the ECU Athletics Student Code of Conduct at the beginning of each academic year. When the form is signed, the student-athlete acknowledges the following:

- I read the ECU Student-Athlete Code of Conduct and understand I am responsible for abiding by the policies it contains. You understand that if I am found in violation of standards of the University Student Code of Conduct and/or the Student-Athlete Code of Conduct, I will be subject to consequences that may range from a warning to probation or suspension to expulsion, reduction/cancellation of athletic aid, as well as the possible removal from the athletics program.
- As part of this policy, the Athletics Department may verify via the Office of Student Rights and Responsibilities that students are in good disciplinary standing with University Policies.
- I understand that if I have questions or concerns regarding any rule or policy listed within the Student-Athlete Code of Conduct or Student-Athlete Handbook, I will contact either my Head Coach, Sport Administrator, Athletic Director, Athletics Compliance Office, FAR, and/or other University Official (e.g., Office for Equity and Diversity, Office of the Dean of Students, etc.).



## SEXUAL ASSAULT & TITLE IX POLICY

Here is the most update ECU Policy about Sexual Assault and Title IX Compliance-

<https://www.ecu.edu/prr/06/40/04>

Information to Know:

- Consent: Is explicit approval and permission to engage in sexual activity demonstrated by clear actions, words, or writing(s). Consent is informed, freely given, continuing, and mutually understood by all parties involved. If coercion, intimidation, threats, and/or physical force are used to obtain participation or continuing participation, then consent is not present. If the Complainant was mentally or physically incapacitated or impaired so that the Complainant could not understand the fact, nature, and/or extent of the sexual situation, there is no consent; this includes conditions due to alcohol or drug consumption, or being asleep or unconscious, or under the age of legal consent, or unable to give consent under current law.
- Sexual Assault: Is an offense classified as a forcible or nonforcible sex offense under the Uniform Crime Reporting system of the Federal Bureau of Investigation including:
  - Rape: which is defined as the carnal knowledge of a person, without the consent of the person, including instances where the person is giving consent because of age or because of temporary or permanent mental or physical incapacity.
  - Sodomy: which is defined as oral or anal sexual intercourse with another person, without the consent of the person, including instances where the person is incapable of giving consent because of age or because of temporary or permanent mental or physical incapacity.
  - Fondling, which is defined as the touching of the private body parts of another person for the purpose of sexual gratification, without the consent of the victim, including instances where the victim is incapable of giving consent because of his/her youth or because of age or because of his/her temporary or permanent mental incapacity.
- Here are available resources through ECU Counseling Center (<https://counselingcenter.ecu.edu> ) as well as ECU Advocacy through The Dean of Students (<https://deanofstudents.ecu.edu/advocacy/> )



## REPORTING RESOURCES

**Playing Time/ Team Issues**

Talk to your coach. If you are more comfortable talking to an assistant do so but know that coaches have ultimate responsibility for playing time/ team dynamics/ program administration. The East Carolina Athletic Department administration will not address issues regarding playing time.

### **Issues with Your Program**

After discussing concerns with the coach(s), and feeling that the issue has not been resolve, talk to the administrator who supervises the sport. These sports administrators are:

Jon Gilbert: [athletic\\_director@ecu.edu](mailto:athletic_director@ecu.edu) - Swimming and Tennis

JJ McLamb: [mclambj@ecu.edu](mailto:mclambj@ecu.edu) - Football and Baseball

Ryan Robinson: [robinsonry18@ecu.edu](mailto:robinsonry18@ecu.edu) - Men's Basketball and Men's/Women's Golf

Mike Hanley: [hanleym@ecu.edu](mailto:hanleym@ecu.edu) - Cross Country, Track and Field, Lacrosse, Soccer, & Tennis

Caroline Bevillard: [bevillardc18@ecu.edu](mailto:bevillardc18@ecu.edu) -Women's Basketball, Softball, and Volleyball

Alex Keddie: [keddiea19@ecu.edu](mailto:keddiea19@ecu.edu) - Women's Swimming & Diving

Eric Ward: [warde16@ecu.edu](mailto:warde16@ecu.edu) - Cheerleading and Dance

### **Reporting Violations or Issues with NCAA/American Athletic Conference Rules:**

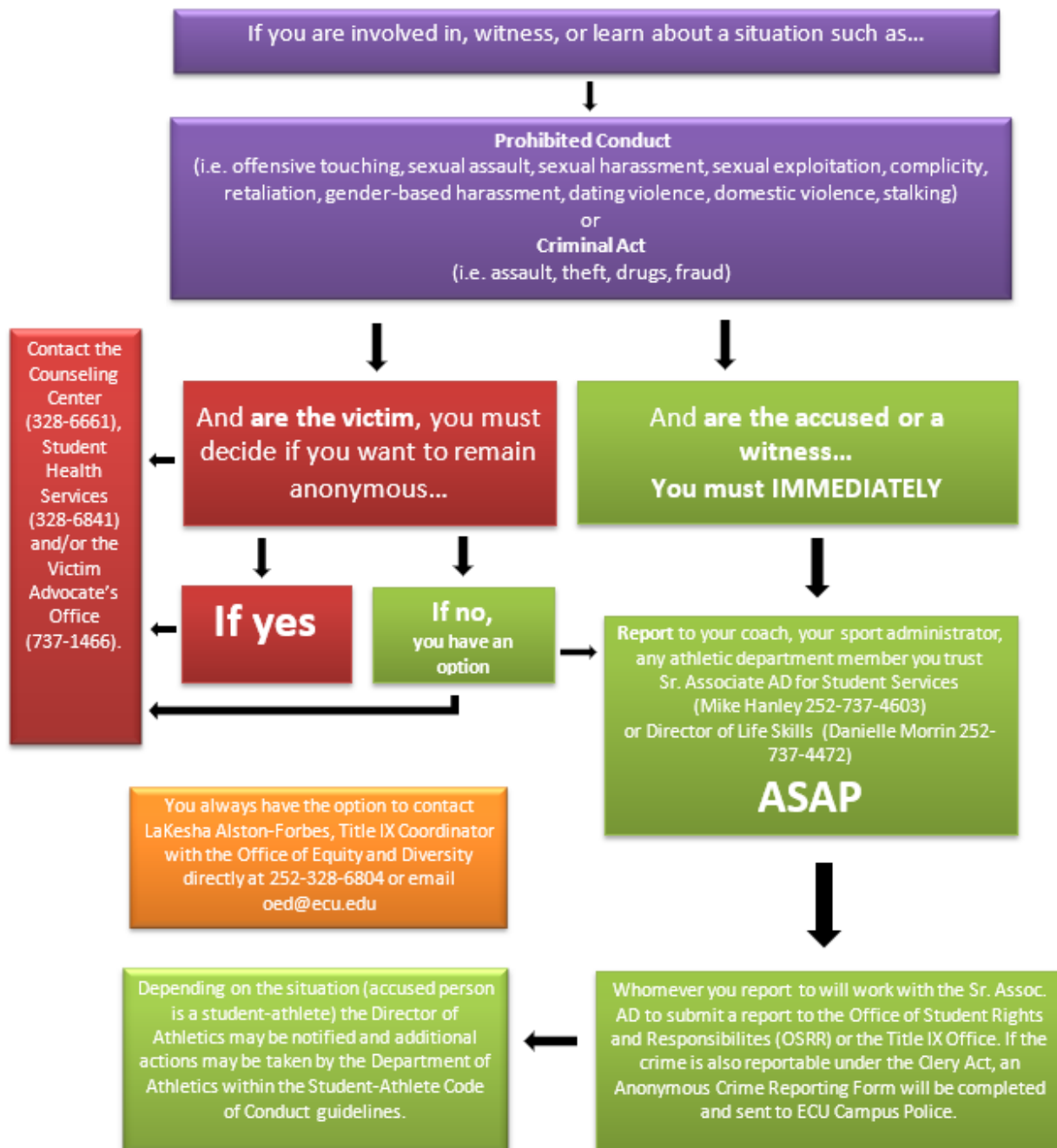
If you are aware or suspect possible NCAA/AAC rules violation (s) or need clarification on rules, you should contact Senior Associate Athletics Director/ Compliance Alex Keddie [[keddiea19@ecu.edu](mailto:keddiea19@ecu.edu)] (252) 737-4533] or any member of the East Carolina Athletic Compliance Staff [[AthleticsCompliance@ecu.edu](mailto:AthleticsCompliance@ecu.edu)], which is located in the Ward Sports Medicine Building.

### **Issues with Your Student-Athlete Experience:**

Some staff are uniquely qualified in certain areas such as athletics trainers (injuries, health issues); academic advisors and learning specialist (academic issues); compliance directors (questions with AAC/ NCAA rules, scholarship, eligibility); the Faculty Athletic Representative- Dr. Cal Christian (faculty concerns); or you may prefer talking to another member of staff (including your coaches and/ or sport administrators) with whom you feel most comfortable, and they will guide you as to your next steps. Danielle Morrin is a good resource, particularly in the areas of welfare, wellness, mental health, conduct, and behavior. Know too that student-athlete represent each team on the Student-athlete Advisory Committee (SAAC). Issues can be brought to them for discussion with the committee who can then bring it to the administration if appropriate.

Incidence Guidelines

## AS AN ECU STUDENT-ATHLETE, WHAT DO I DO IF I AM INVOLVED IN, WITNESS, OR LEARN ABOUT AN INCIDENT?



**EMERGENCY, LAW ENFORCEMENT, & MEDICAL RESOURCES**

Emergency:		911	
Greenville Police Department:	Non-Emergency	(252) 329 - 4315	500 S. Greene St.
	Information Desk	(252) 329 - 4317	
Pitt County Sheriff's Office:	Office Hours M - F, 8:00 - 5:00	(252) 902 - 2800	100 W. 3rd St.
	24 hour dispatch	(252) 830 - 4141	
*Vidant Medical Center:	Information	(252) 847 - 4100	2100 Stantonsburg Rd.
	Emergency Department	(252) 847 - 0279	
		(252) 847 - 0191	
	Minor Emergency Department	(252) 847 - 1537	2380 West Arlington Blvd.

**UNIVERSITY**

ECU Police Department:	Emergency	911	Blount House
	Non-Emergency	(252) 328 - 6787	609 E. Tenth St.
	East Campus Hotline	(252) 328 - 0062	
	West (Health Sciences) Campus Hotline	(252) 744 - 5080	
Dean of Students Office:		(252) 328 - 9297	362 Wright Building
ECU CARES:		(252) 737 - 5555	
Title IX Coordinator:	LaKesha Alston Forbes	(252) 328 - 6804	
*Student Health Services:	24 hour Nurse Assistance line	(252) 328 - 6841	Student Health Services Building
Campus Security Authority:	See list of Campus Security Authorities and their contact information in the Annual Security & Fire Safety Report at <a href="http://www.ecu.edu/cs-admin/police/upload/2015-Annual-Security-and-Fire-Safety-Report.pdf">http://www.ecu.edu/cs-admin/police/upload/2015-Annual-Security-and-Fire-Safety-Report.pdf</a>		

**COUNSELING & VICTIM ADVOCACY RESOURCES**

*Center for Counseling and Student Development		(252) 328 - 6661	
*Victim Advocate (in cases of sexual trauma)		(252) 737 - 1466	

**COMMUNITY RESOURCES**

*REAL Crisis Intervention:		(252) 758 - 4357	1011 Anderson St.
*Center for Family Violence Prevention:	24 Hour Crisis Line	(252) 752 - 3811	150 E. Arlington Blvd., Ste. D
	Toll Free	(800) 537 - 2238	

*\*Items denoted with \* are considered Confidential Resources.*



## COMPLIANCE

**1. Commitment to Compliance & Department Overview**

The compliance program for student-athletes exists to facilitate and ensure compliance with East Carolina University, American Athletic Conference (AAC) and NCAA regulations. Guidelines established by these governing bodies provide a framework for fair competition, good sportsmanship, and ethical behavior. The charge of the ECU's Athletics Office of Compliance is to not only educate, monitor and verify NCAA rules compliance for the athletic department, but also work collectively with the institution's various constituency groups to ensure that policies and procedures are implemented to ensure we are maintaining institutional control.

ECU Athletics and its varsity sport programs have a strong commitment to rules compliance. In that regard, you, the student-athlete are asked to assist ECU Athletics in ensuring compliance at all times. Specifically, you are requested to:

- Provide complete and accurate information regarding all eligibility matters.
- Report any possible violations you become aware of to your Head Coach, Senior Associate Athletic Director for Compliance, Sport Administrator, Faculty Athletic Representative and/or the Director of Athletics.
- When you are unsure of how governing legislation or rules may apply to a situation, please ask your Head Coach, Senior Associate Athletic Director for Compliance, or Sport Administrator for clarification before taking any action that might jeopardize your eligibility. ***Always ASK before you ACT.***
- If you suspect a violation may have occurred, please report this immediately to the Athletics Compliance Office. An investigation will be conducted of all suspected violations of NCAA regulations. All efforts will be made to ensure the reporting of said violations remain confidential. Retaliation against a student-athlete who has made a complaint, filed a grievance, reported a suspected NCAA violation and/or participated in the review process is prohibited and should be reported immediately. Anyone who engages in retaliatory conduct will be subject to disciplinary actions. If additional concerns arise with this process, the Office of Equity and Diversity is available for review.

## Compliance Staff

Name	Position	Email	Phone Number
Alex Keddie	Senior Associate Athletics Director/Compliance	Keddiea19@ecu.edu	(252) 737-4533
Cheri Hodges	Director of Compliance	Hodgesche18@ecu.edu	(252) 737-4541
Kristy Ashley	Assistant Director (Financial Aid)	Ashleyk@ecu.edu	(252) 737-1522
John King	Assistant Director (Eligibility)	Kingjoh18@ecu.edu	(252) 737-4941

***Anyone can also contact the Office of Compliance at [AthleticsCompliance@ECU.EDU](mailto: AthleticsCompliance@ECU.EDU). Any email sent to this email address will automatically be sent to all four compliance administrators at ECU.***

**2. Clearance for Practice**

In order to be cleared for practice/workouts at the start of the academic year and/or upon arrival for preseason, student-athletes must be:

1. Medically Cleared by ECU Athletic Training;
2. Admitted to ECU and Enrolled Full-Time;

- *\*Exception: A student-athlete may practice during the official vacation period immediately preceding initial enrollment, provided the student has been accepted by the institution for enrollment at the time of the individual's initial participation; is no longer enrolled in the previous educational institution; and is eligible under all institutional and NCAA requirements.*
- *\*Exception: A student-athlete may practice, but may not compete, during the institution's first five days of classes if the student-athlete is enrolled in less than a minimum full-time program of studies, provided the student is otherwise eligible under all institutional, conference and NCAA requirements.*

### 3. Complete all required NCAA, AAC, and ECU Athletic forms.

- All student-athletes will be sent NCAA, AAC, and ECU Athletics forms every year via Teamworks in July/August prior to fall classes starting.
- The required forms are as follows:
  - ECU Athletics Forms:
    - ECU Athletics Student-Athlete Code of Conduct;
    - ECU Athletics Social Media Policy;
    - ECU Unethical Conduct Form;
    - ECU Questionnaire & Education;
    - ECU Promotional Activities Authorization;
    - ECU Time Management Plan Rules Acknowledgement; and
    - ECU Transfer Portal Education & Acknowledgment.
  - NCAA Forms:
    - NCAA D1 Student-Athlete Statement;
    - NCAA D1 Drug-Testing Consent; and
  - AAC Forms:
    - AAC Authorization for Disclosure of Health Information;
    - AAC Promotional Statement; and
    - AAC Conference Code of Sportsmanship.
  - *If a student-athlete is under 18 at the time he/she is signing the required forms, a parent/legal guardian is required to also sign the NCAA Student-Athlete Statement, NCAA Drug Testing Consent, and AAC Authorization for Disclosure of Health Information.*

### [3. Student-Athlete Rules Education Meetings & Resources](#)

The Office of Compliance will provide rules education to student-athletes throughout the academic year and summer through scheduled meetings, email/text reminders, and resource documents to ensure they understand the rules and are notified of timely issues and reminders.

#### Meetings:

##### 1. Beginning of the Year (July/August/September):

All student-athletes are required to attend the Compliance Beginning of the Year Eligibility meeting, where the Compliance Office will present NCAA, AAC, and ECU rules and policies. This meeting is not required to be scheduled prior to the student-athlete's first practice date.

##### 2. End of the Year (April/May):



At the end of the spring semester, returning student-athletes will meet with the compliance office to discuss summer eligibility issues and summer drug testing policies. Student-athletes who have exhausted eligibility or are not returning to ECU in the fall do not need to attend this meeting.

3. Upon Request:

When needed, team or individual rules education meetings may be scheduled by coaches, student-athletes, administration, or SAAC throughout the academic year or summer.

4. SAAC Meetings:

Compliance staff will attend SAAC meetings throughout the academic year and provide timely updates/reminders and rules education initiatives. Compliance will educate SAAC and seek their feedback on NCAA legislative proposals to ensure their voice is heard during the voting period.

Resources Available:

1. Compliance resources can be found in Teamworks under Files > Organization > Compliance.
2. Resources will be sent via email/text throughout the year.
3. Resources will be created/sent upon request.

[4. Playing and Practice Season Guidelines & Restrictions](#)

NCAA regulations identify the academic year in two distinct segments; in-season and out of season. At the beginning of each academic year, each coach must identify the days during the academic year that will consist of the in-season period of time for his/her respective sport.

