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FOCUS OF THE MONTH

PRESEASON ACTIVITIES

Football

- ⇒ UC is not required to provide SAs with one day off per week during the preseason practice period (The period from the first practice until the first day of classes or sever days before the first scheduled contest). Bylaw 17.1.7.6.4
- ⇒ However, on one day in every seven days during the preseason practice period, an SA's participation in required athletically related activities shall be limited to not more than two hours of off-field meetings or film review. Bylaw 17.1.7.6.4
- ⇒ A walk-through IS a countable athletically related activity. No protective equipment may be worn during walkthroughs, and no conditioning or contact may occur. However footballs may be used during the preseason practice period. Bylaw 17.02.20

Sports Other Than Football

- ⇒ UC shall provide SAs with one day off per week during preseason practice that occurs prior to the first day of classes, or the first scheduled contest, whichever is earlier. Bylaw 17.1.7.6.3
- ⇒ Outside the playing season, from UC's first day of classes of the academic year or September 15, whichever occurs earlier, to one week prior to the beginning of the institution's final examination period at the conclusion of the academic year, only a student-athlete's participation in required weight training, conditioning and skill-related instruction shall be permitted. SA participation shall be limited to eight hours per week with not more than four of those hours spent on skill instruction. Bylaw 17.1.7.2

OFFICIAL/UNOFFICIAL VISITS

Official Visit (First Opportunity) Bylaw 13.6.2.1

- ⇒ MBB: On or After August 1 of the PSA's Junior Year
- ⇒ Baseball and Lacrosse: On or After September 1 of the PSA's Junior Year
- ⇒ WBB: On or After the Thursday following the Final 4 of the PSA's Junior Year
- ⇒ FB: On or After April 1 of the PSA's Junior Year
- ⇒ All Other Sports: On or After August 1 of the PSA's Junior Year

Unofficial Visit (First Opportunity) Bylaw 13.7.1

- ⇒ MBB: On or After August 1 of the PSA's Sophomore Year
- ⇒ WBB and FB: Anytime, except during a dead period (Check the NCAA recruiting calendar)
- ⇒ Baseball and Lacrosse: On or After September 1 of the PSA's Junior Year
- ⇒ All Other Sports: On or After August 1 of the PSA's Junior Year

REMINDERS

If you have official visits planned during the first two or three home football games, remember to fill out your comp. ticket requests in JumpForward as soon as possible.

CAN YOU SPOT THE VIOLATION?

David Diver is a prized diving PSA on an unofficial visit to Anywhere State University. While on this visit, David was given 4 complimentary tickets, for him, his younger brother and his parents to attend a home swim meet. The meet was located at a pool downtown, 25 miles away. When the meet was over, David spoke to the coaches and told them how well the visit went.



The violation occoured when the coaches gave Daivid 4 complimentary tickets to the swim meet.

"During an unofficial visit, the institution may not pay any expenses or provide any entertainment except a maximum of three complimentary admissions (issued only through a pass list) to a home athletics event at any facility within a 30-mile radius of a member institution's main campus in which the institution's intercollegiate team practices or competes. Such complimentary admissions are for the exclusive use of the prospective student-athlete and those persons accompanying the prospective student-athlete on the visit and must be issued on an individual-game basis. Such admissions may provide seating only in the general seating area of the facility used for conducting the event. Providing seating during the conduct of the event (including intermission) for the prospective student-athlete or those accompanying the prospective student-athlete in the facility's press box, special seating box(es) or bench area is specifically prohibited. Complimentary admissions may not be provided during a dead period, except as provided in Bylaw 13.7.3.5". NCAA Bylaw 13.7.3.1

FREQUENTLY ASKED QUESTIONS

Question: Can a PSA eat with other PSAs or SAs on campus?

Answer: Yes, as long as the PSA pays the actual cost of his/her own meal. 13.7.3.1.2

Question: How much money can an institution provide for a PSAs cost of entertainment during an official visit?

Answer: A maximum of \$75 for each day (24-hour period) of the visit. 13.6.7.5(a) (institutional rule \$40)

RECRUITING CALENDARS

Contact Period Evaluation Period Dead Period Quiet Period Recruiting Shutdown

Football									
S	М	Tu	W	Th	Fr	Sa			
				1	2	3			
4	5	6	7	8	9	10			
11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28	29	30	31			

	Baseball								
s	M Tu W Th Fr								
				1	2	3			
4	5	6	7	8	9	10			
11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28	29	30	31			

WLA								
S M Tu W Th Fr S								
				1	2	3		
4	5	6	7	8	9	10		
11	12	13	14	15	16	17		
18	19	20	21	22	23	24		
25	26	27	28	29	30	31		

WBB									
Su	М	Tu	W	Th	Fri	Sa			
				1	2	3			
4	5	6	7	8	9	10			
11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28	29	30	31			

	Track & Field								
Su	М	Tu	W	Th	Fri	Sa			
				1	2	3			
4	5	6	7	8	9	10			
11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28	29	30	31			

	MBB & WVB								
Su	М	Tu	W	Th	Fri	Sa			
				1	2	3			
4	5	6	7	8	9	10			
11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28	29	30	31			

	All Other Sports								
Su	М	Tu	W	Th	Fri	Sa			
				1	2	3			
4	5	6	7	8	9	10			
11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28	29	30	31			