

**UNIVERSITY OF MOUNT OLIVE
DEPARTMENT OF ATHLETICS**



**STUDENT-ATHLETE HANDBOOK
2023-2024**

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WELCOME

Athletic competition is viewed by University of Mount Olive as an integral part of your educational experience. It is important that our athletics program operates within the perspective of the University's overall educational program and fits into its aims, goals, and objectives. Although it takes an enormous commitment of time and energy to be a successful student-athlete, the combination of athletics and academic work can be a tremendous experience in a young person's life.

This handbook and the student support services at University of Mount Olive have been put in place to help you reach your full potential inside and outside of the classroom. The handbook will help acquaint you with the procedures and regulations that have been established by the University, Conference Carolinas, and the National Collegiate Athletic Association. Please keep in mind that the handbook represents abridged versions of procedures and regulations and that on occasion there may be changes to these policies.

All of us with Trojan Athletics are here to assist you in your pursuit of academic and athletic excellence. Have a great year!

NOTE: Any policies and procedures implemented for the 2021-22 academic year due to the coronavirus pandemic are detailed in a separate document; these policies and procedures override any conflicting policies and procedures in this manual due to the special circumstances.

UNIVERSITY OF MOUNT OLIVE AND ATHLETICS

UNIVERSITY MISSION STATEMENT

The University of Mount Olive is a faith-based educational institution committed to creating nurturing, student-centric experiences that promote sustainable opportunities for intellectual, spiritual, and personal growth.

UNIVERSITY COVENANT

The University of Mount Olive, its board of trustees, administration, faculty, staff and students are committed to integrating a chosen set of virtues into all aspects of the University. These virtues illustrate what the University considers appropriate and necessary for fostering the development of a healthy, safe, and caring university community. The University community includes the board, administration, faculty, staff and students.

Established by the Original Free Will Baptist Church, the University of Mount Olive calls for each person in this community to demonstrate the virtues modeled by Jesus Christ who taught that the demands of the gospel could be summarized in one word: love...*love the Lord thy God with all thy heart...soul...mind and...strength love thy neighbor as thyself. There is none other commandment greater than these* (Mark 12:30-31). The New Testament word for love is agape which has been defined as sacrificial love and the desire for the highest well being of other persons. This kind of love provides the conceptual framework for the discussion of the virtues that persons in this community are called to manifest.

The virtues are described below:

Honesty & Trustworthiness: People who are honest tell the whole truth to people who have the right to know the truth, which includes telling the truth about issues that people may be unaware exist but which directly affect them. They do not shade the truth, withhold parts of the truth, or remain silent when others are misrepresenting the truth. People who are trustworthy keep promises, commitments, and confidences, and are steadfast in their honesty, support and loyalty.

Justice & Courage: People who are just are fair in their interaction with others, treating them in ways that they themselves expect to be treated and are advocates for those who are not being treated justly. They do not place others at a disadvantage by harassing, intimidating, cheating, stealing, damaging their reputations or property, or in any other way deprive others of their rights to free speech, privacy, equal opportunity, and due process. Courageous people have a moral compass which they carry with them in all situations and follow it even when it costs them dearly. They do not rationalize their lack of courage by assuring themselves they cannot correct the situation or it is not their responsibility to do so.

Responsibility & Gratitude: People who are responsible accept full accountability for all of their behavior, including mistakes and wrongdoing, and do all in their power to undo any harm their behaviors have caused. They do not shirk opportunities to admit their mistakes by making excuses, blaming others, or diminishing the gravity of their mistakes. People who have gratitude acknowledge the help and support they receive from others and demonstrate their thankfulness in clear and meaningful ways. They do not ignore the help they receive from others, forget to acknowledge it or feel that they somehow deserve the help, and hence experience no need to express gratitude.

Caring & Respect: Caring people are sensitive to the material, psychological, and spiritual needs of others, and are willing to make sacrifices to help others meet those needs, whether these individuals are friends or disenfranchised people. They do not assume a self-centered or permissive attitude, which frees them to concentrate on their own welfare and ignore that of everyone else. People who are respectful behave in a way that is appropriate for their environment including physical location, people and situation, and they are good stewards of our community. Respectable behavior mandates decent etiquette and quality of character.

In summary, the board of trustees, administration, faculty, staff, and students at the University of Mount Olive recognize the importance of Christian values and high standards of education. While people come to this university from many backgrounds, each person who chooses to be a part of this community is expected to strive for these high standards. The University of Mount Olive prohibits discrimination on the basis of race, color, religion, national origin, disability, veteran status, sexual orientation, gender identity, gender expression, sex, genetic information, or age in the administration of its educational policies, admission policies, financial aid, employment, or any other institution program or activity. No person, on the basis of protected status, shall be excluded from participation in, be denied the benefits of, or be subjected to unlawful discrimination, harassment, or retaliation under any University program or activity, including with respect to employment terms and conditions.

DEPARTMENT OF ATHLETICS MISSION STATEMENT

The Department of Athletics is committed to offering an intercollegiate athletics program which provides a quality experience for all of our student-athletes. The Department of Athletics reflects the mission and core values of the University of Mount Olive.

DEPARTMENT OF ATHLETICS VISION

*We are a proud member of NCAA Division II and Conference Carolinas and subscribe fully to their themes of Life in the Balance and Champions of Body, Mind, and Soul.

*We provide an environment in which student-athletes are able to grow physically, socially, spiritually, morally, and intellectually.

*We recognize that academics have priority and graduation is the ultimate goal. We provide student-athletes with a path to graduation while cultivating skills and knowledge for life after graduation.

*We value diversity and are committed to treating all members of the athletics program with respect.

*We value winning and championships. We expect all of our teams to be competitive.

*We strive for success in competition, but will not sacrifice principles of good sportsmanship, ethical conduct, and compliance with NCAA rules in that pursuit.

ATHLETICS PROGRAM

University of Mount Olive is a member of the National Collegiate Athletic Association (NCAA). The NCAA is the major association that governs and controls intercollegiate athletics on the national level. There are three basic membership divisions in the NCAA - I, II, and III. University of Mount Olive is classified as a Division II institution. For more information on Division II, visit NCAA.org/D2.

Mount Olive sponsors 23 intercollegiate sports teams: Baseball, Men's Basketball, Women's Basketball, Men's Cross Country, Women's Cross Country, Field Hockey, Men's Golf, Women's Golf, Men's Lacrosse, Women's Lacrosse, Men's Soccer, Women's Soccer, Softball, Men's Tennis, Women's Tennis, Men's Indoor Track & Field, Women's Indoor Track & Field, Men's Outdoor Track & Field, Women's Outdoor Track & Field, Men's Volleyball, Women's Volleyball, Men's Wrestling and Women's Wrestling. In addition, Mount Olive sponsors a cheerleading team and developmental teams in Men's Basketball, Women's Basketball, Men's Soccer and Men's Wrestling. Participants in varsity sports, developmental sports, cheerleading, and student managers are all subject to the Department of Athletics policies and procedures.

University of Mount Olive is a member of Conference Carolinas. Conference Carolinas has 14 full members: Barton College, Belmont Abbey College, Chowan University, Converse University, Emmanuel College, Erskine College, Francis Marion University, King University, Lees-McRae College, University of Mount Olive, University of North Carolina – Pembroke, North Greenville University, Southern Wesleyan University, Young Harris College

Conference Carolinas sponsors conference championships in all of the University's sports and provides automatic berths to the NCAA Championships in baseball, men's and women's basketball, men's and women's golf, men's and women's soccer, softball, men's and women's tennis, and men's and women's volleyball.



MAKE IT *YOURS*™



CONFERENCE CAROLINAS

DEPARTMENT OF ATHLETICS POLICIES AND PROCEDURES

STATEMENT OF NONDISCRIMINATION

University of Mount Olive does not discriminate on the basis of race, sex, color, national or ethnic origin, religion, age, qualified handicap, veteran status, or marital status in the administration of educational policies, admission policies, financial aid, employment, or any University program or activity. It admits all qualified students to all the rights, privileges, programs, and activities generally accorded or made available to students.

NO HARASSMENT POLICY

It is the policy of University of Mount Olive to maintain a learning, living, and working environment free from racial, sexual, age-based, religious, ethnic, disability, and other forms of legally impermissible harassment. Such harassment in any manner or form by anyone in the University community is expressly prohibited. Harassment is not only intolerable and threatening to the vitality of the academic community, but it is contrary to the Christian values for which the institution stands. University of Mount Olive, therefore, urges all members of the University community to take action to assist in preventing such harassment and to respond promptly to complaints concerning any such alleged acts.

Student-athlete behavior is to reflect a commitment to respect the dignity of all individuals. Student-athletes are expected to immediately confront any inappropriate behavior, language, or gesture and to provide a welcoming environment for all individuals, one that is free from discrimination or harassment of any kind. The Department of Athletics does not condone harassment in any form and adheres to the University's published policy on no harassment.

Head coaches should address methods for discussing and resolving harassment or discrimination issues with their student-athletes.

GOVERNING ORGANIZATIONS

1. The NCAA is the national organization that governs intercollegiate athletics.
2. Conference Carolinas governs the varsity sports of its member institutions. Conference rules and regulations often are more stringent than NCAA rules, in which case they take precedence.
3. University of Mount Olive maintains a set of policies and procedures concerning the conduct and academic programs of all students as defined in this handbook and the Student Handbook. These policies take precedence over Conference Carolinas and NCAA rules and regulations. Students attending University of Mount Olive are expected to be knowledgeable of the provisions of these handbooks and by virtue of matriculation agree to the terms and conditions contained in them.

OPEN DOOR POLICY

All coaches and athletics administrators maintain an open door policy, being available to meet the needs of student-athletes.

STUDENT-ATHLETE COMPLAINT PROCEDURE

If any student-athlete has a complaint relating to the policies described in this handbook or their implementation, he or she should first attempt to resolve the concern or complaint with the appropriate coach or Department of Athletics administrator. If informal resolution fails, he or she must bring the complaint to the attention of the Faculty Athletics Representative (FAR) within 10 days of such failure. All complaints must be presented in writing.

The FAR will take appropriate steps, including meeting with the involved parties, reviewing documents, making on-site visits, etc., to conduct a thorough investigation of the complaint. The FAR will present the findings along with recommendations for corrective actions (if appropriate) to the Director of Athletics as soon as possible, but generally no later than 15 days after receipt of the written complaint. The Director of Athletics will inform the complainant in writing of a decision and the reason(s) as soon as possible but no later than 20 days after receipt of the recommendations.

Any review by the President is discretionary. Unless the decision of the Director of Athletics is reviewed and modified or changed by the President, the decision of the Director of Athletics is final.

Complaints which are not related to Department of Athletics policies and procedures or for which the University has other review procedures (e.g., residence hall matters) are not subject to review under the terms and conditions of these procedures. The FAR will direct student-athletes to bring these types of complaints to the appropriate University personnel.

TITLE IX COMPLAINT PROCEDURE

University of Mount Olive does not discriminate on the basis of sex in its athletics policies and activities, as required by Title IX of the 1972 Education Amendments.

If any coach or student-athlete has a complaint relating to the policies or their implementation on the basis of sexual discrimination, he or she should first attempt to resolve the concern or complaint with the appropriate coach or administrator. If informal resolution fails, he or she must bring the complaint to the attention of the Senior Woman Administrator (SWA) within ten (10) days of such failure. All complaints must be presented in writing.

The SWA will take appropriate steps including meeting with the involved parties, reviewing documents, making on-site visits, etc., to conduct a thorough investigation of the complaint. The SWA will present the findings along with recommendations for corrective actions (if appropriate) to the Director of Athletics as soon as possible, but generally no later than 30 days after receipt of the written complaint. The Director of Athletics will inform the complainant in writing of a decision and the reason(s) as soon as possible, but no later than 15 days after receipt of the recommendations.

This decision can be appealed to the Director of Human Resources. Any additional review by the President is discretionary. Unless the decision of the Director of Athletics is reviewed and modified or changed by the Director of Human Resources or the President, the decision of the Director of Athletics is final.

Complaints which are not related to Department of Athletics policies are not subject to review under the terms and conditions of these procedures. The SWA may refer these types of complaints to the appropriate University personnel.

ATHLETIC ADMINISTRATION

The goal of the Department of Athletics administrative staff is to provide all student-athletes with the opportunity to be successful athletically and academically.

DIRECTOR OF ATHLETICS

- *Develop overall athletic policies and procedures.
- *Oversee coaching staff, sports medicine, and administrative staff.
- *Responsible for personnel selection and development, budget development and administration, external relations, and internal operations.

ASSISTANT DIRECTOR OF ATHLETICS/SENIOR WOMAN ADMINISTRATOR

- *Coordinate compliance program.
- *Advise Director of Athletics on issues related to women's programs, coaches, and student-athletes.
- *Supervise selected sports and staff.

DIRECTOR OF STUDENT-ATHLETE DEVELOPMENT

- *Organize and supervise academic support services.
- *Implement life skills program.
- *Coordinate leadership program.
- *Oversee community outreach.

DIRECTOR OF ATHLETICS COMMUNICATION

- *Publicize and promote the athletics program.
- *Maintain athletics website and produce webcasts of athletic events.
- *Produce all publications for athletics program.
- *Keep statistics and maintain records.

OFFICE MANAGER

- *Assist with compliance matters.
- *Serve as ticket manager, coordinate game management, and assist with special events.
- *Provide support to administrative staff and coaches.
- *Coordinate transportation, purchase orders, check requests, insurance paperwork, and other administrative matters.

DIRECTOR OF SPORTS MEDICINE

- *Provide sports medicine services to all teams.
- *Maintain records of injuries and treatments.
- *Supervise operation of the sports medicine room and assistant athletic trainers.
- *Serve as liaison with team physicians.
- *Coordinate drug testing.

FACULTY ATHLETICS REPRESENTATIVE

- *Liaison with faculty.
- *Promote campus understanding of athletics.
- *Certify eligibility of student-athletes.
- *Assist with compliance matters.

EVALUATIONS

All student-athletes will have the opportunity to complete a confidential evaluation of their coaching staff and other aspects of the athletics program at the conclusion of each sport's season. Those evaluations become part of the process by which coaches and the athletics program are evaluated by athletics administrators.

STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC)

The Student-Athlete Advisory Committee is composed of appointed representatives from each team and meets regularly with athletics administrators to discuss any pertinent issues concerning student-athletes. Members of the SAAC have the opportunity to address issues affecting student-athletes at University of Mount Olive and to offer input on issues which may be national in scope. The SAAC may also serve as a conduit of communication among student-athletes, coaches, and athletics administrators on issues to improve the student-athlete experience and promote growth and education through sports participation.

Specifically, the functions of the SAAC include:

1. Promote communication between athletics administration and student-athletes.
2. Disseminate information.
3. Provide feedback and insight into Department of Athletics issues.
4. Generate a student-athlete's voice within the Department of Athletics.
5. Provide student-athletes input on Department of Athletics policies.
6. Build a sense of community between teams within the athletics program.
7. Provide student-athlete input on proposed conference and NCAA legislation.
8. Organize community service efforts.
9. Create a vehicle for student-athlete input on campus issues.
10. Promote a positive student-athlete image on campus.

The SAAC also serves as voice to the Conference SAAC and the National SAAC, thus providing student-athletes at University of Mount Olive the opportunity to impact intercollegiate athletics on a regional and national level.

Student-athletes interested in serving on the SAAC should speak with their head coach or the Director of Student-Athletic Development.

