

## NCAA Quick Facts:

- We follow the general guidelines of the NCAA Division I Manual.
- The current manual can be found online for free as a PDF download
- Our playing season is 132 Days (similar to other team sports), and may consist of a non-championship and a championship segment
- Maximum number of scholarships allowed: 8 full scholarships
- Each student athlete must complete the online athlete affidavit twice per year: October 1 & February 1.

## **Quick Reference Guide: See highlighted NCAA handbook for helpful hints**

### **Article 11: Conduct & Employment of Athletics Personnel**

- Definitions of head coach, assistant coach, volunteer coach (p. 41-43)

### **Article 12: Amateurism and Athletics Eligibility**

- General Principle (p. 53)
- Definition of Actual & Necessary Expenses (p. 53)
- Intercollegiate Competition (p. 53-54)
- Definition of Organized Competition (p. 54)
- Amateur Status (p. 55-59): including information on conditions of amateur status, Operation Gold Grant and similar programs, exceptions to prize money rules
- Employment, includes coaching (p.64)
- Camps (p. 64, 67)
- General Eligibility
  - Student-Athlete Statement (p.70)
- Five-Year Rule (p. 71)
  - Waiver Criteria (p. 72-73)
    - Note: These are the criteria for which a waiver may be submitted. The waiver process would begin with a submission to the Technical Chair and then continue on to the Compliance Review Board if deemed necessary
  - Delayed Enrollment (p. 74-75)
    - Includes National Team participation

### **Article 13: Recruiting**

- Definition of Contact (p. 83)
- Definition of a Prospective Student Athlete (p. 85)
- Definition of Recruiting (p. 85)
- Difference Between Official & Unofficial Visit (p. 86)
- Contacts & Evaluations (p. 86-87)
  - Synchro-Specific Rule: Off-campus recruiting contact shall not be made with an individual before July 1 following the completion of his or her sophomore year in high school.
  - Contact with Four-Year College PSAs (p. 87)
  - Exceptions (p. 91)
  - Contact Restrictions at Specified Sites (p. 95)
- Transportation on visits, official and unofficial (p. 107, 109)

- Official (Paid) Visit (p. 109)
  - Requirements (p. 111)
  - Restrictions (p. 111-113)
- Unofficial Visit (p. 113)
- Publicity, including social media! (p. 117)

**Article 14: Academic Eligibility**

- Academic Status, Good Academic Standing (p. 143, 145)
  - Requirements for Practice (p. 146-147)
  - Requirements for Competition (147-148)
    - Nontraditional Coursework (148)
- Transfer Requirements (p. 163)
- One-Time Transfer Exception (p. 170)
- Graduate Student/ Postbaccalaureate Participation (p. 172-173)

**Article 15: Financial Aid**

- General Principles (p. 179-181)
  - Cost of Attendance (p. 180)
  - Maximum Limits (p. 182)
  - Summer Financial Aid (p. 185)
  - Equivalency Sports (p. 192)

**Article 17: Playing and Practice Seasons**

- CARA (p. 215)
- Dates of Competition (p. 215)
- Intercollegiate Competition (p. 215-216)
- Playing Season (p. 218)
  - Time Limits for Athletically Related Activities (p. 218-219, 221-222)
- Outside Competition (p. 290)
  - National Teams (p. 292)