

# RUTGERS ATHLETICS - OFFICE OF COMPLIANCE

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## INTRODUCTION

As a member of the National Collegiate Athletic Association (“NCAA”), Rutgers University must abide by NCAA rules and regulations as they relate to all aspects of its athletic program. In addition to ensuring that all of its coaches, administrators, University faculty and staff, and student-athletes are aware of and following NCAA rules, Rutgers is also responsible for the actions of any individual who is a “representative of athletic interests.”

Compliance with NCAA rules requires the effort of everyone associated with an institution’s athletic program – institutional staff, faculty, students, student-athletes and representatives of athletic interests. In order to act within NCAA rules, it is important to understand not only the rules themselves, but also why the NCAA rules exist and why schools must monitor compliance with the rules.

The information contained in this site was developed to provide you with a general overview of key Division I NCAA rules and regulations. If you have any additional questions about NCAA rules and regulations, you should contact the NCAA directly or visit the NCAA website at [www.ncaa.org](http://www.ncaa.org).

## RUTGERS COMPLIANCE STAFF

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## NCAA PRINCIPLES FOR CONDUCT OF INTERCOLLEGIATE ATHLETICS

### General Overview

Over the years, thousands of NCAA rules have been written. Each rule is developed to advance one of the NCAA’s 16 basic guiding principles: The Principles for Conduct of Intercollegiate Athletics. These principles include: Institutional Control and Responsibility, Student-Athlete Well-being, Gender Equity, Diversity, Sportsmanship and Ethical Conduct, Sound Academic Standards, Nondiscrimination, Rules Compliance, Amateurism, Eligibility, Financial Aide, Economy of Athletics Program Operation, among others.

### Institutional Control

The Principle of Institutional Control and Responsibility (referred to as “institutional control”) is the principle upon which compliance with all other principles, rules and regulations depends. This principle defines each school’s responsibility to monitor compliance with NCAA rules. This principle is the foundation upon which every NCAA institution’s compliance program is built.

#### The Principle of Institutional Control and Responsibility:

*It is the responsibility of each member institution to control its intercollegiate athletics program in compliance with the rules and regulations of the Association. The institution’s president or chancellor is responsible for*

*the administration of all aspects of the athletics program, including approval of the budget and audit of all expenditures.*

*The institution's responsibility for the conduct of its intercollegiate athletics program includes responsibility for the actions of its staff members and for the actions of any other individual or organization engaged in activities promoting the athletics interests of the institution.*

## **RECRUITING/PROSPECTIVE STUDENT-ATHLETES**

### **Definitions**

#### **Prospective Student-Athlete**

A student who has started classes for the ninth grade. In addition, a student who has not started classes for the ninth grade becomes a prospective student-athlete if Rutgers provides such an individual (or the individual's relatives or friends) any financial assistance or other benefits that Rutgers does not provide to prospective students generally.

A prospective student athlete becomes a "recruited prospective student athlete" once a Rutgers staff member or athletics representative: (a) provides the prospect with an official visit; (b) has an arranged, in-person, off-campus encounter with the prospect or the prospect's parent(s), relative(s) or legal guardian(s); (c) initiates or arranges a telephone contact with the prospect, the prospect's parent(s), relative(s) or legal guardian(s) on more than one occasion for the purpose of recruitment; or (d) issues the prospect a National Letter of Intent or written offer of athletically-related financial aid.

#### **Recruiting**

Recruiting occurs whenever a member of the Rutgers athletics staff or an athletics representative encourages a prospective student-athlete to enroll at Rutgers and compete in athletics.

No alumni, boosters or representatives of a college's athletics interests can be involved in recruiting prospective student-athletes. Only coaches and staff members of a college or university are permitted to recruit prospective student-athletes to their school.

**Note:** This restriction does not apply to recruiting by alumni or representatives as part of a college's regular admissions program for all prospective students, including non-athletes.

