

# COMPLIANCE NEWSLETTER

FALL 2013



## SPORTS WAGERING

NCAA Bylaw 10.3 prohibits student-athletes from participating in any gambling activity that involves amateur or professional sports. The penalty for a first offense is one year loss of eligibility, and a second offense may result in permanent ineligibility. Gambling activities include:

- Accepting or placing a bet for anything of value;
- Providing insider information;
- Point shaving; or
- Fantasy leagues with an entry fee.

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



## OUTSIDE COMPETITION

Many student-athletes wish to participate in outside competition during and outside of the academic year. This may be permissible depending on your sport and the specific competition.

Athletes that participate in **TEAM SPORTS** (basketball, soccer, football, field hockey, baseball, volleyball, softball) **may NOT** participate on any outside team during the academic year.



Athletes participating in **INDIVIDUAL SPORTS** may participate in outside competition during the school year, as long as they receive prior approval and compete **unattached** from UI.

An **unattached competitor may not:**

- Wear/use any University of Iowa apparel;
- Receive reimbursement for expenses from the University of Iowa;
- Receive medical care from a University of Iowa athletic trainer at the competition; or
- Receive instruction from a University of Iowa Coach.

## 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
- loans of any kind
- unadvertised discounts
- clothing or equipment
- free admission to an event
- 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.



## CARA

Total 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

Out of Season:

8 hours per week total (6 hours of weight training/conditioning, 2 hours of skills instruction)

4 hours per day

2 days off per week

**CARA stands for countable athletically related activities**

## STAYING ELIGIBLE: PROGRESS TOWARDS DEGREE

In order to stay eligible, student-athletes shall maintain progress toward a baccalaureate or equivalent degree.

*Eligibility by the numbers:*

**6** = the number of credits towards a degree a student-athlete must pass in order to be eligible in the next semester.

**9** = the number of credits a FOOTBALL student-athlete must pass in the fall in order to be eligible the next fall.

**12** = the number of credits a student-athlete must be taking in order to be enrolled full time.

**18** = the number of credits a student-athlete must pass in the fall and spring combined in order to be eligible the next fall (cannot be made up in summer).

**24** = the number of credits freshmen must pass in the fall, spring, and summer combined in order to be eligible the next fall.



*Did you know:* In the 1990s TV show Saved by the Bell, A.C. Slater was offered a scholarship to wrestle at Iowa, but went to California U instead!

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

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## 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 given for work actually performed. NO compensation may be earned due to the value, publicity or fame of the athlete. If you have a job or are planning on getting a job, you must complete the [Student-Athlete Employment Form](#).

Lessons:

- 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;
  - the student-athlete does not use his or her picture, name or appearance to advertise the lessons.

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