PROCEDURE FOR TRANSFERRING

Our desire is that all Mount Olive student-athletes enjoy their time as Trojans, but if you decide to transfer, you need to understand the rules and guidelines that may impact your school of choice, ability to receive athletic aid, and eligibility to compete.

Once you have decided to transfer and be placed on the transfer portal, the following steps apply:

- 1- A student-athlete must notify his or her head coach as soon as possible. Keep in mind that coaches count on all student-athletes returning as they plan for future seasons.
- 2- A notification of transfer form is available on the website umotrojans.com, under the Student-Athlete link. Once the student-athlete completes the form and emails it to the Associate Director of Athletics, the student-athlete will be placed in the transfer portal within seven consecutive calendar days. It is against NCAA rules for contact (direct or indirect) to occur prior to addition to the portal.
- 3- After the student-athlete's name is entered in the transfer portal, the student-athlete will receive an email notification, verifying the ability of a coach at another school to contact the student-athlete.
- 4- *With the transfer portal entry, the student-athlete's notification of transfer is visible to other institutions and permissible recruiting contact may begin. Note that student-athletes must serve a year in residency before being allowed to participate if the transfer is to another Conference Carolinas institution.*
- 5- *If the one-time transfer exception is denied, the student-athlete will be notified in writing that he or she has the right to request an appeal hearing with a committee that is outside of the Department of Athletics. The written notification will include information on the appeal process. Denial could occur in various situations, including but not limited to situations in which there appears to be evidence of "tampering" or the student-athlete is leaving to follow a former UMO coach; there are no special considerations regarding educational, financial or family needs that justify such a transfer; the institution to which the transfer is requested is a regional institution that UMO may meet in competition; or the request is made at an inappropriate time (e.g., recruiting a replacement is not feasible).*

Please keep in mind the following implications to providing notification of transfer:

- Once a student-athlete provides notification of transfer, UMO has the right to reduce or cancel your financial aid at the end of the academic year.
 - Your athletics aid may not be reduced during the period of award based on your notification of transfer, but it can be reduced if you fail to fulfill the obligations of your athletics aid.
 - After notification, UMO is not obligated to let you continue participating with the team.
- Your coach will notify you of the specific implications regarding your notification of transfer.

REMOVAL OF STUDENT-ATHLETE FROM TEAM

INITIAL PROCESS

If there is any conflict between a student-athlete and coach, they should attempt to resolve the conflict together. Communication between all parties is essential to a successful athletic team.

If resolution fails, a head coach desiring to remove a student-athlete from their team must receive approval from the director of athletics before removing the student-athlete from the team. If there is need to take immediate disciplinary action, the head coach may suspend the student-athlete and then consult with the director of athletics about removing the student-athlete from the team.

Once a decision is made to remove a student-athlete from a team, the student-athlete may file an appeal.

APPEAL PROCESS

The student-athlete will have three (3) business days from the date that notification of removal from the team is issued in order to file an appeal. The appeal must be in writing and include a detailed statement on the basis for the appeal, demonstrating that the decision was unfair or inappropriate, and indicate whether the student-athlete wishes to have an in-person hearing or for the matter to be decided on the written record.

COMMITTEE

The Team Removal Appeal Committee consists of three members: Faculty Athletics Representative (chair), Director of Admissions, and Dean overseeing the Department of Recreation and Leisure Studies. Alternate members may be asked to serve by the Faculty Athletics Representative if any of the above members are not available for a hearing.

PROCEDURE

If an in-person hearing is requested by the student-athlete, a hearing date shall be set within ten (10) business days of receipt of the student-athlete's request for an appeal. The student-athlete may have an advisor (i.e., faculty or staff member) present at the hearing, but these individuals are not permitted to speak during the hearing. The student-athlete is permitted to state reasons for believing that the decision was unfair or inappropriate, and the Committee is permitted to ask questions of the student-athlete. At the conclusion of the student-athlete's presentation, the student-athlete is

dismissed from the meeting. The student-athlete's head coach is then permitted to offer a statement regarding the decision to remove the student-athlete from the team, and the Committee is permitted to ask questions of the head coach. At the conclusion of his or her presentation, the head coach is dismissed from the meeting. The Committee may then call upon any other individuals to make a statement and answer questions. The Committee then discusses the case and decides one of the following options:

-If the Committee finds the decision to remove the student-athlete from the team is fair and appropriate, the appeal is denied.

-If the Committee finds the decision to remove the student-athlete from the team is unfair or inappropriate, the appeal is approved. In such cases, the Committee can recommend immediate reinstatement or an alternative disciplinary action. The Committee chair notifies the student-athlete in writing of the Committee's decision within three (3) business days of the hearing.

If an in-person hearing is not requested and the matter is to be decided on the written record, the student-athlete's head coach is permitted to provide a written statement to the Committee. The Committee may also request that other individuals submit a statement. The written record shall be distributed to the Committee, and the Committee shall meet within seven (7) business days of receipt of the student-athlete's request for an appeal. The Committee then discusses the case and decides one of the following options:

-If the Committee finds the decision to remove the student-athlete from the team is fair and appropriate, the appeal is denied.

-If the Committee finds the decision to remove the student-athlete from the team is unfair or inappropriate, the appeal is approved. The Committee can recommend immediate reinstatement or an alternative disciplinary action.

The Committee chair notifies the student-athlete in writing of the Committee's decision within three (3) business days of the hearing.

Any review of the Committee's decision by the President is discretionary. Unless the decision of the Committee is reviewed and modified or changed by the President, the decision of the Committee is final.

NAME, IMAGE AND LIKENESS

As of July 1, the NCAA allows student-athletes to benefit from Name, Image and Likeness (NIL), in accordance with state laws or in the absence of a state law in accordance with NCAA rules. NIL refers to any activity where a student-athlete's name, image, likeness or personal appearance is used for commercial or promotional purposes. This means that student-athletes can be paid (i.e., cash, product or other benefit) in exchange for activities such as self-employment or business ownership, appearing in advertisements for commercial products or services, providing lessons or conducting clinics/camps, or being a social media influencer.

PROFESSIONAL SERVICE PROVIDER

Student-athletes can now also hire a professional service provider (e.g., agent, advisor) to represent them in NIL activities. Agents must be paid the going rate for their service and must comply with the North Carolina Athlete Agent Act and any applicable federal law. Agents, however, cannot be hired for future professional athletic contract negotiations.

RESTRICTIONS

While opening these opportunities to student-athletes, the NCAA still preserves the commitment to avoid pay-for-play and improper inducements tied to choosing to attend a particular school. Thus, student-athletes cannot be paid for work not performed and cannot be paid more than the "going rate" (i.e., fair market value). In addition, student-athletes cannot be provided compensation as a direct inducement to enroll or continue enrollment at UMO. Student-athletes also cannot be paid based on a specific athletic performance or achievement (e.g., number of goals scored, what place you finish).

In addition, student-athletes cannot:

-engage in NIL activities involving gambling/sports wagering, NCAA banned substances, alcohol, tobacco, or adult entertainment.

-sell items that were provided to them by UMO (e.g., shoes, jerseys).

-receive an extra benefit per NCAA rules, unless they are doing something in exchange for the benefit.

-receive compensation for NIL activity during official team activities or institution-sponsored events.

LOGISTICS

Student-athletes must disclose all NIL agreements to the Department of Athletics at least 72 hours prior to engaging in the activity (form is available on umotrojans.com, Student-Athletes link), as well as any agreement with an agent, advisor, marketing representative, etc. within 14 days of signing of the agreement. The use of UMO marks and logos, photos and videos, and facilities must be requested and approved in advance; there may be associated fees.

KEY CONSIDERATIONS

There are other key considerations:

-Student-athletes may reach an NIL agreement with a UMO donor or sponsor, but UMO may prohibit any agreement that conflicts with a contract of the institution.

-International student-athletes should not enter into any NIL agreements without guidance from the Student Affairs Office.

-Pell Grant and other need-based financial aid could be impacted by compensation earned through NIL activities.

Questions should be directed to the Financial Aid Office.

-Student-athletes are responsible for all tax withholding, reporting, licenses, permissions, permits, expenses, fees, and any other obligations, liabilities, or costs associated with NIL activity.

-Photos and videos that are found on the internet are likely owned by someone and therefore compensation for their use may be required.

This policy applies year round.

STUDENT-ATHLETE CONDUCT

It is a special privilege to be a member of an intercollegiate athletics team, but it also carries a special responsibility. A University of Mount Olive student-athlete represents not only himself or herself, but is also a visible representative of the University, the Department of Athletics, and his/her coaches and teammates. All student-athletes should be aware that they are public figures and their behavior reflects on others as well as themselves. Therefore, it is always important that student-athletes conduct themselves in a manner that brings pride to University of Mount Olive.

University of Mount Olive student-athletes should serve as an example to fellow student-athletes and other students. Such areas as academic habits, courtesy to others, honesty, and good citizenship are crucial to how others perceive you. Take a leadership role and be a positive example.

University of Mount Olive student-athletes are students first. All student-athletes must first meet their responsibilities to the classroom and then their responsibilities as an athlete.

In addition to the policies and procedures in the Student-Athlete Handbook, student-athletes should refer to the University of Mount Olive Student Handbook which contains information, rules, and policies affecting all University of Mount Olive students.

Any student-athlete who violates Department policies, University regulations, rules in a particular sport, Conference rules, NCAA regulations, or local or federal laws assumes the risk of disciplinary action by the Department of Athletics, including immediate suspension or dismissal from their team and the potential loss of scholarship or grant-in-aid.

NCAA AND CONFERENCE CAROLINAS RESPONSIBILITIES

All student-athletes are required to adhere to applicable NCAA rules. Rule violations can bring great embarrassment to the student-athlete, his/her family, and the University and cause the involved student-athlete to forfeit athletic eligibility. When in doubt about any issue or course of action, the student-athlete should consult the appropriate athletics administrator.

In addition, student-athletes must adhere to all Conference Carolinas regulations. The Conference Carolinas Code of Conduct provides that each member institution has the primary responsibility to cultivate and maintain wholesome conditions and behavior for coaches, student-athletes, and spectators by ensuring maximum sportsmanlike conduct in all athletics events.

ALCOHOL AND DRUGS

ALCOHOL

The Department of Athletics adheres to the University policies on alcohol and drugs. The University maintains the position of zero tolerance, with regard to students possessing, consuming, or dispensing alcoholic beverages in any University facility, elsewhere on University property, or at any University sponsored event. Students found where alcohol is present or being consumed will be in violation of the alcohol policy. Intoxication is unacceptable and will be considered a violation of the University's alcohol policy. Student-athletes violating these University policies or involved in other inappropriate alcohol-related conduct (e.g., purchasing alcohol for a minor, driving under the influence) are subject to penalties set forth by the University (see University Handbook for sanctions), plus any additional penalties, including suspension from their team and the loss of grant-in-aid. Penalties for violating team rules will be determined by the head coach, while penalties for any incidents involving alcohol-related criminal conduct (e.g., purchasing alcohol for a minor, driving under the influence) will be determined by the Director of Athletics in consultation with the head coach.

In addition to adhering to the University policies and state laws on alcohol (e.g., drinking under the age of 21 is illegal), the Department of Athletics encourages you not to consume alcohol even in circumstances which it is permissible.

In order to achieve optimal performance, student-athletes must be in peak physical condition. You cannot be in peak physical condition if you are consuming alcohol. Alcohol depletes your energy – it causes dehydration and reduces fuel for the muscles. Alcohol also affects sleep which in turn reduces your ability to rebuild muscle tissue and inhibits your ability to learn new information or retain information. Finally, the consumption of alcohol constricts the absorption of nutrients which leads to reduced endurance and increased risk of injury.

The negative effects of alcohol can last several days, depending on the number of drinks. For example, five or more drinks in one night can affect brain and body activities for three days or more.

The Department of Athletics strives for excellence in athletics and therefore encourages you to strive to achieve optimal performance and act accordingly. The department and your coach may take disciplinary action if it is determined that you have taken actions that jeopardize your ability to perform at your optimal level.

DRUGS

The use of illegal and/or performance enhancing drugs is inconsistent with the purpose of intercollegiate athletics and creates a danger to the health and safety of student-athletes and their teammates. The University does not permit the use, possession, distribution, or sale of a controlled substance or illegal drugs nor the possession of drug paraphernalia. Students found in violation of this policy or charged with a violation of any criminal drug statute will be subject to immediate disciplinary action, up to and including expulsion or suspension from the University, by the University, plus any additional penalties, including suspension from the team and the loss of grant-in-aid, as determined by the Director of Athletics in consultation with the head coach.

Drug testing is addressed later in this handbook.

COMMUNICATION

Student-athletes will be notified of information by the Department of Athletics through e-mail (school address). It is assumed that student-athletes will receive email messages in a timely manner and therefore, student-athletes will be held responsible for the contents of these messages. Student-athletes should check for email messages on a daily basis.

COMMUNITY INVOLVEMENT

As a NCAA Division II institution, University of Mount Olive has the opportunity to make a positive contribution to the local community. To this end, all student-athletes are expected to engage in at least two team-sponsored community service projects during the academic year. The Director of Student-Athlete Development oversees community outreach.

CRIMINAL CONDUCT

A student-athlete who has been arrested is responsible for notifying his or her head coach. The head coach will then notify the Director of Athletics, who will notify any other appropriate individuals (e.g., Vice President for Student Affairs, Director of Athletics Communications).

A student-athlete who is arrested and charged with a misdemeanor may be suspended from practice and/or competition with their team and is subject to the loss of grant-in-aid. This determination will be made by the Director of Athletics in consultation with the head coach.

A student-athlete who is arrested and charged with a felony will be suspended from practice and competition until the charges are dropped, dismissed, or otherwise resolved. The student-athlete may also be subject to the loss of grant-in-aid. This determination will be made by the Director of Athletics in consultation with the head coach.

A student-athlete who is convicted or pleads guilty or no contest to a misdemeanor may be suspended or dismissed from their team and is subject to the loss of grant-in-aid. A student-athlete who is convicted or pleads guilty or no contest to a felony will be dismissed from their team for the academic year and is subject to possible permanent dismissal and loss of grant-in-aid. This determination will be made by the Director of Athletics in consultation with the head coach.

Factors that may be considered in determining sanctions within the structure outlined above include but are not limited to: nature of charge, prior behavior, self disclosure of violation, cooperation with investigation, and alcohol/drug use. These sanctions are in addition to any that may be imposed by the University.

Note: Student-athletes involved in gambling violations shall also be subject to the sanctions contained in the NCAA Manual.

EQUIPMENT AND UNIFORMS

At the beginning of each season, student-athletes are issued equipment and uniforms for their sport. These remain the property of University of Mount Olive, and the student-athlete is responsible for their care and maintenance. Student-athletes must wear mandatory equipment during participation and inform the coaching staff when equipment becomes unsafe or illegal. At the conclusion of the season, uniforms and equipment must be returned. Items that are not returned will be charged to the student's account. The University will not release grades or transcripts for students who are behind in their accounts.

HAZING

Hazing or initiation rites include any activity expected of someone joining a group or team that humiliates, degrades, abuses, or endangers, regardless of the person's willingness to participate. Examples of hazing include but are not limited to: any type of physical brutality, forced consumption of alcohol or food, destroying or stealing property, shaving heads, and sleep deprivation. All such activities are illegal, unacceptable, and prohibited.

INTRAMURALS

Varsity student-athletes may not participate in any intramural sport contests in their sport (e.g., a varsity soccer student-athlete may not play in an intramural soccer game). Varsity student-athletes may not compete in any other intramural sport without first securing permission from their head coach. Student-athletes injured while participating in intramurals are responsible for their own medical expenses.