#### **Recruiting Calendars**

There are certain designated times during a prospect's career when a college coach can contact, evaluate, telephone and write to a prospect. These periods vary depending on the sport for which the prospect is recruited. For the specific time periods applicable to your recruitment, please refer to the NCAA Guide for the College Bound Student-Athlete which can be found at [www.ncaa.org](http://www.ncaa.org).

#### **Recruiting Contact**

A contact is any face-to-face encounter between a prospect or the prospect's parent(s), relative(s) or legal guardian(s) and a Rutgers University staff member or athletics representative during which any dialogue occurs in excess of an exchange of a greeting. Any such face-to-face encounter that is prearranged (e.g., a coach or athletics representative positions himself/herself in a location where a contact is possible) or that takes place on the grounds of the prospect's educational institution or at the site of organized competition or practice involving the prospect or the prospect's high-school, preparatory school, two-year college or all-star team shall be considered a contact, regardless of whether any conversation occurs.

#### **Recruiting Evaluation**

An evaluation is any off-campus activity designed to assess the academic qualifications or athletics ability of a prospect, including any visit to a prospect's educational institution during which no contact occurs or the observation of a prospect participating in any practice or competition.

### **Telephone Calls**

Generally, an institution's staff members may begin to place telephone calls to a prospect on a maximum of one occasion per week following the prospect's junior year in high school (beginning July 1 in all sports except football and basketball, August 1 in basketball and September 1 in football). Coaches in some sports, however, are permitted to contact prospects during their junior year in high school. Exceptions and additional telephone call guidelines can be found in the NCAA Guide for the College Bound Student-Athlete (see [www.ncaa.org](http://www.ncaa.org)).

Prospects and their parents are permitted to telephone a coaching or other staff member at the university at their own expense at any time.

### **Correspondence to Prospective Student-Athletes**

A prospect may receive written correspondence (including e-mail) and certain specified recruiting materials (e.g., a media guide) from an institution's staff beginning September 1 of his/her junior year in high school. In men's basketball, prospects may receive such recruiting materials following the completion of their sophomore year in high school.

### **Official Visits**

An official visit by a prospect is a visit financed in whole or in part by the institution he/she is visiting. A prospect may take up to five (5) paid official visits during his/her recruitment and may begin taking official visits as of the first day of classes for their senior year in high school. A prospect may make only one (1) such official visit to any particular school.

During an official visit (which may not exceed 48 hours), a prospect may receive round-trip transportation to the institution's campus, from any location, as long as the prospect returns to the original departure point. Additionally, if return transportation is provided to the prospects home, educational institution or competition site, the cost may not exceed the expenses necessary for round trip travel to the original point of departure. The prospect (and his/her parents) may also receive meals, lodging and three complimentary admissions to campus athletics events.

For more information on Official Visits, see the NCAA Guide for the College Bound Student Athlete which can be found at [www.ncaa.org](http://www.ncaa.org).

### **Unofficial Visits**

An unofficial visit is a campus visit made at the prospect's own expense. A prospect may visit an institution's campus at any time (except during a recruiting dead period) at his/her own expense and there is no limit to the number of times the prospect may visit unofficially. In men's basketball, prospects may not make unofficial visits during the month of July and in women's basketball, prospects may not make unofficial visits during the evaluation period or the dead period in the month of July.

### **Prospective Transfers**

The recruiting rules that apply to high school prospects also fully apply to two-year and four-year college prospects (e.g., official visits, telephone calls, general correspondence, number of contacts).

A four-year school wishing to contact a student-athlete of another four-year school must obtain written permission (i.e., a release) from the student-athlete's first school in order to initiate contact with the student-athlete. A four-year school wishing to contact a student-athlete of a two-year school does not need written permission (i.e., a release) to speak with him/her. Contact may occur at the institution's discretion in accordance with NCAA regulations regarding when and how often contact may be made.

**Note:** If a student-athlete is denied permission to speak with another institution about transferring, he/she must receive the opportunity for a hearing on the matter. The hearing must be conducted by a committee made up of non-athletics personnel.