Countable Athletically Related Activities (CARA)

Limitations	IN SEASON – 20-HR WEEKS	OUT OF SEASON – 8-HR WEEKS – <i>Review Football Rules Below</i>
Max # of Hours a Week	20	8
Max # of Hours of Skill Instruction	N/A	4
Max # of Hours Per Day	4	4
# of Required Days Off	1	2
Date of Competition (# of Hours)	3 No CARA after Competition.	N/A – <b>No competition can occur.</b>
Final Examination Period	Permitted	All CARA is prohibited one week prior to the beginning of the final examination period through the conclusion of each student-athlete's final exams.

Football Out-of-Season Rules

- In football, between January 1 and the institution's reporting date for preseason practice, an institution shall conduct its out-of-season conditioning period as follows:
  - Two required days off a week when out-of-season and in eight hour weeks.
  - Only four hours of CARA per day when not in a discretionary week.
  - An institution shall designate eight weeks as student-athlete discretionary time (see Bylaw 17.02.15). An institution is permitted to designate institutional vacation periods (e.g., holiday break, spring break) as student-athlete discretionary time.
  - Required conditioning, weight-training activities, review of game film and walk-throughs (see Bylaw 17.02.20) shall remain permissible during the academic year outside the eight weeks designated as student-athlete discretionary time. **A student-athlete's participation in such activities shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on the viewing of game film and participating in walk-throughs.**
  - Spring football practice per Bylaw 17.10.6.5 shall remain permissible outside the eight weeks.
  - Summer Athletic Activities -- An institution shall designate nine consecutive weeks between the conclusion of the academic year and its reporting date for preseason practice as its summer conditioning period. During this nine-week period, institutions shall designate one week as student-athlete discretionary time (in addition to the eight weeks already designated).
  - During the remaining eight weeks of the summer conditioning period, student-athletes may be involved in voluntary weight training and conditioning activities pursuant to Bylaw 17.1.7.2.1 and prospective student-athletes may be involved in voluntary weight training and conditioning activities pursuant to Bylaw 13.11.3.7. In addition, student-athletes may participate in required summer athletic activities pursuant to Bylaw 17.1.7.2.1.5.2. Such activities are limited to eight hours per week.

- All remaining days between the conclusion of the academic year and the institution's reporting date for preseason practice that are not part of the institution's designated summer conditioning period and not already designated as student-athlete discretionary time shall be considered student-athlete discretionary time\*.
  - \*Student-Athlete Discretionary Time.  
Student-athlete discretionary time is time during which a student-athlete may only participate in athletics activities at his or her discretion. There shall be no required workouts and institutions are not permitted to recommend that student-athletes engage in weight-training or conditioning activities; however, if the student-athlete opts to work out, the strength and conditioning coach may monitor the facility in use for health and safety purposes.

#### Vacation Period CARA Rules

When the sport is **in-season**, there are no hour limitations when a sport is in-season during a vacation period. However, there must be ONE DAY OFF during a preseason period or vacation period [except Football – Bylaw 17.1.7.6.4].

- In football, an institution is not required to provide student-athletes with one day off per week during the preseason practice period prior to the first day of classes, or seven days before the institution's first scheduled contest, whichever is earlier; however, on one day in every seven days during the preseason practice period, a student-athlete's participation in required athletically related activities shall be limited to not more than two hours of off-field meetings or film review.

When the sport is **out-of-season**, student-athletes may not participate in any CARA/RARA during any institutional vacation period [except for MBB/WBB/MFB Required Summer Athletic Activities – Bylaw 17.1.7.2.1.5].

#### Required Summer Athletic Activities

Required summer athletic activities are only allowed for members of the football and men's and women's basketball teams.

Football and M/W Basketball student-athletes are required to be enrolled in at least three credits at ECU during at least one-term in the summer in order to be cleared to participate in such activities, *unless the student-athlete meets an academic or walk-on exception*. All Football and M/W Basketball incomers must be enrolled in at least three credits during at least one-term in the summer to participate in required athletic activities, *unless the incoming student-athlete is a graduate transfer*.

In M/W Basketball, student-athletes may engage in required weight-training, conditioning and skill-related instruction for up to eight weeks (not required to be consecutive weeks). Participation in such activities shall be limited to a maximum of eight hours per week with not more than four hours per week spent on skill-related instruction.

In Football, student-athletes may engage in required weight-training, conditioning and review of practice and game film for up to eight weeks. Participation in such activities shall be limited to a maximum of eight hours per week with not more than two hours per week spent on film review.

## **Voluntary Activities**

In **individual sports**, a coach may participate in individual-workout sessions with student-athletes during any institutional vacation period and/or the summer, at the request of the student-athlete.

**All Sports** – ECU strength coaches (who are not countable coaches) **may be present** during voluntary strength and conditioning workouts during the academic year or vacation periods.

**All Sports** -- ECU strength coaches (who are not countable coaches) **may conduct** voluntary strength and conditioning workouts with student-athletes during the summer vacation period. Workouts **MUST** be voluntary in nature (initiated by student-athlete).

### **A student-athlete may engage in voluntary workouts at their discretion under the following conditions:**

- Student-athletes are **not** required to report back to a coach/designee any information related to the activity.
  - Staff members (ex: managers, trainers) observing activities may **not** report back to a coach any information related to the activity.
  - Activity must be initiated & requested solely by the student-athlete.
  - Participation is **not** required.
  - Attendance & participation in the activity (or lack thereof) **may not be recorded** for the purpose of reporting to coaching staff or other student-athletes.
  - Student-athletes may **not** be subjected to penalties should they not participate & no recognition or incentive may be awarded based on attendance or performance.
- **Coaches may 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).**
- **Coaches may assign specific times for student-athletes to use institutional facilities for such purposes and inform the student-athletes of the time in advance.**

**Safety Exception:** A coach may be present during voluntary activities (which are non-countable) in a practice facility when students are using equipment in the following sports:

Track (field events only & hurdles)	Swimming and Diving
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## **Student-Athlete Approval of CARA**

Coaches are required to submit their weekly CARA reports through Teamworks at the end of each week or by the end of the month. All weekly CARA reports from the previous month are due by the 10<sup>th</sup> of the following month. Two - four student-athletes from each team will be designated to review the submitted CARA weeks in Teamworks before compliance can approve. **If a submitted CARA week is inaccurate, student-athletes should feel comfortable not approving the CARA week and/or notify the Compliance Office or their sport administrator.**

## **5. Time Management Plan (TMP)**

As of August 1<sup>st</sup>, 2017, ECU shall develop a student-athlete time management plan for each varsity program at ECU. The student-athlete time management plan shall include, at a minimum, policies to ensure that:

- a) Student-athletes are provided adequate notice of all countable athletically related activities (CARA) and other required athletically related activities (RARA).
- b) Schedules for all countable athletically related activities and other required athletically related activities are developed through a collaborative process involving student-athletes, coaches and senior athletics department staff members.
- c) Student-athletes are provided adequate notice of changes (*at least 36 hours notice*) to a previously established schedule for countable athletically related activities and other required athletically related activities. *Any change made within 36-hours will be reviewed by compliance and the sport administrator on a case-by-case basis.*
  - a. *Exceptions to the 36-hour notice include: weather, facility issues, travel delays, and staff unavailable due to emergency/sickness, etc.*

The TMP for the fall semester should be made available in the student-athlete's Teamworks calendar before their first day of classes in August or practice (whichever is earlier) in the fall semester. For sports required to practice/compete during the winter break, the TMP throughout the winter break should be updated and made available.

The TMP for the spring semester should be made available in the student-athlete's Teamworks calendar before their first day of classes in January or practice (whichever is earlier) in the spring semester. For sports required to practice/compete during the summer break, the TMP throughout the summer break should be updated and made available.

All support staff are required to update the TMP with their appointments/meetings, and other required athletic activities. This includes, but not limited to: Athletic Training, Student Development, Life Skills, Compliance, Pirate Club, Equipment, and Media Relations.

When a student-athlete has a scheduled off day, athletics staff/coaches cannot require student-athletes to participate in any required athletically related activity (RARA). This includes, but not limited to: practice, competition, strength and conditioning workouts, promotional activities, community service activities, life-skills/team-building activities, travel to-and-from an away competition, and student host duties.

- *Exceptions:*
  - *Health and medical activities (e.g., medical evaluations or treatment for prevention and/or rehabilitation of injuries);*
  - *Activities that are academically related (e.g., meetings with academic advisor, tutoring sessions) are permitted on the days off;*
  - *Required life-skills activities that involve multiple sports and are formally organized by the athletics department (e.g., life skills department, athletics director's office) are permitted on a student-athlete's day off; and*
  - *Team meals with no athletic meeting attached to it (e.g., training table, occasional meal).*

An institution shall conduct an annual review of each sport's student-athlete time management plan. The institution's director of athletics (or designee), faculty athletics representative, the sport's head coach and at least one student-athlete representative shall be involved in the review. The review shall include, at a minimum, an evaluation of the extent to which the student-athletes were free from all athletically related activities, other than those initiated by student-athletes, during the required eight-hour overnight period and all required days off. The findings of each annual review shall be reviewed by the Chancellor.

If a student-athlete has questions or concerns regarding his/her sport's TMP, he/she should contact the Compliance Office or sport administrator.

For more information regarding TMP rules, student-athletes can review their signed TMP Rules Acknowledgment form in "My Completed" forms or the TMP resource in Teamworks > Files > Organization > Compliance.

#### 6. Seasons of Eligibility / Five-Year Clock

Student-Athletes have four years of eligibility to compete in each sport within a five-year clock. All student-athletes' athletic participation is monitored by the coaching staff, media relations department, and compliance office. If a student-athlete is concerned about his/her five-year clock and/or participation records, he/she should contact the Compliance Office.

A student-athlete utilizes a season of competition if, at any time during an academic year, he/she represents the institution in competition against individuals not on the institution's team. Any competition during a season, regardless of the amount of time spent, counts as one season of competition in that sport. For example: one play, one second on the clock, one at bat will count as one season of competition.

#### Five-Year Clock Defined

A student-athlete's five-year clock begins when he/she enrolls full-time in a regular term at any collegiate institution (four-year or two-year, domestic or foreign).

#### Redshirt Defined

If a student-athlete never competes during the season, this is known as a "redshirt" season.

Football Only - Beginning August 1<sup>st</sup>, 2018, football student-athletes may compete in four or less contests during the season without using a year of eligibility. The competitions during the season do not need to be consecutive and the student-athlete can be any year (e.g., freshman, junior). This is considered the "football redshirt rule".

- *This legislation cannot be applied retroactively for student-athletes who competed in less than four games in a season before fall 2018.*

#### Medical Hardship Waiver

If a student-athlete suffers an incapacitating injury during the first half of his/her championship season and only competed in 30% of the season (or less), the student-athlete may qualify for a medical hardship.

In order to have the medical hardship be reviewed/approved, the sport's Athletic Trainer is required to submit the Medical Hardship Request Form to the Compliance Office. The Compliance Office will work with Athletic Training and the coaching staff to ensure all required documentation is submitted.

The AAC will confirm final approval for all medical hardships. If approved, the student-athlete will receive that year of eligibility back and the Compliance Office will update all internal participation records.

#### Extension of Five-Year Clock Waiver

If a student-athlete has two seasons within his/her five-year clock in which he/she could not compete because of documented circumstances beyond the student-athlete's control, the Compliance Office may submit an extension of eligibility waiver on behalf of the student-athlete.

Circumstances considered to be beyond the control of the student-athlete or the institution and do not cause a participation opportunity to be used shall include, but are not limited to, the following:

- Situations clearly supported by contemporaneous medical documentation, which states that a student-athlete is unable to participate in intercollegiate competition as a result of incapacitating physical or mental circumstances;
- The student-athlete is unable to participate in intercollegiate athletics as a result of a life-threatening or incapacitating injury or illness suffered by a member of the student-athlete's immediate family, which clearly is supported by contemporaneous medical documentation;
- Reliance by the student-athlete upon written, contemporaneous, clearly erroneous academic advice provided to the student-athlete from a specific academic authority from a collegiate institution regarding the academic status of the student-athlete or prospective student-athlete, which directly leads to that individual not being eligible to participate and, but for the clearly erroneous advice, the student-athlete would have established eligibility for intercollegiate competition;
- Natural disasters (e.g., earthquake, flood); and
- Extreme financial difficulties as a result of a specific event (e.g., layoff, death in the family) experienced by the student-athlete or by an individual upon whom the student-athlete is legally dependent, which prohibit the student-athlete from participating in intercollegiate athletics. These circumstances must be clearly supported by objective documentation (e.g., decree of bankruptcy, proof of termination) and must be beyond the control of the student-athlete or the individual upon whom the student-athlete is legally dependent.

### **COVID-19 Season of Competition Waiver**

The NCAA adopted a blanket waiver for spring 2020 spring sport student-athletes and fall 2020- spring 2021 fall/winter sport student-athletes which allows their season not to count against their four years of eligibility.

Spring Sports – Fall 2019 - **Spring 2020** Season will not count as a year of eligibility used.

- These sports include baseball, softball, lacrosse, outdoor track, golf and tennis

Fall / Winter Sports – **Fall 2020** – Spring 2021 Season will not count as a year of eligibility used.

- These sports include football, cross-country, soccer, volleyball, basketball, indoor track, and swimming/diving

### **COVID-19 Extension Waiver**

The NCAA adopted a blanket waiver which allows institutions to self-apply extensions of eligibility for spring 2020 **spring** sport student-athletes and fall 2020 **fall** sport student-athletes who are unable to compete or who qualify for a season of competition waiver due to the COVID-19 pandemic. For fall 2020- spring 2021 fall/winter sport student-athletes, this waiver is also approved if the fall sport student-athlete opts-out of participation during the fall 2020 season due to concerns of contracting COVID-19.

### **7. Outside Competition**

**All student-athletes must seek approval from their Head Coach and Compliance Office before competing as an individual unattached or with any outside team (outside of their ECU Athletics team). All outside competition forms are available in Teamworks > Forms > Perpetual.**

**A student-athlete who participates during the academic year as a member of any outside team in any non-collegiate, amateur competition becomes ineligible for intercollegiate competition in that sport for the remainder of the year and**

for the next academic year.

*Exceptions - All Sports Except Basketball:*

- A student-athlete may compete outside of the institution's declared playing and practice season as a member of an outside team in any non-collegiate amateur competition during any official vacation period (e.g., summer) published in the institution's catalog.
- In the following sports, an outside team may not include more than the following number of student-athletes from the same institution.

Outside Competition Student-Athlete Limitation		
Sport	Other Vacation Periods	Summer Limitations
Baseball	Not more than 4	Not more than 4
Cross-Country	Not more than 2	During summer - no limits
Football	Not more than 5	Not more than 5
Golf	Not more than 2	During summer - no limits
Lacrosse	Not more than 5	Not more than 5
Soccer	Not more than 5	Not more than 5
Softball	Not more than 4	Not more than 4
Track & Field	Not more than 7	During summer - no limits
Volleyball	Not more than 2	Not more than 2

**Basketball**

A basketball student-athlete who participates in any organized basketball competition except while representing the institution in intercollegiate competition in accordance with the permissible playing season becomes ineligible for any further intercollegiate competition in basketball.

- Basketball Summer League Exception (bylaws 17.31.4.1 & 17.31.4)  
A basketball student-athlete may compete during the period between June 15 and August 31 or the institution's opening day of classes, whichever comes earlier, on a team in a league certified per Bylaw 17.31.4.1, provided the student-athlete has received written permission from the Compliance Office prior to participation in the league. If the student-athlete is transferring and has been officially accepted for enrollment in a second institution, and if the previous institution certifies that the student has withdrawn and does not intend to return to that institution for the next term, this written permission is to be obtained from the member institution to which the student-athlete is transferring.
  - The summer league must be certified by the NCAA.
  - Geographical Limitation - League play shall be within 100 air miles of the city limits of the student-athlete's official residence at the end of the previous academic year or the institution the student-athlete last attended as a regular student. If a league does not exist within 100 air miles of the student-athlete's residence, a student-athlete may participate in the summer league located closest to the student's official residence;
  - Player Limitations - Number From Any One College - Each team shall include on its roster not more than two players with intercollegiate basketball eligibility remaining from any two-year or four-year college (other than a Division II or Division III member institution).



- One Team, One League - All Division I student-athletes must limit their competition to one team in one league.
- Basketball Other Exceptions:
  - Puerto Rico Superior Basketball League - A student-athlete who is a resident of Puerto Rico may participate in the Superior Basketball League of Puerto Rico.
  - United States vs. U.S. National Teams - A student-athlete may participate in the United States against U.S. national teams.
  - Outside-Team Tours - A student-athlete may participate in an outside team summer foreign basketball tour.
  - Basketball Draft Combine. A student-athlete using the draft exception set forth in Bylaw 12.2.4.2.1 may participate in a draft combine sponsored by a professional sports organization (during the summer or academic year), provided the student-athlete has received written permission from the institution's director of athletics.