INTRA-TEAM RELATIONSHIPS

Participation on a sports team is like a workplace for student-athletes. As with dating in the workplace, student-athletes have responsibilities to the team and a commitment to being a team member who is focused on contributing to achieving team goals. This focus on the team and what is good for the team should guide any intra-team relationships, including dating.

When with the team, the team comes first. Conduct yourselves as teammates, not dating partners. Being a member of a team is like your job, conduct yourself professionally when with the team. This includes practice, competition, on the team bus, in hotel rooms, athletic training room, the weight room, team meetings, locker room, and anywhere else when you are "on team time."

Here are specific behavioral guidelines:

- Focus on the team and your role as a team member. You don't have to hide your dating relationship, but treat your partner as a teammate when on "team time."
- No public displays of affection when on "team time." This includes hand-holding, kissing, hugging.
- Don't be exclusive – sit with other teammates on the bus, eat with other teammates, share hotel rooms with other teammates, site with other teammates in team meetings.
- Respect team space: no drama on team time; leave relationship conflicts at the locker room door; resolve relationship issues on your own time, not the team's time.
- If you need help resolving a relationship issue with a teammate or teammates, dating or otherwise, ask for counseling assistance.

Failure to meet these expectations can result in disciplinary action, including dismissal of one or both dating teammates from the team.

LOCKER ROOMS

Each student-athlete may be assigned a locker within an athletics facility. The student-athlete is responsible for the care and maintenance of their lockers. Be sure to lock up your valuables; the University is not responsible for lost or stolen items. Upon reasonable suspicion, the Department of Athletics reserves the right to conduct a search of any locker.

ATHLETICS FACILITIES

The following policies are in place for the use of athletics facilities by student-athletes:

- facilities may not be used after 11 pm;
- student-athletes may use athletics facilities outside of team activities, with the permission of their coaches, but no one can use a facility on their own – there must be at least two people present; and
- the coach must provide a team roster to Campus Safety, this will constitute permission for the listed individuals to use facilities for their sport.

PROFANITY

Student-athletes are expected to refrain from the use of vulgar language and profanity.

All music that is to be played during practices or at home athletic contests must be approved by the Director of Athletics Communications. The music must be submitted for approval in print, *as well as on a streaming platform (Spotify)*. The request must be submitted at least one week prior to the first "airing" of the songs.

The following factors will be considered in music selection:

- how do the music selections impact children and families in attendance?
- will the lyrics or implied message possibly offend anyone in attendance?

- a variety of music styles is more likely to be enjoyable to student-athletes and fans
- upbeat music that helps provide energy and a positive environment is encouraged
- has the music been significantly altered (bleeped, edited)?
- no vulgar language or profanity
- no music can be played that promotes the use of drugs, alcohol, violence, or criminal activity
- no music can be played that demeans any specific group of people (race, gender, religion, etc.)

PURCHASES BY STUDENT-ATHLETES

Coaches may on occasion purchase equipment, apparel, or footwear for student-athletes in order to make discount pricing available to them. In such circumstances, the student-athlete must make payment in advance, through a deposit with the business office, and then provide the coach with the receipt before an order can be placed. The coach must attach the receipt with their credit card report.

RECRUIT HOST EXPECTATIONS

Student-athletes accept the responsibility associated with hosting prospective student-athletes. Under no circumstances is a student-athlete to offer alcoholic beverages or other illegal substances to a recruit, nor bring them to a party or other gathering where alcohol or drugs are present. It is also inappropriate and prohibited to provide or purchase sexual favors, purchase or view pornography, or otherwise engage with sexually explicit material. Student-athletes are expected to abide by the NCAA regulations regarding the hosting of a prospect.

RESIDENCY REQUIREMENT

All freshmen and sophomore students are required to live in on-campus residence halls unless they meet one of the University's exceptions to this policy. This policy is administered by the Vice President for Student Affairs. Student-athletes are expected to conduct themselves appropriately whether they live on or off campus.

SCHOOL PRIDE

Student-athletes should take pride in their role as representatives of University of Mount Olive. This pride can be demonstrated by wearing University of Mount Olive apparel and not wearing apparel of other universities and colleges.

Adidas is the official apparel and footwear for UMO Athletics. Coaches and student-athletes should be cognizant of the contractual relationship between UMO Athletics and Adidas and should always wear and use Adidas apparel and footwear during official practices, intercollegiate competitions, and other team related activities.

SEXUAL VIOLENCE

The Department of Athletics values the health and safety of its student-athletes. To this end, it is expected that all athletics staff, coaches, and administrators and student-athletes maintain a hostile-free environment. In the event that any athletics staff, coaches, or administrators or student-athletes become aware of any suspected sexual violence (i.e., sexual assault, domestic violence, dating violence, stalking), it is their obligation to report it to the appropriate campus office for investigation and adjudication. Employee related issues should be reported to Human Resources (919-658-7494) and student-related issues to Student Affairs (919-658-7838). It is critical that members of the Department of Athletics cooperate with but not manage, direct, control, or interfere with university investigations into allegations of sexual violence, insuring that investigations involving student-athletes and athletics staff are managed in the same manner as all other students and staff on campus. To view the institution's policy on sexual violence, visit <https://myumo.moc.edu/services/ir/Policies/Public%20Policies/ViolenceAgainstWomenAct.pdf>.

SOCIAL MEDIA

Social media sites such as Facebook, Twitter, Instagram, TikTok and numerous other sites have increased in popularity and are used by many student-athletes in one form or another.

Student-athletes should be aware that third parties, such as the media, faculty, future employers and NCAA officials could easily access your profile and view all personal information, including pictures, videos and comments. Inappropriate information found by these parties affects the perception of the student-athlete as well as the Department of Athletics and the University.

Before participating in any online community, understand that anything posted online is available to ANYONE IN THE WORLD. Any text, photo, or video placed online becomes property of the site(s) and is completely out of your control the moment it is placed online – even if you limit access to your site.

Examples of inappropriate and offensive behaviors on social media may include depictions or presentations of, but aren't confined to the following:

- Pictures, videos or comments showing the personal use of alcohol and drugs, including alcohol and drug paraphernalia.
- Pictures, videos and comments that are of a sexual nature, including links to websites of pornographic nature and other inappropriate material.
- Pictures, videos or comments that condone drug related activity including, but not limited to images portraying the personal use of marijuana and drug paraphernalia.
- Content that is unsportsmanlike, derogatory, demeaning or threatening toward an individual or entity. (e.g. derogatory comments directed at another school, taunting comments aimed at a student-athlete, coach or any other team).
- Posts that depict or encourage unacceptable, violent or illegal activities such as hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking or illegal drug use.
- Content that would be in violation of University of Mount Olive policies and/or NCAA rules. (e.g., gambling, commenting publically about a prospective student-athlete).
- Information that is sensitive or personal in nature or is proprietary to University of Mount Olive. (e.g., student-athlete injuries and eligibility status or travel plans).

Remember, always represent a positive image and don't do anything to embarrass yourself, your team, your family or the University.

If a student-athlete's profile, its contents, and/or online behavior are suspected to be inappropriate in accordance with this policy, he/she will be subject to department and/or team disciplinary action and when appropriate will be referred to the student conduct process and/or the appropriate law enforcement agency. Each incident will be reviewed on a case by case basis.

You should also be aware of other potential problems with social networking communities, such as identity theft, stalking, negative recruiting by other schools, and background checks by potential employers.

You are advised to exercise extreme caution in your use of social networking websites.

SOCIAL MEDIA TIPS

1. Every day is a job interview.
Treat every social media posting as if you are trying to win a job. Everything you post will not only reflect you but the entire University. Be courteous and professional in the social media world.
2. Take pride in who/what you represent.
Remember you are the voice of student-athletes, coaches and administrators, and yourself.
3. Think before you post.
If you can't say or show it in front of your mother, grandmother or pastor, then don't post it. Remember, Twitter, Facebook and Instagram can be your friend, but it can also be your enemy.
4. Listen.
Remember that social media is all about communication. Listening to others will earn you respect from others.
5. Be mindful of your surroundings.
Always know your surroundings. You may never know if someone has a camera phone and uses it to take a picture or record a video of you and post it on a social media outlet.
6. You are NOT living a private life on social media.
Anything you post will be seen by everyone. Even if you closed your postings to only friends and colleagues, it can still somehow be found outside that network.
7. Don't engage in Twitter arguments. No one wins. Ignore them.
Avoid any Twitter postings or conversations that, in your opinion, are negative. Always remember that everyone is entitled to an opinion, and engaging in a Twitter argument following a negative comment can only lead you into trouble.
8. What happens behind closed doors, stays there.
Avoid tweeting or posting something about a heated argument in the office or in the locker room. Things said in a private setting should never be seen on the internet.
9. PROOF READ.
Make sure to proof the post before you hit send.
10. Retweet/repost/share.

Utilize the retweet, share and repost options for postings on other team accounts and the University of Mount Olive Athletics account.

SPORTSMANSHIP

Student-athletes should deport themselves with honesty and good sportsmanship. Behavior at all times should reflect the standards of honor and dignity that characterize participation in intercollegiate athletics.

Almost every situation has a positive and a negative side - emphasize the positive. Help to build your team by encouraging teamwork. Support your coach and concentrate on playing well. Good sportsmanship comes easily if you are proud of your performance. Remember that unsportsmanlike conduct by opponents does not justify retaliation.

The University will not tolerate any of the following behaviors:

1. Physically abusing an official, coach, athlete, opponent, or spectator;
2. Throwing objects at an individual, spectator, or across a field or arena;
3. Inciting players or spectators to violent action or any behavior which insults or defiles an opponent's traditions;
4. Encouraging our fans to boo an opposing team when introductions are made;
5. Using obscene or inappropriate language or gestures to officials, opponents, team members, or spectators;
6. Making public statements which are negative, controversial, or not in compliance with the department's policy on media relations; or
7. Violating generally recognized intercollegiate athletics standards or the values and standards associated with your team as determined by your head coach.

Student-athletes who exhibit unsportsmanlike conduct or are ejected from any contest due to unsportsmanlike conduct must meet with the Director of Athletics and can be suspended from competition or otherwise disciplined at the discretion of the Director of Athletics.

TEAM RULES

All student-athletes must abide by the rules within this handbook. In addition, each team's coach may develop their own team rules in addition to Department of Athletics rules, and each coach will explain what he/she expects from their student-athletes. In the event that the team rules are more stringent than department rules, the team rules have precedence.

TEAM TRAVEL

Team travel plans should include the necessary number of student-athletes for competition, but not necessarily all members of the team. In particular, student-athletes who are injured should not travel to away competitions unless they have a specific team function to perform.

Student-athletes will use only University-arranged transportation to off-campus practice or competition and must travel to their activity and return under the direction and supervision of the head coach. The only exception is when a Permission for Athletic Travel form, which covers requests to drive on own, to be released to parents, or to ride with another student-athlete or others, is completed by the student-athlete (with the approval of their parent or guardian if the student-athlete is under age 18) and that request is granted by the head coach and the supervising administrator. Student-athletes who drive on their own, with parents, or with another student-athlete or others to competition or practice assume liability for any accidents, injuries, etc.

Student-athletes are required to wear seat belts, if available, while traveling to and from competition or practice sites. Be sure to leave all vehicles in clean condition; all trash should be removed when you reach your destination.

All student-athletes are expected to conduct themselves in an exemplary fashion while representing the University, including while traveling to and from competition or practice sites. Conduct in hotels, restaurants, and other public places should be above reproach. Student-athletes who behave in a manner unacceptable to the University may be barred from future trips and/or face other disciplinary action.

All student-athletes should have a clean and neat appearance when representing the University. Coaches may establish dress requirements for their teams. In addition, coaches may establish curfew or other requirements.

Student-athletes traveling to away competitions will be provided meals as a team or per diem money for any meals during the trip. On occasion box meals will be provided; these meals may be charged to each student-athlete's meal account. Student-athletes incurring extra charges while at a hotel (e.g., phone calls, movies, room service) are responsible for those charges.

Student-athletes traveling to away competitions may elect to bring personal items, such as books, cell phone, headphones, lap top computer, etc. If such personal items are brought, use caution and keep valuables in a secure location. Please note that student-athletes are responsible for their personal property during travel; the University is not responsible for any lost or stolen items.

TROJAN CLUB

Many support services and equipment needs are paid for through contributions to the Trojan Club. Donations to the Trojan Club from alumni, family, and friends help ensure that student-athletes have the opportunity to excel in both academic and athletics. Donations may be restricted to particular teams.

Any fundraising activities conducted by teams help supplement that team's budget. Funds raised go into the team's fundraising account and can only be used for that sport.

HONORS AND AWARDS

ACADEMIC AWARDS

The Department of Athletics places the highest priority on academic excellence. To demonstrate the pride associated with achievement, the following recognition is granted:

- CONFERENCE CAROLINAS ALL ACADEMIC – awarded annually to student-athletes who are juniors or seniors and maintain 3.25 or better cumulative grade point average.
- CONFERENCE CAROLINAS PRESIDENTIAL HONOR ROLL – awarded each semester to student-athletes who earn a 3.2 or better grade point average for the semester.
- DEPARTMENT OF ATHLETICS HONOR ROLL – awarded each semester to student-athletes who earn a 3.0 or better grade point average for the semester.
- SCHOLAR-ATHLETE OF THE MONTH – awarded monthly to student-athletes who have earned at least a 3.25 cumulative gpa, are of at least junior status and are in season.
- MURPHY OSBORNE AWARD – awarded annually by Conference Carolinas to the outstanding conference senior student-athlete with at least a 3.25 cumulative grade point average.

ATHLETIC AWARDS

LETTER AWARDS

Senior student-athletes, upon the recommendation of their head coach and approved by the Director of Athletics, will receive a letter award presented at the annual athletic awards ceremony. Student-athletes must be graduating or have exhausted their eligibility and be in good standing at the time of the ceremony in order to receive an award.

TEAM RECOGNITION

Teams winning conference championships and/or appearing in NCAA post-season play will be recognized with a banner in Komegay Arena. Teams winning conference championships but not advancing to NCAA post-season play may purchase conference championship apparel. Teams advancing to NCAA post-season play will be presented with any awards provided by the NCAA and may purchase NCAA t-shirts at the championship site. Teams making it to the National Finals or its equivalent, as outlined in a department policy, will have the opportunity to purchase rings through fundraised funds.

ATHLETIC AWARDS

The Athletic Awards Ceremony for all student-athletes will be held toward the end of the spring semester. Letter awards for seniors and the department's top awards will be presented at the ceremony.

NCAA

The NCAA offers a variety of awards, scholarships, programs, and internships. The opportunities include degree completion scholarships, postgraduate scholarships, leadership conference, sports career forum, and internships with the NCAA. For more information regarding these opportunities, see the Associate Director of Athletics or Faculty Athletics Representative.

ACADEMICS AND LIFE SKILLS

As a University of Mount Olive student-athlete, your primary objective should always be to earn your University degree. University of Mount Olive and the NCAA have established several guidelines that will aid your academic progress.

All student-athletes should review the University of Mount Olive Catalog for the University's Academic Policy.