## **National Letter of Intent**

The National Letter of Intent (NLI) is administered by the Collegiate Commissioners Association (not the NCAA) and is utilized by subscribing member institutions to establish the commitment of a prospect to attend a particular institution.

The primary goals of the NLI Program are: (1) to reduce and limit recruiting pressure on student-athletes and (2) to promote and preserve the amateur nature of collegiate athletics. By signing an NLI, a prospective student-athlete agrees to attend the designated college or university for one academic year. In return, the college or university with which the individual signs agrees to provide some amount of athletics financial aid for one academic year to the student-athlete, provided he/she is admitted to the institution and is eligible for financial aid under NCAA rules. Once a prospective student-athlete signs an NLI, all participating institutions in the program must cease recruitment of that prospect.

**Note:** A prospect (or his/her family, friends, etc.) may not receive any benefit, inducement or arrangement such as cash, clothing, cars, improper expenses, transportation, gifts or loans to encourage him/her to sign an NLI or attend an NCAA institution.

The NLI Program sets forth specific signing periods each year for each intercollegiate sport. An individual may only sign an NLI during those specified periods.

The NLI is a voluntary agreement between a prospective student-athlete and an institution. There are penalties associated with the NLI when the prospect or institution does not fulfill their respective commitment as outlined in the NLI.

For additional information, visit the NLI Program web page at [www.national-letter.org](http://www.national-letter.org). You may also visit [www.ncaa.org](http://www.ncaa.org) and review the Recruiting & Eligibility/Student-Athlete Eligibility and Recruiting section.

## **BOOSTERS/REPRESENTATIVES OF ATHLETIC INTERESTS**

Rutgers University is responsible for ensuring that its various constituencies (e.g. staff, faculty, coaches, student-athletes, boosters, alumni and friends) abide by NCAA rules and regulations.

### **Who is a “representative of athletic interests”?**

A “representative of the institution’s athletic interest” (a.k.a. “booster”) is an individual, independent agency, corporate entity (e.g. apparel or equipment manufacturer) or other organization that is known (or should have been known) by a member of Rutgers’ executive or athletics administration to:

- (a) Have participated in or to be a member of an agency or organization promoting Rutgers’ intercollegiate athletics program;
- (b) Have made financial contributions to the athletics department or to an athletics booster organization of Rutgers;
- (c) Be assisting or to have been requested (by the athletics department staff) to assist in the recruitment of prospects;
- (d) Be assisting or to have assisted in providing benefits to enrolled student-athletes or their families; or
- (e) Have been involved otherwise in promoting Rutgers’ athletics program.

**Note:** Once an individual, agency, corporation or other organization is identified as a “representative of athletics interest”, that person/entity retains that identity indefinitely.

### **Involvement in Recruiting**

Only authorized university staff members are permitted to participate in recruitment activities on behalf of an institution.

### **What constitutes a recruiting contact?**

Any face-to-face encounter between a prospect or the prospect’s parent(s), relative(s) or legal guardian(s) and a Rutgers University staff member or representative of athletic interests during which any dialogue occurs in excess of an exchange of a greeting. Any such face-to-face encounter that is prearranged (e.g., positions himself/herself in a location where a contact is possible) or that takes place on the grounds of the prospect’s educational institution or at the site of organized competition or practice involving the prospect or the prospect’s high-school, preparatory school, two-year college or all-star team shall be considered a contact, regardless of whether any conversation occurs.

### **Permissible Activities for Boosters in Recruitment**

The following list provides examples of permissible actions by boosters:

- A booster may attend high school, prep school and two-year college athletic events at his/her own discretion (i.e., not at the direction of a university staff member), but may not have any contact with a prospect or his/her parents, relatives or legal guardians.
- An athletic representative can assist Rutgers by notifying the appropriate coaching staff of any student-athlete you think would be an asset to the athletic program (e.g., via newspaper clippings, telephone calls to coaching staff members, etc.) so that the coach can then make the appropriate contact with the prospect.
- An athletic representative can continue established friendships with families who have prospective or enrolled student-athletes but cannot encourage a prospect’s participation in Rutgers athletics or provide benefits to a student-athlete (except as expressly permitted by NCAA rules).
- During an encounter with a prospect, if the prospect or his/her parent, relative or legal guardian asks a booster a question about Rutgers’ athletics program, simply direct their questions to the appropriate coach at Rutgers.

