



# The University of Cincinnati Bearcat Compliance Corner



**The Official Newsletter of the UC Compliance Office  
For coaches and athletic staff**

**March 2003**

## RECRUITING DATES

### **Men's Basketball-**

11/21 - 3/15 **40 Evaluation Days** (Those days during 11/21 through 3/15 not designated above for evaluation purposes are considered a **Quiet Period**)

3/16 – 3/22 **Contact Period**

3/23 – 4/9 **Quiet Period** (except for 4/3 – 4/8 is a **Dead Period**)

### **Women's Basketball-**

3/1 – 4/3 **18 Contact Days** selected at the discretion of the institution and designated in writing in the office of the director of athletics.

(Those days during 3/1 – 4/3 not designated for contact purposes: **Quiet Period**)

### **Football-**

2/7 – 4/14 **Quiet Period**

### **Volleyball-**

2/15 – 7/31 **Contact/Evaluation** (except for 4/3 – 4/8 is a **Dead Period**)

### **All Other Sports-**

**Contact/Evaluation Period**

## EPHEDRINE: BANNED/RISKS

Ephedrine is an over-the-counter stimulant which is banned by the NCAA. Ephedrine is often used to lose weight and increase endurance and is found in many dietary supplements. Coaches need to make their athletes aware that not only is ephedrine banned by the NCAA but its use can cause serious health problems.

A variety of reports have linked the use of Ephedrine to heart attacks, palpitations, strokes, seizures and heat stroke.

Recently, a pitching prospect for the Baltimore Orioles died of heatstroke after a spring training workout where his temperature reached 108 degrees. Medical examiner Dr. Joshua Perper stated that ephedra, the herbal form of ephedrine, probably contributed to the prospect's death. Ephedrine is also banned by the NFL and the International Olympic committee due to the concern that the stimulant could interfere with the body's ability to regulate heat.

Ephedra, also known as ma huang, is considered a dietary supplement which is not regulated by the Food and Drug Administration. Reports have been made to the FDA of people falling ill or even dying after taking the supplements.

### **Herbal Supplement Information**

The following are herbal supplement tips that coaches need to pass on to their student-athletes.

- Don't assume that the ingredients listed on the supplement label, and only those ingredients are present in the amounts stated. There is no regulation of the supplement industry.
- Be aware that herbal supplements sometimes include anabolic steroids, ephedrine, caffeine and other substances that may not be listed on the label and may result in a failed drug test. More important, they may be a health risk.
- Recent experiments have failed to show any positive effect of ginseng on sport performance.
- Yohimbine can raise blood pressure, cause nerve paralysis, stomach and kidney disorders, seizures and even death. Smilax stimulates urination, bowel evacuation, sweating, and coughing, any of which can be harmful to sport performance.
- Herbs can be especially dangerous when taken with certain prescription drugs or over-the-counter medications. Inform your physician of any herbal supplements you are taking.

## POST SEASON REGULATIONS

### **LOGO REMINDER**

**Student-Athletes:** A student-athlete's official institutional uniform and apparel items (e.g., socks, head bands, wrist bands, T-shirts, visors or hats, swim caps, towels) can bear **ONE** manufacturer's logo. The logo cannot exceed 2 ¼ square inches when **worn** by the student-athlete. The logo must fit within a four-sided geometric figure (i.e., rectangle, parallelogram, square). Using a 9 inch string in the shape of one of those four-sided geometric shapes, you can check apparel for this restriction. This restriction extends to any **pre- or post-game** activities that the student athlete would be involved. Logo restrictions for student athlete uniforms and apparel apply during the regular season and the post season.

### **The following restrictions apply during NCAA postseason championship events:**

**Bench Personnel:** Specifically, during NCAA Championships (including practices, competition, and NCAA news conferences), apparel worn by coaches, managers, trainers, or other support staff must conform to the apparel restrictions of 12.5.4. Any apparel item must have only **ONE** manufacturer's logo. The logo cannot exceed 2 ¼ square inches when worn by the individual. Additionally, coaches and other bench personnel **are prohibited** from wearing lapel pins from commercial entity or an apparel company.