ACADEMIC RESPONSIBILITIES

Academic responsibilities are considered the highest priority for student-athletes attending University of Mount Olive. The Department of Athletics supports the academic mission of the University. Therefore, student-athletes are expected to do the following:

1. Attend all classes, arriving on time, and staying for the duration of the class. If you have to excuse yourself during class, do so as quietly as possible.
2. Come to class prepared. Bring all required materials (textbook, notebook, etc.). Be attentive in class, answer questions, make appropriate comments, and be respectful to professors and fellow students.
3. Turn off your cell phone and put it away. Do not read/send messages while in class.
4. Laptops, if permitted in class, should be used strictly for educational purposes as directed by your professor, not to check social media or other internet sites.
5. Be appropriate in your dress and appearance. Hats may not be permitted in some classes.
6. Communicate with your professors regarding athletic contests that conflict with class. In general, you should inform your professor several days in advance and send a follow-up email reminder. Some professors may have stricter notification requirements.
7. Take full responsibility for knowing each of your professor's missed class and make-up work policies. Missing class for an athletic contest does not excuse you from completing required assignments. All assignments and tests are to be completed / taken on or before the due date unless your professor permits you to do otherwise.
8. Take full responsibility for knowing the general education and/or degree requirements for your major and ensuring the courses you take will count for NCAA eligibility purposes.
9. Achieve grades and earn sufficient hours to be in good academic standing and satisfy all NCAA progress towards degree requirements.
10. Meet with your professor to plan a course of action to overcome academic deficiencies. Take advantage of your professors' office hours and the academic support services offered through the Academic Resource Center.
11. Consult a counselor, your coach, administrator, or instructor about personal problems or any difficulty that hinders or restricts your personal success. Do not be influenced by those who are undisciplined.
12. Budget your time – you should plan to study at least two hours for each hour of class.
13. Register for classes as early as possible to avoid scheduling conflicts.
14. Use Study Table as an educational opportunity.

ACADEMIC MISCONDUCT

All student-athletes and institutional staff members are expected to act with honesty and integrity in all academic matters. Any student-athlete incident of academic dishonesty, which includes all forms of cheating on exams and plagiarism, constitutes unacceptable deceit. The consequence of behavior problems or scholastic dishonesty will be punishable according to the severity of the offense and will conform to the established rules and procedures of the University. The University policies and procedures regarding academic misconduct can be found in the University catalog.

In addition, institutional staff members and representatives of athletics interests are prohibited from providing any impermissible academic assistance or being involved with academic misconduct related to a student-athlete. NCAA regulations regarding academic misconduct can be found in Bylaw 14.

CLASS SCHEDULING

A student's first responsibility is to graduate with his/her degree in a timely period. With that in mind, the selection of courses should be carefully planned with your advisor. During your competitive season, you should try to plan your classes around your practice and contest schedules. In those instances where your class schedule conflicts with practice times, you should meet with your coach to resolve any problems. At no time should you place your academic progress in jeopardy because of practice times. Furthermore, you should never miss class to attend a practice. During the out-of-season semester, you should plan wisely and schedule classes that fit best for your academic progress. Coaches are aware that schedules are difficult to construct, especially for upper level classes, and they want their student-athletes to make adequate progress toward their degrees.

COURSE LOAD REQUIREMENT

In order to participate in intercollegiate athletics, you must be registered as a full-time student, be in good academic standing, and maintain satisfactory progress toward a baccalaureate or equivalent degree. A student-athlete must be enrolled in a minimum of 12 hours of coursework at all times during each semester. If at any time during the semester a student-athlete falls below 12 hours, he/she immediately becomes ineligible for athletic participation.

Student-athletes typically carry between 12 – 18 credit hours per semester, depending on each student's capabilities and chosen field of study. It is recommended that student-athletes enroll in at least 15 credit hours each semester. This gives student-athletes an opportunity to drop a three-hour course if they do not like a course or feel their workload is too heavy; however, student-athletes must be enrolled at all times in at least 12 credits in order to practice or compete.

A student-athlete enrolled in the final semester of the baccalaureate program may compete while enrolled in less than 12 hours, provided that the Registrar's Office certifies that the student-athlete is carrying the courses necessary to complete the degree requirements (see NCAA Bylaw 14.1.7.1.7.3). Also, a student may represent the institution while enrolled full-time and seeking a second baccalaureate degree at the same institution (see 14.1.8). In either of these situations, the student-athlete must secure permission from the Associate Director of Athletics prior to starting the semester.

SCHEDULE CHANGES

A student-athlete should not drop below 12 semester hours of coursework at any time during the semester. Student-athletes in violation of this regulation jeopardize their athletic scholarships, cannot practice or compete, and may make their team forfeit past competition.

Permission to drop a class must be obtained in the following manner:

1. Obtain necessary course change forms at the Registrar's Office.
2. Obtain signature of academic advisor and FAR. The Vice President for Academic Affairs may approve a drop in the absence of the FAR.
3. Process completed form for final approval at Registrar's Office.

ONLINE CLASSES

The availability of online classes can provide flexibility in scheduling for students; however, the accelerated pace of online courses is often problematic for student-athletes, particularly in season. For this reason, student-athletes with a cumulative GPA of 2.0 to 2.49 must have permission from the Director of Student-Athlete Development before enrolling in any online classes. Students with a cumulative GPA under a 2.0 are not permitted to enroll in online classes unless they receive permission from the Director of Student-Athlete Development and the appropriate academic personnel.

Students who fail to attend an online class during the first week of that class are automatically dropped from the class.

CLASS ATTENDANCE

Students are expected to attend all scheduled classes as an academic obligation. Students' grades are based on prompt completion of all assignments, taking all examinations, reading the required references, and participation in class discussions, as well as on the general quality of work. Instructors have no inherent obligation to provide make-up opportunities for an absence unless in their judgment the reason for the absence warrants such consideration. Instructors set their own attendance policies which are required to be included in the course syllabi. Some instructors count participation in athletic contests as excused absences while others do not. It is the responsibility of the student-athlete to know the attendance policies of his/her instructors and adhere to those policies.

COMPETITION

Student-athletes will receive a copy of their competition schedule listing the days they may miss class and are to provide a copy to each of their instructors. It is expected that a student-athlete will not miss any classes beyond those required by athletic contests or travel. It also is expected that a student-athlete will turn in all assignments on time and make advance arrangements for any tests that are missed.

You are expected to attend classes regularly and on time. Class work missed because of athletic contests or any other reason must be made up. Arrangements for make-up work or future assignments must be made with the instructor prior to a conflict. Instructors are required to include assignment and testing policies in their syllabi. It is the student-athlete's responsibility to know and comply with the instructor's make-up policy. Your coach will not intercede on your behalf with any instructor to allow you to circumvent any assignment due to the fact that you are a member of an athletics team. Prior notice to instructors of your athletic schedule will prevent conflict in most cases. If the Department of Athletics becomes aware that you are not attending your scheduled classes, your coach will be notified and disciplinary actions will be taken.

Student-athletes can not miss class for a competition in their sport's non-traditional season (except for golf and tennis).

PRACTICE

Student-athletes can not miss class for any practice activity.

GRADE POINT AVERAGE (GPA)

University of Mount Olive has a 4-point grading system which is used to compute the Grade Point Average (GPA). This is computed by dividing the total number of quality points by the total hours attempted. Quality points are figured by multiplying the number of credits assigned to each course by the quality value of the grade given (i.e., A = 4 points, A- = 3.7 points, B+ = 3.3 points, B = 3 points, etc.).

SUPPORT SERVICES

ACADEMIC MONITORING

All student-athletes' academic performance and attendance are monitored through various means, including progress reports distributed to faculty. Each head coach will receive a copy of the completed academic progress reports.

ACADEMIC RESOURCE CENTER

Academic support programming and services are provided to students by the Academic Resource Center (ARC). Services include peer tutorials and academic advising and counseling. Tutorial services are free for all students and are available for student-athletes experiencing difficulty with academic subject areas.

Counseling is available to assist students in making decisions concerning educational goals, vocational choices, and academic problems, with the goal of helping all students obtain the type of education best adapted to their needs, abilities, and interests. The ARC offers help in such areas as study skills, test anxiety reduction, interpersonal skills, time management, and career exploration. These services are free to students.

ACADEMIC ADVISORS

Academic advisors are available to assist students with the selection of an educational program and appropriate courses. Advisors also assist students with long-range program planning. Every University of Mount Olive student is required to meet with an advisor before being permitted to register for classes. Advisors can also help enhance the student's collegiate experience by informing them of various valuable services.

FACULTY ATHLETICS REPRESENTATIVE (FAR)

The Faculty Athletics Representative is involved in the monitoring and maintenance of the personal well-being and academic success of the student-athletes. For example, the FAR can assist with situations involving missed-class policies, difficulties with class scheduling, and in waiver or appeals procedures. The FAR is available to answer questions related to general education requirements, degree programs, and NCAA legislation as it pertains to academic eligibility. The FAR also assists with certifying student-athletes as eligible for practice or intercollegiate competition. Finally, the FAR plays a central role in any major institutional inquiries into alleged or suspected rules violations and is involved in the preparation of written reports of infractions that are made to the conference or to the NCAA.

COUNSELORS

Counseling for personal issues is available to all students through Simplicity Counseling Services in Goldsboro. The counseling services offer help in such areas as depression, anxiety, alcohol and drug abuse, and eating disorders. Appointments can be made by calling 919-330-4147. For more information, visit simplicitycounselingservicespllc.com.

The interactive website supportforsport.org may also provide assistance with mental health issues. The National Suicide Prevention Lifeline is 800-273-8255.

STUDY TABLE

The study table program is designed to promote academic success and facilitate study skills. Mandatory for all incoming first-year student-athletes and incoming transfer student-athletes with less than a 2.4 GPA, the goal is to target the academic transition that must be made to the University environment. This program also includes at-risk continuing student-athletes who are identified on the basis of GPA. It should be noted that study table is intended to be one element in a broader approach to academic success; it should not be a student-athlete's sole study time.

Study table will be held in the cafeteria area of the Murphy Regional Center. . Study table starts the second week of each semester and the hours of operation are Sunday – Thursday, 8:00-10:30 p.m. Student-athletes will be notified of any schedule changes through campus email.

All first-year student-athletes, incoming transfer student-athletes with less than a 2.4 GPA, and returning student-athletes with less than a 2.4 GPA are required to participate in study table. Participation in this program will be reevaluated at the end of the first semester when final grades are posted.

Participation in monitored study for continuing student-athletes is based on cumulative GPA and the discretion of the head coach. Continuing student-athletes generally must post a cumulative GPA greater than 2.699 to be exempt from study table.

All first-year student-athletes, incoming transfer student-athletes with less than a 2.4 GPA, and returning student-athletes with less than a 2.4 GPA are required to complete four hours of study table each week. Coaches have the option to require additional hours. The number of hours required may be adjusted if study table is not held on certain days during the week.

Weekly records of study table hours will be maintained and shared with coaches. Student-athletes who do not meet these requirements and accrue more than five owed hours will be subject to disciplinary actions, including missed practices, and those who accrue more than 10 owed hours will be subject to more severe disciplinary actions, including missed competitions.

STUDY TABLE RULES

1. Keep talking to a minimum. If you are meeting with a tutor or study group, find a table away from others.
2. Computers should be used for study purposes only. No surfing the internet or checking email or social network communities.
3. No more than two people should be seated at a table.
4. Properly dispose of all trash and leave the area in the same way you found it.
5. Music is permissible through headphones, but should not be disruptive to others.
6. Appropriate behavior is expected at all times. No cell phone use. No tobacco use. No profanity.
7. Leave your ID at the sign in table when you arrive; pick up your ID when you leave.
8. Be mindful of the study table monitor.
9. You must bring school work with you – do not come empty handed.
10. Study table hours can only be done in the study table area. Exceptions: commuter student-athletes, with approval of the Director of Student-Athlete Development, may perform their study table hours in the library, and student-athletes studying during a team study table while their team is traveling and student-athletes participating in Academic Resource Center academic sessions may be credited for these hours.

SUMMER SCHOOL

Student-athletes needing to attend summer school for eligibility purposes will be advised as such shortly after the completion of the spring semester. Such student-athletes should contact the Faculty Athletics Representative regarding his/her specific deficiencies and necessary corrective action.

Credit hours for summer courses taken at another higher educational institution may transfer to University of Mount Olive as long as prior approval is obtained from the University of Mount Olive Registrar's Office. Grades received for courses taken at another institution do not transfer back to University of Mount Olive and will not count toward your GPA.

CONDITIONING FOR ATHLETES

Student-athletes are automatically registered for the one-credit class Conditioning for Athletes (PED 101, 201, 301, 401) in the fall semester of each year. This class is graded on a pass/fail basis. You can opt out of the class by notifying your coach and the faculty liaison for the course.

STUDENT-ATHLETE DEVELOPMENT PROGRAM

University of Mount Olive provides a Student-Athlete Development Program. This program is designed to enhance the personal development of each student-athlete. The program focuses on the individual as a whole and on the changing needs and skills of that individual in the years during and after college. The focus of the program is on five commitments viewed as critical to personal growth: academic excellence, athletic excellence, personal development, community service, and career development.

The Department of Athletics will sponsor speakers and programs addressing specific topics within these commitment areas throughout the academic year. All student-athletes are expected to attend these sessions. Coaches will receive a list of those in attendance.

NCAA REGULATIONS

AMATEURISM

Student-athletes shall be amateurs in an intercollegiate sport, and their participation should be motivated primarily by education and by the physical, mental and social benefits to be derived. A student-athlete will not be eligible for participation in an intercollegiate sport if the individual takes or has taken pay or has accepted the promise of pay in any form, for participation in that sport, or if the individual has violated any of the other regulations related to amateurism set forth in NCAA Bylaw 12.

An individual loses amateur status and thus will 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;
- (d) Receives, directly or indirectly, a salary, reimbursement of expenses or any other form of financial assistance from a professional sports organization based upon athletics skill or participation, except as permitted by NCAA rules and regulations;
- (e) Competes on any professional athletics team and knows (or had reason to know) that the team is a professional athletics team, even if no pay or remuneration for expenses was received;
- (f) Subsequent to initial full-time collegiate enrollment, enters into a professional draft; or
- (g) Enters into an agreement with an agent.

AGENTS

Student-athletes are not permitted to enter into a verbal 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. In addition, a student-athlete (or his or her relatives or friends) cannot accept transportation or other benefits from any person who wishes to represent the student-athlete in sports negotiations.

Penalties for engaging or employing an agent may include immediate ineligibility for athletic competition. For information concerning specific rules, consult the Associate Director of Athletics.

BOOSTER INVOLVEMENT

A "Booster" or a "Representative of Athletics Interests" is an individual who has:

- *made financial contributions to UMO Department of Athletics or to its athletics booster organization;
- *in some manner, promoted the athletics program at UMO; or
- *been involved with UMO athletics program.

Once an individual has been identified as a booster/representative of athletics interests, the individual retains this title indefinitely.

It is NOT permissible for a booster to provide you or your friends or relatives any benefit or special arrangement including, but not limited to:

- *purchase of meals or services at commercial establishments
- *loan of money for any reason
- *special discount, payment arrangement, or credit on a purchase or service
- *guarantee of bond
- *use of automobile
- *benefit connected with off-campus housing
- *use of personal property (e.g., boat, summer home)
- *providing Christmas or birthday gifts
- *selling or giving tickets to an athletics, institution or community event
- *professional services provided at less than normal or at no expense
- *pay for expenses incurred by friends or family of an enrolled student-athlete to visit campus or attend an away athletics contest.

NCAA rules regarding enrolled student-athletes are in effect at all times, including summer break and at the completion of a student-athlete's final season until the end of the academic year and/or until he or she is no longer receiving athletic financial aid.