### **Prohibited Activities for Boosters in Recruitment**

Boosters are prohibited from engaging the following activities. This list is not all-inclusive.

- Direct or indirect involvement in making arrangements for a prospect, the prospect’s relatives or friends to receive money or financial aid of any kind.
- Providing free tickets or tickets at a reduced cost to any Rutgers home or away events for prospects, their relatives or friends. (Only the Athletic Department can provide complimentary admissions to prospective student-athletes at home athletic events.)
- Providing any transportation of any sort to prospects (or their parents/guardians/relatives/friends) including transportation to campus to attend athletic events.
- Paying or offering to pay registration fees for summer sports camps for a prospect.
- Contacting a prospect’s coach, principal or counselor for the purpose of recruiting the prospect (e.g., meeting with the counselor, picking up a videotape of the prospect, etc.)
- Providing cash or loans in any amount, or signing or co-signing for a loan.
- Providing gifts of any kind, including birthday cards and holiday gifts.

- Providing special discounts for goods and services (e.g., movie tickets, car repairs, clothing, haircut, meals, legal services).
- Providing the use of any transportation (e.g., car, moped, motorcycle, etc.)
- Providing free or reduced-cost rent/housing.
- Entertaining prospective student-athletes, their friends or relatives.

### **Employment of Prospective and Enrolled Student-Athletes**

Boosters are permitted to employ prospective and enrolled student-athletes within certain parameters:

1. You may employ or arrange for the employment of a prospective student-athlete, but you must first obtain the approval of the Office of Compliance. Prospective student-athletes may not begin employment with a booster until they have completed their senior year in high school or withdrawn from their two-year college/completed their two-year college graduation requirements.
2. You may employ or arrange for the employment of an enrolled student-athlete (during the summer or the academic year), but you must first obtain the approval of the Office of Compliance.
3. You may not provide transportation for prospects or enrolled student-athletes that you employ (unless it is the company's established policy to transport all employees to the job site).
4. NCAA rules require that compensation may be paid to a prospective or enrolled student-athlete only for work actually performed and at a rate commensurate with the going rate in that locality for similar services. Such compensation may not include any remuneration for the value or utility that the individual may have for the employer because of publicity, reputation, fame or personal following that he/she has obtained because of athletic ability.

### **Questions Frequently Asked By Boosters**

**Q. I donated a small amount of money to the Scarlet R ten (10) years ago but I have not donated anything else since then, am I still a booster?**

A. Yes. Once you become a booster, you never lose that identity.

**Q. What if a prospective student is not an athlete, do the recruiting rules apply?**

A. Yes. A prospect is any student who has started classes for the ninth grade.

**Q. What if I am a booster and my neighbor is the quarterback on his high school team; can I talk to him?**

A. Yes. There are limited exceptions to the prohibition on boosters contacting prospects:

- (1) You may have contact with a prospect who is an established family friend or neighbor as long as the contact is not for the purpose of recruiting the prospect.
- (2) You may have "unavoidable" or "incidental" contact with a prospect (e.g., running into the prospect at the store) provided the contact is not prearranged by anyone; the contact does not take place on the grounds of the prospect's educational institution or at a prospect's practice or competition; the contact is not made for the purpose of recruiting the prospect; and the contact only involves normal civility.
- (3) You may have contact with a prospect who has signed a National Letter of Intent with Rutgers for the purpose of discussing possible summer employment only.