**Non-competing Participants:** : Specifically, during NCAA Championships (including practices, competition, and NCAA news conferences), uniforms or apparel worn by cheerleaders, dance team members, band members and mascots must conform to the apparel restrictions of 12.5.4. Any apparel item must have only **ONE** manufacturer's logo. The logo cannot exceed 2 ¼ square inches.

### **COMPLIMENTARY ADMISSIONS**

**Student-Athlete Complimentary Admissions:** For conference championships, bowl games, and NCAA championships student-athletes can receive six complimentary admissions in the sport in which they participate at the site where they participate. Individuals listed on the complimentary admissions pass list must present proper identification to the person administering the pass list. The individual can then be provided a ticket stub, or other identification to a specific seat or section, or treated as a general admission ticket holder.

**Prospect Complimentary Admission Restriction:** Institutions (including student-athletes) are prohibited

from providing (or arranging for the purchase) complimentary admissions or reduced admissions to prospects or high school, preparatory, or two-year college coaches for a postseason conference tournament or NCAA championship contest in which the institution competes or other post season contests. Tickets must be purchased in the same manner as the general public.

If the prospect is on an official visit, it is permissible for the student-host to use the entertainment money to purchase tickets for a conference tournament, NCAA tournament or other postseason contest tickets provided the tickets are purchased in the same manner as the general public. Additionally, the cost of the ticket(s) cannot exceed the \$30.00 per day restriction (e.g., if the visit is for 48 hours, the cost of the tickets could not exceed \$60.00).

The student-athlete serving as the host may accompany a prospect to a postseason event during the prospect's official visit, provided both tickets are purchased with the student-host entertainment money.

### **BENEFITS**

#### **Expenses for Spouse/Children for NCAA**

**Championship:** Institutions are permitted to provide actual and necessary expenses associated with travel, room, board and entertainment for the spouse/children of a student-athlete competing in the first round of an NCAA championship event.

**Family Lodging at Post Season Events:** Institutions are permitted to reserve or secure lodging at an NCAA/NAIA post-season event at a reduced rate or special rate for parents (legal guardians) and immediate family of a student-athlete who is a participant. However, it is not permissible for the institution to provide expenses to cover the cost of the lodging or other cost associated with reserving/securing lodging (e.g., deposit).

**Incidental Expenses:** An institution may provide \$20 per day to each member of the squad to cover un-itemized incidental expenses during travel and practice for NCAA championship events, during a period limited to the maximum number of days per diem allowed for the involved championship, for a period not to exceed 10 days. The \$20 per day may be provided only after the institution's team departs for or reports to the site of the championship contest.

**Housing and Meals/Competition during Vacation Period:** At the discretion of the institution, for those student-athletes returning to campus following season ending competition that occurs during the vacation

## POST SEASON REGULATIONS cont.

period may receive room and board expenses; however, provision of room and board is limited to a 48-hour period beginning with his/her arrival on campus. Student-athletes who live at home during the vacation period are not permitted to receive this benefit.

### **AWARDS**

**Eligibility of Student-Athletes:** Only those student-athletes that were eligible to compete during the regular season are permitted to receive postseason awards (e.g., conference championship, NCAA championship).

**Transfers:** May receive annual participation, special event and special attainment awards (e.g., Scholar, Most Inspirational).

**Transfers:** May not receive awards associated with the postseason (e.g. Conference, NCAA championships).

**Ineligible Student-Athletes:** Those student-athletes ineligible to compete (e.g., transfer students, partial, non-qualifiers) may not receive post season awards for conference or national championship participation due to the fact that they were not eligible to participate in those events. It is at the discretion of the institution to provide awards for special achievements or contributions (e.g., scholar athlete, most inspirational player) to those student athletes.

### **TRAVEL RESTRICTIONS**

**Conference Tournament:** In a situation where the 48-hour departure limitation is applicable, an institution that is participating in a multi-competition event (e.g., conference tournament) may depart **48 hours prior to the event's first round of competition.** However, the team could not depart 48 hours prior to the activities associated with the scheduled competition (e.g., banquets, weigh ins). The 48-hour period is initiated once the institution's team departs campus.

