



## Marshall University Summer Voluntary Conditioning

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### *I. Definitions*

#### **1. Voluntary Athletically Related Activities (NCAA Bylaw 17.02.13)**

In order for any athletically related activity to be considered "voluntary," all of the following conditions must be met: *(Adopted: 4/18/01)*

(a) The student-athlete must not be required to report back to a coach or other athletics department staff member (e.g., strength coach, trainer, manager) any information related to the activity. In addition, no athletics department staff member who observes the activity (e.g., strength coach, trainer, manager) may report back to the student-athlete's coach any information related to the activity;

(b) The activity must be initiated and requested solely by the student-athlete. Neither the institution nor any athletics department staff member may require the student-athlete to participate in the activity at any time. However, it is permissible for an athletics department staff member to provide information to student-athletes related to available opportunities for participating in voluntary activities (e.g., times when the strength and conditioning coach will be on duty in the weight room or on the track). In addition, for students who have initiated a request to engage in voluntary activities, the institution or an athletics department staff member may assign specific times for student-athletes to use institutional facilities for such purposes and inform the student-athletes of the time in advance;

(c) The student-athlete's attendance and participation in the activity (or lack thereof) may not be recorded for the purposes of reporting such information to coaching staff members or other student-athletes; and

(d) The student-athlete may not be subjected to penalty if he or she elects not to participate in the activity. In addition, neither the institution nor any athletics department staff member may provide recognition or incentives (e.g., awards) to a student-athlete based on his or her attendance or performance in the activity.



## 2. Student-Athlete Discretionary Time (NCAA Bylaw 17.02.14)

Student-athlete discretionary time is time that 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 workout, the strength and conditioning coach may monitor the facility in use for health and safety purposes.

### *II. Football Summer Conditioning*

- a. Institutions shall count back nine weeks from the first permissible reporting date for preseason practice date.
- b. During this nine-week period, institutions shall designate one week as student-athlete discretionary time.
- c. Student-athlete discretionary time shall be defined as follows: "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 workout, the strength and conditioning coach may monitor the facility in use for health and safety purposes."
- d. During the remaining eight weeks of the summer conditioning period, prospects and student-athletes may be involved in non-mandatory weight training and conditioning activities that are conducted by the institution's strength coach for no more than eight hours per week.
- e. Consistent with Bylaws 13.12.3.9 and 13.2.8 (and recent NCAA Division I Management Council Administrative Review Subcommittee decisions), prospects who have signed a National Letter of Intent will remain permitted to engage in non-mandatory summer workouts. Walk-ons are not permitted to participate in voluntary workouts, nor even use the facility unless the facility is open to the general public.
- f. Prior to participation in any summer weight training or conditioning workouts, those prospects and student-athletes who will be beginning their initial season of eligibility for football practice at the institution in the fall **shall be required to undergo a pre-participation medical examination conducted by a physician.**
- g. All strength and conditioning coaches conducting non-mandatory weight training or conditioning activities shall be required to have **cardio-pulmonary resuscitation/First Aid certification**. In addition, a member of the institution's sports medicine staff (e.g., athletic trainer, physician) must be present during all non-mandatory conditioning activities (i.e., running, not lifting) conducted by the institution's strength coach. This sports medicine staff member must be empowered to have the unchallengeable authority to cancel or modify the workout for health and safety reasons, as they deem appropriate.
- h. An institution may provide medical expenses (including surgical expenses, medication, rehabilitation, physical therapy expenses, and dental expenses) resulting from **ANY injury** or illness regardless of when the injury occurs. ***This rule does not apply to prospects.***