**Q. Is it permissible for a booster to telephone a prospective student-athlete or send a letter of congratulations to a prospective student-athlete AFTER the student-athlete signed a National Letter of Intent?**

- A. No. A prospect remains a prospect until he/she enrolls in school, therefore telephoning or writing a prospect is not permissible. The only permissible contact with a prospect is for employment purposes but only after speaking with a member of the Office of Compliance.

**Q. Is it permissible for a booster group to place an advertisement that is targeted at local prospective student-athletes in a newspaper or other publication?**

- A. No. It is not permissible to place such an advertisement even if the advertisement does not specifically mention Rutgers.

**Q. Is it permissible for a booster to make a donation to a high school?**

- A. Yes, provided the high school is in the booster's local community, the booster acts independently of the university, the funds are appropriately distributed through channels established by the high school (or organization conducting the fund-raising activity) and the funds are not earmarked for a specific prospect.

## **BENEFITS TO PROSPECTIVE AND ENROLLED STUDENT-ATHLETES**

The NCAA rules limit the tangible benefits that prospective and enrolled student-athletes may receive from their college/university and from individuals associated with their college/university (e.g., employees, boosters, alumni).

### **Offers and Inducements in Recruiting**

A prospect (or his/her parents, family or friends) may not receive any tangible item, gift, service, etc. from an institutional staff member or any other individual for the purpose of solidifying that individual's commitment to attend a college or university. Some strictly prohibited offers/inducements include:

- a. arranging a job for a prospect's relative(s) or friend(s)
- b. gifts of clothing or equipment
- c. co-signing a loan
- d. directly or indirectly providing a loan to a prospect's relative(s) or friend(s)
- e. directly or indirectly providing cash or like items
- f. any tangible items, including merchandise
- g. free or reduced-cost services, rentals or purchases of any type
- h. free or reduced-cost housing
- i. use of an institution's athletic equipment (e.g. for high-school all-star game)
- j. sponsorship of or arrangement for an awards banquet for high school, preparatory school or two-year college athletes by an institution, representatives of athletic interests or its alumni or booster clubs

### **Benefits to Current Student-Athletes**

Student-athletes are permitted to receive many benefits as a result of their participation in intercollegiate athletics. They are prohibited from receiving anything considered an "extra benefit." An extra benefit is any special arrangement by a Rutgers University employee or a representative of Rutgers' athletics interests to provide a student-athlete or the student-athlete's relatives or friends a benefit not expressly authorized by NCAA legislation. Extra benefits include, but are not limited to:

- a. cash or loans in any amount
- b. co-signing or arranging a loan
- c. gifts or free services (e.g., airline tickets, cash, restaurant meals, summer storage space, use of laundry facilities)

- d. use of an automobile
- e. rent-free or reduced-cost housing
- f. employment of a student-athlete at a higher rate than wages paid for similar work
- g. payment to a student-athlete for work not performed
- h. transportation (aside from transportation related to an occasional home meal)
- i. tickets to athletics institution or community event
- j. financial aid for a post-graduate education
- k. promise of employment after college graduation
- l. invitation to home or summer home for purpose other than occasional meal
- m. money for, or guarantee of, bail or bond
- n. recognition awards

## **FINANCIAL AID**

### **General Restriction**

NCAA regulations limit the amount of financial aid a student athlete may receive. "Financial aid" refers to funds provided to student-athletes from various sources to pay or assist in paying their cost of education at the institution, including athletic scholarships, federal grants, state grants, and outside financial awards (e.g. Lions Club, Rotary Club, BOEP).

### **Athletics Scholarships**

#### **Eligibility for Athletics Scholarships**

In order to qualify for an athletics scholarship, a student-athlete must meet all applicable NCAA, conference and institutional regulations for receiving such financial aid (e.g., be a qualifier or a partial qualifier as a freshman student-athlete). A student-athlete may receive up to five years of athletically-related financial aid within six years of initial full-time collegiate enrollment.

#### **One-Year Limit**

There is no guaranteed four-year athletics scholarship in Division I. An athletics scholarship is awarded for one academic year but it may be renewed at the end of each academic year.