**NCAA Championship:** The 48-hour restriction does not apply for travel to an NCAA championship event, but the 36-hour departure restriction still applies. The team/student athlete must depart from the event after the last competition of the event (e.g., team loses in the first round of conference championship must depart 36 hours after the Championship game).

### **MISSED CLASS TIME**

**Championship Practice Exception:** Student-athletes of the host institution may miss class time to attend practice activities the day before the competition during a conference or NCAA championship.

**Practice Activities Associated with an Away from Home Game:** During the academic year or summer school, a member institution **may** allow its student-athletes to miss a class for an on-campus practice only when the practice occurs prior to departing to an away-from-home contest, provided the practice activities take place on the day of departure.

### **REQUIRED DAY OFF**

During the week of participation in a conference, postseason championship or during the NCAA championship, a team is permitted to practice without taking the required day off.

## GAMBLING

With the NCAA basketball tournament starting this month, please remember that NCAA Bylaw 10.3 strictly precludes **ALL** athletic staff from placing wagers of any kind on the NCAA Men's or Women's basketball championships (or any other collegiate sporting event for that matter). Staff members are not allowed to participate in completing tournament brackets where the winner receives **ANY** type of prize or item, even if the contest is free to enter. This would preclude staff members from entering office pools, on-line contests (i.e. ESPN.com), or wagering on games through legal means in the state of Nevada.

## POST NLI SIGNING

An individual is considered a prospective student-athlete even after he or she signs a National Letter of Intent with an institution. Since these individuals are still considered prospects, all applicable NCAA recruiting legislation applies unless a specified exemption has been expressly carved out by the NCAA.

The signed prospects is considered a prospect until he or she is present on the opening day of classes and is enrolled full time or reports for practice, whichever comes first.



### **Academic Fraud**

Last month, the NCAA was expected to start a formal investigation into allegations of academic fraud by former Fresno State University men's basketball players.

In the past year, the NCAA already visited Fresno State to investigate allegations of players receiving extra benefits from meals. Fresno State already issued self-imposed penalties but the NCAA did not look into academic fraud.

According to an article published by The Fresno Bee, at least three former Fresno State basketball players had academic course work written for them and some of their term papers were paid for by money funneled through a Las Vegas agent. A former statistician for the Fresno State basketball claimed that he wrote and delivered 17 pieces of course work for three players and was paid \$1,500. The former statistician also claims that a former academic advisor asked him for help in writing the papers, allegations which are denied by the former advisor, and former players.

Violations involving academic fraud would carry one of the stiffest penalties if affirmed by the NCAA. In 1999, the NCAA discovered violations at University of Minnesota, which is considered to be one of the worst academic fraud cases. The program was put on probation for four years, lost five scholarships, repaid revenue from NCAA Tournament appearances, removed banners from their arena and missed one postseason (self imposed).

### **Out-of-Season Practice Activities**

In addition to self-imposed penalties, San Diego State University was placed on probation for two years by the NCAA Division I Committee on Infractions, for violations in the sport of football. The committee concluded that San Diego State University held out-of season practice activities, failed to monitor the football program and committed a violation of the extra-benefit legislation.

During the summers of 1998-2001, an assistant coach conducted mandatory workouts with student-athletes who played the position of offensive line. The workouts (known as "sand training") were held at 6 a.m. on Wednesdays from late May through July. Each workout lasted about one hour and

consisted of conditioning activities. Attendance was taken at the workout sessions and periodically posted in a newsletter which was distributed to the offensive line.

In the summer of 2000, at least one of the sand practices (involving student-athletes with remaining eligibility) was videotaped at the assistant coach's request by the institution's video coordinator assistant. The video was then made available for commercial sale through the assistant coach's Internet web site to the general public, citing the coach's institutional office telephone number as a contact source. The video was part of a three-video package that was sold with two other videos that were also videotaped on the university's campus and showed student-athletes with remaining eligibility performing offensive line drills.

San Diego State University's self-imposed penalties included: the reductions in the number of allowable scholarships, reduction in the number of spring practice days, and an 11 day suspension of the offensive line coach.

### **The University Of Cincinnati Compliance Staff**

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