### ***III. Legislative Guidelines***

#### **Permissible:**

- Strength and conditioning coaches with department-wide duties may design and conduct summer weight-lifting and conditioning workouts, provided such workouts are voluntary and conducted at the request of the prospect (who has signed an National Letter of Intent\*) or student-athlete. Four-year college transfers who have signed an institution's written offer of admission and/or financial aid agreement, may engage in nonmandatory summer workouts conducted by an institution's strength and conditioning coach with department-wide duties.
- Strength and conditioning coaches with department-wide duties may conduct voluntary workouts with prospects (who have signed an NLI\*) or student-athletes using only equipment not specific to the sport of football (e.g., cones, weights, jump ropes, parachutes and other resistance devices). [17.02.1-(a), 13.12.3.9, 17.1.5.2.2]
- Strength and conditioning coaches with department-wide duties may maintain records of a prospect's (who have signed an NLI\*) or student-athlete's performance (e.g., amount lifted or run) during voluntary workouts for purposes of improving the prospect's or student-athlete's strength and/or conditioning development. [17.02.13-(c)]
- Strength and conditioning coaches or athletics department staff members may provide information to prospects (who have signed an NLI\*) and student-athletes related to available opportunities for participating in voluntary workouts (e.g., times when the strength and conditioning coach will be on duty in the weight room or on the track). Additionally, for prospects (who have signed an NLI\*) and student-athletes who have initiated a request to engage in voluntary workouts, an athletics department staff member may assign specific times for student-athletes to use institutional facilities for such purposes and provide the information in advance. [17.02.13-(b)]
- Prospects (who have signed an NLI\*) and student-athletes may receive from the institution personalized videotapes recommending particular workouts, discussing plays or lecturing on strategy related to the sport, provided use of the videotape is subject to the prospect's or student-athlete's discretion. [8/22/90 Official]
- In Football, prospects (who have signed an NLI\*) and student-athletes may receive medical expenses (including rehabilitation and physical therapy expenses) for any injury sustained while participating in voluntary summer workouts that are conducted by a strength and conditioning coach with department-wide duties. [13.2.8, 16.4.1-(l)]
- An institution may provide medical expenses (including surgical expenses, medication, rehabilitation, physical therapy expenses, and dental expenses) resulting from **ANY injury** or illness regardless of when the injury occurs. ***This rule does not apply to prospects.***

\* For those institutions not using the NLI, a prospect must have signed the acceptance of the institution's written offer of admission and/or financial aid.

### **Not Permissible:**

- Coaches may not direct, conduct, supervise, or require the participation of prospects or student-athletes in voluntary summer workouts. [17.02.1-(a)]
- Coaches may not receive information related to the attendance and/or participation of prospects or student-athletes in voluntary summer workouts. [17.02.13-(a)]
- Strength and conditioning coaches may not use equipment related to the sport (e.g., blocking dummies, shoulder pads) with prospects or student-athletes involved in any voluntary summer workouts. [17.02.1-(a), 13.12.3.9, 17.1.5.2.2]
- Prospects and student-athletes may not be required to participate in any summer workouts. [17.02.13-(b)]
- Prospects and student-athletes may not be required to report back to any athletics department staff member any information related to their participation in a voluntary summer workout. [17.02.13-(a)]
- Prospects and student-athletes may not be provided any expenses (e.g., postage costs, cost of collect calls) for the purposes of reporting the progress of a voluntary summer workout program. [10/21/93 Official]
- Prospects and student-athletes may not be subject to penalty (e.g., more required running during preseason practice than those student-athletes who regularly participated in summer workouts at the institution) if he elects not to participate in voluntary summer workouts. [17.02.13-(d)]
- Prospects and student-athletes may not receive recognition or incentives based on their attendance or performance in voluntary summer workouts. [17.02.13-(d)]
- Prospects who have not signed a NLI (or for those institutions not participating in the NLI program, prospects who have not signed the institution's written offer of admission or financial aid) may not participate in weight lifting activities on the institution's campus unless such facilities are open to the general public. [5/27/88 Official]

### ***IV. New Rules for 2005***

- In Swimming & Diving, sport related equipment may be used during outside the playing season in-pool conditioning activities.
- All sports now allow prospects who have signed the NLI and/or financial aid agreements may now attend the summer session prior to initial full-time enrollment provided he/she is enrolled in at least six hours.
- Any individual receiving athletic aid is to be considered a student-athlete.