#### **Renewals/Nonrenewals**

If a student-athlete is receiving an athletics scholarship, he/she will be notified by the institution's financial aid office by July 1 whether his/her grant has been renewed for the upcoming academic year. In the event that his/her athletics scholarship is not renewed, he/she will be provided a hearing opportunity to challenge the nonrenewal.

### **Outside Scholarships**

A student-athlete may receive outside scholarships or grants but they must be declared with the university to determine whether the student-athlete exceeds his/her limit on financial aid. A student-athlete who is awarded an outside scholarship where athletics participation is a requirement (e.g., booster club scholar-athlete award for student-athlete with the highest GPA) must receive approval from his/her athletics department prior to accepting the scholarship.

### **Employment**

A student-athlete may receive earnings from legitimate on- or off-campus employment during the academic year and during school vacation periods. Prior to employment, the student-athlete must sign a written statement also signed by his/her employer stating:

- (a) the student-athlete's employment compensation does not include any remuneration for value or utility that he/she may have for the employer because of the publicity, reputation, fame or personal following due to athletics ability;

- (b) the student-athlete will be compensated only for work actually performed; and
- (c) the student-athlete will be compensated at a rate commensurate with the going rate in the locality for similar services.

For more detailed information about the permissible types of student-athlete employment, visit [www.ncaa.org](http://www.ncaa.org).

## ACADEMIC ELIGIBILITY

### Freshman Eligibility

All freshman student-athletes must be certified for financial aid, practice and competition by the NCAA Eligibility Center. The NCAA Eligibility Center is the organization that handles all inquiries regarding an individual's eligibility status. Certification is based on the student-athlete's high school courses as well as any standardized tests taken (i.e., SAT, ACT). Information on registering for and being certified by the Eligibility Center can be found at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net). Further information relating to the NCAA -Eligibility Center and freshman eligibility regulations may be found at [www.ncaa.org](http://www.ncaa.org) (Academics & Athletics/ Eligibility & Recruiting Tab).

### Transfers

There are many rules and regulations related to the eligibility of students who transfer from four year and two year colleges to NCAA Division I institutions. The details of these rules may be found at [www.ncaa.org](http://www.ncaa.org) (Academics & Athletics/ Eligibility & Recruiting Tab).

### Continuing Student-Athlete Eligibility

To be eligible to represent an institution in intercollegiate athletic competition, a student-athlete must meet all NCAA eligibility rules as well as those of their college/university. Generally, to be eligible to represent an institution in intercollegiate athletic competition, a student-athlete must: (a) be enrolled in at least a minimum full-time program of studies leading toward a degree, (b) be in good academic standing as defined for all students by the college/university, (c) maintain progress toward a degree, as defined by the college/university and by the NCAA rules, and (d) be in compliance with all rules and regulations of the college/university, the conference and the NCAA.

NCAA rules specifically define the degree progress standards that student-athletes must meet in order to maintain eligibility from year to year. These include successfully completing a minimum number of credits each semester and each year and maintaining a minimum grade point average. These rules are outlined in the chart below.