**Other Exceptions – All Sports (17.31.3):**

The following exceptions to the outside-competition regulations are permitted:

- a) High School or Two-Year College All-Star Contests. A student-athlete may compete in a high school or two-year college all-star contest during the summer prior to initial full-time enrollment in a regular term at the institution.
- b) High School Alumni Game. A student-athlete may compete in one game a year involving participants from the student-athlete's former high school and its alumni team. In sports other than basketball, this game must take place during an official vacation period of the institution's academic year.
- c) Olympic Games. A student-athlete may participate in the official Olympic Games, in final tryouts that directly qualify competitors for the Olympic Games, and in officially recognized competition directly qualifying participants for final Olympic Games tryouts.
- d) Official Pan American Games Tryouts and Competition. A student-athlete may participate in official Pan American Games tryouts and competition.
- e) U.S. National Teams. A student-athlete may participate in official tryouts and competition involving national teams and junior national teams sponsored by the appropriate national governing bodies of the U.S. Olympic Committee (or, for the student-athletes representing another nation, the equivalent organization of that nation or, for student-athletes competing in a non-Olympic sport, the equivalent organization of that sport).
- f) Official World Championships, World University Games (Universiade), World University Championships and World Cup Tryouts and Competition. A student-athlete may participate in official World Championships, World University Games (Universiade), World University Championships and World Cup tryouts and competition.
- g) Multisport Events. A student-athlete may participate in officially recognized state and national multisport events.

**Unattached Competition – Individual Sports (Golf, Track & Field/Cross-Country, Tennis, and Swimming & Diving)**

It is permissible for a student-athlete to participate in outside competition as an individual during the academic year in the student-athlete's sport, as long as the student-athlete represents only himself or herself in the competition and does not engage in such competition as a member of or receive expenses from an outside team.

**Student-Athletes who would like to compete unattached are required to seek approval via the Unattached Competition Request form in Teamworks.**

**8. Amateurism**

An individual loses amateur status and thus shall not be eligible for intercollegiate competition in a particular sport if the individual:

- a) Uses his or her athletics skill (directly or indirectly) for pay in any form in that sport;

- b) Accepts a promise of pay even if such pay is to be received following completion of intercollegiate athletics participation;
- c) Signs a contract or commitment of any kind to play professional athletics, regardless of its legal enforceability or any consideration received, except as permitted in Bylaw 12.2.5.1;
- d) Receives, directly or indirectly, a salary, reimbursement of expenses or any other form of financial assistance from a professional sports organization based on athletics skill or participation, except as permitted by NCAA rules and regulations;
- e) Competes on any professional athletics team per Bylaw 12.02.12, even if no pay or remuneration for expenses was received, except as permitted in Bylaw 12.2.3.2.1;
- f) After initial full-time collegiate enrollment, enters into a professional draft (see Bylaw 12.2.4); or
- g) Enters into an agreement with an agent.

#### Required Eligibility Center Task – All Sports:

Prior to engaging in practice or competition, a student-athlete shall receive a final certification of amateur status based on activities that occur prior to his or her request for final certification or initial full-time enrollment at an NCAA Division I or II institution (whichever occurs earlier).

- If a prospective student-athlete reports for athletics participation before the student's amateur status has been certified, the student may practice, but not compete, for a maximum period of 45 days. After this period, the student shall have his or her amateur status certified to continue to practice or to compete.

#### 9. Agents

An agent is any individual who, directly or indirectly:

- a) Represents or attempts to represent an individual for the purpose of marketing his or her athletics ability or reputation for financial gain; or
- b) Seeks to obtain any type of financial gain or benefit from securing a prospective student-athlete's enrollment at an educational institution or from a student-athlete's potential earnings as a professional athlete.

An agent may include, but is not limited to, a certified contract advisor, financial advisor, marketing representative, brand manager or anyone who is employed or associated with such persons.

**Student-Athletes may meet with and have contact with agents; however, they should contact the Compliance Office or their Agent Contact on their coaching staff before continuing any contact. The Compliance Office along with the Agent Contact for the student-athlete's sport will confirm the agent is certified properly.**

#### All Sports – AGENTS & HOW THEY IMPACT ELIGIBILITY

You will become automatically ineligible for participation under NCAA regulations by entering into a verbal or written agreement now or in the future with an agent for representation in further professional sports negotiations prior to the completion of intercollegiate athletic eligibility.

Furthermore, you will become automatically ineligible by accepting money, transportation or other benefits from any person who wishes to represent you in the marketing of your athletic ability. This prohibition against receipt of benefits includes relatives and friends as well.

Securing advice from a lawyer concerning a professional sports contract is permissible, but the lawyer may not represent you in negotiations for such a contract. A lawyer may not be present during discussions of a contract offer with a professional organization or sports organization on your behalf. A lawyer's presence during such discussions is considered representation by an agent.

### Men's Basketball – Exceptions

In men's basketball, any individual who solicits a prospective or enrolled student-athlete to enter into an agency contract or attempts to obtain employment for an individual with a professional sports team or organization or as a professional athlete must be certified and maintain active certification per the policies and procedures of the NCAA agent certification program.

After the conclusion of the playing season, a men's basketball student-athlete who has requested an evaluation from the NBA Undergraduate Advisory Committee may be represented by an NCAA-certified agent. (12.3.1.2.2) An enrolled student-athlete is not required to compensate an NCAA-certified agent for his or her services.

- 12.3.1.2.3.1 Expenses Before Agreement. [A] Before signing a written agreement with an NCAA-certified agent, a prospective or enrolled student-athlete (and his family members) who is eligible to be represented by an NCAA-certified agent may receive transportation and meals from an NCAA-certified agent in the locale where the prospective or enrolled student-athlete is located (e.g., locale of home or institution) in conjunction with the process to select an agent.
- 12.3.1.2.3.2 Expenses After Agreement. [A] After signing a written agreement with an NCAA-certified agent, the agent may provide the prospective or enrolled student-athlete (and his family members) with transportation, lodging and meals associated with meeting with the agent or a professional team.
- 12.3.1.2.4 No Missed Class Time. [A] A prospective or enrolled student-athlete shall not miss class in conjunction with the agent selection process or to meet with an agent or professional team.
- 12.3.1.2.5 Written Agreement. [A] An agreement between a prospective or enrolled student-athlete and an NCAA-certified agent shall be in writing. An agreement that involves a prospective student-athlete shall be disclosed to the NCAA national office. An agreement that involves an enrolled student-athlete shall be disclosed to his institution. If a high school prospective student-athlete does not sign a contract with a professional team, the agreement must be terminated before full-time enrollment. **If an enrolled student-athlete or two-year college prospective student-athlete does not sign a contract with a professional team, the agreement must be terminated before full-time enrollment in the ensuing regular academic term.**
- **If the agent agreement is terminated, the All Sport Agent rules apply (listed above). The agent cannot continue providing expenses and the student-athlete cannot enter into an oral or written agreement with an agent for representation in future professional sports negotiations that are to take place after the individual has completed his or her eligibility in that sport.**

### 10. Draft

**If a student-athlete is interested in entering his/her name in a professional draft, it is strongly encouraged that the student-athlete discusses this process with his/her Head Coach, Compliance Office and/or Sport Administrator.**

After initial full-time collegiate enrollment, an individual loses amateur status in a particular sport when the individual asks to be placed on the draft list or supplemental draft list of a professional league in that sport, even though:

- a) The individual asks that his or her name be withdrawn from the draft list prior to the actual draft;
- b) The individual's name remains on the list but he or she is not drafted; or
- c) The individual is drafted but does not sign an agreement with any professional athletics team.

#### Men's Basketball Exception

In men's basketball, an enrolled student-athlete may enter the National Basketball Association's draft each year during his collegiate participation without jeopardizing eligibility in that sport, provided:

- a) The student-athlete requests an evaluation from the National Basketball Association's Undergraduate Advisory Committee before entering the draft;
- b) The student-athlete requests that his name be removed from the draft list and declares his intent to resume intercollegiate participation not later than 10 days after the conclusion of the NBA draft combine;
- c) The student-athlete's declaration of intent is submitted in writing to the institution's director of athletics; and
- d) The student-athlete is not drafted.

#### Women's Basketball Exception

In women's basketball, an enrolled student-athlete may enter a professional league's draft one time during her collegiate career without jeopardizing eligibility in that sport, provided the student-athlete is not drafted by any team in that league and the student-athlete declares her intention to resume intercollegiate participation within 30 days after the draft. The student-athlete's declaration of intent shall be in writing to the institution's director of athletics.

#### Football Exception

In football, an enrolled student-athlete (as opposed to a prospective student-athlete) may enter the National Football League draft one time during his collegiate career without jeopardizing eligibility in that sport, provided the student-athlete is not drafted by any team in that league and the student-athlete declares his intention to resume intercollegiate participation within 72 hours following the National Football League draft declaration date. The student-athlete's declaration of intent shall be in writing to the institution's director of athletics.

#### Exception – Sports Other than Basketball & Football

An enrolled student-athlete in a sport other than basketball or football may enter a professional league's draft one time during his or her collegiate career without jeopardizing his or her eligibility in the applicable sport, provided the student-athlete is not drafted and within 72 hours following the draft he or she declares his or her intention to resume participation in intercollegiate athletics.

### 11. Extra Benefits

A student-athlete will jeopardize his/her eligibility if a booster/donor, fan, business, professor, etc., provides him/her with any kind of special benefit.

Examples of Extra Benefits:

- Free or reduced cost merchandise;
- Free or special discounts for goods/services (e.g., discounted hotel rate or car repair);
- Cash or loans from someone other than their family members;
- Free or discounted meals, transportation,
- Complimentary tickets;
  - Boosters should not be inviting student-athletes or their family members to specialty seating in the stadiums/arenas.
- Gifts or gift cards; and/or
- Any item of value.

If the free or discounted product or service is available to the public, all college students, or the ECU student body, then this is permissible for an ECU student-athlete to accept.

If a student-athlete has a pre-established relationship with an ECU donor, the donor or student-athlete should notify the Compliance Office immediately.

#### 12. Hosting Prospects During Visits / Official Visit Regulations

Student-athletes may be selected to assist with the recruiting process by hosting prospective student-athletes on their official/unofficial visits.

- Student-athletes cannot be required to host prospects during their required off-day.
- During an official visit, a student host may be provided cash to entertain only the student-athlete host, the prospect, and the prospect's family members. A maximum of \$75 per day (24-hour period) or \$150 total for a two-night official visit may be provided.
- No cash may be given to the visiting prospect or anyone else.
- No ECU apparel, gear, or shoes can be given to the prospect.
- Only one host per prospect may be provided a free meal if restaurant facilities are utilized.
- Entertainment funds may not be used to purchase gifts or souvenirs for the prospect (e.g., t-shirts or institutional mementos).
- The use of vehicles provided or arranged for by any institutional staff member or booster of the athletics department is prohibited.
- The prospect or anyone accompanying the prospect may not be transported more than 30-miles from the main campus.
- Conversations should not occur on or off-campus between the prospect and a booster of the athletics program. If an unplanned meeting occurs, only an exchange of greetings is permissible.
- The prospect may participate in physical workouts or other recreational activities during the visit, provided such activities are not observed by the coaching staff and are not designed to test the athletics abilities of the prospect.
- The student host may receive complimentary admission (not a hard ticket) when accompanying a prospect to a campus athletics event.
- Hosting prospects is not an excuse to miss class, academic meetings, etc.
- The use of alcoholic beverages and drugs is strictly prohibited.
- Engaging in gambling/sport wagering activity is strictly prohibited.

- Involvement in any activity that violates criminal law is strictly prohibited.
- Sexual activities are strictly prohibited.
- The student host cannot stay in the prospect's hotel room.
- If a PSA or his/her parent gives a student-athlete a gift of any kind, please notify the Compliance Office immediately.

### 13. Complimentary Admissions / Ticket Distribution

As of August 2019, the only ticketed sports at ECU are Football, M/W Basketball, Baseball, and Softball.

**Complimentary tickets provided by ECU Athletics cannot be sold, exchanged, or assigned for another item of value.**

#### All Student-Athletes – Tickets to ECU sports when they are not a participant

Student-athletes may request for ECU athletics tickets the same way that ECU students do. For more information regarding student ticket information, review [HERE](#).

#### Family Members of Student-Athletes

**Per NCAA rules, ECU Athletics is not permitted to provide complimentary tickets to family members of student-athletes attending an ECU home athletics event in which the student-athlete is not a participant.** *Example – It is not permissible for soccer parents to receive complimentary tickets from ECU athletics to attend a home ECU Football game.*

- *Exception:* On a case-by-case basis, ECU Athletics may provide a maximum of four complimentary admissions to a student-athlete for an institution's game or event during which a student-athlete is being honored but not participating, provided such complimentary admissions are used by the student-athlete's family members.

#### Student-Athletes Who Participate in Ticketed Sports

ECU Athletics may provide four complimentary admissions per home or away event to a student-athlete with eligibility remaining in the sport in which the individual participates (either practices or competes), regardless of whether the student-athlete competes in the contest.

ECU Athletics may provide each student-athlete who participates in or is a member of a team participating in a postseason event (e.g., conference championship, NCAA championship, National Invitation Tournament, bowl game) with six complimentary admissions to all contests at the site at which the student (or team) participates.

**ECU Athletics, the Head Coach, or Sport Administrator may reduce a student-athlete's complimentary tickets at regular or post-season events if the student-athlete violates an ECU, AAC, NCAA, or team rule/policy.**

#### Process of Requesting Tickets

Student-athletes will log into their [Front Rush](#) account to request their complimentary tickets.

- From the home screen, they will click on **Update Complimentary Guest List**.
- Input guest information (name, address, relationship, etc.).
- Compliance will then review the added guests and either approve/not approve the guests.
  - Student-athletes can check the status of their guests to see if Compliance has approved/not approved by logging into Front Rush and checking the approved status by the guest name.

- Once a guest is approved by Compliance, this guest does not need to be approved again.
- d. If all guests are approved, the student-athlete will then click on **Request Complimentary Tickets**. Click on the game they want to request tickets for and input their approved guest names.
- Student-athletes may add guests to any future game in the current season.

If a student-athlete is not using his/her complimentary tickets, he/she may transfer their unused complimentary tickets to a teammate eligible to receive complimentary tickets.

**The DEADLINE to add approved guests to a HOME game is 11:59 PM the evening before. There are no exceptions. Example - If the game is scheduled for 8/25/2019. The deadline to add guests is 8/24/2019 at 11:59 PM for HOME GAMES. The DEADLINE to add approved guests for AWAY games is by 9:00 am the day before the game.**

#### 14. Notification of Transfer Process

The Compliance staff is always available to answer any questions about the NCAA transfer rules and the transfer process in general.

If a student-athlete is considering transferring from ECU, we strongly encourage that the student-athlete discusses his/her desire to transfer (and the potential consequences of providing written notification of transfer) with his/her parents/legal guardians/family members and Head Coach prior to taking any formal action.

#### Transfer Portal Request Process

Student-athletes cannot make contact, directly or indirectly, with a coaching staff of another NCAA Division I, II, III, or NAIA institution (and vice-versa) without first obtaining authorization through the notification of transfer process.

Written notification of intent to transfer will NOT be considered to have occurred unless such notification is sent directly to the Compliance Office using the Transfer Portal Request Form which is available via your Teamworks account under forms > perpetual. All other forms of communication will not be considered as written notification of intent to transfer.

Upon receipt of written notification, the Compliance Office must enter the student-athlete's information into the NCAA Transfer Portal within two business days of receipt. The student-athlete will receive an email notification confirming he/she is added to the NCAA Transfer Portal. Once entered into the database by the Compliance Office, the student-athlete is free to engage in recruiting conversations with any institution they choose.

#### One-Time Transfer Exception

While ECU does not have the ability to restrict the institutions with which a student-athlete may have contact, ECU still maintains the legislative authority to grant or deny an exception to the transfer-residence requirement (if applicable). The Head Coach and Sport Administrator will determine if the one-time transfer exception is granted for the student-athlete via the Transfer Portal Request Form.

If the HC and Sport Administrator deny the one-time transfer exception, the Compliance Office will inform the student-athlete in writing via email that he or she, upon written request, shall be provided a hearing conducted by an institutional entity or committee outside the athletics department.

- The institution shall conduct the hearing and provide written results of the hearing to the student-athlete within **15 business days** of receipt of the student-athlete's written request for a hearing. The student-athlete shall be provided the opportunity to actively participate (e.g., in person, via telephone) in the hearing. If the institution fails to conduct the hearing or provide the written results via email to the student-athlete within 15 business days, the release shall be granted by default and the institution shall provide a written release to the student-athlete.

It is important to note a student-athlete can transfer even without the transfer release from the institution. However, in order to be immediately eligible for competition in certain sports, a one-time transfer release must be granted.

#### American Athletic Transfer Policy Reminder

AAC Intraconference Transfer Rules continue to apply. Contact the compliance office for questions regarding the intra-conference transfer policy.

#### Expiration/Withdrawal from NCAA Transfer Portal

A student-athlete's notification of transfer expires at the time in which he or she withdraws the notification or begins classes at his or her original institution or another institution during the subsequent academic year (fall term).

In accordance with ECU transfer policy, withdrawal of written notification of intent to transfer will NOT be considered to have occurred unless such notification is sent directly to the Compliance Office via email to [AthleticsCompliance@ecu.edu](mailto:AthleticsCompliance@ecu.edu). All other forms of written communication will not be considered as withdrawal of written notification of intent to transfer.

The Student-athlete will receive email confirmation if he/she has been withdrawn from the transfer portal.

#### **Athletic Aid & Roster Status Implication**

In conjunction with the implementation of the written notification of transfer process, the NCAA also amended NCAA Bylaw 15.3.5.1 Reduction, Cancellation or Nonrenewal Permitted.