If you accept an extra benefit from a booster, you will jeopardize your collegiate athletic eligibility. If you are offered any item from a booster, you should decline the offer and report the incident to your coach and the Associate Director of Athletics.

DRUG TESTING

Student-athletes must sign the NCAA Drug Testing Consent Form to participate in intercollegiate athletics. The NCAA bans substances that are performance enhancing and/or harmful to health. The categories of drugs banned by the NCAA include stimulants; anabolic agents; diuretics, manipulators, and other masking agents; street drugs; anti-estrogens; and peptide hormones. A list of the banned substances is included in Appendix B. It is a student-athlete's responsibility to be familiar with the NCAA's drug policies and programs.

The NCAA conducts random drug testing at NCAA Championship Events and on student-athletes in all sports on campus throughout the year, including over the summer.

All student-athletes found to be positive for a substance belonging to a banned-drug class are subject to loss of eligibility consistent with existing policies, as designated in NCAA Bylaw 18.4.1.5. No substance belonging to a prohibited class may be used, regardless of whether it is specifically listed as an example.

Student-athletes who fail to sign the notification form or signature form, fail to arrive at the collection station at the designated time without justification, fail to provide a sample according to protocol, leave the collection station before providing a sample according to protocol, or attempt to alter the integrity or validity of the sample will be treated as if there were a positive test for a banned substance.

Many nutritional/dietary supplements, even those which are available over-the-counter, contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore, the purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. *The NCAA does not approve any supplements*, so the use of supplements is at the student-athlete's own risk. There is no way to be sure that legally controlled nutritional supplements contain the ingredients listed on the packaging or have not been tainted with prohibited substances so student-athletes assume the risk that supplement products may be mislabeled or contaminated with an undisclosed banned substance. Student-athletes are responsible for notifying the sports medicine staff of any supplements they are using.

Student-athletes should also check any medications to make sure they do not contain NCAA banned substances. You can access the Resource Exchange Center to check whether a medication is "banned" or "not banned". The NCAA understands that some student-athletes may require medications that contain banned substances for legitimate medical purposes. In such circumstances, the student-athlete must provide documentation for medical exceptions to be kept with the student-athlete's medical record within the Department of Athletics. Prescriptions that fall within Peptide Hormones or Anabolic Agents drug classes require pre-approval from the NCAA before the student-athlete can compete while using the medicine. All other drug classes, with the exception of Street Drugs, do not require pre-approval. There is no medical exception for substances in the NCAA Street Drug class.

Energy drinks such as Red Bull and Five Hour Energy are among the supplements prohibited by the NCAA. These drinks present a health and safety concern in that they are dehydrating, can cause an increase in heart rate, and can have an adverse impact if combined with certain medications. Student-athletes should be using electrolyte replacement drinks such as Gatorade to replace the fluids they are losing in practice and competition.

Cannabidiol (CBD) oils and creams have been cited for having some medicinal benefits. These products, however, may contain THC, which is a banned substance (marijuana), and therefore may lead to a positive drug test.

Ultimately, student-athletes are responsible for any substance they put in their body. You are encouraged to avoid the use of supplements or at the least to be very careful about what you choose to take. Student-athletes are encouraged to utilize food, hydration, exercise, and recovery over dietary supplements to maximize athletic performance. Student-athletes should contact a team physician, athletic trainer, or consult the Drug Free Sport Axis (877-202-0769; www.drugfreesport.com/rec, password ncaa2) for further information.

The University's drug testing program is included in full under a separate heading in this handbook.

ETHICAL CONDUCT

NCAA Bylaw 10 requires all student-athletes to deport themselves with honesty and sportsmanship at all times, to behave ethically, to report any knowledge of banned drug use, and not to participate in any gambling activity concerning intercollegiate athletics competition. Student-athletes found in violation of Bylaw 10 can lose all eligibility for further intercollegiate competition.

University of Mount Olive is committed to compliance with all NCAA rules and regulations. Student-athletes with knowledge of any rules violation should report such knowledge to the Director of Athletics or the Associate Director of Athletics.

EXTRA BENEFITS

An extra benefit is any special arrangement by an institutional employee or an institution's booster to provide a student-athlete or the student-athlete's relative or friend a benefit not expressly authorized by NCAA legislation. Receipt of a "benefit" is not a violation if it can be demonstrated that the same benefit is generally available to the general student body. Some areas where student-athletes can receive extra benefits in accordance with NCAA legislation are:

- *Athletic Awards
- *Complimentary Tickets to their own games
- *Academic Support Services
- *Medical Support Services
- *Expenses for Practice and Competition

Student-athletes with questions regarding the receipt of any benefit and NCAA legislation should immediately contact the Associate Director of Athletics.

GAMBLING AND BRIBERY

The NCAA opposes all forms of legal and illegal sports wagering. Sports wagering has the potential to undermine the integrity of sports contests and jeopardizes the welfare of student-athletes and the intercollegiate athletics community. Sports wagering demeans the competition and competitors alike by sending a message that is contrary to the purposes and meaning of sport. Sport competition should be appreciated for the inherent benefits related to participation of student-athletes, coaches, and institutions in fair contests, not the amount of money wagered on the outcome of the competition.

For these reasons, the NCAA has adopted specific rules prohibiting Department of Athletics staff members and student-athletes from engaging in gambling activities as they relate to intercollegiate sporting events. Note that these rules are applicable even if the gambling activities are legal.

All athletic administrators, coaches, managers, and student-athletes are prohibited from wagering on any intercollegiate, amateur, or professional team or contest. This prohibition applies to any sport in which the NCAA conducts championship competition, bowl subdivision football, and any emerging sports for women. Gambling includes any sports wagering activity in which an individual or entity agrees to give up an item of value in exchange for the possibility of gaining another item of value. Examples of sports wagering include, but are not limited to, the use of a bookmaker or parlay card; internet sports wagering; and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize.

Participation in gambling and/or bribery activities will result in immediate suspension until the charges have been investigated. NCAA rules provide that student-athletes who participate in point-shaving activities or who solicit or accept bets utilizing gambling methods that involve wagering on their own institution or who have bet or accepted bets on other intercollegiate, amateur or professional athletics are subject to NCAA penalties which will be determined on a case-by-case basis.

Because of the extreme importance of this subject matter, you are asked to observe these guidelines:

1. Do not provide information concerning intercollegiate athletics competition to individuals involved in organized illegal activities.
2. Do not solicit or accept a bet on any organized athletic competition.
3. Do not accept a bet on any team representing the University.
4. Do not participate in any gambling activity that involves professional, amateur or intercollegiate athletics through a bookmaker, a parlay card, or any other method, including any type of pools.
5. Do not attempt to sell your complimentary tickets to anyone.
6. Do not accept any money from a "fan" for a game "well-played."

If you have a gambling problem, you can call the National Problem Gambling Helpline 800-522-4700 or seek assistance from the UMO counseling services.

GENERAL ELIGIBILITY REQUIREMENTS

In order for a student-athlete to practice and/or compete in intercollegiate athletics at University of Mount Olive, he or she must meet the following NCAA requirements:

1. Sign the NCAA Student-Athlete Statement and the Drug Testing Consent Form.
2. Be admitted as a regularly enrolled, degree-seeking student in accordance with the regular, published entrance requirements of University of Mount Olive.
3. Be enrolled in a minimum full-time program of studies (at least 12 credit hours/semester) leading to a baccalaureate or equivalent degree. The moment a student-athlete is enrolled in less than 12 credits, he or she is ineligible to practice and compete in athletics. The only exception to full-time enrollment is if the student-athlete is in the final semester of the baccalaureate program. If this is the case, the student-athlete must secure validation from the Registrar's Office and then permission from the Associate Director of Athletics prior to starting the semester.
4. Meet the NCAA initial eligibility requirements or the NCAA and University of Mount Olive continuing eligibility requirements.

If a freshman student-athlete's entrance exam is questioned by the NCAA, the student-athlete will be declared ineligible until a final decision on the validity of the test score is issued.

CONTINUING ELIGIBILITY

To be eligible to represent an institution in intercollegiate athletics, NCAA bylaws specify that a student-athlete shall be in good academic standing and maintain progress toward a baccalaureate or equivalent degree. Good academic standing is defined by the institution and applies to all enrolled students. Progress toward degree requirements are NCAA standards applicable to a student-athlete who has been enrolled as a full-time student for one academic year, has utilized one season of competition, or enrolled as a mid-year transfer.

GOOD ACADEMIC STANDING

According to the University of Mount Olive catalog, a student must be in good academic standing at the end of each semester or be subject to probation or exclusion. In order to be in good academic standing at University of Mount Olive, students must achieve the following minimum cumulative grade point averages:

Total semester hours attempted	Minimum Cumulative GPA
1 - 26	1.6
27 - 59	1.8
60 and above	2.0

The Financial Aid Office reviews academic standing at the end of each school year and the failure to be in good academic standing can jeopardize any financial aid. To receive financial aid, a student must also successfully complete a specified number of credit hours.

PROGRESS TOWARD DEGREE

The general criteria for satisfying progress toward degree are listed below:

- At the end of the fall semester, you must meet the minimum good academic standing GPA requirements and must have successfully earned at least 9 hours in the fall semester.
- After each year, before the next fall semester begins, you must have successfully earned at least 24 credit hours since the beginning of the previous fall semester and have a minimum cumulative GPA of 2.0. A full-time semester is counted when the student-athlete is enrolled in 12 or more semester hours and attends the first day of class, even if the student-athlete drops to part-time status or withdraws from the institution during the first day of classes.
- At least 18 credit hours must be earned during the regular academic year.
- At least 9 credit hours must be earned in a regular academic term to be eligible to compete the following term. This does not include a summer term.
- By the beginning of your fifth semester, you must have declared a major and all courses from that point on must fulfill the major requirements. If a student-athlete earns a D in a major course which requires a minimum grade of C, those credit hours cannot be used to satisfy progress towards degree requirements.

When certifying student-athletes at the end of the fall semester, only the good academic standing minimum GPA requirements along with the nine hour rule will be applied.

PRACTICE/PLAYING SCHEDULES

NCAA regulations limit the time demands that can be placed on student-athletes during the season and the off-season. These limits are designed to protect the student-athlete and ensure that the time demanded of them is kept to a reasonable level. Coaches are required to keep records of all athletically related activities and selected student-athletes will be asked to sign-off on weekly reports; any student-athlete can request to review these reports. If a student-athlete feels that he or she has exceeded the time limits in any given week or would like further information, the student-athlete should see the Associate Director of Athletics.

OUT OF SEASON

Outside of the playing season student-athletes can only participate in required weight training and conditioning activities held at the direction of or supervised by an institutional staff member. A student-athlete's participation in such activities must be limited to a maximum of eight hours per week. There must be at least two days per week where there is no athletically related activity.

Student-athletes are allowed to receive four hours of skill-related instruction or team activities per week in the off-season from their coaches within certain limitations. These four hours count toward the eight hours per week of participation.

NONTRADITIONAL SEASON

During the nontraditional season (i.e., not the championship season), student-athletes may participate in any practice or competition activity as long as such activity is restricted to a maximum of 45 days with no more than 15 hours per week, with at least two days off per week. Golf and tennis have a maximum of 60 consecutive days with no more than 20 hours per week, with at least two days off per week.

PLAYING SEASON

A student-athlete's participation in countable athletically related activities must be limited to a maximum of four hours per day and 20 hours per week during the playing season. Student-athletes are also required to receive at least one day per week during which there is no countable athletically related activity.

A multi-sport student-athlete's participation in countable athletically related activities is limited to a maximum of four hours per day and a total of 20 hours per week; not 20 hours per week per sport.

Countable athletically related activities include competition, practice, weight training/conditioning, meetings, film reviews, participation in camps/clinics, and supervised individual workouts.

Practice may not be conducted at any time (including vacation periods) following competition.

RECRUITING

Student-athletes may not make or participate in telephone calls to prospects at the direction of the coaching staff or financed by the institution. However, you may receive telephone calls at the expense of the prospect subsequent to July 1 following the completion of the prospect's junior year. It is also permissible for you to engage in written correspondence provided it is not done at the direction and/or expense of the institution. You may be a student host to a prospect who is on an official visit to University of Mount Olive. As a student host, you are permitted to receive host money and complimentary meals. You are not permitted to use a car provided by a coach, the institution, or a booster. You are not to engage in any inappropriate activities. (See Recruit Host Expectations)

SEASONS OF COMPETITION

A student-athlete shall not engage in more than four seasons of intercollegiate competition in any one sport. A student-athlete shall complete his or her seasons of competition during the first 10 semesters in which the student is enrolled in at least a minimum full-time program of studies. *See the Associate Director of Athletics with any questions about exceptions due to special COVID-related rules.*

A student-athlete who participates in a scrimmage or contest against an outside team has used a year of eligibility regardless of time played or the number of contests involved. There are two exceptions: 1) for men's soccer, women's soccer, women's volleyball, baseball, and softball – if participated in outside competition during the nontraditional season and academically eligible at the beginning of the academic year; and 2) during a student-athlete's initial year of collegiate enrollment, the student-athlete may compete in preseason exhibition contests and/or scrimmages that occur prior to the first countable contest or date of competition in the sport without counting such competition as a season of competition.

NCAA rules provide for the restoration of a year of eligibility in the event of a medical hardship. To be eligible a student-athlete's injury or illness must occur prior to the first competition of the second half of the playing season that concludes

with the NCAA championship in that sport, participate in less than 30% of the scheduled contests, or no more than three contests or dates of competition, whichever is applicable to that sport, and be unable to compete for the remainder of the traditional season for medical reasons. To apply for a medical hardship, see the Associate Director of Athletics or Office Manager.

STUDENT-ATHLETE EMPLOYMENT

Student-athletes who are working jobs may be paid only for the work actually performed and at a rate commensurate with the going rate in the locality for similar services. *Such compensation may 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 obtained because of athletics ability (see NIL policy) .*

A student-athlete can conduct private sports lessons, camps, or clinics.

A student-athlete may be employed by his or her institution, by another institution, or by a private organization to work on a camp or clinic as a counselor or lecture, unless otherwise restricted by NCAA legislation. (See Bylaws 13.12 and 17).

Student-athletes who wish to work on campus may apply for jobs through Human Resources, following the same process as all students.

FINANCIAL AID

Financial aid is any scholarship, grant, loan, or employment offered to help a student meet University expenses. The amounts and types of financial aid that a student receives are based on federal, state, and institutional guidelines. Any inquiries about financial aid should be directed to the Financial Aid Office in the Poole Administration Building.

All student-athletes are required to complete the federal student aid application (FAFSA) each year, no later than March 1. Forms are available at the Financial Aid Office and any questions relative to the application process should be directed to the Financial Aid Office. Any questions about available aid and eligibility for aid should be directed to the Financial Aid Office.

NCAA rules define the general principles of financial aid received by any student-athlete. Student-athletes should not accept any financial aid other than from parents (or legal guardians) or the University of Mount Olive Financial Aid Office without first consulting the Associate Director of Athletics. All financial aid received by a student-athlete must be reported to the Financial Aid Office. Questions relative to the interpretation and clarification of these rules can be addressed to the Director of Financial Aid and/or the Associate Director of Athletics.

GRANT-IN-AID RENEWAL

Athletics grants-in-aid are awarded on a yearly basis. Renewal is not automatic. The renewal of an athletics grant-in-aid is based on the student-athlete's academic eligibility and the head coach's recommendation to the Director of Athletics that the award be renewed. A student-athlete is not permitted to receive athletics aid in excess of a full grant-in-aid. A full grant-in-aid includes tuition, general fees, and room and board (double occupancy). Student-athletes are personally responsible for any additional fees.