## NCAA REQUIREMENTS FOR INITIAL ENROLEES AND CONTINUING STUDENTS

Year of Initial Collegiate Enrollment	Initial-Eligibility Standard	Entering Second Year of Collegiate Enrollment	Entering Third Year of Collegiate Enrollment	Entering Fourth Year of Collegiate Enrollment	Entering Fifth Year of Collegiate Enrollment
Fall 2003 through Spring 2005	Current or new standard	<ul style="list-style-type: none"> <li>· 24 credits</li> <li>· 18 of 24 credits earned during academic year</li> <li>· 90% of GPA for graduation - must be maintained both terms</li> <li>· Six credits/term</li> </ul>	<ul style="list-style-type: none"> <li>· 40% of degree requirements</li> <li>· 18 credits earned during previous academic year</li> <li>· 95% of GPA for graduation - must be maintained both terms</li> <li>· Six credits/term</li> <li>· Declaration of degree program</li> </ul>	<ul style="list-style-type: none"> <li>· 60% of degree requirements</li> <li>· 18 credits earned during previous academic year</li> <li>· 100% of GPA for graduation - must be maintained both terms</li> <li>· Six credits/term</li> </ul>	<ul style="list-style-type: none"> <li>· 80% of degree requirements</li> <li>· 18 credits earned during previous academic year</li> <li>· 100% of GPA for graduation - must be maintained both terms</li> <li>· Six credits/term</li> </ul>
Beginning in Fall 2005	New standard - 14 core courses, extended sliding scale, partial-qualifier status eliminated	<ul style="list-style-type: none"> <li>· A maximum of six remedial credits may be used in the first year</li> </ul>			
Beginning in Fall 2008	16 core courses				

### Continuing Eligibility

#### Transfers

- A midyear transfer is subject to the above requirements and is able to use transferable degree credits to satisfy the requirements.
- A transfer student-athlete (foreign or domestic) who initially enrolls as a full-time student in any collegiate institution's regular academic term on or after August 1, 2003, will be subject to the academic requirements set forth above.

#### Part-Time Enrollment

- A student-athlete is responsible to earn 18 credit hours in any academic year in which the student-athlete was full time during one or more terms. Part-time hours may be used to fulfill this requirement.
- Exception: A student-athlete who enrolls in his or her first full-time term of collegiate enrollment following the fall term will not be responsible for earning 18 credit hours until he or she has spent a full academic year at the institution.

#### Summer Credit Hours

- Summer credit hours may be used to satisfy the 24-credit-hour requirement when certifying a student-athlete entering his or her second year of collegiate enrollment. Summer hours may also be used to meet the 40/60/80-percent-of-degree requirements.

#### Remedial, Tutorial or Noncredit Courses

- A student-athlete may use remedial, tutorial or noncredit courses earned during his or her first year of collegiate enrollment and when certifying a student-athlete entering his or her second year of collegiate enrollment. These courses may be used to meet the 24 credit-hour requirement, but may not exceed six semester hours.

## ATHLETIC ELIGIBILITY

### Seasons of Competition

A student-athlete uses a season of competition (a.k.a. season of eligibility) for a given academic year as soon as he/she participates in a competition (excluding NCAA-legislated preseason exhibition contests and practice scrimmages) against an outside team (i.e., any team that includes individuals who are not on the institution's team during that academic year). Any competition during a season, regardless of the amount of time spent, counts as one season of competition in that sport. For example, one play in a football game or one point in a volleyball match counts as a season of competition, just as playing in every basketball or lacrosse game during a season counts.

### 21-Year Age Rule

There is no age limit on who can participate as a student-athlete, however, a student-athlete who has turned 21 years old and has never attended a college or university as a full-time student will utilize a season of competition for every calendar year beginning with his/her 21<sup>st</sup> birthday in which he/she participates in organized competition in his/her sport while not being enrolled as a full-time student.

### Tennis and Swimming/Diving Rule

In tennis and swimming and diving, a student-athlete has one full year from the date of graduation of his/her high school class to be immediately eligible as well as to retain four seasons of competition. For each calendar year following the one year limit of the matriculation of the student-athlete's high school class, the student-athlete will be charged with a season of eligibility. Additionally, if the student-athlete has engaged in organized tennis or swimming and diving events, after the one year time limit has passed, the student-athlete must fulfill one academic year in residence before he or she is eligible to compete in their respective sport at the institution.

In tennis, a student-athlete who has yet to enroll full time at a certifying institution following his or her 20<sup>th</sup> birthday and who has engaged in organized tennis events after this birthday, will be charged with one season of intercollegiate tennis competition for each calendar year following his or her 20<sup>th</sup> birthday. The student athlete must also serve one academic year in residence upon enrollment at the certifying institution, unless he or she transfers to the institution with 24 semester hours of transferable degree credit.