Specifically, ECU is permitted to REDUCE or CANCEL athletics aid at the end of the regular academic term in which written notification of transfer is received if a student-athlete provides written notification of transfer to ECU. Example: If a student-athlete enters the transfer portal on October 1<sup>st</sup>, his/her athletic aid may be reduced/cancelled for the next term - spring term.

If a student-athlete provides written notification of transfer to ECU between regular academic terms (winter break or summer break) ECU may REDUCE or CANCEL the athletics aid IMMEDIATELY.

Additionally, your Head Coach is not required to keep you on his/her roster if you submit the Transfer Portal Request Form at any time during the academic year or summer. If the Head Coach removes the student-athlete from the roster, the roster removal process will be followed, and the student-athlete will be notified via email when the official roster removal has occurred. The email attachment will have a description of services and benefits (e.g., academic support services, access to athletics facilities) that will or will not be provided to the student-athlete being removed from the team.

#### 15. Roster Removal Process

A roster change occurs when:

- A student-athlete may quit or withdraw/transfer from the University;
- A Head Coach (HC) cuts/dismisses the student-athlete from the team;
- A student-athlete exhausts eligibility in his/her sport; or
- A student-athlete graduates at the conclusion of the term, and does not return.

The HC may cut/dismiss a student-athlete from the team at any time during the academic year or vacation period. If the student-athlete would like to quit his/her athletic team or withdraw from the University, he/she should notify the HC or Sport Administrator.



All roster removals should be reported by the HC (or designee) on an official Teamworks Roster Change Form as soon as there is a change.

It is recommended that a meeting is held with the HC and Student-Athlete before the HC (or designee) submits the roster change form in Teamworks.

The HC determines if the student-athlete may keep his/her athletic aid (if applicable) and if he/she will have access to ECU Athletic Facilities (e.g., weight room, locker room) and Athletic Support Services (e.g., Athletic Training, Student Development).

The Sport Administrator is required to sign the Roster Change Form after the HC. The Sport Administrator may make changes to any completed form. *For example, the Sport Administrator may change the access to support services.*

The Sport Administrator is recommended to meet with the student-athlete being removed from the roster before signing the form. If the Sport Administrator cannot meet with the student-athlete, he/she should document the attempt in the comment section of the roster change form. The time/date and how the attempt was made (e.g., email/phone/text) should be noted under “comment” on the form.

After the HC, Sport Administrator, and Compliance sign the form, the Compliance Office will send a PDF copy of the finalized form to the student-athlete’s ECU email address. The finalized form will have a description of services and benefits (e.g., academic support services, access to athletics facilities) that will or will not be provided to the student-athlete being removed from the team. After receiving the email notification from the Compliance Office, the student-athlete may ask questions and/or request to meet with the HC, Sport Administrator, or Compliance.

**There is no appeals process if a roster removal occurs.**

Once a student-athlete is removed from the roster, he/she is no longer eligible for practice, competition, or competition travel at ECU.

**If the Student-Athlete is removed from the roster, but still receiving athletic aid, he/she must continue to abide by all NCAA, AAC and ECU policies. Failure to comply with these requirements may lead to a cancellation of any athletics aid now or in the future.**

## 16. Student-Athlete Employment

Student-athletes are permitted to work throughout the academic year and vacation periods (e.g., summer). The student-athlete reports his/her employment (summer/academic year) to the Compliance Office through a Student-Athlete Employment Form available in Teamworks. This includes employment at camps/clinics and personal business opportunities.

Earnings from a student-athlete’s on/off-campus employment that occurs at any time is exempt and is not counted in determining a student-athlete’s full grant-in-aid or in the institution’s financial aid limitations.

**The student-athlete and the employer must comply with all NCAA student-athlete employment rules:**

- **The student-athlete is to be compensated only for work actually performed;**
- **The student-athlete is to be compensated at a rate commensurate with the going rate in the locality for similar services;**
- **The student-athlete will not receive any benefits and/or perks not provided to all employees in his/her job title/description;**

- **Compensation does not include any remuneration for value or utility that the student-athlete may have for the employer because of the publicity, reputation, fame or personal following that he or she has obtained because of athletics ability; and**
- **Upon request, the employer and student-athlete will make available for review and inspection by the Compliance Office, copies of all documents, earnings statements, and other records related to the employment.**

#### Camps/Clinics

Student-athletes may work institutional and private camps/clinics; however, student-athletes cannot conduct their own camp/clinic.

#### Fee-for-Lesson Instruction

A student-athlete may receive compensation for teaching or coaching sport skills or techniques in his or her sport on a fee-for-lesson basis, provided:

- Institutional facilities are not used;
- Playing lessons shall not be permitted;
- The compensation is paid by the lesson recipient (or the recipient's family member) and not another individual or entity;
- Instruction to each individual is comparable to the instruction that would be provided during a private lesson when the instruction involves more than one individual at a time; and
- The student-athlete does not use his or her name, picture or appearance to promote or advertise the availability of fee-for-lesson sessions.

#### Personal Businesses

**If a student-athlete owns/operates his/her personal business (e.g., photography business), he/she is required to notify the Compliance Office.** The Compliance Office will educate the student-athlete regarding the permissible ways to promote and operate his/her personal business. At times, an NCAA waiver may be necessary for a student-athlete to start/continue his/her personal business.

#### 17. Athletics Financial Aid

NCAA has specific regulations regarding the receipt of financial aid and the amount of aid a student-athlete may receive. A student's scholarship will be based upon the calculation of a Full Cost of Attendance which is an amount calculated by an institutional financial aid office, using federal regulations, that includes the total cost of tuition and fees, room and board, books and supplies, transportation, and other expenses related to attendance at the institution.

- **A student-athlete shall not be eligible to participate in intercollegiate athletics if he or she receives financial aid that exceeds the value of the cost of attendance.**

As per NCAA rules (Bylaw 15.01.3), any student-athlete who receives financial aid other than that administered by the student-athlete's institution shall not be eligible for intercollegiate athletics competition, unless it is specifically approved under the Association's rules of amateurism (see Bylaw 12) or the aid is:

- Received from one upon whom the student-athlete is naturally or legally dependent; or
- Awarded solely on bases having no relationship to athletics ability; or
- Awarded through an established and continuing program to aid students under the conditions listed in Bylaw 15.2.6.4.

#### Aid Outside of ECU Athletics

Student-athletes are required to report to ECU Compliance any financial aid that he/she receives from a source other than ECU Athletics.

An Outside Aid form should be submitted to the Compliance Office if a student-athlete has any form of outside aid [outside of ECU]. The form should be mailed to the Athletics Compliance Office or emailed to [AthleticsCompliance@ecu.edu](mailto:AthleticsCompliance@ecu.edu). This may include, but not limited to: local high school scholarship, church scholarship, essay contest, etc.

Any ECU institutional awards should be reported to the Compliance Office. The student-athlete can email [AthleticsCompliance@ecu.edu](mailto:AthleticsCompliance@ecu.edu) with his/her name, Banner ID, and institutional award name(s) and amount(s). These awards may include, but not limited to: ECU Honors College, Beacon Scholarship, ECU Legacy Award, ECU Academic Award, etc.

The Compliance Office will need to determine if the outside scholarship or ECU institutional scholarship is exempt from the NCAA financial aid limits. The Compliance Office will also ensure that the student-athletes does not go over the full cost-of- attendance.

Student-athletes do not need to report to ECU if financial aid is received from anyone upon whom you are naturally or legally dependent [parents/legal guardians].

#### Athletic Grant-In-Aid

An athletic scholarship is financial aid awarded to a student-athlete based on his/her athletic ability. An athletic scholarship may be awarded for one academic year or for multiple years. It is permissible for the Head Coach and Director of Athletics to recommend that a student-athlete's athletic scholarship not be renewed or be reduced for the subsequent semester/academic year. Renewal of athletic aid is not guaranteed.

#### Renewal

All student-athletes whose athletic scholarships are to be renewed, reduced, or not renewed for the ensuing academic year will be notified prior to July 1st.

The ECU Office of Financial Aid will send renewal statements via email to the student-athlete's ECU email address.

The statement will read as follows:

#### **Subject: Renewal of Athletic Aid**

Dear Student-Athlete;

It is a pleasure to inform you that East Carolina University has renewed your athletics award for the **2021-22** academic year.

To view your financial aid award, log onto ECU Pirate Port at: <https://pirateport.ecu.edu/connect>

Then follow the steps below:

1. Select the Tools Tab
2. Select the Banner Self-Serve option
3. Select the Financial Aid option
4. Select the Award option
5. Select the Award for Aid Year.

The grant-in-aid is awarded under the rules of the American Athletic Conference (AAC) and the National Collegiate Athletic Association (NCAA). By those rules, an athletics scholarship is awarded for only one academic year unless

otherwise indicated on your Athletic Scholarship Agreement. Further, this ECU athletics scholarship does not guarantee summer school athletic aid or fifth year athletic aid.

You should understand that if you withdraw from the university or are suspended from the University, your award will be cancelled and the renewal of your award when you return to the University is not guaranteed. You should also be aware that your athletics scholarship may be immediately reduced or cancelled if you (a) render yourself ineligible for intercollegiate competition; (b) fraudulently misrepresent any information on an application, letter of intent or financial aid agreement; (c) engage in serious misconduct warranting substantial disciplinary penalty; (d) voluntarily (on your own initiative) withdraw from your sport at any time for personal reasons; (e) violate a nonathletically related condition outlined in the financial aid agreement or violate a documented institutional rule or policy (e.g., academics policies or standards, athletic department, or team rules or policies); or (f) provide written notification of transfer\* to the appropriate Athletics Department Administrator.

\*If the student-athlete provides written notification of transfer, the student-athlete's financial aid may not be reduced or canceled until the end of the regular academic term in which written notification of transfer is received. If a student-athlete provides written notification of transfer to the institution between regular academic terms (winter break, summer break) the institution may reduce or cancel the financial aid immediately.

NCAA regulations restrict the total amount of financial aid a student-athlete and the sports team may receive. We will keep track of all aid awarded by ECU, **but if you receive other aid, you are expected to notify both your coach and the Office of Student Financial Aid so that you can maintain eligibility.** If you have questions about financial aid, you may contact me or the Office of Compliance.

If you receive financial aid in an amount that exceeds what you owe to the University for tuition & fees, room & board and/or other miscellaneous expenses, a refund will be issued to you.

**If emailing our office, please only use your official ECU email address and include your Banner ID.**

Sincerely,

Office of Student Financial Aid

East Carolina University

Mail Stop 510

2103 Old Cafeteria Complex

Greenville, NC 27858

Voice: 252-328-6610

Fax: 252-328-4347

[faques@ecu.edu](mailto:faques@ecu.edu)

[www.ecu.edu/financial](http://www.ecu.edu/financial)

Office Hours: 8:00am to 5:00pm Monday, Wednesday, Thursday, Friday

9:30am – 5:00pm on Tuesday

#### Summer School Aid

An athletics grant-in-aid is only for the academic year (regular fall and spring semesters at ECU). Therefore, student-athletes receiving an athletic scholarship CANNOT assume that their athletic grant-in-aid will cover summer school charges or off-campus expenses during the summer months. Summer School aid must be applied for and approved through Student Development, Athletics Administration, and Compliance. The request form will be made available as a PDF form early in the spring semester.

For questions regarding summer school aid, student-athletes should contact their Athletics Academic Coordinator.

#### Study Abroad Programs

An athletics grant-in-aid is only for the academic year (regular fall and spring semesters at ECU). Therefore, scholarship athletes CANNOT assume that their athletic scholarship will cover study abroad program expenses. Study abroad aid will be reviewed on a case-by-case basis. If a student-athlete is interested in applying to a study abroad program in the fall,

spring, and/or summer terms, he/she should contact his/her Head Coach and Athletics Academic Coordinator, who will then contact the Compliance Office and Sport Administrator.

#### Non-Renewal – After the Period of the Award

As per current NCAA rules, the Head Coach may award athletic aid for a one-year period, with no obligation to re-award the following year. If a student-athlete's athletics aid agreement does not clearly state "multi-year" agreement and list future academic years, the athletic aid agreement is only for one academic year.

It is possible that a student-athlete's athletic aid may not be renewed or may be reduced for the ensuing academic year for any reason.

The institution's regular financial aid authority shall notify the student-athlete in writing of the opportunity for a hearing when institutional financial aid based in any degree on athletics ability is to be reduced or not renewed for the following academic year or years. In the event that athletic aid is reduced or not renewed for the next academic year, the student-athlete will be mailed a notification in writing directly from the ECU Office of Financial Aid prior to July 1<sup>st</sup>. The letter from the Office of Financial Aid will detail the process and deadline by which the student-athlete can request a hearing before the Appeals Committee -- Faculty Senate Student Academic Committee. If the student-athlete wishes to appeal the nonrenewal decision, the student-athlete's request must be in writing and sent to the ECU Office of Financial Aid.

The institution is not required to notify exhausted eligibility student-athletes whether their athletic aid is renewed or nonrenewed for the following year.

#### Reduction or Cancellation Permitted - During the Period of Award (During the Academic Year)

Institutional financial aid based in any degree on athletics ability may be reduced or cancelled during the period of the award if the student-athlete:

- a) Renders himself or herself ineligible for intercollegiate competition;
- b) Fraudulently misrepresents any information on an application, letter of intent or financial aid agreement;
- c) Engages in serious misconduct warranting substantial disciplinary penalty, as determined by the institution's regular student disciplinary authority;
- d) Voluntarily (on his or her own initiative) withdraws from a sport (quits) at any time for personal reasons; however, the recipient's financial aid may not be awarded to another student-athlete in the academic term in which the aid is reduced or canceled;
- e) Violates a nonathletically related condition outlined in the financial aid agreement or violates a documented institutional rule or policy (e.g., academics policies or standards, athletics department or team rules or policies);  
or
- f) Provides written notification of transfer to the institution; however, the student-athlete's financial aid may not be reduced or canceled until the end of the regular academic term in which written notification of transfer is received. If a student-athlete provides written notification of transfer to the institution between regular academic terms (winter break, summer break) the institution may reduce or cancel the financial aid immediately.

**Fraudulent Misrepresentation:** If a student-athlete is awarded institutional financial aid on the basis of declaring intention to participate in a particular sport by signing a letter of intent, application or tender, action on the part of the grantee not to participate (either by not reporting for practice or after making only token appearances as determined by the institution) would constitute fraudulent misrepresentation of information on the grantee's application, letter of intent or financial aid agreement and would permit the institution to cancel or reduce the financial aid.

Misconduct: An institution may cancel or reduce the financial aid of a student-athlete who is found to have engaged in misconduct by the university's regular student disciplinary authority, even if the loss-of-aid requirement does not apply to the student body in general.

The institution's regular financial aid authority shall notify the student-athlete in writing of the opportunity for a hearing when institutional financial aid based in any degree on athletics ability is to be reduced or canceled during the period of the award. In the event that athletic aid is reduced or cancelled during the period of the award, the student-athlete will be mailed a notification in writing directly from the ECU Office of Financial Aid. The letter from the Office of Financial Aid will detail the process and deadline by which the student-athlete can request a hearing before the Appeals Committee -- Faculty Senate Student Academic Committee. If the student-athlete wishes to appeal the nonrenewal decision, the student-athlete's request must be in writing and sent to the ECU Office of Financial Aid.

#### Reduction or Cancellation **Not Permitted** - During the Period of the Award (During the Academic Year)

Institutional financial aid based in any degree on athletics ability may not be reduced or canceled during the period of its award (during the academic year):

- a) On the basis of a student-athlete's athletics ability, performance or contribution to a team's success;
- b) Because of an injury, illness, or physical or mental medical condition (except as permitted pursuant to Bylaw 15.3.5.1); or
- c) For any other athletics reason.

#### Fifth Year Aid

Athletics aid is not guaranteed in a student-athlete's fifth year of enrollment. This includes student-athletes with a year of eligibility remaining within the fifth year and student-athletes who have exhausted eligibility and did not graduate.

For student-athletes who did not graduate, but **exhausted eligibility**, he/she can apply for Post-Participation Athletic Aid. In order to officially apply, the student-athlete needs to contact his/her Head Coach and Academic Advisor. Then he/she will initiate completion of the Post-Participation Aid Request Form. The request is reviewed by the Student Development Office, Head Coach, Sport Administrator, Compliance Office and Associate Vice Chancellor/Budget & Athletics Fiscal Affairs. It is important to note that previous academic performance and adherence to the Student-Athlete Code of Conduct will be taken into consideration when determining if post-participation aid will be approved. **COST OF ATTENDANCE IS NOT INCLUDED IN POST-PARTICIPATION AID.**

#### Basketball Aid Requirement – Former Student-Athletes

As of August 1<sup>st</sup>, 2019, an institution that provides athletically related financial aid to basketball student-athletes shall provide, at a minimum, tuition and fees, and course-related books to a former basketball student-athlete who requests financial aid to complete his or her first baccalaureate degree, provided:

- The former student-athlete received athletically related financial aid while previously enrolled at the institution;
- Fewer than 10 years have elapsed since the former student-athlete's departure from the institution;
- The former student-athlete's most recent enrollment as a full-time student occurred at the institution;
- The former student-athlete was previously enrolled as a full-time student at the institution for a minimum of two academic years (four semesters or six quarters);
- The former student-athlete meets all institutional admissions and financial aid requirements;
- The former student-athlete has exhausted other available degree completion funding options (e.g., funds from a professional league or contract); and

- The former student-athlete is in good academic standing at the institution and meets NCAA and institutional progress-toward-degree requirements. This requirement applies to initial and continuing eligibility for degree completion funds.

