

# COMPLIANCE NEWSLETTER

FALL 2014



## SPORTS WAGERING

NCAA Bylaw 10.3 prohibits student-athletes from participating in any gambling activity that involves amateur or professional sports.

If you violate the NCAA sports wagering bylaw as a student-athlete, you risk being:

### PERMANENTLY INELIGIBLE if you:

- Engage in activities designed to influence a portion or final outcome of a sports contest (i.e., point-shaving, spot fixing).
- Participate in a sports bet of any kind on ANY team at your school.

### INEGLIGIBLE for a minimum of one year if you:

- Participate in a sports bet of any kind via or through
  - The Internet
  - A bookie
  - A parlay card

**WIN. GRADUATE. DO IT RIGHT.**



## CARA

Maximum amount of practice time a student-athlete can participate:

In season:

- 20 hours per week
- 4 hours per day
- 1 day off per week
- Competition counts as 3 hours
  - No activities are permitted following a contest

Out of Season:

- 8 hours per week:
  - 6 hours of weight training or conditioning

- 2 hours of skills instruction

- 4 hours per day
- 2 days off per week

PCA policy states that no more than 8 missed class days will be allotted per semester. This limit does not include travel to Big Ten or NCAA Championship events.

**C—countable  
A—athletically  
R—related  
A—activities**

## EXTRA BENEFITS

Student-athletes, and their friends and relatives, are not permitted to receive any extra benefit or special arrangement because of the athlete's status. **Examples of impermissible benefits include:**

- free food and drinks
- unadvertised discounts
- free admission to an event
- loans of any kind
- clothing or equipment
- use of a vehicle

A benefit is not a violation of NCAA rules if the benefit is available to the general student population regardless of athletic ability.



## BOOK SCHOLARSHIP

Beginning Fall 2014 we implemented a new process for any student athlete receiving books as part of their athletic scholarship. Books were ordered automatically for students and picked up at the Hawk Shop or Iowa Book during the first week of school.

Materials required from any other retailer (e.g. Zephyr Copies, Prairie Lights) shall be purchased by students. Refunding of these materials will be available with proof of receipt and class syllabus. See Shawna Rawson at S240, Carver-Hawkeye Arena for reimbursement and any additional questions.

At the end of the semester, you will be required to return **ALL** books to the Gerdin Athletic Learning Center. You will be charged for any books not returned by 12/19/2014.



*Did you know:* The term "Hawkeye" originally appeared in James Fenimore Cooper's novel The Last of the Mohicans. The people of Iowa adopted the nickname 12 years after the publishing of the book.

**Wondering if an activity complies with the rules? Just Ask!**

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## PERMISSIBLE NUTRITIONAL SUPPLEMENTS

The supplement must meet NCAA criteria/regulations and be a nonmuscle-building supplement taken to increase the student athletes' intake of calories and electrolytes.

These supplements include:

- Electrolyte-Replacement Drinks (e.g. Gatorade, Powerade);
- Calorie-Replacement Drinks (e.g. Ensure, Boost)
- Energy Bars; and
- Vitamins and Minerals

A list of banned substances can be found on the [NCAA webpage](#).

**NOT ALL** products are well regulated and may contain banned substances that are not printed on the list of ingredients. Please check with a coach and/or compliance staff member before taking any supplements.

## STUDENT ATHLETE EMPLOYMENT

Student-athletes are allowed to earn income from employment during the semester and vacation periods as long as the compensation is at the going rate and is provided for work actually performed. NO compensation may be earned due to the value, publicity or fame as a student athlete. If you have a job or are planning on getting a job, you must complete the [Student-Athlete Employment Form](#).

Student-athletes may teach lessons as long as:

- the athlete receives approval and completes the [Fee-For-Lessons Form](#);
- compensation is paid by the person receiving the lesson (or their family);
- the lessons do not take place on UI facilities; and
- the student-athlete does not use his or her picture, name or appearance to advertise the lessons.

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