### Five-Year Clock ("Five to Play Four")

Each student-athlete must utilize all seasons of competition within five (5) years of initially enrolling full-time at a college or university.

### Red Shirting

Red shirting is not an official NCAA term, but the term is used when a student-athlete does not participate in any competition during a particular academic year (i.e., neither in the championship nor the non-championship segment of the playing season). A student-athlete may be red-shirted at any point in his/her athletic career.

A "medical red shirt" is not an official NCAA term either, but the term is used when a student-athlete is injured after participating in a limited amount of competition during a particular academic year and then qualifies for a Medical Hardship Waiver. More detailed information regarding Medical Hardship Waivers is included below.

### Medical Hardship Waiver

If a student-athlete suffers a season-ending injury or illness after competing in a limited amount of competition during a particular academic year, he/she may qualify for a medical hardship waiver which would allow him/her an additional season of competition during the five-year period of eligibility. To qualify for a medical hardship:

- (a) the student-athlete's injury or illness must occur in one of the four seasons of intercollegiate competition or subsequent to the first day of classes in the student-athlete's senior year in high school;
- (b) the injury or illness must occur prior to the completion of the first half of the playing season that concludes with the NCAA championship in that sport and must result in incapacity to compete for the remainder of that playing season;  
and
- (c) the injury or illness must occur when the student-athlete has not participated in more than three contests/dates of competition or 30% of the institution's scheduled contests/dates of competition in his/her sport (whichever number is greater).

## PRACTICE AND COMPETITION

NCAA rules and regulations limit the time that student-athletes may participate in athletic activities (e.g., practice activities, the length of its playing seasons and the number of its regular-season contests and/or dates of competition) on a daily, weekly and yearly basis.

### **In-Season Activities and Time Limits**

During a particular sport's primary playing season, student-athletes may be involved in athletically-related activities up to 20 hours per week and four hours per day ("the 20/4 hour limits"). Examples of athletically-related activities include: required practice, conditioning, strength training, competition, discussion of game films, lectures regarding the sport, required participation in camps/clinics/workshops, and any other on-field, on-court, on-floor or on-water activity.

**Counting Competition:** All activities on the day of competition count as three hours, regardless of actual length. For example, a baseball double-header that takes up six hours or a field hockey game that takes up two hours, still counts as three hours of athletic activity.

### **Out-of-Season Activities and Time Limits**

Outside of a sport's primary playing season and during the academic year, student-athletes may be involved up to eight hours of weight-training, conditioning and skill/game-related instruction. Skill/game-related instruction may take up to two of the eight hours. There is no limit on the number of student-athletes who may be involved in skill instruction at any one time between September 15 and April 15. Before September 15 and after April 15, skill instruction may occur in groups of no more than four student-athletes at any one time.

**Football:** Skill/game-related instruction may not occur outside the season in football. However, football student-athletes may review game film for up to two of the eight hours per week outside the season.

### **Day(s) Off**

**In season:** During the playing season, student-athletes must receive one day off per week from all athletic activities. This rule does not apply during Big East and NCAA Championships or during a vacation period in the academic year. A day when the team is traveling may count as the required day off provided no athletically-related activities also occur on that day.

**Out of Season:** Outside the playing season, student-athletes must receive two days off per week from all athletic activities.

### **Outside Competition**

Student-athletes may participate as members of outside teams (i.e., teams other than their intercollegiate team) only on a limited basis. Student-athletes should check with their college coach prior to participating on any outside team and/or in any athletic event where they are not representing their college/university. Not checking with their coach first will generally result in a violation of NCAA rules which will require that the student-athlete be withheld from a certain number of intercollegiate competitions.

## VIOLATIONS OF NCAA RULES

Compliance with NCAA rules requires the efforts of everyone associated with an institution's athletic program. Every staff member and student-athlete at a college or university is required to report all suspected violations of NCAA rules. Rutgers University requests that any suspected violations be reported immediately to the Office of Compliance, Director of Athletics, or Faculty Athletics Representative.