Renewal of institutional athletics grants-in-aid will usually be determined on or before May 31 (per institutional policy; the NCAA deadline is July 1) prior to the academic year for which the award is to be effective. The Financial Aid Office will notify in writing each student-athlete who has received an award the previous academic year and who has eligibility remaining for the ensuing academic year whether their grant has been renewed or not for the next year. All student-athletes who receive non-renewal or reduction of aid notices have the right of appeal.

REDUCTION OR CANCELLATION OF AID

NCAA legislation allows cancellation or reduction of athletically related financial aid during the period of the award if the student-athlete:

1. Renders himself or herself ineligible for intercollegiate competition;
2. Fraudulently misrepresents any information on an application, letter of intent, or financial aid agreement;
3. Engages in serious misconduct warranting substantial disciplinary penalty;
4. Voluntarily withdraws from a sport at any time for personal reasons;
5. Does not retain amateur standing;
6. Does not abide by NCAA or Conference Carolinas rules; or
7. Does not immediately report any attempt to have himself or herself or a teammate take part in the fixing of a game or any unusual request for information about one's team.

Athletically related financial aid may not be decreased or canceled during the period of award based on:

1. A student-athlete's athletics ability, performance or contribution to a team's success;
2. An injury that prevents the recipient from participating in athletics; or
3. Any other athletics reason.

The head coach may recommend to the Director of Athletics that a student-athlete's athletics grant-in-aid be reduced or not be renewed for any of the following reasons:

1. A change in the cost of attendance for the student-athlete (eg, move off-campus, receive additional institutional or outside aid);
2. Failure to comply with team rules;
3. Failure to comply with the rules and regulations of the Department of Athletics;
4. Failure to comply with student conduct rules of the University;
5. Failure to comply with Conference Carolinas or NCAA rules;
6. Failure to maintain academic eligibility or to perform at a satisfactory academic level; or
7. Failure to meet reasonable standards of commitment set by the head coach and approved by the Director of Athletics.

It is the coach's prerogative to dismiss a student-athlete from a team. A student-athlete may appeal this decision.

If a student-athlete has completed the requirements for a degree, the student-athlete is no longer eligible to receive institutional aid other than athletics aid.

APPEAL PROCESS

If University of Mount Olive decides to cancel or reduce an athletics grant-in-aid during the period of award or not renew an award, the student-athlete can request a hearing. Appeal procedures will be enclosed with the letter notifying the student-athlete of the change in award.

FEDERAL INCOME TAX

Federal income tax is assessed on any financial aid that goes toward room and board. Student-athletes are responsible for their own income taxes.

CHARGES NOT PAID BY DEPARTMENT OF ATHLETICS

The Department of Athletics will not pay certain charges, including but not limited to:

- * Single rooms
- * Telephone bills
- * Traffic or parking tickets
- * Graduation fee
- * Premium housing (e.g., apartments)
- * Specific class fees
- * Summer school classes
- * Books
- * General fee
- * Health insurance

SPORTS MEDICINE SERVICES AND FACILITIES

NCAA POLICY

The NCAA rules state that the Department of Athletics is responsible for medical services administered to student-athletes who are injured in a practice or competition that was under the coach's supervision. The word "injury" only applies to those injuries that are caused by participation in a practice or competition.

HEALTH AND SAFETY ISSUES

The Sports Medicine staff is responsible for institutional awareness of health, safety, and Sports Medicine policies. You should understand that all athletic activity presents some inherent risk of personal injury.

The Department of Athletics Consent Form must be read and signed before intercollegiate athletic participation may begin.

SPORTS MEDICINE STAFF

The sports medicine staff aims to insure your healthful participation in intercollegiate athletics at University of Mount Olive.

Alex Davisson, ATC	Director of Sports Medicine
Emma Davis	Athletic Trainer
Madeline Stablein, ATC	Athletic Trainer
TBA	Athletic Trainer
Holly Daly, RN	Student Health Nurse
Dr. Todd Smith - EmergOrtho	Orthopedics
Dr. Marshall Kuremsky – EmergOrtho	Orthopedics
Dr. Thomas Meares Green – UNC Health Care	Orthopedics
Dr. Vincent Wilson - Mount Olive Family Medicine	General Practitioner

ATHLETIC TRAINING ROOM

The athletic training room, located in the Pope Wellness Center, is available to all student-athletes for the prevention, treatment, and rehabilitation of athletic injuries. It is staffed by certified athletic trainers who work under the supervision of the team physicians.

The athletic training room is staffed for medical services on Monday – Friday:

-9:00 – 11:30 a.m. Evaluation of new injuries and rehab

-11:30 a.m. – 1:00 p.m. Closed

-1:00 – 3:00 p.m. Pre-practice preparation and rehab by appointment.

The athletic training room is open on Saturday and Sunday for competitions and scheduled practices.

If a student-athlete is unable to make it to the athletic training room for treatment of an injury during regular hours due to class conflicts, special arrangements can be made between the student-athlete and the individual ATC for the student-athlete to receive treatment.

Student-athletes should make appointments to see an athletic trainer for rehab or treatment through their Sportsware account (www.swol123.net).

When a student-athlete is expected to be in for an appointment, he/she is required to be in the athletic training room for that appointment. If the student-athlete is unable to make the appointment, he/she must let the sports medicine staff know. Each time a student-athlete is a no show for an appointment, their coach will be notified.

ATHLETIC TRAINING ROOM PROCEDURES

The following athletic training room procedures must be followed:

1. The athletic training room is only for those who are injured or need treatment. It is not a meeting room or gathering place.
2. Dress appropriately for ALL treatment sessions. After practice, shower prior to coming into the sports medicine room.
3. No hats are to be worn in the athletic training room.
4. No cleats or dirty gear will be permitted in the athletic training room. Coats, books, shoes, etc. should be left outside the athletic training room due to limited space in the athletic training room.

5. Absolutely no food or drinks are allowed in the athletic training room.
6. The use of tobacco products and/or thermogenic aids (e.g., Red Bull, Monster, Five Hour Energy) are not allowed in the athletic training room.
7. DO NOT TREAT YOURSELF. Check in with an athletic trainer so that your treatment can be recorded and the appropriate treatment given. You can injure yourself and damage expensive equipment if you try to treat yourself.
8. Removing materials from the athletic training room without the permission of the Staff Athletic Trainer will result in your dismissal from the athletic training room.
9. No student-athlete is to operate athletic training room equipment unless specifically instructed to do so by a member of the sports medicine staff. Do not interfere with or touch the equipment to which you or someone else is connected.
10. If you have a history of spraining your ankle, you are required to complete a strengthening program in order to be taped. No one will be taped for games only.
11. DO NOT STOP treatment until you are told to do so.
12. Absolutely NO horseplay!!
13. NO PROFANITY.
14. If you are issued braces, sleeves, etc., take care of them. Be sure to return them to a staff member so that your name will be removed from the equipment check-out list. Failure to do so will result in you being billed for the item(s).
15. You must be on time for any appointment given to you. This includes treatments here and visits to medical personnel in town. Every effort will be made to avoid missing classes for these appointments.
16. Report every injury. If you are injured or ill, you must see an athletic trainer. No one is excused from practice or competitions unless seen by an athletic trainer.
17. The Staff Athletic Trainers are the only ones authorized to make the appropriate referral to the proper medical resource, when necessary. DO NOT GO TO A DOCTOR ON YOUR OWN. IF YOU DO, YOU WILL BE RESPONSIBLE FOR ALL BILLS GENERATED.
18. Student-athletes seen by a physician, for any illness or injury, must by present a WRITTEN release from that physician PRIOR to returning to activity.
19. All members of the sports medicine staff are to be treated with the same respect afforded the coaching staff.

These rules are in place so that the athletic training room can be operated in an efficient and professional manner. We request that you assist us by adhering to these rules and conducting yourself in a mature and responsible manner.

PHYSICAL EXAMINATIONS AND HEALTH INFORMATION RECORDS

All student-athletes must have a complete physical examination before they are eligible to participate in intercollegiate athletics. The results of the physical must be recorded by a physician on a University of Mount Olive Physical Examination Form. Failure to provide the required physical will result in you being ineligible to participate in sports. All student-athletes are required to have a new physical examination each year. The physical form and all other athletic participation paperwork are available on the main page of the student-athlete's Sportsware account (www.spol123.net).

Transfer student-athletes may also have to provide a copy of their medical records from the school from which they are transferring before they can begin participation.

REPORTING AN ILLNESS OR INJURY

1. Immediately report any injury to an athletic trainer and any illness to an athletic trainer and the Student Health Nurse (Student Health Service, 7 a.m. to 4 p.m., Monday through Friday).
2. Should your injury or illness be serious enough, or if after established treatment protocols you are not improving, you will be referred by an athletic trainer or the Student Health Nurse to the appropriate team physician.

3. Any emergency or first aid situation will be handled by contacting the Director of Sports Medicine at 919-658-7782. Other emergency phone numbers: ambulance 911; Wayne Memorial Hospital 919-731-6060; Campus Security – X1500, portable 658-7520, pager 731-0608.

PREGNANCY

We recognize that a student-athlete's pregnancy is often a stressful event. We want to help you achieve your academic goals while protecting your physical and psychological health and the health of your pregnancy.

As long as you are in good academic standing and you do not voluntarily withdraw from your team, federal law protects your membership on the team and your athletic scholarship. Terminating or reducing athletics aid on the basis of pregnancy or a related condition during the term of the award is prohibited under Title IX. At no time should a student-athlete feel the need to terminate a pregnancy for fear of losing athletics aid. Pregnancy is to be treated as any other temporary health condition with regard to the receipt of institutional aid.

As soon as you learn that you are pregnant, you should inform your head coach and the Director of Sports Medicine. The student-athlete should also contact Counseling Services or Student Health Services so they can receive confidential counseling about where they can access timely medical and obstetrical care.

A pregnant student-athlete may participate in athletics for the first 12 weeks of pregnancy, with medical approval. After 12 weeks of pregnancy, the student-athletes must stop participation in athletics. After delivery or pregnancy termination, medical clearance is required before a student-athlete can return to participation.

It should be noted that NCAA Bylaw 14.2.2.2 provides, "A member institution may approve a two-semester or three-quarter extension of this 10-semester/15-quarter period of eligibility for a female student-athlete for reasons of pregnancy."

If you are a male student-athlete whose partner becomes pregnant, you may suffer psychological stress and have concern about the health of your pregnant partner and her pregnancy. We encourage you to take advantage of available counseling services and join in any decision-support team your partner may have formed. Title IX also protects you from being discriminated against because of partner's pregnancy or your status as a parent.

MEDICAL SERVICES AND APPOINTMENTS

A student-athlete must secure permission from the sports medicine staff before visiting a doctor, dentist, hospital, or any other medical facility or health care provider (with the exception of emergencies).

A student-athlete who requires medical services by a team physician should consult with an athletic trainer for an appointment. A member of the sports medicine staff will try to accompany you and provide you with transportation to your appointment. The student-athlete has the option of consulting with their personal physician rather than a team physician, but this consultation is at the student-athlete's expense if their physician is out of the University insurance network.

A student-athlete looking to secure a second medical opinion must meet with the sports medicine staff and receive authorization to do so. Any additional opinions are at the expense of the student-athlete.

It is the student-athlete's responsibility to contact the sports medicine staff if he or she is unable to keep any appointments, including doctor and rehabilitation appointments. Student-athletes must follow rehabilitation and treatment protocols in order for any subsequent doctor visits, surgery, or post-surgery expenses to be considered for payment by the university insurance.

Failure to follow these policies will result in the student-athlete being responsible for any expenses incurred.

INDEPENDENT MEDICAL CARE

University of Mount Olive subscribes to the NCAA policy of independent medical care. This refers to an environment in which primary athletics health care providers (i.e., team physicians and athletic trainers) make medical decisions for student-athletes free of pressure or influence from non-medical factors.

The Director of Sports Medicine is designated as the school's "athletics health care administrator" and oversees the athletics health care administration and delivery.

RETURN TO PLAY

After any injury or illness you must be cleared for partial or complete clearance to play by the Mount Olive Sports Medicine Staff and/or supervising physician.

If a team is traveling for a competition without a UMO athletic trainer, the athletic trainer on site will make any determinations on the return to play of UMO student-athletes.

CONCUSSIONS

All student-athletes who exhibit signs, symptoms, or behaviors consistent with a concussion shall be removed from practice or competition and evaluated by an athletics health care provider. Student-athletes diagnosed with a concussion shall not return to activity for the remainder of that day. Medical clearance shall be determined by the director of sports medicine and team physician or their designee(s) in accordance with the university's concussion management plan.

Student-athletes must sign a statement in which they accept the responsibility for reporting their injuries and illnesses to the sports medicine staff.

A fact sheet regarding concussions is in Appendix C.

RETURN TO LEARN

UMO seeks compliance with ADA Amendments Act of 2008 (ADAAA). Academic accommodations may be necessary after a student-athlete has sustained a concussion. While a majority of student-athletes may continue their studies with temporary accommodations, others experiencing severe symptoms may require more substantial support and assistance with their academics. The goal of the Return to Learn (RTL) protocol is to provide support to the student-athlete during their recovery in a manner that will allow them to keep up with academic demands in a way that does not stress their cognitive functions to the point of worsening symptoms. While a general guideline may be followed, modifications should be made on a case by case basis according to the student-athlete's symptoms and academic needs.

Reasonable academic accommodations for a recovering student-athlete:

1. Excused absences from classes.
2. Extension on assignment deadlines.
3. Postponing or staggering tests.
4. Extending testing time.
5. Accommodation to oversensitivity to light, noise, or both.
6. Use of a note taker.
7. Use of a small, quieter exam room.
8. Preferential seating in classroom to minimize distractions.
9. Temporary use of a tutor.

These are general guidelines and recommendations to follow when returning a student-athlete to the learning environment. This is not a specific progression; the actual progression will be based on the student-athlete's symptoms.

1. Complete Cognitive Rest – may be necessary for a student-athlete to remain at home/residence hall and miss a day or two of classes while symptoms are still present. Student-athlete should not do any homework, reading, texting, video games, computer, etc.
2. Gradual Cognitive Activity – student-athlete may begin to do the activities mentioned above for short periods. If symptoms start to return, student-athlete should stop what they are doing and rest until symptoms subside.
3. Homework – once the student-athlete is able to do light cognitive activities mentioned above, s/he may start completing homework in longer increments, preferably no more than 20-30 minutes at a time.
4. Gradual Return to Classroom – student-athlete may return to the classroom as long as they are symptom free. If symptoms return, student-athlete should go rest in their room until symptoms subside. It may be necessary for student-athlete to stagger which classes they do not attend so as to not get behind in specific classes.
5. Resume Full Cognitive Activities – student-athlete should be attending all classes, able to take tests and make up any assignments missed during the recovery process. At this point, student-athlete should be able to start the Return-To-Play functional progression as they are symptom free.

INSURANCE POLICIES

All student-athletes must have primary insurance coverage either through personal or family health insurance that covers athletic injuries. All student-athletes must demonstrate proof of insurance coverage before any participation in a sport may begin. The insurance must have a limit of at least \$25,000 per injury. Student-athletes who do not have such insurance may purchase it through the school.

The primary insurance coverage must be continuous and cover the student-athlete from August 1 through May 31 of the academic year. It is the student-athlete's responsibility to provide written notice to the Department of Athletics of any changes in his/her insurance policy. Failure to do so will result in the student-athlete being responsible for any medical bills not covered by their insurance policy.