#### Former Student-Athletes – All Sports

Former student-athletes who were on athletic aid and are interested in returning to ECU to complete his/her degree need to contact the current Head Coach, Sport Administrator, Compliance Office or Student Development Office. Then the former student-athlete will work with the Academic Coordinator to complete the Post-Participation Aid Request Form. As noted above in the Fifth Year Aid section, previous academic performance and adherence to the Student-Athlete Code of Conduct will be taken into consideration when determining if post-participation aid will be approved. COST OF ATTENDANCE IS NOT INCLUDED IN POST-PARTICIPATION AID.

#### Medical Noncounters

A student-athlete on athletic aid who becomes injured or ill to the point that he or she apparently never again will be able to participate in intercollegiate athletics may continue to receive his/her athletic aid agreement. Before a student-athlete is deemed a medical noncounter, the student-athlete must acknowledge he/she understands the following:

- He/she is no longer physically able to participate in college athletics at ECU because of his/her physical/mental condition.
- He/she has discussed the medical noncounter status with the coaching staff, athletics trainer, and agree that he/she should become medically disqualified for intercollegiate athletics here at ECU.
- That being medically disqualified means he/she cannot practice, workout, or compete for his/her team, effective immediately;
- That medical noncounters are subject to all NCAA, AAC, and ECU rules and policies just like any other student-athlete; and
- Athletic aid can be cancelled/reduced or non-renewed if NCAA, AAC, or ECU rules are violated.

#### 18. Awards/Apparel/Equipment

An item received for participation in intercollegiate athletics may not be sold or exchanged or assigned for another item of value. This means student-athletes with eligibility remaining and/or on athletic aid (e.g., medical noncounter) may not trade or sell their apparel, gear, equipment, or any other item provided to them by ECU Athletics, the AAC, or the NCAA.

#### 19. Competition Eligibility – Academic Requirements

##### **For Everyone (Freshmen through Fifth Years)**

- Student-Athletes are required to pass **6 degree applicable (DA)\* hours** of academic credit the preceding regular academic term (fall and spring semester). **\*During the first two years of enrollment, a student-athlete may use credits acceptable toward any of the institution's degree programs.** Hours earned during the summer may not be used to fulfill this requirement.
- Student-Athletes are required to successfully complete **18 credit hours** of academic credit since the beginning of his/her previous fall term or since the beginning of the certifying institution's preceding regular two semesters. Hours earned during the summer may not be used to fulfill this requirement. *[Effective 8/1/2019 – 18 credit hours do not need to be DA.]*

##### **For Sophomores (Entering 3rd Full -Time Semester)**

- Student-Athletes are required to successfully complete **24 semester hours** of academic credit prior to the start of his/her 3rd full-time semester. Hours earned during the summer preceding/following initial year of

enrollment may be used to fulfill this requirement.

- Student-Athletes must present at least a **1.80\*** cumulative GPA prior to the start of his/her 3rd semester. This equals at least 90% of the institution's overall cumulative grade-point average required for graduation (based on a 4.000 scale). **\*ECU requires all students to maintain a 2.0 GPA.**

#### **For Juniors (Entering 5th Full-Time Semester)**

- Student-Athletes are required to choose a major that leads to a specific baccalaureate degree by the beginning of his/her third year of enrollment.
- Student-Athletes are required to complete at least **40%** of his/her specific degree program prior to his/her 5th semester. Hours during the summer/winter mini terms and from transfer institutions may be used to meet this requirement.
- Student-Athletes must present at least a **1.90\*** cumulative GPA prior to the start of his/her 5th semester. This equals at least 95% of the institution's overall cumulative GPA required for graduation (based on a 4.000 scale). **\*ECU requires all students to maintain a 2.0 GPA.**

#### **For Seniors (Entering 7th Full-Time Semester)**

- Student-Athletes are required to complete at least **60%** of his/her specific degree program prior his/her 7th semester. Hours during the summer may be used to meet this requirement. Hours during the summer/winter mini terms and from transfer institutions may be used to meet this requirement.
- Student-Athletes must present at least a **2.00** Cumulative GPA prior to the start of his/her 7th semester. This equals at least 100% of the institution's overall cumulative GPA required for graduation (based on a 4.000 scale).

#### **For Fifth Years (Entering 9th Full-Time Semester)**

- Student-Athletes are required to complete at least **80%** of his/her specific degree program prior to his/her 9th semester. Hours during the summer/winter mini terms and from transfer institutions may be used to meet this requirement.
- Student-Athletes must present at least a **2.00** cumulative GPA prior to the start of his/her 9th semester. This equals at least 100% of the institution's overall cumulative GPA required for graduation.

#### **Graduate Student-Athletes/Post Baccalaureate Student-Athletes**

- Student-Athletes are required to pass **6 DA credit hours** of academic credit the preceding regular academic term (fall and spring semester).
  - *Credits acceptable toward any degree program offered by the certifying institution (graduate or undergraduate) may be used to satisfy the six semester or quarter hour requirement, provided the student-athlete is permitted to complete such courses in accordance with published institutional policies applicable to graduate students.*

#### **Exceptions to PTD Requirements**

- **Hours Earned or Accepted Toward a Minor:** Credit hours earned or accepted toward a minor, including a voluntary or optional minor (a minor that is not a required element of the original baccalaureate degree program for all students) may be used to satisfy the **6/18 credit-hour requirements after the first two years of**



**enrollment**, provided the minor is officially designated (pursuant to institutional policy) by the student-athlete before the conclusion of the institution's first five days of classes of the applicable term.

- This exception cannot be used to satisfy the percentage requirements UNLESS the minor is a required element for all students to obtain the original baccalaureate degree.
- **Final Academic Year of Degree Program:** A student-athlete who is in the final academic year (final two semesters) of his/her designated degree program may use credit hours acceptable toward any of the institution's degree programs **to satisfy the six-hour requirement and the nine semester hours**, provided the institution certifies that the student-athlete is enrolled in courses necessary to complete degree requirements at the end of the two semesters or the following summer. Thereafter, the student-athlete shall forfeit eligibility in all sports, unless the student-athlete completes all degree requirements and is eligible to receive the baccalaureate diploma on the institution's next degree-granting date.

#### **Additional Requirements – Football**

- Football student-athletes are required to successfully complete **9 DA hours** of academic credit during the fall term and **earn the APR eligibility point [GPA & 6 hours]**.
  - If a football student-athlete does not pass the 9 semester hours or earn the APR eligibility point, he will not be eligible in the first four contests in the following fall season. Walk-ons do not need to meet the APR point, but they must meet the 9-hour requirement.
  - **ONE-TIME EXCEPTION – Regain all four contests:**
    - A football student-athlete may regain eligibility for all four contests **IF** he successfully completes at least 27 semester hours before the beginning of the next fall term. A student-athlete in his initial year of full-time collegiate enrollment may use credit hours earned at the certifying institution during the summer prior to initial full-time enrollment and credit hours earned during the summer following the regular academic year.
  - **EXCEPTION - Regain two contests:**
    - A football student-athlete may regain eligibility to compete in the third and fourth contests of that season, provided he successfully completes at least 27 semester hours of academic credit before the beginning of the next fall term.
- **Football graduate students/post bacs are not required to earn the nine semester hours and the APR eligibility point during the fall term to be eligible for all contests during the following playing season.**

#### **Additional Note – Baseball**

- In baseball, a student-athlete who is ineligible at the beginning of an institution's fall term shall not be eligible during the remainder of the academic year. A Baseball student-athlete cannot be re-certified as eligible for the spring term, if he is ineligible due to PTD, GPA, or percentage requirements.

#### **20. NCAA Drug Testing Policy & Banned Substances**

**Warning: Before consuming any nutritional/dietary supplement product, review the product and its label with your ECU Athletic Trainer.**

**Banned Drug Classes Other Than Cannabinoids and Narcotics - PENALTY.**

First Positive Test - A student-athlete who, as a result of a drug test administered by the NCAA, tests positive for use of a substance in a banned drug class other than cannabinoids and narcotics (in accordance with the testing methods authorized by the Board of Governors) shall be subject to the following:

- a) The student-athlete shall be ineligible for competition in all sports until he or she has been withheld from the equivalent of one season (the maximum number of championship segment regular-season contests or dates of competition in the applicable sport per Bylaw 17) of regular-season competition. The student-athlete must be otherwise eligible for competition to fulfill this penalty except a transfer student-athlete may fulfill a transfer residence requirement and a drug-testing penalty concurrently if he or she meets all other eligibility requirements;
  - b) A student-athlete who tests positive during a year in which he or she did not use a season of competition shall be charged with the loss of one season of competition in all sports. A student-athlete who tests positive during a year in which he or she used a season of competition shall be charged with the loss of one additional season of competition in all sports (in addition to the season used) unless he or she uses a season of competition in the academic year immediately after the positive test; and
  - c) The student-athlete shall be ineligible for intercollegiate competition for 365 consecutive days after the collection of the student-athlete's positive drug-test specimen and until he or she tests negative pursuant to the policies and procedures of the NCAA Drug-Testing Program.
- Second Positive Test - If a student-athlete who previously tested positive for the use of a substance in a banned drug class other than cannabinoids and narcotics tests positive a second time for the use of a substance in a banned drug class other than cannabinoids and narcotics, he or she shall lose all remaining regular-season and postseason eligibility in all sports. If a student-athlete who previously tested positive for the use of a substance in a banned drug class other than cannabinoids and narcotics tests positive for the use of a substance in the banned drug classes cannabinoids and narcotics, he or she shall be ineligible for competition for 50 percent of a season in all sports (the first 50 percent of the Bylaw 17 maximum regular-season contests or dates of competition). The student-athlete shall remain ineligible from the time the institution is notified of the test result until the prescribed penalty is fulfilled and he or she tests negative pursuant to the policies and procedures of the NCAA Drug-Testing Program.

#### Cannabinoids or Narcotics - PENALTY.

First Positive Test - A student-athlete who, as a result of a drug test administered by the NCAA, tests positive for use of a substance in the banned drug classes cannabinoids or narcotics (in accordance with the testing methods authorized by the Board of Governors) shall be ineligible for competition during 50 percent of a season in all sports (50 percent of the Bylaw 17 maximum regular-season contests or dates of competition). The student-athlete shall remain ineligible from the time the institution is notified of the test result until the prescribed penalty is fulfilled and he or she tests negative pursuant to the policies and procedures of the NCAA Drug-Testing Program.

- Second Positive Test - If a student-athlete who previously tested positive for use of a substance in the banned drug classes cannabinoids or narcotics tests positive a second time for use of a substance in the banned drug classes cannabinoids or narcotics or if a student-athlete who previously tested positive for use of a substance in the banned drug classes cannabinoids or narcotics tests positive for use of a substance in a banned drug class other than cannabinoids or narcotics, he or she shall be subject to the penalties set forth in *Banned Drug Classes Other Than Cannabinoids and Narcotics First Positive*.

#### Breach of NCAA Drug-Testing Program Protocol / Skip NCAA Drug Test.

A student-athlete who is in breach of the NCAA drug-testing program protocol (e.g., no-show) shall be considered to have tested positive for the use of any drug in a banned drug class other than cannabinoids or narcotics.

### Tampering

A student-athlete who is involved in a case of clearly observed tampering with an NCAA drug-test sample (e.g., urine substitution and related methods), as documented per NCAA drug-testing protocol by a drug-testing crew member, shall be subject to the following:

- a) The student-athlete shall be ineligible for competition in all sports until he or she has been withheld from the equivalent of two seasons (the maximum number of championship segment regular-season contests or dates of competition in the applicable sport per Bylaw 17) of regular-season competition. The student-athlete must be otherwise eligible for competition to fulfill this penalty except a transfer student-athlete may fulfill a transfer residence requirement and a drug-testing penalty concurrently if he or she meets all other eligibility requirements;
- b) A student-athlete who is involved in tampering during a year in which he or she did not use a season of competition shall be charged with the loss of two seasons of competition in all sports. A student-athlete who is involved in tampering during a year in which he or she used a season of competition shall be charged with the loss of two additional seasons of competition in all sports (in addition to the season used); and
- c) The student-athlete shall be ineligible for intercollegiate competition for 730 consecutive days after the student-athlete was involved in tampering and until he or she tests negative pursuant to the policies and procedures of the NCAA Drug-Testing Program.

### Appeals

An institution may appeal a drug-testing penalty to the Committee on Competitive Safeguards and Medical Aspects of Sports (or a designated subcommittee). The committee may reduce the legislated penalty to withholding the student-athlete from the next 50 percent of the season of competition or provide complete relief from the legislated penalty. If the committee requires the student-athlete to fulfill the legislated penalty or be withheld from the next 50 percent of the season of competition in all sports, the student-athlete shall remain ineligible until the prescribed penalty is fulfilled and he or she tests negative (in accordance with the testing methods authorized by the Board of Governors).

### NCAA Banned Substances

The current academic year's banned substance list and brochure is located in Teamworks under Files > Organization > Compliance. It is also available [HERE](#).

For more information, review the NCAA Drug Testing Program at this [link](#).

### 21. Promotional/ Community Service Activities & Name, Image, Likeness (NIL)

Student-athletes will have an NCAA violation and not be eligible to compete if:

- He/she directly promotes or endorses a business/company;
- He/she allows for a business to use his/her name, student-athlete status, or image to endorse/promote their company, products, or services; or
- He/she accepts payment or benefits (e.g., discounts) for the use of his/her name, image, or likeness to advertise or promote directly the sale or use of a commercial product or service of any kind.

- If a company ever uses your name, image or likeness without your permission, just let Compliance know and we will handle it.

- A student-athlete may like/follow companies on social media accounts/websites or tag themselves at a location like anyone from the general public can. However, this cannot be done to receive benefits in return or for the company to then use your student-athlete status as a promotion.

Please work with Danielle Morrin or our office prior to participating in a promotional/community service activity. You will be required to submit the Promotional Activities/Community Service Request Form in Teamworks.

**Name, Image, and Likeness rules changed 7/1/2021. Review addendum in Teamworks.**



## AAC CONFERENCE SPORTSMANSHIP POLICY

It is the responsibility of each member institution in the American Athletic Conference to ensure that all individuals associated with its athletic program will conduct themselves with sportsmanship.

Every reasonable effort will be made by member institutions to emphasize the importance of good sportsmanship at all athletic events.

**Student-Athletes**, individuals employed by or associated with a member institution, and game officials shall conduct themselves with honesty and good sportsmanship. Their actions shall at all times reflect the high standards of honor and dignity that characterize participation in competitive sports in the collegiate setting.

Misconduct, including verbal misconduct, is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior, failure by any representative of a participating institution to abide by The American Sportsmanship principles and/or poor sportsmanship not necessarily described in detail in this document.

The Commissioner and/or designated Conference office staff member will proceed with disciplinary action if and when the Commissioner deems it appropriate. The Commissioner may elect to work in concert with the Conference's Executive Sportsmanship Committee, as defined hereafter in this document, in these matters.

Coaches and administrators shall make every attempt to promote the Conference and its members in a positive manner. Game officials, who are responsible for enforcing both the rules of a contest as well as sportsmanship and decorum rules, have the complete support of the Conference member institutions, the Commissioner and Conference office staff.

The following American Athletic Conference Sportsmanship principles apply from the time any representative is en route to, from or at the locale of the competition or practice. Additionally, actions outside this time frame may be subject to the Conference Code of Sportsmanship. This policy includes any competition in which our member institutions are competing. In situations where the unsportsmanlike behavior is addressed during the competition by the officials, the NCAA playing rules take precedent, but additional action may be taken by the Conference for egregious behavior. Individuals that must adhere to the principles include, but are not limited to: coaching staff members, support personnel, **student-athletes**, Conference office staff members, representatives of a member institution's department of athletics, band members, cheerleaders and institutional mascot.

- 1) Individuals shall exhibit respect and courtesy toward game officials, student-athletes, coaches, team personnel, athletic administrators, Conference office staff members and spectators. Individuals shall refrain from personal conduct that may incite spectators. Violations of the Sportsmanship Code include, but are not limited to the following:
  - a) Striking, attempting to strike or otherwise physically abusing an official, coach, spectator or student-athlete;

- b) Intentionally inciting participants or spectators to inappropriate action; or
  - c) Using obscene gestures or unduly provocative language or action toward a game official, Conference personnel, another institution, a student-athlete or personnel of another institution, coach or spectator.
- 2) Individuals shall refrain from all public criticism, inclusive of all forms of communication, relative to game officials, student-athletes, coaches, team personnel, athletic administrators, Conference office staff members or spectators.
  - 3) Only Conference office staff members (e.g., Commissioner, Coordinator of Officials) are permitted to enter the locker room of a game official to discuss game activities. A coach or student-athlete should never enter a game official's locker room.
  - 4) Public communication regarding a code of sportsmanship violation may be subject to sanctions.
  - 5) For those teams in which the Conference has a travel party size limitation, exceeding the stated limit is considered a violation of the Code of Sportsmanship.

Violations of the rules listed above, and/or poor sportsmanship not necessarily described in detail above, may subject the individual to penalties, including letter of admonishment, public reprimand, fine (minimum of \$5,000) and/or suspension from participation by the member institution and/or the Conference. Penalties are determined on a case-by-case basis. Should a violation of one of the principles occur, the following process is to be executed:

1) Initiation of Potential Violation

- a) Once a member institution is aware that a potential violation has taken place, the respective Director of Athletics (or designee) must contact the Commissioner and/or designated Conference office staff member immediately.
- b) Once the Conference office is aware that a potential violation has taken place, the Commissioner and/or designated Conference office staff member must contact the Director of Athletics of the involved institution(s) within 24 hours.
  - i. The institution shall provide a written report to the Conference Office within 24 hours detailing the circumstances surrounding the potential violation, any mitigating factors and any actions taken by the institution.

2) Commissioner's Findings and Report

- a) The Commissioner and/or designated Conference office staff member will conduct a formal review, including reviewing the report submitted by the institution, to determine if a violation has in fact occurred.
- b) At the conclusion of the formal review, the Commissioner and/or designated Conference office staff member will issue a report confirming whether a violation took place. This report will be provided to

the Director(s) of Athletics and/or designees of the institution(s) involved within three (3) business days of being notified of the occurrence of the event.

- c) This report will include the Commissioner's and/or designated Conference office staff member's findings and penalties, if any, to be imposed. The Commissioner reserves the right to adopt and acknowledge the institution's recommended sanctions. The Commissioner may also reconsider new information if presented in a timely manner.

### 3) Acceptance or Objection to Commissioner's Report

- a) The Director of Athletics (or designee) of the involved institution(s) shall submit a written response to the Commissioner indicating a formal acceptance or objection to the matter. In the event either of the involved institutions believes the Commissioner's finding and/or penalty is inappropriate, insufficient or excessive in nature, an appeal may be initiated by that Director of Athletics (or designee).
- b) The intent to appeal must be filed in writing to the Commissioner within 24 hours of receiving the Commissioner's report.

### 4) Appeal Process

#### a) Overview and Preparation for Appeal

##### i) The Executive Sportsmanship Committee

(1) Shall hear and consider the appeal and shall do so as expeditiously as possible. Any individual on the Committee that is representing one of the involved institutions must be recused.

(2) Decision of the Committee shall be final.

##### ii) The Director of Athletics and/or designee

(1) Must participate in the hearing

(2) Must submit a written statement outlining the reasons for the appeal to the Executive Sportsmanship Committee at least 24 hours prior to the hearing.

(3) Must provide Opening Statement at Hearing (Closing Statement is optional)

##### iii) Commissioner and/or Designated Conference Office Staff Member

(1) Will provide the report, along with other relevant material (e.g., video, media reports, statements by witnesses, etc.) for the Committee's consideration.

(2) Must provide Opening Statement at Hearing (Closing Statement is optional)

b) Appeal Hearing via Teleconference

- i) Meeting called to order by Chair of Committee
- ii) Opening Statement by Director of Athletics who submitted the appeal
- iii) Opening Statement by Commissioner and/or designated Conference office staff member
- iv) Hearing open for discussion among all individuals participating
- v) Closing Statements may be made by Director of Athletics and/or Commissioner
- vi) Chair will excuse the institution's representatives and the Committee will then deliberate and make a determination to uphold, modify, or reject the Commissioner's decision.
- vii) The Commissioner and/or designated Conference office staff member will notify the Director of Athletics who submitted the appeal.

5) Decision

The decision of the Executive Sportsmanship Committee shall be final.

6) Communication

Once the process has concluded, the Commissioner and/or designated Conference office staff member will provide the outcome to all Conference member institutions' Directors of Athletics and Senior Woman Administrators via ShareFile.

Notes:

- 1) There will be situations (e.g., suspensions) where the penalty and/or appeal may not be processed prior to the institution's next competition. If that occurs, the penalty would be assessed during the first competition after the matter has been resolved.
- 2) If a penalty or suspension is imposed at or near the end of a season of competition, the penalty may be carried over into the next season of competition.
- 3) The Executive Sportsmanship Committee is comprised of the AD Executive Committee and two (2) additional Senior Woman Administrators. These two Senior Woman Administrators will serve two-year terms. A minimum of three (3) Committee members must participate in an appeal [Two (2) Directors of Athletics and One (1) Senior Woman Administrator]. Committee members must participate in the appeal hearing via teleconference. There will be no proxy votes.

Suspension Guidelines:

The institution with a suspended student-athlete, coach, band member, cheerleader or mascot bears all responsibility for making sure the involved individual(s) adhere to the parameters of the suspension.



- 1) Suspension-Student-Athlete: On the days a student-athlete is suspended from a competition, he/she shall not participate and shall not be present in the playing venue from the time the team reports on call for the competition through the time the team is officially released from the competition.
- 2) Suspension-Coach: A coach cannot be present in the involved playing venue while he/she is serving the suspension from the time the team is required to report on call for the competition until the team has departed the playing venue. On the day(s) a coach is suspended from a competition, he/she may not have contact or communication with the institution's team and institution's personnel and coaches during the time as defined above.
- 3) Suspension-Band Member, Cheerleader, Mascot: On the days a band member, cheerleader or mascot is suspended from a competition, he/she shall not participate and shall not be present in the playing venue during the competition and any activities (prior to or after) associated with the competition.



## OFFICE OF STUDENT DEVELOPMENT

ECU's Office of Student Development is committed to the success and graduation of our student-athletes by providing extensive services and diverse experiences in order to promote the development of academic achievement, leadership, and personal growth.

Our commitments are:

- To assist with the transition into college through academic counseling, orientation, and social activities.
- To support the efforts of every student-athlete to earn a degree.
- To encourage the development of values, emphasizing leadership qualities.
- To enhance interpersonal relationships and communication skills.
- To provide opportunities that instill life skills and ethics.
- To facilitate the fulfillment of career and personal goals of each student-athlete while in school and beyond.
- To safeguard the academic integrity of the University by ensuring compliance with all regulations put forth by the University and NCAA.

Student Development Staff:

	Title	Sport	Email	Phone Number
Nita Boyce	Assistant Athletic Director	Men's Tennis Women's Tennis	Boyceo@ecu.edu	737-4552
Jennifer Bonner	Assistant Director	Men's Basketball	Bonnerj@ecu.edu	737-4553
Brian O'Hara	Assistant Director	Football	Oharab@ecu.edu	737-2554
Kristen Cooney	Academic Coordinator	Football	Cooneyk17@ecu.edu	737-5382
Carlester Crumpler	Academic Coordinator	Soccer Men's and Women's Track & Field/XC	Crumplerc@ecu.edu	737-4551
Madison Gervis	Academic Coordinator	Lacrosse Women's Golf Women's Basketball	Hayesas18@ecu.edu	737-4527
Rebecca Wade	Academic Coordinator	Baseball Men's Golf Softball	Mckenzier@ecu.edu	737-4673
Caroline Umphlett	Academic Coordinator	Volleyball, Football (Freshman Walk on's) Women's Swimming & Diving	Umphlettc18@ecu.edu	737-4630
Samantha Wheatley	Academic Coordinator	Football	Wheatlys19@ecu.edu	737-1926

Brooke Green	Student Development Support Associate	All	Greenbr19@ecu.edu	737-4550
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## TEAM TRAVEL POLICY

Student-athletes are representatives of ECU Athletics and its athletics program. Therefore, when traveling, all student-athletes are expected to conduct themselves with dignity and the highest ethical, moral, and behavioral standards. Every head coach is responsible for communicating the team travel rules with all team members. Specific requirements for dress code, individual conduct, curfews, and free time activities are some of the topics that will be addressed by head coaches. Each head coach will let you know if he/she requires a specific dress code.

**At no time, while traveling with a University team, shall any student-athletes consume alcoholic beverages, drugs, or banned substances.**



## ATTENDANCE POLICY

Academic Success and graduation must be every student-athlete's, coach's, and administrator's top priority. The expectation for student-athletes academically - to attend and be on time for every class and academic appointment while respecting the university's policies and procedures as well as their individual classmates, professors, and academic coordinators.

To maintain focus on academics as the top priority, the Athletics Department has implemented several policies to assist in the monitoring of each student-athlete's progress.

### CLASS ATTENDANCE

Regular attendance in class sessions is a critical component of a student-athlete's academic success. This class attendance policy requires student-athletes to attend classes daily and complete all assigned academic work. Student-athletes must be on time for their classes and prepared with all the necessary textbooks and course assignments.

To assist the student-athlete in complying with this policy, the following procedures will be implemented.

- Within the first week of each semester, student-athletes will communicate with their individual course instructors regarding class sessions that will be missed because of team travel. During this time, each student-athlete should present his/her instructor with a copy of the "Team Travel Letter" provided by the Office of Student Development. Student-athletes must make arrangements with instructors for completing any missed work and must communicate any changes in their travel schedule to instructors as soon as possible
- Class attendance is monitored in three ways:
  - University Starfish Alerts
  - Student-athlete Progress Reports
  - Athletics Department Class Checkers
- A student-athlete will be considered absent if he/she is not present when the class is checked. Students are expected to arrive on time for each class and remain for the duration of the class.
- Other than team-related travel, excused absences are determined by the university's class attendance policy. This policy is available at <https://deanofstudents.ecu.edu/home/university-excused-absence/>
- A head coach may impose additional penalties for unexcused absences if the penalties are provided in writing and distributed to all student-athletes at the beginning of each year.
- Student-athletes should also be mindful that some instructors and academic departments have a much stricter unexcused absence policy. It is the responsibility of the student to be aware of, and adhere to, each academic department's and instructor's in addition to the Athletics Department's policy on class attendance

Failure to meet academic regulations as it pertains to class attendance will result in specific actions, as detailed below.

### DISCIPLINARY ACTIONS

Sanctions for Fall and Spring semesters and are based on the number of unexcused absences per class:

- **1st Unexcused Absence**
  - E-mail notification to the student-athlete, head coach (or designee), and sport administrator
- **2nd Unexcused Absence**
  - E-mail notification to the student-athlete, head coach (or designee), and sport administrator
- **3rd Unexcused Absence**
  - E-mail notification to the student-athlete, head coach (or designee), and sport administrator
  - Meeting including academic coordinator, student-athlete, head coach (or designee) and sport administrator. Student-athlete will be notified that further absences in the class will result in suspension from practice and competitions. Failure to attend the meeting will result in an additional absence.
- **4th Unexcused Absence**
  - E-mail notification to the student-athlete, head coach (or designee), and sport administrator
  - Student-athlete withheld from the next practice. They may stand on the sidelines and observe.
- **5th Unexcused Absence**
  - E-mail notification to the student-athlete, head coach (or designee), and sport administrator
  - Student-athlete suspended for the next countable competition. The suspension will include post-season competitions
  - Each additional unexcused absence will result in a suspension for 10% of countable competitions

Students receiving exhausted eligibility aid or medical non-counter aid may have their athletics aid reduced or terminated.

Sanctions for Summer School are based on the number of unexcused absences per class:

- **1st Unexcused Absence**
  - E-mail notification to the student-athlete, head coach (or designee), and sport administrator
- **2nd Unexcused Absence**
  - E-mail notification to the student-athlete, head coach (or designee), and sport administrator
  - Meeting including academic coordinator, student-athlete, head coach (or designee) and sport administrator. Student-athlete will be notified that further absences in the class will result in suspension from practice and competitions. Failure to attend the meeting will result in an additional absence
- **3rd Unexcused Absence**
  - E-mail notification to the student-athlete, head coach (or designee), and sport administrator
  - Student-athlete withheld from the next practice. They may stand on the sidelines and observe
- **4th Unexcused Absence**
  - E-mail notification to the student-athlete, head coach (or designee), and sport administrator
  - Student-athlete suspended for the next countable competition. The suspension will include post-season competitions
  - Each additional unexcused absence will result in a suspension for 10% of countable competitions, beginning with the next competition. The suspension will include post-season competitions

If the first notification of class absences puts the student-athlete into suspension (such as notification of absences via a Starfish Report or an Academic Progress Report), the student-athlete will be considered to have three (3) unexcused

absences for Fall & Spring Semesters, or two (2) unexcused absence for Summer School. As such, the next unexcused absence will result in suspension from competition.

#### **APPEAL OF AN UNEXCUSED ABSENCE**

- The student-athlete will have until 4:00 PM the next business day to appeal after being sent the e-mail notification of an unexcused absence. The student-athlete should notify their academic coordinator of their intent to appeal. All notifications of intent to appeal should come from the student-athlete.
- The academic coordinator will e-mail the class check coordinator to notify him/her of the intent to appeal.
- If the student notifies his/her academic coordinator of an intent to appeal by the 4:00 PM deadline, the student will then have until 4:00 PM the following business day to submit a Class Absence Appeal Form. Students should see their academic coordinator to obtain the form. Travel schedules will be taken into consideration when applying the appeal form submission deadline.
- Once the appeal form has been submitted, the class check coordinator will review available documentation to determine if the appeal will be granted.
- The class check coordinator will notify the student-athlete, head coach, and sport administrator of the appeal decision.
- Students wishing to petition a denial of an appeal may do so through their head coach and sport administrator. The sport administrator will have final authority as to whether an appeal is granted.

#### **COMMUNICATION PROCESS FOR REPORTING STUDENT-ATHLETE ILLNESS OR INJURY**

- Student-athletes must notify their athletic trainer of an illness or injury prior to missing a class. Failure to do so may result in an unexcused absence. Students should report to the athletic training office in person if physically possible for a medical examination and possible physician referral.
- A staff athletic trainer will notify the class check coordinator that the student-athlete has reported an illness or injury and will indicate the time the student-athlete was evaluated.
- If the student-athlete is evaluated by a physician, a staff athletic trainer will notify the class check coordinator if additional class absences are indicated. The student-athlete will need to have daily contact with their athletic trainer during any period in which they will miss class due to the illness or injury. The athletic trainer will notify the class check coordinator of the continued need to miss class.
- If a student-athlete participates in a strength and conditioning workout, practice, or competition on the same day as being excused for an illness or injury, they will be considered as having an unexcused absence if reported unless the illness or injury occurred during or after the athletically related activity.
- The student-athlete must provide the class check coordinator with a physician's note within three days after the illness or injury to have the unexcused absence cleared.

#### **DOCUMENTATION OF ABSENCES RELATED TO COMPETITION**

- In monitoring for class attendance, absences related to competition are recorded as excused and are not subject to penalties under the Athletics Department attendance policy.
- Absences reported by any method are compared to the Travel Excuse Memo prepared by the Office of Student Development and/or the Athletics Department Pre-Travel Authorization Form

- Absences reported for student-athletes listed on the Pre-Travel Authorization Form and within the time designated as allowable are considered excused.





## ACADEMIC INTEGRITY

Academic integrity is expected of every ECU student. Academically violating the Honor Code consists of the following:

- Cheating: Unauthorized aid or assistance or the giving or receiving of unfair advantage on any form of academic work.
- Plagiarism: Copying the language, structure, ideas, and/or thoughts of another and adopting those as one's original work.
- Falsification/Fabrication: The statement of any untruth, either spoken or written, regarding any circumstances related to academic work. This includes any untrue statements made with regard to a suspected academic integrity violation.
- Multiple submission: The submission of substantial portions of the same academic work for credit more than once without authorization from the faculty member who receives the later submission.
- Violation assistance: Knowingly helping or attempting to help someone else in an act that constitutes an academic integrity violation.
- Violation attempts: Attempting any act that, if completed, would constitute an academic integrity violation as defined herein. In other words, it does not matter if a student succeeds in carrying out any of the above violations – the fact that a violation was attempted is itself a violation of academic integrity.

Student-athletes must be even more careful to practice integrity in their work to ensure they do not violate NCAA policies of academic misconduct.

DO NOT	DO
Ask for help on a test or quiz – whether it's online or hard copy.	Ask for help to prepare for a test or quiz beforehand.  Learn the process of how to find the solution/answer on your own.
Turn in academic work that is not yours.	Do your own work!  Professors learn their students and the quality of their work. They will know if you submit falsified or plagiarized work.
Have someone else write or type papers for you.	Make papers from your own original thoughts and ideas.  It is fine to get input once you have some general ideas on paper or receive assistance getting started if you don't understand the assignment. (This includes having someone from home doing the work.)
Work together on online quizzes/tests.	Complete tests and quizzes independently.  Quizzes and tests done outside of the classroom should be treated the same as those inside the classroom.



## ACADEMIC MISCONDUCT POLICY

### Principle of Academic Integrity:

Academic integrity ensures that students derive optimal benefit from their educational experience and their pursuit of knowledge. Violating the principle of academic integrity damages the reputation of the university and undermines its educational mission. Academic honor is the responsibility of every ECU student and faculty member.

### Academic Integrity Violations:

- Academically violating the Honor Code consists of the following:
- Cheating- unauthorized aid or assistance or the giving or receiving of unfair advantage on any form of academic work.
- Plagiarism- Copying the language, structure, ideas, and/or thoughts of another and adopting same as one's own original work.
- Falsification/Fabrication- Statement of any untruth, either spoken or written, regarding any circumstances relative to academic work.
- Multiple Submission- The submission of substantial portions of the same academic work for credit more than once without authorization from the faculty member who receives the later submission.
- Violation Assistance- Knowingly helping or attempting to help someone else in an act that constitutes an academic integrity violation.
- Violation Attempts- Attempting any act that if completed would constitute an academic integrity violation as defined herein.