University of Mount Olive has a secondary insurance policy which covers all student-athletes only for injuries sustained during official practices and competitions.

As a member of the NCAA, University of Mount Olive has a catastrophic injury insurance policy which covers any debilitating injury or death as a result of competing in intercollegiate athletics.

CLAIM PROCEDURE

The University's medical insurance is secondary coverage, that is, the policy picks up where the student-athlete's personal or family insurance leaves off. The student-athlete is responsible for the cost of the deductible on their personal or family health insurance. These costs cannot be submitted to the University's insurance policy for payment. The student-athlete files a claim for all other medical bills with their personal or family insurance first, and a claim with the University's insurance is filed only after their insurance has paid in full, in part, or denied the initial claim. The University's policy will pay the unpaid portion of medical fees within the policy limits. The University will not make any payments beyond those limits. University of Mount Olive will not be responsible for any medical bills incurred for pre-existing or non-athletic related injuries and illnesses or for claims that its insurance company declines to pay.

It is the student-athlete's responsibility to submit any claims through the Office Manager within 15 months from the date of injury in order for them to be processed and sent to our insurance company for consideration of payment.

INTERNATIONAL STUDENT-ATHLETES

International student-athletes must purchase insurance coverage through the University unless they are able to provide evidence, in English, of a primary personal or family insurance policy which recognizes the University's team physicians.

TRI-CARE, KAISER PERMANENTE, AND NC MEDICAID

Tri-Care, Kaiser Permanente and NC Medicaid health insurance are not considered primary policies. Student-athletes who have Tri-Care, Kaiser Permanente or NC Medicaid insurance may participate in athletics, but these student-athletes are not covered under the school's insurance policy.

INSURANCE COVERAGE

REDSHIRT COMPETITION

Student-athletes who are redshirting may participate in events that are affiliated with UMO or their athletic team. If a student-athlete is injured, a clearance note or allowance to participate note from the treating physician must be provided to the athletic trainer. The sports medicine staff will not provide coverage for such events or supplies for use during such events. Note that it is not permissible to wear UMO apparel while participating in such events.

Redshirt student-athletes who are eligible and decide to participate in competitions that are not affiliated with UMO or their respective athletic team qualify for coverage under the UMO secondary athletic insurance.

Redshirt student-athletes who are not eligible and decide to participate in competitions that are not affiliated with UMO or their respective athletic team do not qualify for coverage under the UMO secondary athletic insurance. Any injury sustained in a competition and the resulting medical bills will be the responsibility of the student-athlete.

SUMMER COMPETITIONS

UMO student-athletes are permitted to participate in athletic competitions that take place during the summer. The sports medicine staff will not provide coverage for such events or supplies for use during such events.

Student-athletes participating in events that are not affiliated with UMO and take place outside of the academic year do not qualify for coverage under the umo secondary athletic insurance. Any injury sustained during participation in an event not affiliated with UMO and the resulting medical bills will be the responsibility of the student-athlete.

EMERGENCY AND INSURANCE INFORMATION

The Department of Athletics Insurance Information form which provides emergency contact and insurance information, must be filled out completely before any athletic participation can begin. This information is needed to admit you to an emergency room, doctor's office, or hospital after an injury or illness. Your personal or family insurance is the primary

payer should you be injured during athletic participation. In addition, a HIPAA consent statement must be read and signed before you participate in intercollegiate athletics.

REHABILITATION AND PHYSICAL THERAPY

Should you require any physical therapy that cannot be performed in the athletic training room, arrangements must be made through an athletic trainer. All other circumstances will result in you being responsible for all the bills incurred.

UNIVERSITY OF MOUNT OLIVE DRUG EDUCATION AND TESTING PROGRAM

The Drug Education and Testing Program is designed to promote the physical and mental well-being of student-athletes and, to every extent possible, protect their privacy rights while doing so. The specific goals of the program are:

- to educate student-athletes regarding the associated problems of drug and alcohol abuse;
- to prevent any drug use and/or drug abuse by student-athletes;
- to discourage alcohol use and prevent alcohol abuse by student-athletes;
- to identify any student-athletes who may be using drugs and/or abusing alcohol;
- to see that chronic drug and/or alcohol dependency is treated and addressed properly;
- to provide reasonable safeguards to ensure to the extent possible that every student-athlete is medically competent to participate in athletic competition; and
- to encourage discussion about any questions student-athletes may have about the use and/or abuse of drugs and alcohol.

Each student-athlete will be asked to sign a Drug Testing Consent form acknowledging receipt and understanding of the Program, providing consent to the administration of the testing required by the Program and authorizing the release of testing information to a limited and select group.

Any student-athlete who is diagnosed with ADD/ADHD and has been prescribed medication must submit proper documentation in order to qualify for a medical exception for taking the medication. This form is available through their Sportsware account.

The University conducts random drug testing of student-athletes at least once each semester, and coaches can request that specific individuals be tested on the basis of reasonable suspicion by completing the Reasonable Suspicion Form. This testing is in addition to any testing performed by the NCAA. (see Drug Education and Testing Program)

A list of NCAA banned substances in in Appendix B

TOBACCO

Per University policy, the use of smoke and smokeless tobacco is prohibited on campus, including all athletic facilities. The use of tobacco products is also prohibited at all team activities, including practices and games, during University sponsored travel, and any event attended as a representative of the team. If a student-athlete is found in violation of this rule, he or she will be disqualified for the remainder of practice or competition and may be subject to additional disciplinary action.

Student-athletes are strongly discouraged from using tobacco products at any time.

JEWELRY

All body jewelry must be removed prior to any University-sponsored athletic event, because it is not part of the uniform and presents a safety issue. Body jewelry includes ear rings, nose rings, tongue rings, eye rings, belly button rings and anything else that is pierced.

NUTRITION

Student-athletes are responsible for monitoring their own eating habits. They are encouraged to maintain healthy and regular eating habits. For questions regarding nutrition, student-athletes should speak to the Director of Sports Medicine.

POPE WELLNESS CENTER POLICIES

All student-athletes must join the Pope Wellness Center and have an assessment prior to being able to use the facilities. Student-athletes must present a valid student ID card for use of the center, including team workouts and practices. The following rules govern use of the fitness center:

1. Make sure you put away all weights, bars, and other equipment in the proper place when finished.
2. You must wear a shirt, athletic shoes, and shorts while in the fitness room.
3. As a courtesy to others, limit your time on the cardiovascular equipment to 30 minutes.
4. Allow others to "work in" with you on resistance equipment.

5. Food and beverages, other than water or sports drink in a closed container, are not permitted.
6. The Wellness Center is not responsible for any lost or stolen items.

STRENGTH AND CONDITIONING

Strength and conditioning activities for the athletics program are to be developed and carried out under the direction of the head strength and conditioning coach, in conjunction with the coaching staff of each team.

The weight room in Kornegay Arena is to be used for team workouts under the supervision of the head strength and conditioning coach or his/her designee.

The fitness center in Pope Wellness Center may be used for individual workouts.

UNIVERSITY OF MOUNT OLIVE DRUG EDUCATION AND TESTING PROGRAM FOR STUDENT-ATHLETES

PURPOSE

The Department of Athletics at University of Mount Olive recognizes that alcohol and drug abuse is a problem among many of today's student-athletes. Education helps combat substance abuse. Further, implementing a drug testing program may deter substance abuse by student-athletes, and if a banned substance is detected by a drug test, University of Mount Olive can help arrange for the assistance that the student-athlete needs.

This program is to be administered fairly under the guidelines set forth so as to deter the use of drugs by student-athletes at this institution. This program is administered by University of Mount Olive and is separate and distinct from the drug testing program administered by the NCAA. University of Mount Olive reserves the right to alter, amend, or modify the following drug testing policies and procedures at any time without notice to student-athletes, coaches, sports medicine personnel, and/or athletics administration staff.

EDUCATION

University of Mount Olive will provide educational opportunities throughout the academic year through various programming and materials. Information on these and other educational opportunities is available from the Director of Sports Medicine or UMO counseling services.

WHO SHALL BE TESTED

Prior to any official practice or contests at University of Mount Olive, all student-athletes participating on an intercollegiate sport team (i.e., any student-athlete on the squad list for a sport, whether they are varsity or junior varsity, including cheerleaders and student managers) must sign a drug testing consent form in order to be eligible for competition. Signing this form shall be considered affirmation of the student-athlete's agreement to the terms and conditions in this policy and shall be a legal contractual obligation of the student-athlete. Failure to sign this form will result in the automatic forfeiture of eligibility and athletic financial aid at University of Mount Olive.

All student-athletes are eligible to be tested at any time, regardless of how many previous tests have been administered or whether their season has been completed or their athletic eligibility has been exhausted.

SELECTION PROCEDURES

Student-athletes will be randomly tested throughout the year. Selection will be made through the use of a computer program which includes the names of all student-athletes. Generally, within each sport program, there will be one or more student-athletes randomly selected for testing on each testing date. All student-athletes will be included in this selection process.

The selected student-athletes will be notified of their selection by email (school address) from a member of the Department of Athletics staff. The testing will take place at a site on the University of Mount Olive campus and will be coordinated by the sports medicine staff. Testing times and methods will not be announced in advance. Testing may occur at any time of the day and may occur on the same day as notice is given or on the following day.

REASONABLE SUSPICION TESTING

Reasonable suspicion testing will be used in cases where there is a reasonable suspicion on the part of the Department of Athletics that a student-athlete is engaged in the use of any of the drugs prohibited by this policy. This could include, but is not limited to:

- *The reported, credible observation of a student-athlete possessing or using substances that reasonably appear to be prohibited drugs;
- *The reported, credible observation of a student-athlete exhibiting objective signs of impairment that gives reason to suspect the student-athlete is engaging in substance abuse;
- *The reported, credible observation of the activities of a student-athlete which gives rise to a reasonable suspicion that the student-athlete is engaged in the sale of drugs; or
- *The arrest or conviction of a student-athlete for a criminal offense related to the possession, use, or trafficking of prohibited drugs.

Objective signs of impairment include, but are not limited to:

- *Unusual drowsiness and /or sleeplessness;
- *Slurred, incoherent speech;
- *Apparent difficulty in comprehending conversation or responding to directions;
- *Difficulty in expressing himself/herself (e.g., overly rapid or slow speech, rambling or incoherent sentences);

- *Disorientation;
- *Unusual swings in emotion or behavior inappropriate for the situation (e.g., extreme anger, laughter or depression);
- *Hyperactivity and euphoria;
- *Unusually aggressive behavior;
- *Lack of manual dexterity;
- *Lack of coordination in walking or performing other tasks;
- *Unsteady walking, inability to stand relatively motionless without leaning;
- *Unexplained excessive absenteeism or tardiness, especially if a pattern is evident;
- *Unexplained accident or injury;
- *Unusual hair loss and/or growth; and
- *Unusually rapid and marked increases in weight and/or strength.

Such information shall be relayed by submitting a completed Drug Testing Reasonable Suspicion Form to the Director of Athletics who upon consultation with the Director of Sports Medicine and/or UMO counseling services will determine whether there is reasonable suspicion that the student-athlete is engaged in prohibited drug use.

Failure to cooperate in a "reasonable suspicion" investigation and test is grounds for disciplinary action up to and including loss of athletic eligibility and/or loss of athletic financial aid.

NCAA CHAMPIONSHIPS

Student-athletes qualifying for NCAA Championships, individually or as a team, may be subject to drug testing prior to the championship competition.

COLLECTION PROCEDURES

Student-athletes selected for testing must report to the testing site at a pre-determined, specified time. Student-athletes may be subject to testing by any method, including but not limited to urine and hair testing. Student-athletes are required to provide a sample to be collected at the testing site.

URINE TESTING

The sports medicine staff, in conjunction with an outside drug testing firm, will collect urine samples and arrange to have them tested for drugs by an outside drug testing laboratory. A representative from the outside drug testing firm or sports medicine staff will accompany each person to collect a urine sample. Student-athletes will be observed while providing a urine sample in order to assure the integrity of the specimen. When providing a sample, the guidelines in the attached collection protocol will be followed.

Once a sample (at least 50 milliliters) is provided, the collector will check the specific gravity and pH of the urine in the presence of the student-athlete. If the collector determines that the sample is inadequate for analysis, that sample will be discarded and the student-athlete must remain in the collection station until another sample is provided.

HAIR TESTING

The sports medicine staff in conjunction with an outside drug testing firm will collect hair samples and arrange to have them tested for drugs by an outside drug testing laboratory. When providing a sample, the following guidelines must be followed:

1. Student-athletes must provide photo identification or be identified by a member of the sports medicine staff.
2. All coats, jackets, purses, briefcases, and backpacks must remain outside the collection area.
3. A swatch of hair, from the back crown area, is taken to provide a testable sample measuring 1.5" long and about 0.5" wide (approximately 70-120 strands of hair). If no head hair is available, body hair will be used.
4. Student-athletes must sign the chain-of-custody form.
5. Sample will be transported to a laboratory for testing.

The sports medicine staff and the outside drug testing firm utilize a strict chain-of-custody system to eliminate the possibility of tampering with the sample from the time of its collection to the time of testing in the laboratory.

TESTING SAMPLES

Urine samples and hair samples may be tested for any or all substances belonging to the classes of drugs banned by the NCAA. The University reserves the right to test for any additional drugs that it deems banned in its sole and absolute discretion. The screen cut-off levels for testing will be equal to or less than those used by the NCAA.

The results of the testing will be reported to the Director of Athletics. The student-athlete will be notified of the results only if there is a positive test result. All results will be treated in a confidential manner and will be shared only with those indicated within this policy.

POSITIVE TEST

Any student-athlete who tests positive for a banned substance under the guidelines set forth by University of Mount Olive is in violation of the drug testing policy. If a test produces positive results, the same sample will be rechecked for confirmation by gas chromatography/mass spectrometry or liquid chromatography/mass spectrometry.

Student-athletes who refuse to cooperate in the University of Mount Olive drug testing will be treated as testing positively and thus be subject to the appropriate sanctions. Any student-athlete who fails to arrive at the collection station at the designated time without justification, fails to provide a urine or hair sample according to the protocol, leaves the collection station before providing a sample according to protocol, or attempts to alter the integrity or validity of the sample and/or collection process will be treated as if the test was a positive for a banned substance. Furthermore, any student-athlete who attempts to manipulate the results of a urinalysis by using another person's urine or a foreign device such as a catheter, or by tampering with renal excretion through the use of diuretics or other substances will be treated as testing positively and thus be subject to the appropriate sanctions. If a student-athlete is suspected of tampering with their urine sample, they will be asked to provide a second sample and/or a hair sample.

Should a student-athlete test positive for a banned substance, he/she will be notified as soon as possible by the Director of Athletics. The student-athlete will be immediately suspended from any athletics participation.

The Director of Athletics will convene the Drug Education and Testing Committee for review of the case as soon as possible but generally no later than 15 days after receipt of the test results. The committee will be composed of the Director of Athletics, Faculty Athletics Representative, and Director of Health Services (if any members are not available, the Director of Athletics will designate appropriate replacements).