The faculty member has original jurisdiction in all suspected violations related to class requirements. In cases of an academic integrity violation not related to a class requirement or activity, the matter will be referred directly to the University Academic Integrity Board. Taken from the ECU Student Handbook, [http://www.ecu.edu/csstudentlife/policyhub/academic\\_integrity.cfm](http://www.ecu.edu/csstudentlife/policyhub/academic_integrity.cfm)

### Disciplinary Actions:

If a student-athlete is found to be in violation of the University's Academic Integrity Policy, after exhausting the University's process, (complete process found at <http://www.ecu.edu/csacad/fsonline/customcf/currentfacultymanual/part6section2.pdf>), The Director of Athletics has the discretion to impose additional sanctions for Academic Integrity violations. Multiple and/or repeat violations could result in more severe penalties including but not limited to dismissal from the team and loss of athletic aid



## STUDY HALL PROGRAM AND POLICIES

### **Freshmen Study Hall**

All freshmen student-athletes will enter the freshmen study hall program their first year at ECU. The structured program is 8 hours per week Sunday through Thursday evening in one of our four study hall areas designed to aid student-athletes in their coursework. Qualified monitors and Academic Coordinators supervise study halls.

Student-athletes are provided and required to sign a study hall contract, see below, that lists the rules and expectations for the study hall. An overview of the program is provided during the first night of study hall at the start of each semester.

Freshmen have the opportunity to have study hall hours reduced or be excused from study hall after their first semester based on their academic performance and GPA. Student-athletes, however, can be added back to study hall if their performance begins to decline.

### **New Transfer and Upperclassmen Study Hall**

All incoming transfer student-athletes are required to attend daytime study hall in the Pat Draughn Academic Center for their first semester at ECU. The number of study hall hours assigned is based on the student-athletes' GPA at their previous institution. Upon completion of the first semester at ECU, transfer students will fall under the upperclassmen guidelines for study hall.

Upperclassmen are required to attend daytime study hall if they do not meet the GPA requirements or they are not performing well academically. Study hall hours can be adjusted during the semester by the Academic Coordinator after progress reports are returned by faculty.

For both incoming transfers and upperclassmen, the study hall is individualized and times are set based on the student's class and athletic schedules.



## STUDY HALL PROGRAM AND POLICIES

### Study Hall Contract

#### RULES:

1. Check in with the study hall monitor immediately upon arrival.
2. Silence or turn off your phone (do not put it on vibrate) and deposit it in the phone rack.
3. Phones are not allowed to charge during study hall. They must be placed in your designated spot.
4. Music is allowed only from your computer and only with headphones. No iPods or external music players. YouTube is not allowed. If you listen to music online, you may use Pandora, but are not allowed to adjust songs for the remainder of study hall (create a playlist before arriving to study hall). No dancing, passing of headphones for other people to hear or changing the song. If listening to music becomes a problem for even one person, everyone will have the privilege revoked.
5. No Facebook, Twitter, ESPN, or any other site not related to your work will be allowed. Your computer privileges will be taken from you if you are caught abusing the Internet. If you have to use a prohibited site for academic purposes, you must first get permission from the study hall staff.
6. No messaging or chat programs.
7. Do not pack up until it is announced that study hall is over. Continue working until a staff member tells you that you can go. Packing up early will result in the entire group staying late.
8. No tobacco products of any kind. This includes chewing tobacco.
9. Full meals are not allowed. Light snacks are permitted unless it interferes with productivity.
10. Violations of academic integrity of any kind are not tolerated. Working in groups on assignments, quizzes, tests, etc. if not instructed as permissible by the instructor, is a violation of academic integrity. Tutors are not allowed to be at your workstation during a test or quiz. Any witnessed violation of academic integrity will be reported.
11. Objectives are required and must be completed by the last night of study hall for the week. All objectives must be measurable and shown to the monitor to be verified as complete.

#### EXPECTATIONS:

1. Be respectful of the study hall staff and fellow study hall attendees.
2. Come prepared with all materials you could possibly need. Always bring your books with you. Bring more work to do than you could accomplish in your time even if it means you will be reading ahead. "I'm done with all my work!" is not acceptable.
3. Be on time. Anyone not here at the start of study hall will be reported.
4. If you sign up for a tutor or mentor and need to cancel, provide them with at least 12 hours of notice.

Failure to comply with the above rules and expectations will result in disciplinary action.

I, \_\_\_\_\_ understand and agree to comply with the above written rules and expectations of study hall.

Sign \_\_\_\_\_ Date \_\_\_\_\_ Sport \_\_\_\_\_



## EQUIPMENT POLICY



## ECU STRENGTH & CONDITIONING

### MISSION STATEMENT

Create a safe, holistic (mind, body and spirit) focused environment that will allow us to EMPOWER, ENCOURAGE, EDIFY, EDUCATE and EQUIP the student-athlete to be motivated to train at their highest ability.

We will utilize the positive character of FAITH, HONOR, STRENGTH AND SACRIFICE as the pillars for a successful culture of TRUST in the program. #LivingLifeinHD #ChampionshipLifestyle

### Rules of Conduct and Operation

All student-athletes and staff members who use the strength and conditioning facilities are required to comply with the rules of operation regarding conduct and equipment use. Those found in violation will be reported to their Head Coach. Rules have been established to ensure a safe environment for all facilities.

The following shall serve as the rules of conduct and operation in the ECU strength and conditioning facilities:

\*The use of the ECU strength & conditioning facilities and the instruction of the strength staff is a privilege and should be treated accordingly.

1. No personal food or drink. Water bottles are allowed.
2. No horseplay of any kind.
3. No tobacco, chewing gum, toothpicks, etc.
4. No jewelry.
5. Close toed, athletic shoes must always be worn. No sandals, cleats or spikes allowed in the facilities.
6. Spotters are always required.
7. Clean up after yourself. All weights, dumbbells and equipment should be returned to the racks, and benches should be returned to their proper location.
8. Training time is limited; therefore, socializing should be kept to a minimum.
9. Freelance training will not be permitted. Athletes will follow a workout prescribed by the strength staff.
10. Do not neglect or misuse any of the equipment and if something breaks report it.
11. Follow all verbal and written instructions from the strength staff.
12. No cell phone usage, and/or the wearing of headphones allowed in weight room during training sessions.
13. For reasons of liability, no keys to the weight training facilities will be distributed to athletes or other non-coaching athletic staff members.
14. All weight training workouts must be supervised by a member of the strength staff.
15. Every student-athlete will always wear shirt, shorts/pants, and athletic shoes.
16. No one will be allowed to lift in street clothes. In addition, no University logos other than ECU logos will be permitted in the facilities.
17. No equipment is to leave the facilities for any reason unless a strength coach has checked it out.
18. Chalk is to stay in the chalk bowl; hands should be kept over the bowl while chalking up.
19. A strength coach or intern must be on the floor of the strength and conditioning facilities when the training of individuals or teams is happening.
20. ECU student-athletes are to be mindful of the purpose of the strength and conditioning facilities and give maximum effort during workouts.
21. Individuals are expected to be courteous to others and respectful of the facility (e.g. defacing of walls or equipment is prohibited). Failure to do so will result in disciplinary action.
22. Student-athletes are to consult with the Strength and Conditioning staff whenever they have a training question.
23. Injuries of any type are to be reported to the strength staff and/or Athletic Trainer immediately.

24. The stereo sound system is controlled by the strength staff and subject to volume or content change.

#### Expectations of all ECU Student-Athletes

- All ECU student-athletes are expected to arrive on time, ready to train (i.e. proper clothing, shoes on and tied, no jewelry, etc.).
- All ECU student-athletes are expected to follow all weight room rules of conduct and operation.
- All ECU student-athletes are expected to follow all instruction from the strength staff.
- All ECU student-athletes are expected to be respectful of teammates, coaches, and strength staff.

#### Disciplinary Action

Disciplinary action will be based on the severity of the rule's infraction. The Head Strength & Conditioning Coach and/or assigned Assistant Coach will consult with the individual's Head Coach when discipline is deemed appropriate.

#### Participation

A medical examination and doctor's approval must be on file with the Sports Medicine Staff. Participants must be adequately oriented to the program's policies, rules, and regulations, and instructed in the proper execution of exercises and use of equipment. All participants must understand the consequences and dangers involved with improper technique or utilization.

#### Injuries and Rehabilitation

Any injuries that inhibit any portion of a workout must be seen by the Sports Medicine Staff. Any facility-related injuries must be reported to the strength staff on duty and the Sports Medicine staff. All rehabilitation must be supervised and coordinated by a Sports Medicine Staff member.



## NUTRITION





## ATHLETIC TRAINING

### Mission Statement

The mission of the East Carolina University Athletic Training Department is to provide the highest quality healthcare available in the areas of injury prevention, treatment, and rehabilitation. Should an injury occur, an individualized approach to treatment and rehabilitation will be utilized to ensure a safe return to sport. The East Carolina Athletic Training Department is assisted by a wide array of community-based physicians and other health care providers to ensure our student-athletes are afforded the best healthcare available.

### Athletic Training Room Rules

1. Treat the athletic training staff, doctors, and outside providers with respect.
2. No food or drink permitted in the athletic training room.
3. You must shower before receiving treatment and before using the hot/cold tubs.
4. Arrive on time for your assigned treatment/rehab time.
5. Shoes should not be worn on the treatment tables.
6. Phones will not be permitted while performing rehab exercises. Phones are only permitted while receiving treatment.
7. Phones are not permitted while you are seeing a doctor or an outside provider. Their time is valuable, and they should receive your full attention.
8. There should be no photographs taken in the athletic training room. This is a HIPAA violation and a violation of other individual's rights.
9. If you are listening to something on your phone, please make sure you have headphones. Be considerate that the people around you may not want to hear what you are listening to.
10. A shirt must be worn at all times, except while in the tubs.
11. No tobacco products are permitted in the athletic training room.
12. No university logos other than ECU should be worn in the athletic training room.
13. No equipment should leave the athletic training room without prior approval from the athletic training staff.
14. Treatment/rehab time is limited, therefore socializing in the athletic training room should be kept to a minimum.
15. Do not neglect or misuse any equipment in the athletic training room.
16. Do not leave personal belongings in the athletic training room.
17. Injuries are to be reported to the athletic training staff immediately.



## SOCIAL MEDIA POLICY

As a student-athlete participating in intercollegiate sports at East Carolina University (ECU), you are a representative of the university and are always in the public eye. Student-athletes should be concerned with any behavior that might embarrass themselves, their families, their teams, their coaches, their athletic department, and/or ECU. **This includes any activities conducted online.** Potential employers, internship supervisors, graduate programs, and scholarship committees now search these sites to screen candidates and applications.

Please keep the following guidelines in mind as you participate on social networking web sites/applications:

Before participating in any social networking website/application (e.g., Facebook, Instagram, Snapchat), understand that anything posted online is available to anyone in the world. Any text, photo, video, etc. placed online is completely out of your control the moment it is placed online – even if you limit access to your site.

You should not post information, photos, or other items online that could embarrass you, your family, your team, the athletic department, or ECU. This includes information about team activities and teammates.

You cannot post any information that is proprietary to the Athletic Department which is not public information such as tentative or future schedules, or information that is sensitive or personal in nature, such as travel plans, itineraries, injuries, starting lineup, or recruits.

You are personally liable for any copyright violations committed, such as posting photographs, audio, or video that is not your personal property. This includes the use of the trademarks of ECU.

You are personally liable for any violations of other students or student-athletes' privacy rights, especially those that fall under federal privacy laws (FERPA or HIPAA, i.e. student-athlete flunking out or a teammate's injury) or that violate ECU student codes of conduct or codes of computing practices.

You should not post your home address, local address, social security number, phone number, birth date, or other personal information such as your whereabouts or your plans. You could be opening up yourself to predators.

The malicious use of social media, such as derogatory language, demeaning or threatening statements about any individual or third party, unsportsmanlike comments directed at a ref/umpire, institution, team, or coach, and incriminating photos or statements depicting or encouraging hazing, sexual harassment, vandalism, academic misconduct, sports wagering, stalking, underage drinking, illegal drug use or other inappropriate behavior will be subject to disciplinary action by the head coach, sport administrator and/or Director of Athletics if they gain knowledge of such violations. **Sanctions may include written notification requiring the unacceptable content be removed, temporary suspension from the team, dismissal from the team and loss of athletic aid, if applicable.**

**Coaches and athletic department administrators can and will monitor your social media accounts.**

All student-athletes sign a form at the beginning of the year regarding the ECU Social Media policy. When signing, the student-athlete affirms that he/she understands the ECU Athletic Department Social Media Policy and Guidelines for

Student-Athletes and the requirements that he/she must adhere to as an ECU student-athlete. Also, he/she affirms that failure to adhere to this policy and guidelines may result in consequences that include suspension from your athletic team, and additional penalties if necessary.



## MENTAL HEALTH FACT SHEET

### Important Phone Numbers:

- ECU Counseling Services 252-328-6661 137 Umstead Hall  
Hours- M-F 8am-5pm; after 5pm call 328-6661 select #2 and a crisis counselor will answer your call
- Anonymous online screen: <http://www.mentalhealthscreening.org/screening/EASTCAROLINA>
- Real Crisis Center: 252-758-4357 24 hour hotline; realcrisis.org

### Depression Red Flags:

- Low or sad moods, often with crying episodes
- Irritability or anger
- Feeling worthless, helpless, and hopeless
- Eating and sleeping disturbances
- Decrease in energy and activity levels, with feelings of fatigue or tiredness
- Decrease in concentration, interest and motivation
- Social withdrawal or avoidance
- Negative thinking/thoughts of death or suicide
- Intent to commit suicide

### Eating Disorder Red Flags:

- Unnecessary dieting
- Avoidance of eating and eating situations
- Ritualistic eating habits
- Self-critical about body weight, shape, or size
- Excessive use of bathroom or disappearing after eating
- Unusual weighing behavior
- Social withdrawal
- Depression and insomnia
- Changes in behavior

### Anxiety Disorder Red Flags:

- Excessive worry, fear or dread
- Sleep disturbances – especially falling asleep
- Changes in appetite
- General uneasiness
- Pounding heart, sweating, shaking or trembling
- Impaired concentration
- A feeling of being out of control
- Fear that one is dying or going crazy
- Disruption of everyday life



## MENTAL HEALTH & SUICIDE PREVENTION (RESOURCES)

### National Resources

NCAA Health and Safety

<http://www.ncaa.org/health-and-safety/medical-conditions/mental-health>

National Institute of Mental Health

[www.nimh.nih.gov/index.shtml](http://www.nimh.nih.gov/index.shtml)

Anxiety and Depression Association of America

[www.adaa.org](http://www.adaa.org)

American Psychiatric Association: Athletes and Mental Health

[www.psychiatry.org/athletes](http://www.psychiatry.org/athletes)

National Suicide Prevention Lifeline and Chat services

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Suicide Prevention Resource Center

[www.sprc.org](http://www.sprc.org)

You Matter

[www.youmatter.suicidepreventionlifeline.org](http://www.youmatter.suicidepreventionlifeline.org)

American Foundation for Suicide Prevention

[www.afsp.org](http://www.afsp.org)

HelpGuide

[www.helpguide.org/home-pages/suicide-prevention](http://www.helpguide.org/home-pages/suicide-prevention)

### Campus Resources

Center for Counseling and Student Development

[www.ecu.edu/counselingcenter](http://www.ecu.edu/counselingcenter)

Student Health Services

[www.ecu.edu/cs-studentaffairs/studenthealth/](http://www.ecu.edu/cs-studentaffairs/studenthealth/)

Dean of Students Office

[www.ecu.edu/deanofstudents/](http://www.ecu.edu/deanofstudents/)

ECU Cares

[www.ecu.edu/cs-studentaffairs/dos/person-of-concern](http://www.ecu.edu/cs-studentaffairs/dos/person-of-concern)

### Community Resources

9-1-1 Emergency Services

[www.pittcountync.gov/depts/emergserv](http://www.pittcountync.gov/depts/emergserv)

Vidant Hospital Emergency Department

<https://www.vidanthealth.com/vidant/ServicesDetail.aspx?id=125>

Trillium

<http://www.ecbhlme.org/en/For-Individuals-Families/Crisis-Mobile/>

Real Crisis Intervention

<http://realcrisis.org/>



## ECU ATHLETICS DRUG EDUCATION, SCREENING, COUNSELING, & TESTING PROGRAM

ECU Athletics Drug Education, Screening, Counseling, and Testing Program can be found at this

link: <http://www.ecu.edu/prr/09/35/02>

- The sport's athletic trainer will go over this policy with all student- athletes at the beginning of the academic year. Midyear incomers will be educated upon arrival.
- Student-athletes are required to sign an ECU Drug Testing Consent Form at the start of each academic year. This form will be kept on file with the Athletic Training Department.
- Any student- athlete may seek assistance for a substance abuse problem at any time by contacting his or her coach, a departmental staff member, sports medicine, life skills, a student development employee, or a representative of the ECU Division of Student Affairs. Voluntary use of available assistance before the occurrence of any positive drug test and before imposition of any sanction under this regulation shall not be considered, standing alone, as reasonable cause for testing.
- If an otherwise prohibited drug is being used pursuant to a lawfully issued prescription under the supervision and authority of a licensed physician or other medical professional authorized to provide medical prescription, the student may continue to participate in athletics if the athlete meets the requirements as set forth by the NCAA concerning medical exceptions to impermissible drug use and if the student- athlete notifies team physician of such fact, including the name of the prescribing physician.
  - NCAA Banned Substance- <https://www.ncaa.org/sport-science-institute/topics/2021-22-ncaa-banned-substances>
  - If you are struggling with substance abuse, there is a ECU Safe Harbor policy in place: <https://cdn.ecu.edu/docs/prr-uploaded-docs/Appendix%20G%20REG09.35.02.pdf>



## ANTI-HAZING AFFIRMATION

The ECU Department of Athletics supports only those activities which are constructive, educational, and that contribute to the intellectual and personal development of the student-athlete.