The student-athlete will be notified of the date, time, and location of the Drug Education and Testing Committee meeting. The student-athlete will have the opportunity to provide a statement describing any extenuating circumstances to the Director of Athletics and/or request that the "B sample" be tested (the student-athlete will be responsible for the cost of such test) prior to the committee meeting. The student-athlete also will have the opportunity to appear in person before the committee. The student-athlete may bring his/her parents, but only the student-athlete can speak on his/her behalf. The student-athlete may bring witnesses to testify as to any extenuating circumstances. It is recommended that the student-athlete meet with UMO counseling services prior to the committee meeting for assessment purposes. The committee will consider statements from the student-athlete and UMO counseling services along with any other relevant information, such as the results of any previous testing.

The Director of Athletics will notify the student-athlete of the committee's findings as soon as possible but generally no later than 15 days after the committee meeting. If the findings are that the positive test is upheld, the Director of Athletics will also notify the student-athlete's parents, the student-athlete's coach, the Director of Sports Medicine, and the Vice President for Student Affairs of the committee's findings. The decision of the committee is final and not subject to further review.

Positive tests are cumulative throughout a student-athlete's tenure at University of Mount Olive.

SANCTIONS

The Drug Education and Testing Committee will determine the sanctions to be imposed when a student-athlete tests positive for a prohibited substance. The committee is to act within the guidelines listed below, but may alter the sanctions (only to a lesser sanction, not a greater sanction) depending on extenuating circumstances.

FIRST POSITIVE TEST

If a student-athlete tests positive for marijuana at a threshold of less than 35 nanograms per milliliter, he or she will be referred for mandatory counseling and will automatically be tested on all future scheduled testing dates and such testing may be by any method.

If a student-athlete tests positive for marijuana at a threshold of 35 ng or greater or other street drugs, he or she will be suspended from athletics competition for a minimum of 50% of their season effective as of the date of receipt of the results from the test, and will be subject to a monetary fine or loss of athletics grant-in-aid. If a student-athlete tests positive for performance enhancing drugs, he or she will be suspended from athletics competition for a minimum of six months and a maximum of one calendar year from the date of receipt of the results from the test and will be subject to a

monetary fine or the loss of athletics grant-in-aid. In either case, the student-athlete will be referred for mandatory counseling and will automatically be tested again on all future scheduled testing dates and such testing may be by any method.

The University's Judicial Board may impose one or more of the following additional sanctions: community service, drug education program, probation, and/or written warning. The student-athlete's head coach may also impose additional sanctions, including reduction or termination of athletic scholarship and suspension or removal from the team.

At the conclusion of the period of suspension, the student-athlete may appeal to the Drug Education and Testing Committee for reinstatement to their athletic team. The student-athlete must have demonstrated successful completion of all sanctions, including substance abuse counseling, and passed all subsequent drug testing.

SECOND POSITIVE TEST

A second positive test for marijuana or other street drugs will result in a suspension from athletics competition for a minimum of six months and a maximum of one calendar year from the date of receipt of the results from that test or the expiration of the suspension from the first positive test, whichever is later, as well as a monetary fine or the loss of athletics grant-in-aid. A second positive test for performance enhancing drugs will result in a suspension from athletics competition for a minimum of one calendar year from the date of receipt of the results from that test or the expiration of the suspension from the first positive test, whichever is later, and a maximum of permanent loss of athletic eligibility as well as a monetary fine or the loss of athletics grant-in-aid. In either case, the student-athlete will be referred for mandatory counseling and will automatically be tested again on all future scheduled testing dates and such testing may be by any method.

The University's Judicial Board may impose one or more of the following additional sanctions: community service, drug education program, probation, and/or written warning. The student-athlete's head coach may also impose additional sanctions, including reduction or termination of athletic scholarship and suspension or removal from the team.

At the conclusion of the period of suspension, the student-athlete may appeal to the Drug Education and Testing Committee for reinstatement to their athletic team. The student-athlete must have demonstrated successful completion of all sanctions, including substance abuse counseling, and passed all subsequent drug testing.

THIRD POSITIVE TEST

A third positive test for street drugs or performance enhancing drugs will result in the immediate and permanent loss of athletic eligibility and athletics grant-in-aid at University of Mount Olive.

COUNSELING

The student-athlete who tests positive will meet with the UMO counseling services for assessment, after which the student-athlete may be seen by the Mount Olive Counseling Services or referred to a licensed facility or the student-athlete may go to a facility of their choice where he/she must enroll in a substance abuse counseling program. The student-athlete and his/her parent/guardian are responsible for the costs of counseling program. It will be the student-athlete's responsibility to prove attendance and improvement through written or verbal communications from the person(s) supervising the counseling to the UMO counseling services.

SAFE HARBOR

A student-athlete may, on their own, seek help through Sports Medicine or athletic administrators for a drug problem. The student-athlete will be referred for mandatory counseling by the UMO counseling services. The student-athlete will not automatically be suspended from competition, although he/she may be withheld from competition if medically necessary. The student-athlete will retain their athletics aid. Safe harbor, however, will count as a first positive test. The student-athlete will automatically be drug tested on all future Mount Olive drug testing tests and if the student-athlete tests positive on any of those tests, he/she will be subject to the penalties for a second positive test.

Student-athletes cannot claim "safe harbor" after they have been notified of a drug test, nor does it remove them from possible NCAA drug testing.

DEPARTMENT OF ATHLETICS DIRECTORY

<u>Administrative Staff</u>	<u>Title</u>	<u>Phone #</u>	<u>Ext.</u>
Joey Higginbotham	Director of Athletics	658-7859	1244
Kristen Gurley	Associate AD/SWA	658-4928	1260
Brenda Cates	Faculty Athletics Rep.	658-7853	1058
Alex Davisson	Director of Sports Medicine	658-7810	1254
Emma Davis	Athletic Trainer	658-7782	1505
Madeline Stablein	Athletic Trainer	658-7721	1502
Tina Loy	Office Manager	658-7759	1241
Alex King	Director of Athletics Communications	658-7831	1271
McKenzie Yi	Asst. Dir of Athletics Communications	658-7847	1240
Thomas Capers	Director of Student-Athlete Development	658-7851	1503
<u>Head Coaching Staff</u>	<u>Name</u>	<u>Phone #</u>	<u>Ext.</u>
Baseball	Rob Watt	658-7806	1248
Men's Basketball	Dory Hines	658-7755	1159
Women's Basketball	Wendy Lee	658-7805	1246
Cheerleading	Brianna Franklin	658-7759	
Men's & Women's Cross Country/Track & Field	Earl Graves	658-7792	1275
		658-7718	1273
Men's & Women's Golf	Chip Spiron	658-7813	1257
Men's Lacrosse	Dylan Price	299-4928	1239
Women's Lacrosse	Heather Coppola	299-4934	1276
Men's Soccer	Ian Spooner	658-1665	1261
Women's Soccer	Glad Bugariu	635-2782	1258
Softball	Mandy Sansbury	658-7808	1251
Strength & Conditioning	Tanner Tolston	299-4814	1489
Men's & Women's Tennis	Jake McCartney	658-7878	1175
Men's Volleyball	Yigit Erkek	658-7807	1250
Women's Volleyball	Emma Celentano	658-1666	1262

Visit <https://umotrojans.com/sports/insideathletics/staff> for the complete staff directory.



2022-23 NCAA Banned Substances

NCAA Division I Bylaw 12 and NCAA Divisions II and III Bylaw 14 require that schools provide drug education to all student-athletes. The athletics director or athletics director's designee shall disseminate the list of banned-drug classes to all student-athletes and educate them about products that might contain banned drugs. All student-athletes are to be notified the list may change during the academic year, that updates may be found on the NCAA website (ncaa.org) and informed of the appropriate athletics department procedures for disseminating updates to the list. It is the student-athlete's responsibility to check with the appropriate or designated athletics and/or medical staff before using any substance.

The NCAA bans the following drug classes:

1. Stimulants.
2. Anabolic agents.
3. Alcohol and beta blockers (banned for rifle only).
4. Diuretics and masking agents.
5. Narcotics.
6. Cannabinoids.
7. Peptide hormones, growth factors, related substances and mimetics.
8. Hormone and metabolic modulators.
9. Beta-2 agonists.

Note: Any substance chemically/pharmacologically related to any of the classes listed above and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g., drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is also banned. All drugs within the banned-drug class shall be considered to be banned regardless of whether they have been specifically identified. Examples of substances under each class can be found at ncaa.org/drugtesting. There is no complete list of banned substances.

Substances and Methods Subject to Restrictions:

1. Blood and gene doping.
2. Local anesthetics (permitted under some conditions).
3. Manipulation of urine samples.
4. Tampering of urine samples.
5. Beta-2 agonists (permitted only by inhalation with prescription).

NCAA Nutritional/Dietary Supplements:

Before using any nutritional/dietary supplement product, a student-athlete should review the product and its label with the appropriate athletics department and/or medical staff.

1. Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.
2. Nutritional/dietary supplements, including vitamins and minerals, are not well-regulated and may cause a positive drug test.
3. Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
4. Any product containing a nutritional/dietary supplement ingredient is taken at your own risk.

As part of its responsibility to provide education about banned substances, athletics department staff should consider providing information about supplement use and the importance of having nutritional/dietary products evaluate by qualified staff members before consuming. The NCAA has identified Drug Free Sport AXIS™ (AXIS) as the service designated to facilitate student-athlete and institutional review of label ingredients in medications and nutritional/dietary supplements. Contact AXIS at 816-474-7321 or dfsaxis.com (password ncaa1, ncaa2 or ncaa3).

THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES. DO NOT RELY ON THIS LIST AS EXHAUSTIVE OR TO CONFIRM OR RULE OUT ANY LABEL INGREDIENT THAT MAY CONTAIN A POTENTIAL BANNED SUBSTANCE.

Many nutritional/dietary supplements are contaminated with banned substances not listed on the label. It is the student-athlete's responsibility to check with the appropriate or designated athletics and/or medical staff before using any substance.

Drug Classes	Some Examples of Substances in Each Class	
Stimulants	Amphetamine (Adderall) Caffeine (Guarana) Cocaine Dimethylbutylamine (DMBA; AMP) Dimethylhexylamine (DMHA; Octodrine) Ephedrine Heptaminol Hordenine Methamphetamine <i>Exceptions: Phenylephrine and Pseudoephedrine are not banned.</i>	Methylhexanamine (DMAA; Forthane) Methylphenidate (Ritalin) Mephedrone (bath salts) Modafinil Octopamine Phenethylamines (PEAs) Phentermine Synephrine (bitter orange)
Anabolic Agents	Androstenedione Boldenone Clenbuterol Clostebol DHCMT (Oral Turinabol) DHEA (7-Keto) Drostanolone Epitrenbolone Etiocholanolone Methandienone	Methasterone Nandrolone (19-nortestosterone) Norandrostenedione Oxandrolone SARMS [Ligandrol (LGD-4033); Ostarine; RAD140; S-23] Stanozolol Stenbolone Testosterone Trenbolone
Alcohol and Beta Blockers (banned for rifle only)	Alcohol Atenolol Metoprolol Nadolol	Pindolol Propranolol Timolol
Diuretics and Masking Agents	Bumetanide Spironolactone (Canrenone) Chlorothiazide Furosemide <i>Exceptions: Finasteride is not banned.</i>	Hydrochlorothiazide Probenecid Triamterene Trichlormethiazide
Narcotics	Buprenorphine Dextromoramide Diamorphine (heroin) Fentanyl, and its derivatives Hydrocodone Hydromorphone Methadone	Morphine Nicomorphine Oxycodone Oxymorphone Pentazocine Pethidine
Cannabinoids	Marijuana Synthetic cannabinoids (Spice; K2; JWH-018; JWH-073) Tetrahydrocannabinol (THC, Delta-8)	
Peptide Hormones, growth factors, related substances and mimetics	Growth hormone (hGH) Human Chorionic Gonadotropin (hCG) Erythropoietin (EPO) <i>Exceptions: Insulin, Synthroid and Forteo are not banned.</i>	IGF-1 (colostrum; deer antler velvet) Ibutamoren (MK-677)
Hormone and Metabolic Modulators	Anti-Estrogen (Fulvestrant) Aromatase Inhibitors [Anastrozole (Arimidex); ATD (androstatrienedione); Formestane; Letrozole] PPAR-d [GW1516 (Cardarine); GW0742] SERMS [Clomiphene (Clomid); Raloxifene (Evista); Tamoxifen (Nolvadex)]	
Beta-2 Agonists	Bambuterol Formoterol Higenamine	Norocclaurine Salbutamol Salmeterol

Any substance that is chemically/pharmacologically related to one of the above drug classes, even if it is not listed as an example, is also banned.

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting AXIS at 816-474-7321 or dfsaxis.com (password ncaa1, ncaa2 or ncaa3).

CONCUSSION SAFETY

WHAT STUDENT-ATHLETES
NEED TO KNOW

What is a concussion?

A concussion is a type of traumatic brain injury. It follows a force to the head or body and leads to a change in brain function. It is not typically accompanied by loss of consciousness.

How can I keep myself safe?

1. Know the symptoms.

You may experience ...

- Headache or head pressure
- Nausea
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy or foggy
- Confusion, concentration or memory problems

2. Speak up.

- If you think you have a concussion, stop playing and talk to your coach, athletic trainer or team physician immediately.

3. Take time to recover.

- Follow your team physician and athletic trainer's directions during concussion recovery. If left unmanaged, there may be serious consequences.
- Once you've recovered from a concussion, talk with your physician about the risks and benefits of continuing to participate in your sport.

How can I be a good teammate?

1. Know the symptoms.

You may notice that a teammate ...

- Appears dazed or stunned
- Forgets an instruction
- Is confused about an assignment or position
- Is unsure of the game, score or opponent
- Appears less coordinated
- Answers questions slowly
- Loses consciousness

2. Encourage teammates to be safe.

- If you think one of your teammates has a concussion, tell your coach, athletic trainer or team physician immediately.
- Help create a culture of safety by encouraging your teammates to report any concussion symptoms.

3. Support your injured teammates.

- If one of your teammates has a concussion, let him or her know you and the team support playing it safe and following medical advice during recovery.
- Being unable to practice or join team activities can be isolating. Make sure your teammates know they're not alone.

No two concussions are the same. New symptoms can appear hours or days after the initial impact. If you are unsure if you have a concussion, talk to your athletic trainer or team physician immediately.

What happens if I get a concussion and keep practicing or competing?

- Due to brain vulnerability after a concussion, an athlete may be more likely to suffer another concussion while symptomatic from the first one.
- In rare cases, repeat head trauma can result in brain swelling, permanent brain damage or even death.
- Continuing to play after a concussion increases the chance of sustaining other injuries too, not just concussion.
- Athletes with concussion have reduced concentration and slowed reaction time. This means that you won't be performing at your best.
- Athletes who delay reporting concussion take longer to recover fully.

What are the long-term effects of a concussion?

- We don't fully understand the long-term effects of a concussion, but ongoing studies raise concerns.
- Athletes who have had multiple concussions *may* have an increased risk of degenerative brain disease and cognitive and emotional difficulties later in life.

What do I need to know about repetitive head impacts?

- Repetitive head impacts mean that an individual has been exposed to repeated impact forces to the head. These forces may or may not meet the threshold of a concussion.
- Research is ongoing but emerging data suggest that repetitive head impact also may be harmful and place a student-athlete at an increased risk of neurological complications later in life.

Did you know?

- NCAA rules require that team physicians and athletic trainers manage your concussion and injury recovery independent of coaching staff, or other non-medical, influence.
- We're learning more about concussion every day. To find out more about the largest concussion study ever conducted, which is being led by the NCAA and U.S. Department of Defense, visit ncaa.org/concussion.

CONCUSSION TIMELINE



For more information, visit ncaa.org/concussion.

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