As a student-athlete, your actions (positive or negative) are subject to review by law enforcement, your coaching staff, the Department of Athletics, East Carolina University, the American Athletic Conference, and/or the NCAA. ECU and the Department of Athletics defines hazing as any act, whether physical, mental, emotional, or psychological, which subjects another person voluntarily or involuntarily to anything that may abuse, mistreat, degrade, humiliate, harass, or intimidate him/her, or which may in any fashion compromise his/her inherent dignity as a person. In addition, any requirements by a team member which compels another team member to participate in any activity which is against University policy or state/federal law, will be defined as hazing.

Instances of hazing can be considered either misdemeanors or felonies according to North Carolina State law.

Actions and activities that are prohibited include, but are not limited to, the following:

- Forced consumption of substances not intended for normal eating or drinking
- Forced shaving of one's body parts
- Cyberbullying (use of social media)
- Physical and sexual abuse to include but not limited to handcuffing or tying to a building, structure, or other
- Discriminating against sexual orientation/ gender/ political affiliation, race, or religion
- Performance of chores or tasks for others including the requirement of carrying items such as water bottles, equipment, clothing, etc.
- Assigned or endorsed pranks, such as borrowing or stealing items, painting property or objects, or harassing other individual groups
- Verbal or cruel harassment, including yelling and screaming
- Any activity that interferes with one's ability to study or complete one's course of study
- Forcing, encouraging, or pressuring the wearing of apparel in public which is conspicuous, not normally good state, or designed to humiliate the individuals wearing it

Allegations of hazing will be thoroughly investigated and violations will result in disciplinary actions which may include separation from the University and athletic participation. All potential cases will be referred to the Office of Students Rights and Responsibilities (OSRR) for evaluation and possible sanctions. The Department of Athletics reserves the right to institute penalties and restrictions prior to OSRR review, and may also impose additional penalties to those applied by OSRR to those found responsible of hazing







## GUIDANCE OF STUDENT-ATHLETE PREGNANCY POLICY



# ATHLETICS

### EAST CAROLINA UNIVERSITY

Department of Athletics

Guidance on Student-Athlete Pregnancy and Pregnancy-Related Conditions

The East Carolina University Athletics Department is committed to the personal health, well-being, and development of all our members, and to the educational mission of our school. We strive to provide an environment that respects all pregnancy, parental, family or marital statuses, whether actual or potential, and urges all participants to work cooperatively toward degree completion. This Guidance sets forth the protections that should be provided for all students, including those pregnant or with pregnancy related conditions. In compliance with applicable laws, including Title IX, ECU also prohibits retaliation against any student or employee who complains about issues related to the pregnancy or pregnancy related conditions. This Guidance demonstrates ECU's commitment to providing a non-discriminatory environment for student-athletes and ECU's commitment to help student-athletes with the maintenance of their physical and psychological health, as well as their ability to complete their education.

#### FEDERAL LAWS

Title IX of the Education Amendments of 1972 bars discrimination on the basis of sex, which prohibits a student's actual or potential parental, family or marital status causing a difference in treatment on the basis of sex.

#### IN COMPLIANCE WITH APPLICABLE LAWS, DEPARTMENTAL GUIDELINES INCLUDE THE FOLLOWING:

- ECU shall not discriminate against any student or exclude any student from its education program or activity, including any class or extracurricular activity, on the basis of such student's pregnancy, childbirth, false pregnancy, termination of pregnancy or recovery therefrom, unless the student requests voluntarily to participate in a separate portion of the program or activity.
- The ECU Athletics Department will require a student-athlete to obtain a certification from the student's physician to certify physical and emotional fitness as a condition for participating in athletics when such certification is required of all student-athletes who experience other physical or emotional conditions requiring the attention of a physician. 34 CFR 106.40(b)(2)
- The ECU Athletics Department will allow a pregnant or parenting student-athlete to fully participate on the team, including all team-related activities, unless the student-athlete's team physician or other medical caregiver certifies that participation is not medically safe.
- Medically necessary absences from team activities due to pregnancy will be considered excused absences.
- No coach or Athletics Department personnel shall suggest to any student-athlete that his or her continued participation on a team will be affected in any way by pregnancy, parental, familial or marital status.
- The ECU Athletics Department prohibits conduct that produces a hostile or intimidating environment on the basis of pregnancy, parental or familial status. Such conduct producing a hostile environment may prevent an individual from effectively participating in, or may deny a person the benefits of, the educational opportunities provided by East Carolina University. Acts or statements that are hostile towards pregnancy or parenting or shun or shame the student-athlete because she is pregnant or parenting, may create a hostile environment and may subject a student or employee to disciplinary action.

206 WILLIAMS-HARVEY TEAMS BUILDING • MAIL STOP 138 • ECU • GREENVILLE, NC 27858-4353

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ECU is a constituent institution of the University of North Carolina and is an equal opportunity/affirmative action university.



- The ECU Athletics Department prohibits the use of any written or verbal contract or affirmation from a student-athlete purportedly conditioning the receipt of an athletics award(s) on a student's pregnancy or parental status or seeking a promise to not become pregnant.
- The ECU Athletics Department may provide health benefits through student-athlete health insurance that may include certain health benefits related to pregnancy, including counseling, physical examinations, medical treatment, surgical expenses, medication, rehabilitation and physical therapy expenses and dental expenses, provided that all health benefits provided are the same as those benefits provided to student-athletes who experience temporary disabilities, and within the limitations of any insurance policy provided. Any health benefits provided are strictly limited to those conditions covered by any provided insurance policy. The East Carolina University Athletics Department's medical coverage policy for student-athletes can be obtained from the Department Insurance Coordinator.
- Pregnant and students with parental status who wish to continue to participate in athletics are entitled to assistance and rehabilitation on the same basis as such assistance is provided to all other student-athletes with temporary disabilities.

#### IN ORDER TO ASSIST OUR STUDENT-ATHLETES:

- The ECU Athletics Department will provide assistance to help the pregnant or parenting student-athlete plan for his or her continued academic progress in accord with the university's education mission.
- The ECU Athletics Department will provide assistance to help the student-athlete return to sport after pregnancy and during parenting, if the student-athlete so desires.
- The ECU Athletics Department will assist the student-athlete to access the pregnancy and parenting support resources that are available to all ECU students.
- The ECU Athletics Department will publish this Guidance in the ECU Student Athlete Handbook, make this Guidance available to student-athletes and their families on-line, and provide specific education on the topics for all student-athletes and their families upon request.
- The ECU Athletics Department, in conjunction with the team physician, Senior Associate Athletics Director for Student Services, licensed athletic trainers, Senior Woman Administrator, and any others as designated by the Director of Athletics, will regularly review student-athlete pregnancy and parenting cases as they occur to monitor compliance with all applicable laws.

#### REPORTING:

- Our department will work to create an environment where a student-athlete feels comfortable to voluntarily reveal pregnancy or parental status in order for the institution to provide optimal support for physical and mental health, and with professional health care. ECU recognizes that the coach's attitude towards pregnancy and parenting can be pivotal in creating such a safe environment.
- No Athletics Department personnel will publicly release personally identifiable health information about pregnancy without written, timely authorization from the student-athlete.
- When a student-athlete reveals her pregnancy or parenting status to athletics personnel, the relevant personnel should direct the student-athlete to this Guidance. All Athletics Department personnel should reiterate the department's protection of the student-athlete's team membership status and financial aid. Athletics personnel should refer the student-athlete to the team physician, or to the student-athlete's personal physician.
- Consistent with ECU Athletics procedure for all student athletes, athletics personnel who believe that a student athlete has a physical or emotional condition that may require certification from a physician for continued participation in any athletics activity may report their concerns to the team physician, the Senior

Woman Administrator or the Senior Associate Athletics Director for Student Services or a licensed athletic trainer.

- All students may report any concerns related to these guidelines to the team physician, the Senior Woman Administrator or the Senior Associate Athletics Director for Student Services.

#### ENFORCEMENT AND NON-RETALIATION:

- Any member of the Athletics Department found to have violated University non-discrimination policy by threatening to withhold or withholding athletics participation or an athletics award, by harassing a student-athlete on the basis of pregnancy or parenting status, or by breaching medical confidentiality, will be subject to disciplinary action up to and including discharge or termination of employment from the university. The Athletics Department will also take remedial action to correct the situation, if available.
- Any member of the Athletics Department who becomes aware of conduct that violates applicable law or policies should report the conduct to the appropriate officials, such as the Athletic Director, the University Attorney's office, the Title IX Coordinator, the Faculty Athletics Representative, or the Director of Equal Opportunity and Title IX. The Athletics Department and university will make every effort to prevent public disclosure of the names of all parties involved, except to the extent necessary to carry out the investigation or as otherwise required by law.
- Retaliation is specifically prohibited against anyone using applicable policies responsibly, including complaints about pregnancy or parental status discrimination.



## LIFE SKILLS



# LIFE SKILLS

The Life Skills department develops and implements innovative programs and individualized support services that empower student-athletes to make positive contributions to their communities and put them in a position to succeed in college and in life.

*Life Skills focuses on commitments in but not limited to:*

- Career Development
- Community Outreach
- Personal Development

The Life Skills department uses athletic, campus, and community resources to help educate our student-athletes in these different areas. Along with these components, the program is dedicated to establishing a structured and influential Student-Athlete Advisory Committee (S.A.A.C).

### Career Development

ECU Athletics' Life Skills department works to enhance student-athlete career development by collaborating with ECU Career Services. This partnership supports a liaison with ECU Career Services who is dedicated to working with student-athletes. The Life Skills department and along with the liaison from ECU Career Services work to plan, develop, and implement career development programs, workshops, and presentations to enhance student-athlete's career advancement.

Our liaison helps student-athletes recognize and market their unique transferrable skills, get involved in the multitude of career development programs available on campus, create a working resume, develop and refine interview skills, and gain internship or work experience upon the completion of their degree.

### Personal Development

Programs, Workshops, and events are put on by the Life Skills department to assist in the personal and athletic development of ECU student-athletes. All topics presented on are carefully selected and picked to benefit the needs of our student-athletes. Each program presented gives student-athletes the opportunity to gather information to support a healthy lifestyle and achieve optimum athletic performance.

*Topics include, but are not limited to:*

- Bystander Intervention Training
- Diversity & Inclusion
- Drugs & Alcohol substance misuse & abuse
- Financial Management
- Leadership Development
- Healthy Relationships
- Mental Health Awareness
- Stress/Time Management
- Transition Workshops
- Campus Partner Programming

The Life Skills department along with our Athletic Training department maintains a relationship with our Center for Counseling and Student Development here at ECU. Just as we have a liaison with ECU Career Services we also have a liaison from the Counseling Center. This liaison is available to talk and help our student-athletes here at ECU.

### Community Outreach

Community service is highly encouraged, and ECU Athletics feels strongly in the value of giving back to Pitt County and the ECU campus. The Life Skills department has formed several partnerships in the community and encourages teams and individual student-athletes to get involved. Some of our partnerships include:

- Boys and Girls Club of the Coastal Plains
- Building Hope Community Life Center
- Cypress Glenn Retirement Community
- Food Bank of Central and Eastern NC
- Humane Society of Eastern NC
- James and Connie Maynard Children's Hospital
- Pitt County School System
- Ronald McDonald House of Eastern NC
- Special Olympics of Pitt County

### Student-Athlete Advisory Committee (SAAC)

East Carolina University's Student-Athlete Advisory Committee (SAAC) is a group of diverse student leaders that promotes a positive experience for student-athletes through effective means of communication. SAAC serves as the voice for the student-athletes to athletic administration, coaches, and on-campus representatives. SAAC serves student-athlete needs and seeks opportunities that encourage excellence in competition, the classroom, in the community, and in life.

#### Goals:

- Pirates Supporting Pirates- Increase student-athlete attendance at sporting events across all sports.
- Impactful Community Service Projects- build relationships and increase impact in the community through different community service opportunities.
- Promote Life Skills Programming Awareness and Attendance- Spread the word through social media, group messages, and locker room message boards



SAAC EXECUTIVE BOARD

**SAAC 2020-21 OFFICERS**

 <p><b>JAKE KUCHMANER</b> BASEBALL <b>PRESIDENT</b></p>	 <p><b>TIM BUNTEN</b> MEN'S GOLF <b>VICE PRESIDENT</b></p>	 <p><b>JOSH SPARE</b> MEN'S XC/TRACK &amp; FIELD <b>PROGRAM DIRECTOR</b></p>	 <p><b>ALEX NICOLETTI</b> LACROSSE <b>MENTAL HEALTH INITIATIVES</b></p>	
 <p><b>BRITTANY BORCHERS</b> LACROSSE <b>EXTERNAL OPERATIONS/ CAMPUS REPRESENTATIVE</b></p>	 <p><b>TORI RIGGS</b> SOCCER <b>COMMUNITY SERVICE</b></p>	 <p><b>NATALIE TYSON</b> VOLLEYBALL <b>DIVERSITY &amp; INCLUSION</b></p>	 <p><b>SOMMER KNIGHT</b> WOMEN'S TRACK &amp; FIELD <b>DIVERSITY &amp; INCLUSION</b></p>	 <p><b>MELANIE STILES</b> SOCCER <b>SAAC BOARD SPECIAL ADVISOR</b></p>



## FACILITIES

This link has the most update information about ECU Athletic Facilities: <https://ecupirates.com/facilities>

If you are looking to hold a Captain's Practice or need to use any of these facilities, please contact:

J.J. McLamb

Executive Associate Athletics Director/Internal Operations

252-737-4669

[mclambj@ecu.edu](mailto:mclambj@ecu.edu)



## OTHER UNIVERSITY POLICIES

Here is the link for all other general policies and most up to date information from East Carolina University:  
<https://www.ecu.edu/prr>

These are some highlighted policies to take a look at:

- Tobacco and Vaping Use on Campus: <https://www.ecu.edu/prr/05/20/09>
- Illegal Drugs and Substances Abuse: <https://www.ecu.edu/prr/05/20/10>
- Notice of Nondiscrimination and Affirmative Action Policy: <https://www.ecu.edu/prr/05/25/02>
- Student Grievance: <https://www.ecu.edu/prr/11/35/01>





## COMMONLY USED RESOURCES

### ATHLETICS:

Athletic Training: 737-4560

Sport Nutrition: 328-6841  
*Speak with Athletic Trainer first*

Career Services: 328-6050

Faculty Athletic Representative (FAR): Dr. Cal Christian  
[737-1053](tel:737-1053) | [christianj@ecu.edu](mailto:christianj@ecu.edu)

### CAMPUS:

Undergraduate Academic Advising  
2500 Old Cafeteria Building  
(252) 328-6001  
<http://www.ecu.edu/advising/>

Admissions  
106 Whichard Building  
(252) 328-6640  
<http://www.ecu.edu/admissions>

Campus Dining  
Todd Dining Hall  
(252) 328-3663  
<http://www.ecu.edu/dining>

Campus Living  
Suite 100, Jones Hall  
(252) 328-4663  
<http://www.ecu.edu/campusliving>

Cashiers Office  
105 Old Cafeteria Building  
(252) 737-6886  
[http://www.ecu.edu/financial\\_serv/cashier](http://www.ecu.edu/financial_serv/cashier)

Financial Aid  
2103 Old Cafeteria Building  
(252) 328-6610  
<http://www.ecu.edu/financial>

Office of Equality and Diversity  
Old Cafeteria Complex, Suite G-406  
(252) 328-6804  
<http://www.ecu.edu/edc>

Student Health Services  
1000 E. Fifth St  
(252) 328-6841 <http://www.ecu.edu/studenthealth>

Parking  
305 E. Tenth St  
(252) 328-6294  
<http://www.ecu.edu/parking>

Pirate Tutoring Center  
Old Cafeteria Complex, 2300 Wing  
(252) 737-3009  
<http://www.ecu.edu/cs-acad/aa/piratetutoringcenter>

Registrar Office  
207 East Fifth Street  
(252) 328-6524  
<http://www.registrar.ecu.edu>

University Police  
609 E. Tenth St  
(252) 328-6787  
<http://www.ecu.edu/police>

Student Rights & Responsibilities  
364 Wright Building  
(252) 328-6824  
<http://www.ecu.edu/studentlife/scr>



## OTHER INFORMATION

E.C. VICTORY:

Cheer for East Car'lina,

Cheer for old E.C.,

We know we're the finest,

Onward to victory,

GO PIRATES!

Cheer for East Car'lina,

Cheer on for old E.C.,

Loyal and Bold,

We're the purple and gold,

WE ARE THE PIRATES OF E.C.U.!

Student-Athletes are responsible for being familiar with and abiding by the information presented in the Student-Athlete Handbook. ECU prohibits unlawful discrimination based on the following protected classes: race/ethnicity, color, genetic information, national origin, religion, sex (including pregnancy and pregnancy related conditions), sexual orientation, gender identity, age, disability, political affiliation, and veteran status.

*All information is accurate as of March 30, 2021*

